

Spring 2014

The Pulse of Plum

Visit us on the web!
www.plumboro.com

Office:
4575 New Texas Road
Pittsburgh, PA 15239

Phone:
412-795-6800

Hours:
Monday - Thursday
8 am to 5 pm
Friday
8 am to 4 pm

Borough Council:
Mike Doyle, President
Mike Dell, Vice-President
John Anderson
Don Knopfel
Leonard J. Szarmach
Steve "Skip" Taylor
Dave Vento

Mayor:
Richard Hrivnak

Borough Manager:
Michael A. Thomas

***Council work sessions and
Council Meetings are held
the 2nd Monday of each
month at beginning at
6:30 pm***

From the desk of the Borough Manager:

LARRY MILLS PARK PLAYGROUND

Kids get ready, a new playground at Larry Mills Park will be built in the next two months and the playground experience will be better than ever!

Plum Borough Council awarded a contract to Biting Recreation to build a brand new playground at Larry Mills Park to replace the old wooden structure that was constructed in 1992. Although the children of the community enjoyed countless hours of play on the structure, it was time for a new one.

The Plum Borough Public Works Department completely demolished the old structure this month. Construction of the new playground will begin around May 19, 2014. The new playground will contain features and amenities appropriate for children in the 2-5 age group, as well as the 5-12 age group.

Some of these features include all new swing sets for both age groups, nine sliding boards, climbing trees, a hanging balance beam, monkey bars, a hanging twirl-around, a see-saw and many other features for both age groups. The new structure can accommodate over 125 children at any given time. There will also be a new rubberized base installed under the structure for the safety of the children.

The new playground will be unveiled as part of our annual Community Days festival on Friday, June 27, 2014. Come on out and be among the first to play on the new playground and enjoy the Community Days festival as well.

Michael A. Thomas
Borough Manager

SPRING YARD WASTE COLLECTION



Plum Borough and Republic Services are beginning the annual spring yard waste collection. The yard waste collection allows you to dispose of shrubbery, chipped shrubbery, tree trimmings, garden residue and other vegetative materials at no cost. No grass clippings or leaves will be collected with these special collections.

Collections will be held on May 17, 2014 and June 21, 2014. Republic Services will come to your house to pick up the yard waste as long as you have scheduled the pick-up with them. Please contact Republic Services at **877-788-9400** to schedule a pick-up of your yard waste.

You must call Republic Services by noon the day before the scheduled collection in order for your yard waste to be picked up. Please place all yard waste at the curb prior to 7:00 a.m. the morning of the pick-up.

Trucks will only be dispatched to those homes that requested a yard waste pick up and will not be canvassing the Borough looking for yard waste. If you don't call Republic Services, your yard waste will not be collected!

The cost of this yard waste collection is included in your monthly trash bill, so please feel free to take advantage of this annual service.

What type of home improvements require a building permit?

A building permit is needed for an addition, porches, porch roofs, decks, swimming pools (above-ground and in-ground, greater than 24" deep), spas, hot tubs, accessory structures over 1,000 square feet, structural alterations to existing structures, removal or change of any required means of egress, fences over six (6) feet high, retaining walls over four (4) feet high, sidewalks more than 30 inches above adjacent grade, driveways more than 30 inches above adjacent grade, and demolition of existing structures.



YARD WASTE DISPOSAL

As we enter the spring and summer months the Borough will frequently encounter a problem with illegal dumping of grass clippings, yard waste, tree branches, and miscellaneous junk and debris in backyard streams and vacant lots. Dumping of yard waste and other debris into a stream may restrict the flow of water during a storm and potentially cause flooding which may result to damage to your properties.

Dumping of any kind in a stream, or anywhere in Plum Borough, is strictly prohibited by Ordinance #841, the Solid Waste Ordinance of the Borough of Plum. Section IV, Subsection 6 of Ordinance #841 specifies that, "It shall be unlawful for any person to throw, place or deposit, cause or permit to be thrown, placed or deposited any solid waste in or upon any street, alley, sidewalk, body of water, public or private property within the Borough except as provided in this Ordinance."

