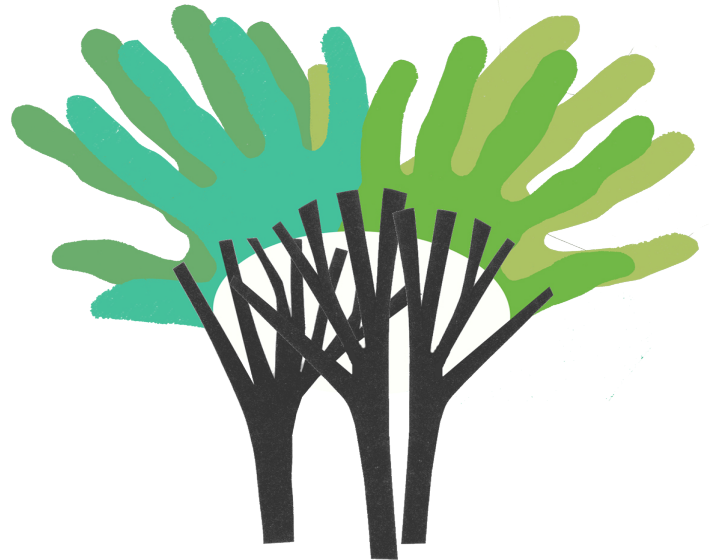


August 2020

OPDC

# OAKLAND TOGETHER

A Newsletter for  
Older Oakland Residents



## Stay Safe, Stay Fit

Pittsburgh and Allegheny County continue to be on alert to contain the spread of the COVID-19 coronavirus. But staying home doesn't have to mean sitting still!

**Silver Sneakers** has created a series of online classes for people 65 and older who participate in Medicare plans. To check your eligibility and access more than 200 exercise videos that you can do at home in your own time, visit

<http://silversneakers.com>

Excercise and wellness programs (and many other resources!) are also available through the Allegheny County Department of Human Services **Area Agency on Aging (AAA)**. Contact AAA directly at 412-350-5460, or contact our Supportive Services Case Manager, Alethia Bush, at 412-592-6488 for assistance.

## The Students Are Back!

The University of Pittsburgh and Carnegie Mellon University have issued **strict guidelines** for their students about maintaining social distance, wearing masks, and limiting gatherings. If you see students disregarding these guidelines in ways that you feel are dangerous, please let us know. Contact our Neighborhood Quality Consultant Liz Gray at 412-282-3894 with any specific information you have. Please help us report problems before they grow.

## Time for a new Oakland Plan

The Department of City Planning is inviting Oakland residents to participate in the planning process for the new **Oakland Plan**. Did you participate in the last plan? We'd love to hear from you!

What do you remember most from the *Oakland 2025* process? What issues did you feel were most important in your Oakland neighborhood in 2011? What issues are most important today?

*Oakland 2025* and all of Oakland's past planning documents are available online at <http://opdc.org/oakland2025> and <http://opdc.org/plans-archive-1>.

Please call our Community Services Director, Andrea Boykowycz at 412-417-5560 with any questions, comments, concerns, or ideas about how Oakland's residents can best shape the future of our neighborhood.

## What's going on under my street?

**Pittsburgh Water and Sewer Authority** has been replacing lead service lines in Oakland over the last eight months - and they're not finished yet. Central Oakland work is almost done; West Oakland excavation, concrete restoration and re-paving will take place over the next three weeks. If you have questions or concerns about your **water service line** or PWSA's work schedule for your block, please contact our Community Services Director, Andrea Boykowycz, at 412-417-5560 or [aboykowycz@opdc.org](mailto:aboykowycz@opdc.org). More information is available on OPDC's website at <http://opdc.org/events/2020/8/25>.

PWSA is offering **Customer Assistance Programs** for households that have suffered loss of income due to COVID-19. To check your eligibility, call PWSA at 412-255-2423 x5, or contact our Supportive Services Case Manager, Alethia Bush, at 412-592-6488.



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Visit our website for complete information on OPDC's community activities and projects:  
[www.opdc.org](http://www.opdc.org)

### ***Zoom Zoom Zoom!***

COVID-19 has put an end to in-person community meetings, at least for the immediate future. Maintaining safe social distance means most meetings are now online using platforms like Zoom. The AARP has created a tutorial for older adults using Zoom for the first time -- visit [shorturl.at/bjHNO](http://shorturl.at/bjHNO) for their video introduction. OPDC's community meetings are accessible by phone. Please call Andrea Boykowycz at 412-417-5560 for help connecting.

### **Hot Meals Continue**

Community groups have joined together to provide free hot meals in South and West Oakland every week. For more information or to request a delivery, please call Jarrett Crowell at 412-568-3882.

#### **South Oakland**

Frazier Fieldhouse (3716 Frazier St.)  
Tues & Thurs 3–5 p.m.; Sat 12–2 p.m.

#### **West Oakland**

Friendship Community Church  
(181 Robinson St.)  
Thursdays 3–5 p.m.