

## Health Resources for the Greater Braddock Community

As part of UPMC's commitment to the area, we are expanding and enhancing community-based services to promote health and wellness for residents of all ages.

### Your first step to health and wellness

#### UPMC Steps to a Healthy Community

820 Braddock Ave., Braddock, PA 15104

412-636-5273

Hours of operation: 8 a.m. to 4:30 p.m.

Steps to a Healthy Community is conveniently located in the Heritage Community Initiative building (former Mellon Bank) on Braddock Avenue. "Steps" is the starting point for health care resources and referrals within the greater Braddock community and offers:

- A patient advocate who will listen to your concerns and find help for your health care needs (when calling ask for "patient advocate")
- A team of caring, dedicated counselors including: Joan Procopio, director; Terri Dickerson, social worker; Michelle Chisholm, social worker; Laura Liebmann, social worker; and Vera Kelly, health coach
- Assistance to help you use the UPMC McKeesport health transportation service
- Coaching to help you stay healthy
- Health insurance counseling and applications
- Health education classes (offered twice per month) and screening programs (free health screenings for blood pressure, pulse oximetry, bone density, pulmonary function, visual acuity, body fat, and more) through local churches and organizations — information regarding the health classes and free screenings will be shared throughout the community
- UPMC Health for Life Summer Camp at Braddock, a free, healthy and safe summer camp for Braddock children ages 6 through 16 (see page 3 for detailed information)

### Enhanced access to medical services

#### UPMC McKeesport Health Transportation Service

1500 Fifth Ave.

McKeesport, PA 15132

412-664-CARE (2273)

Hours of operation: Monday through Friday, 7 a.m. to 5 p.m.

This improved and expanded free transportation service provides rides for those who need them if:

- You call to arrange a ride at 412-664-CARE (2273)
- You live in Braddock, Braddock Hills, Chalfant, East Pittsburgh, North Braddock, or Rankin
- You are going to a scheduled health care appointment at UPMC McKeesport hospital, the Braddock and Rankin Family Health Centers, or list of primary care, specialty physicians, and diagnostic and treatment services located along Ardmore Boulevard in Forest Hills

The free transportation service offers:

- Convenient curb to curb service from your home to the health care destinations listed above
- Same-day scheduling as available
- Clean, comfortable wheelchair-accessible van
- Access for companion riders as needed

### Convenient office locations with expanded hours and services

Braddock Family Health Center

404 Braddock Ave., Braddock PA 15104

412-351-6300

Hours of operation: Monday, 10 a.m. to 7:30 p.m.

Tuesday through Friday, 9 a.m. to 9 p.m.

Saturday, 11 a.m. to 3 p.m.

Second Sunday of each month, 1 to 5 p.m. (pilot project only for Sundays, Oct. 10, and Nov. 14, 2010)

## Health Resources for the Greater Braddock Community

The expanded hours offer additional access for walk-in patients; however, during daytime hours, priority is given to scheduled patients. The free UPMC McKeesport Health Transportation service provides transportation to and from the Braddock Family Health Center.

Improved services at the Braddock Family Health Center include, but are not limited to:

- Treatment for minor cuts (including limited suturing) and burns
- Treatment for sprains and strains
- Treatment for minor infections and cold and flu symptoms
- Electrocardiogram (EKG) testing
- Basic laboratory services
- Immunizations and vaccinations
- Gynecological services
- Non-narcotic pharmacy services

### UPMCMcKeesport Outpatient Center at Forest Hills

Three Parkway Center East, Suite 120, Forest Hills, PA 15221  
412-636-5333

Hours of operation: Monday through Friday, 7 a.m. to 5:30 p.m.; please call for flexible evening and weekend appointments

The UPMCMcKeesport Outpatient Center is a community-based diagnostic resource featuring free parking as well as convenient access via the free UPMCMcKeesport Health Transportation Services. Services (with same day appointments available) include:

- Medical imaging, such as diagnostic radiology, mammography, ultrasound, and bone density scanning
- Laboratory services, including blood work, urinalysis, and specimen collection services
- EKGs
- Support services such as free diabetes screenings and diabetes education classes; free stop smoking counseling

### UPMC McKeesport Physician Offices at Forest Hills

Three Parkway Center East, Suite 120, Forest Hills, PA 15221  
412-664-2812 (for contact information for individual physician offices)

These physician offices are conveniently located upstairs of the new UPMC McKeesport Outpatient Center and are stops for the free UPMC McKeesport Health Transportation Service. The wide variety of medical specialties included in the physician office suite includes:

- **Endocrinology** — Jill Felder, MD 412-221-4740
- **Gastroenterology** — Satish Kanak, MD 412-683-2488
- **General Surgery** — University of Pittsburgh Physicians, Dept. of Surgery  
Stuart Chetlin, MD; Steven Gribar, MD 412-351-3821  
David Liang, MD 412-856-4114
- **Gynecology** — Magee Womancare Associates  
Stephen Corey, MD 1-888-231-4050
- **Hand Surgery** — University of Pittsburgh Physicians, Dept. of Orthopaedic Surgery  
Ronit Wollstein, MD 412-648-9670
- **Internal Medicine** — Community Medicine Incorporated  
Seetha Chandra, MD 412-271-5220
- **Nephrology** — Associates in Kidney Disease and Hypertension  
Robert Mitro, DO; Antonia Mendoza, MD;  
Thanh Nguyen, MD; Przemyslaw Sutkowski, MD  
412-469-6956
- **Neurology** — Neurological/Neurodiagnostic Associates  
Benjamin Smolar, MD 412-682-2536
- **Neurosurgery** — University of Pittsburgh Physicians, Dept. of Neurosurgery  
Pedro Aguilar, MD 412-369-4518
- **Orthopaedic Surgery** — Mitchell Antin, DO  
412-390-3430
- **Physical Medicine and Rehabilitation** —  
Patricia Canfield, MD 412-351-5224
- **Pulmonology** — University of Pittsburgh Physicians, Medical Thoracic Associates  
Emily Yee, MD 412-621-1200