Please note that the Borough's contracted garbage hauler (Republic Services) will take yard debris. Section VI, Subsection 2(c) of the Solid Waste Ordinance does allow the disposal of garden clippings and tree trimmings in the following manner: "Garden clippings and tree trimmings shall be placed in approved containers or shall be cut and tied securely into bundles. Bundles shall not be more than four (4) feet in length, not more than two (2) feet in diameter and not more than forty (40) pounds in weight."

Additionally, the Borough and Republic Services offer two special pick-ups of yard debris on May 17, 2014 and June 21, 2014.



PLUM ROTARY AND SHOES FOR NICARAGUA



As an international service project, the Plum Rotary collected shoes and school supplies for the needy children of Nicaragua. Rotary would like to thank the community for their donations, as well as S and T Bank in Holiday Park, the East Suburban YMCA and the Plum Borough Municipal Building for acting as collection sites.

A special thank you to the student government of Adlai Stevenson Elementary School who supported this service project and helped to make it a success!

**PLUM ROTARY WOULD LIKE TO THANK ADLAI STEVENSON
STUDENT GOVERNMENT FOR THEIR HELP IN COLLECTING
SHOES FOR THE CHILDREN OF NICARAGUA**



ADLAI STEVENSON STUDENT GOVERNMENT

Back Row: Jared Hoener, Denny Ayers, Justin Mascilli, Lorna Shebeck,
Jenna Montgomery
Front Row: Trevor Walko, Kelly Maguire, Hayley Nixon and Jillian Durst



2014 PLUM COMMUNITY DAYS

FRIDAY, JUNE 27TH

SATURDAY, JUNE 28TH



The 2014 Plum Community Festival will be held on Friday, June 27th from 5:30 to 10 pm and Saturday, June 28th from 4 to 10 pm. The festival will be held at Larry Mills Park in Holiday Park.

Rotary Committee members have been meeting diligently and are hard at work to bring you an event that you won't forget! The festival celebrates fun, food and entertainment. The goal of the Rotary is to host a family-oriented festival that brings Plum Borough residents and businesses together for an enjoyable weekend.

In an effort to raise funds to sponsor this event, the Plum Rotary is sponsoring a raffle ticket. Tickets are only \$5 and winners will be determined by the PA Daily lottery evening drawing, everyday during the month of June! ***Stop by the Holiday Park Shop and Save on Sunday, May 25th to buy your ticket from Plum Rotary.***

And remember . . . there are four ways you or your group can take part! Sponsor an activity booth, participate as a crafter, a food vendor or a non-food vendor. Details about each category and registration forms are available by visiting www.plumboro.com

Support, Participate and Contribute to this wonderful event for the people of Plum Borough!

**COUNCIL
CHAMBER**

Plum Borough Work Sessions and Council Meetings will be held on the ***same evening from May thru September***. These meetings will be held on the second Monday of the month. The work session will begin at 6:30 p.m. and the public meeting will follow immediately after. The meetings will be held at the Borough Building, 4575 New Texas Road, Pittsburgh, PA 15239.

From the Office of the Engineer

RF Mitall and Associates

Are you prepared for a FLOOD?

Disaster preparation is one of the most underestimated tasks a homeowner can do to keep safe and secure. Before the creeks rise and stormwater is flowing, the following emergency items are suggested for a few days with no power:

NUTRITION

- Water
1 gal/person/day
- Fruits (canned)
- vegetables (canned)
- No Perishables
- can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juice
- Food for infants

SAFETY

- Make sure furnace and water heaters are up off the basement floor
- Never touch electrical equipment when standing in water
- Move power strips off floor
- Turn off utilities if possible
- Check on elderly or neighbors
- Leash pets
- Inform someone out of harm's way your status
- Consider having a check valve installed to eliminate sewage from backing up into the house.

THINGS YOU CAN DO TO MINIMIZE ON CREEK EROSION AND FLOODING:

*Do not remove all vegetation along creek banks
Do not dump lawn waste near or in creeks
Avoid building anything near or on the banks*

DID YOU KNOW??

