

OPDC

OAKLAND

A Newsletter for Older Oakland Residents

Recycling Changes

The Department of Public Works has changed the way it handles Pittsburgh's curbside trash and recycling collection. As of January 1:

- The city will no longer accept recycling left out in plastic bags. Leave your recyclables loose in the blue city bin, and place the bin at the curb on recycling weeks.
- The city will also no longer collect cardboard boxes left out on non-recycling weeks. Flatten and bundle cardboard boxes for collection only during the recycling weeks.

OPDC maintains a guide for trash and recycling collection rules, including a recycling calendar, at www.opdc.org/waste-recycling-resources. We want to hear from you if you notice routine refuse violations in the neighborhood. Email Liz Gray at lgray@opdc.org with questions.

Community Access to Trees Hall

The Community Leisure Learn Program at the University of Pittsburgh offers free guest passes for the Trees Hall fitness center to residents from Oakland and the Hill District. Registration is open January 8 through January 15 at the main entrance security desk in Trees Hall. Email CLLPRG@pitt.edu or call 412-648-8278 with any questions.

January 2024

TOGETHER

Wintertime grays have you extra blue?

Seasonal affective disorder (SAD) is real! Many people suffer from depression linked to dark days and cloudy weather. Symptoms include listlessness, weight gain, oversleeping, and having difficulty concentrating or feeling joy. Social connections and sunlight are often helpful – but if you are struggling, reach out to your doctor to discuss treatment strategies.

Things to do:

- Do you knit? Crochet? Sew? Want to learn? The Carnegie Library holds crafternoons every third Wednesday from 3:00 – 4:00 p.m. Visit carnegielibrary.org/event/library-lounge-crafternoons-4/2024-01-17/ for more information.
- The Carnegie Library Lecture Hall is holding a special event featuring a Q&A with poet Terrance Hayes February 10 from 1:00 – 2:00 p.m. Visit www.carnegielibrary.org/event/an-afternoon-with-terrance-hayes/ to learn more.
- The Miniature Railroad & Village is on display at the Science Center, with new additions for 2024! Visit carnegiesciencecenter.org/exhibits/miniature-railroad/ for more information.

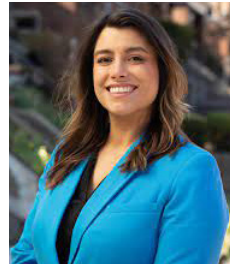
COVID and other respiratory infection rates are skyrocketing in our community. Please stay safe – mask up in public. Vaccinations and boosters are available. Contact your local pharmacy for details.

New faces in local government



City Council District 3 has a new representative, and he wants to hear your ideas, questions, and concerns. OPDC is excited to host an Oakland listening session

with **Councilperson Bob Charland** *Thursday, January 18* from **6:00 — 8:00 p.m.** The meeting will be held *in person at 294 Semple Street* and *online via Zoom*. Visit our website at opdc.org/events/lft for more information.



Allegheny County Executive, Sara Innamorato is asking county residents for input about their priorities with the “All In Allegheny County Community Survey,” which

covers topics like community development, youth programming, accessibility, and more. The survey takes less than 25 minutes to complete. Visit www.alleghenyforall.com/community-survey and make your voice heard!



Oakland Planning and Development Corporation

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Visit our website for complete information on OPDC’s community activities and projects:
www.opdc.org

Events:

February Let's Talk: Air Quality

Wintertime cloud cover is not just dismal – it can also be both a symptom and a cause of bad air quality in our region. Join us **Wednesday, February 21** for a community conversation about air quality and local pollution monitoring. **In person at 294 Semple Street, or via Zoom** – check the event page at <https://www.opdc.org/events/lets-talk-air-quality>.