## Health Resources for the Greater Braddock Community

- **Urology** — Center for Urologic Care  
Jay Lutins, MD; Arthur Thomas, MD; Allan Schachter, MD; David Hepps, MD **412-661-3400**
- **Vascular Surgery** — University of Pittsburgh Physicians, Dept. of Vascular Surgery  
Madhusudanon Nair, MD **412-664-2850**

### UPMC McKeesport Homebound Phlebotomy Service

1500 Fifth Ave., McKeesport, PA 15132

Homebound Phlebotomy Service

412-664-2800 (arrangements made through referring physician)

Hours of operation: Monday through Friday, 7 a.m. to 3 p.m.

The Homebound Phlebotomy Service provides:

- Home blood draws for homebound elderly and disabled
- Comfort and convenience for those who can't get out for blood tests
- Easy scheduling (must be approved by the patient's doctor)

### Enhanced dental services

#### Braddock Dental Center of UPMC Presbyterian Shadyside

412-636-5187

Hours of operation: Monday and Wednesday, 8 a.m. to 8 p.m.

Tuesday and Thursday, 9 a.m. to 5 p.m.

Friday, 8 a.m. to 3 p.m.

Emergency walk-ins: Monday through Thursday, 9 a.m. to 1 p.m.

Friday, 9 a.m. to noon

#### Please note:

Because of storm damage, the Braddock Dental Center will reopen in a new Braddock location soon. We will let you know the grand reopening date and location.

Patients are being seen for the time being at the Montefiore Dental Center of UPMC Presbyterian Shadyside  
Second floor, UPMC Montefiore  
3459 Fifth Ave., Pittsburgh, PA 15213  
412-648-6121

### Enhanced community-based health and social services

UPMC Health for Life Summer Camp at Braddock

820 Braddock Ave., Braddock, PA 15104

412-636-5273

Hours of operation: Monday through Friday, 9 a.m. to 3 p.m. in June and July (seven-week day camp beginning in June and one-week overnight camp in August)

The free Health for Life Summer Camp provides:

- Free day camp and overnight camp for children ages 6 to 16
- Healthy exercise, good food, and activities
- Money management and getting along together skills
- Arts and crafts
- Community service
- Job and career skills
- Fun and exciting field trips

### Family Care Connection of Children's Hospital of

Pittsburgh of UPMC

412-271-8355

Hours of operation:

Monday through Thursday, 9 a.m. to 7 p.m.

Friday, 9 a.m. to 5 p.m.

#### Please note:

Because of storm damage, the Braddock Family Care Connection will reopen in a new Braddock location soon. We will let you know the grand reopening date and location.

Services temporarily being provided by Family Care Connection at Rankin — Rankin Christian Center building, 230 Third Street, Rankin

## Health Resources for the Greater Braddock Community

The Family Care Connection offers:

- A chance for parents and their children to grow closer
- Improved health for mother and child
- Help with getting ready for school
- Help to prevent child abuse and neglect
- Home visits and office parenting programs
- Help with finding the right doctor and health care needs

### House of HOPE of Western Psychiatric Institute and Clinic of UPMC

Located in Braddock (address withheld for safety and confidentiality of residents)

412-271-9010

Hours of operation: 24 hours a day, 365 days a year

Part of the UPMC Behavioral Health Network, House of HOPE provides services for homeless, addicted pregnant women and new mothers and their families.

Services include:

- Around the clock structure and support
- Close, family atmosphere
- Access to health care for mothers and children
- Parenting classes
- Job readiness preparation
- Housing assistance
- Referrals to agencies for legal advice and financial assistance
- Van transportation for access to services

### Living Sober Program of Western Psychiatric Institute and Clinic of UPMC

Homestead, PA

412-636-5150

Living Sober is a rehabilitation program for adults, age 18 and older, who are addicted to alcohol or drugs. It is located in Homestead and provides:

- Live-in program
- Safe road to recovery
- Individual and group therapy and counseling
- Supervised medications

### re:solve Crisis Network

333 North Braddock Ave. (North Point Breeze)

Pittsburgh, PA 15208

1-888-7 YOU CAN

1-888-796-8226

Re:solve Crisis Network is a partnership between Allegheny County and Western Psychiatric Institute and Clinic of UPMC.

At re:solve Crisis Network, our goal is to:

- Resolve a crisis before it gets bigger
- Provide 24-hour assistance
- Meet with you anywhere (counselors come to you or meet at our office)
- Help regardless of age or ability to pay
- Provide safe housed services for people in crisis for a longer time

**In addition to these services within the Greater Braddock community, there also are more than 80 physician offices in close proximity, with more than 200 doctors to care for all of your health and wellness needs.**

**For more information on all available services, and to find a physician, please visit [www.UPMC.com/BraddockServices](http://www.UPMC.com/BraddockServices).**