It only takes six inches of rushing water to knock down a grown man

Only two feet of rushing water can easily carry away an SUV



For more information regarding this topic, please feel free to contact the Borough Engineer's Office or visit: <http://www.floodsmart.gov/floodsmart/>

A MESSAGE FROM THE CHIEF OF PLUM BOROUGH

The long winter is finally over. The weather is getting warm and allowing us to resume our outside activities. The joggers and walkers are back to their training, the kids are back to games and playing outdoors. We are able to open our windows and get some fresh air in our homes. With this increased outside activity, awareness of the hazards posed by unlawful vehicular behavior is greatly enhanced. We are now seeing increased complaints of vehicles speeding and running stop signs, tail-gating drivers and loud music coming from cars. What is the solution? Call the police and request enforcement? Yell at the offender? These are the time honored remedies to try and curb aggressive and dangerous driving, but is that all you can do to resolve the problem?

The Plum Borough Police Department expends a great quantity of time and effort with traffic enforcement. The department currently participates in several grant funded highway traffic safety initiatives to combat such problems as impaired driving, aggressive driving, and seat belt use. Plum is a large community with over 120 miles of road and 483 stop signs. With so much ground to cover it can be very challenging to have a police officer available to address every traffic complaint. We focus our resources on known problem areas and areas of concern provided to us by citizen complaints. When we receive a complaint of traffic violations in a specific area, we have a system in place to address the situation which includes a problem assessment, increased visibility, and ultimately enforcement. The frequent stopping of vehicles is usually the most effective option in combating driver behavior problems. When we exercise this option it is our goal to obtain compliance to the traffic laws by issuing a traffic citation or a warning. This can not only result in repercussions to driver financially due to fines imposed, but also potential problems may arise pertaining to the driver's license and car insurance costs. To illustrate just how expensive a traffic citation can be, here is an example. A driver cited for speeding at 50 mph in a 25 mph zone will, upon conviction, pay \$192.50 in fines and associated court costs. This violation would also come with four (4) points that are scored against the driver's license. The accumulation of a total of six (6) points could result in the suspension of your driver's license and retesting by the Department of Transportation. Additionally, points assigned against your license and your driver's history record will affect how your insurance company rates you. A poor rating could result in higher rates or policy cancellation.

This type of enforcement almost always results in a temporary improvement to the condition. Unfortunately, this is usually a short term answer and the violations return when the police move to other areas of concern. This creates frustration for the both the citizens and the police. In 2013 the Plum Borough Police Department issued 1213 traffic citations for driver related behaviors. By contrast, in 2007 the department issued 1231 traffic citations. This means that despite our best efforts to curb aggressive and dangerous driving through enforcement alone, our efforts are falling short of our intended goal of a long term reduction in traffic related offenses.

Through past enforcement efforts and the resulting interactions with the community, we have learned that the vast percentage of traffic violations committed within the borough are committed by our own citizens. These are not bad people or necessarily bad drivers, they are our families, friends, and neighbors. We care for these people and they care for us. We, as a community, have a profound interest in improving the safety of our roadways for each other. No one wants to see someone get hurt because of dangerous driving. Therefore, what can we, as a community, do to improve traffic safety?

Calling 911 and requesting a police presence will provide an immediate response but not a permanent solution. Yelling at offenders is not recommended, as it could lead to a dangerous confrontation. Perhaps, instead, we can create a safer environment by raising awareness and speaking to our neighbors, family, and friends before the problem arises.

When we drive on the same roads everyday to our homes and businesses we tend to become complacent. We drive faster than we realize and we roll through stop signs instead of completing a full stop. Take the time to think about where you are and how you are driving. Ask yourself "Would I want someone driving through my neighborhood in the manner I am driving through this one now?" Allow an extra minute or two to get where you are going. Be conscious of how much you are using your cell phone and how it affects your ability to focus. Talk to your neighbors about what you see and ask them to pass on the message to be aware of safe driving. You could even mention what you are doing to drive more safely. Raising awareness in the community will help to keep us all safe. Perhaps this simple point of awareness will avoid the unpleasant experience of getting a ticket, or even save a life.

The Plum Borough Police Department will continue to strive to improve our community by making highway traffic safety a priority. Please do your part to assist us in this partnership. If you see a dangerous driving situation, please let us know; but more importantly, set an example for others by keeping our roadways safe through your own safe driving habits.

Senior Farmers' Market Nutrition Program

A program that benefits eligible seniors who want to purchase locally grown fresh fruits and vegetables from nearby farmers' markets!



Eligibility Requirements:

- Allegheny County resident
- 60 years of age and older
- Meet the income guidelines (self-reported):

One person household: At or below \$21,590

Two person household: At or below \$29,101*

*Married couples may each receive one set of checks

Eligible seniors can receive \$20.00 (4 Checks/\$5.00 each) to use at local farmers' markets. Distributed on a first come, first served basis!

DISTRIBUTION DAY: Tuesday, June 17

How to Participate:

1. Locate your nearest check distribution site by contacting the SeniorLine at 412.350.5460 or looking on the ACDHS Area Agency on Aging website www.alleghenycounty.us/dhs/olderadults.aspx
2. Plan to visit the distribution site on June 17 during the advertised times.
3. Bring identification that includes proof of AGE and RESIDENCY (photo not required).

Please Note: If an eligible consumer cannot attend the distribution due to a physical disability, a proxy is allowed to sign for and use the checks at farmers' markets for the eligible senior. First, a PROXY FORM must be completely filled out by the individual and presented at the distribution site.

**Proxy forms are available at participating senior centers and on the Area Agency on Aging website. For more information, please contact a senior center or the AAA.*



For more information, contact:

Plum Community

Center

9:30-4:30

412-795-2330



Plum Community Center News

Plum Community Center 499 Center New Texas Road Plum PA 15239 412-795-2330

Open: Monday - Thursday 9:00 am – 4:30 pm, Fridays until 3:30 pm Café - Monday - Friday 11–2 pm

Check out our website for a full and updated listing of services, programs, trips & activities!

www.PlumSeniorCenter.org www.Facebook.com/PlumCenter www.pinterest.com/PlumCenter

Games



- **BINGO** 12:30 pm Mondays & Thursdays
- **Dominos** Tuesdays at 12:30 pm
- **Poker & 500** etc. Tuesdays at 12:45 pm
- **Euchre** Wednesdays at 12:45 pm
- **Scrabble & Game Day!** 12:30 pm Fridays or come in any day to play Scrabble on our deluxe board!

Every Friday is Game Day @ PCC!

Card Games, Board Games, & Wii!
Bring your favorite, or play one of ours!
Bring your family, bring a neighbor, bring your mailman—the more the merrier! :)

**Come early to eat a yummy
lunch in our Café.**

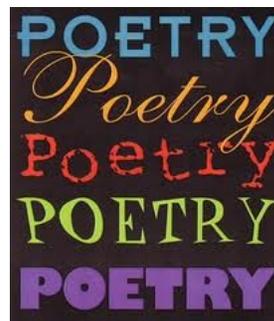
TRIPS! NY-CITY-TRIP

Get ready to see the "Big Apple" this fall October 10-13, 2014. Only \$449 for 4 days & 3 nights!! Includes: motor coach transportation to and from NY, 3 nights lodging, 6 meals, two guided tours of the city and more!

\$449 price is per person based on double occupancy. \$75 is due upon signing with the final payment due 8/3/2014. For more info and to reserve your space which is limited, visit Plum Community Center today and talk to Melanie or Nici!

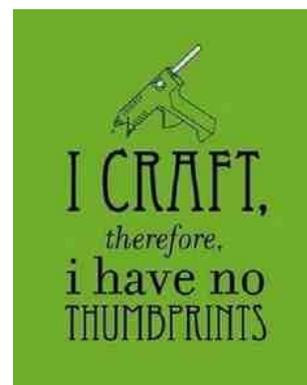
Art

Poetry Café



First & third Monday of the month 12:30 pm

Crafts



Crafts – bring your projects and work on them with other like-minded crafters. Wednesdays @ 9:00 am



- **Country-Band** Wednesdays @ 12:30 pm 50/50 raffle too
- **Music Therapy** with Sara Kiley from Heritage Hospice first Wed of every month @ 10:30 am.

Plum Community Center News Continued

www.PlumSeniorCenter.org www.Facebook.com/PlumCenter www.pinterest.com/PlumCenter

Health & Fitness Information



10:30 am Third Wednesday of the month
FREE blood pressure screening thanks to
Cindy at Heritage Hospice.

“Here’s to your Health” Gary Schadle, RN
from Interim Healthcare will speak about
health related topics the fourth Thursdays
of every month @ 10:30 am

Medication Education by Patty Falcone,
RN with Interim Healthcare @ 10 am last
Monday every month

Stroke/Brain Injury Support Group 2nd & 4th
Thursday @ 11:30 am. For more info, call
Jeff Pope @ 412-607-4312

6:30 pm Caregivers Support Group Third
Thursday of every month. Call Earlene to
RSVP 412-795-2330.

10:30 am Reverend Trenga Guest speaker
Reverend Trenga from Heritage Hospice
for a nondenominational prayer service
the third Monday of every month.

Fitness Class Pass!

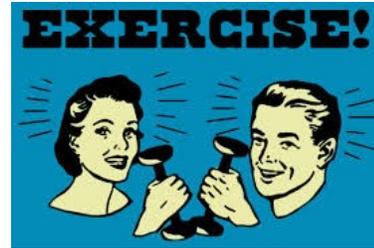
Did you know that depending on your health
insurance plan you might be able to attend
SilverSneakers classes for free!?!
If your plan does not, anybody of any age
can attend SilverSneakers day classes for only
\$3 a class. Or check out our Fitness Class
Pass discount card for even more savings!

For only \$25 you can:

Attend ten \$3 classes @ \$2.50

Attend five \$7 classes @ \$5 a class!

Good for your health & your wallet!



FITNESS DAY CLASSES

- **Low-impact Aerobics** Mon & Fri 9:15 am
- **SilverSneakers Cardio** Wednesday 9:15
- **SilverSneakers Sitdown Exercise** Monday,
Wednesday & Friday 10:30 am
- **SilverSneakers Yoga Stretch** (nonreligious)
Tuesday at 1:30 pm relaxing & stretching.
- **Line Dancing** Thursdays 10:00-11:30 am
only \$2! **Free introductory beginner’s class
@ 9:30 am. Come early & learn the moves!**
- **Yoga (nonreligious)** Fridays at 11:30 am

FITNESS EVENING CLASSES

• **Single movement Tai Chi**- series of individual
movements that strengthen the core muscles
and tendons and helps build balance. It's
easy to learn, is easier to remember and is
easily modified, for those with physical limita-
tions, Tues. 6:30 –7:30 pm. \$40 for 8 weeks. For
info call Steve Bodnar 412-889-1046

• **TAI CHI EVENINGS** every Wednesday. Tai Chi
is slow rhythmic movements coupled with
deep breathing to circulate energy through-
out the body. Come to decrease pain and
increase mobility! Everyone welcome ages
18+.

6:30 pm for Advanced & Intermediate

7:30 pm for Beginner 1 & 2 classes.

\$40 for 8-week classes.

Plum Community Center News Continued

www.PlumSeniorCenter.org

MAY EVENTS!

MAY

6th - Day of Giving



Pgh Foundation's 2014 Day of Giving to a Give Local America initiative, a U.S.-wide day of fundraising events Our Day of Giving event will be hosted on Tuesday, May 6, 2014, and will feature some modifications. The event will run from 6:00 a.m. and will end at 12:00 midnight. This program forwards your donation to us supplemented by an additional percentage amount determined by total donated amounts. Go to www.PittsburghGives.org and select Plum Senior Community Center.

WEDNESDAY 7th



10:30 am- Music Therapy with Sara Kiley from Heritage Hospice 1st Wed monthly

FRIDAY 9th

HSOA Class 10 am



HSOA is a program to help adults 60 years+ reduce their risks for falls and improve their health. Prizes will be handed out during the class, & you will be entered in a drawing for even more prizes!

TUESDAY 13th



9:30 am Advisory Council Meeting

Dynamic group making changes and helping seniors in your area. Open to everyone. Second Tuesday every month.

12:30 pm Foot care w/ Dr. Larsen Remember that there must be 61 days between nail trimmings. Please bring your insurance card and any co-pay necessary

MONDAY 19th

10:30 am Reverend Trega Guest speaker Reverend Trega from Heritage Hospice for a nondenominational prayer service the third Monday of every month.

TUESDAY 20th

10:15-11:15 am Lisa Evans from Family Links and her therapy dog Casper!

CLOSED MAY 26th for MEMORIAL DAY

Monthly Birthday Party

Our birthday lunches are held on the 3rd Wednesday of each month. People 60 and over are encouraged to call 412-795-2330 before Noon the day prior if they plan on eating the congregate meal. The Holiday Park Shop 'n Save donates the birthday cakes and Flowers in the Attic provide carnations for each celebrant!



Plum Community Center News Continued

www.PlumSeniorCenter.org

Save the Date!

JUNE

17th Farmers' Market Voucher Day!



Eligibility Requirements: Resident of Allegheny County, at least 60 years of age in 2014, at or below income level (self-declared)

20th - Pet Parade June 20th



Bring your pet and owner to win prizes for Best in Show Contest, Best Pet Trick, Best Costume, Most Unique Pet, Face Painting, and Much More! Open to ALL Ages. Demonstrations, Dancing Dogs, Vendors, Adoption Leagues, Prizes & Food. \$5.00 entry fee and donations accepted to benefit the seniors at Plum Community Center. Start picking out your pet's costume now!

27th & 28th Plum Community Days

Stop by our booth and say hi!

JULY

Happy Fourth of July!



Please remember, we will be closed for the holiday.

Resources Available

Benefits Check-Up, Information & Help! Taxes, Medicare, Transportation, Meals-on-Wheels and more! Call and set up a time to see Earlene or Val and make sure you are getting your correct benefits. 412- 795-2330

Lunches at the Plum Center



Congregate lunch available to anyone 60 or over from 11:30 am-12:15 pm. \$3 suggested donation. Call 412-795-2330 by 12 pm the **business day before** to reserve your lunch.

CAFÉ PLUM

For those under 60 or those who would like to eat something different, our Café cooks up yummy food weekdays from 11-2pm.

Home Delivered Meals



Have a meal delivered to your home! You can get the meal delivered as little or as often as you would like. You can even get the meal delivered for just a week or two if you are recuperating from a hospital stay or illness. The only requirements are: you must be age 60 or above, live near Plum, and need assistance. Call 412-795-2330 for Toni Franco.

Check out our menu on our website
www.PlumSeniorCenter.org

CELEBRATE - MAY IS OLDER AMERICANS MONTH

See What's Going on at Plum Community Center this May 2014! – Call 412-795-2330 for details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 May Day Celebration for Seniors—Carnegie Museum of Art & Natural History	6 Go Wild for Older American's Month—Come dressed in your favorite animal print attire and show us your wild side! \$2 donations accepted for the Arthritis Assoc.	7 Beginner Guitar Lessons with Dennis 10-11 am and it's Country Western Day! 	8	9 Healthy Steps for Older Americans Class 10 am to 3 pm "Lunch Bunch" is going to Outback Steakhouse OPT leaving at 11:30 am	10
11 	12	13 Advisory Council Meeting 9:30 am Foot Care with Dr. Larsen 12:30 pm	14 Beginner Guitar Lessons with Dennis 10 to 11 am	15	16 Trip to Station Square—Lunch and Sightseeing 10 am to 2 pm	17
18	19 Non-Denominational Bible Study with Rev. Trenga from Heritage Hospice 10:30 am	20 	21 Beginner Guitar Lessons with Dennis 10 to 11 am May Birthday Lunch A Night of Jazz at Plum High School 6:30 to 8 pm Tickets \$5-\$10	22 Meet the Chiropractor, Amanda Sansone, free chair massages 10:30-1:30 Free Make-Up Consultation Mary Kay Cosmetics	23	24
25	26 Memorial Day—Center is closed	27 A Trip to the Country—Motor Coach Bus Trip with Spintours \$35 All ages welcome!	28 Beginner Guitar Lessons with Dennis 10 to 11 am	29	30	31 Arthritis Walk South 26th Street South Side Works

***"Walk with Ease"** - program starts this month—six week walking program taught by Melanie Parente. Learn safe walking techniques and work your way up to walking three days a week for 30 minutes. Walking kit provided when you sign up!*