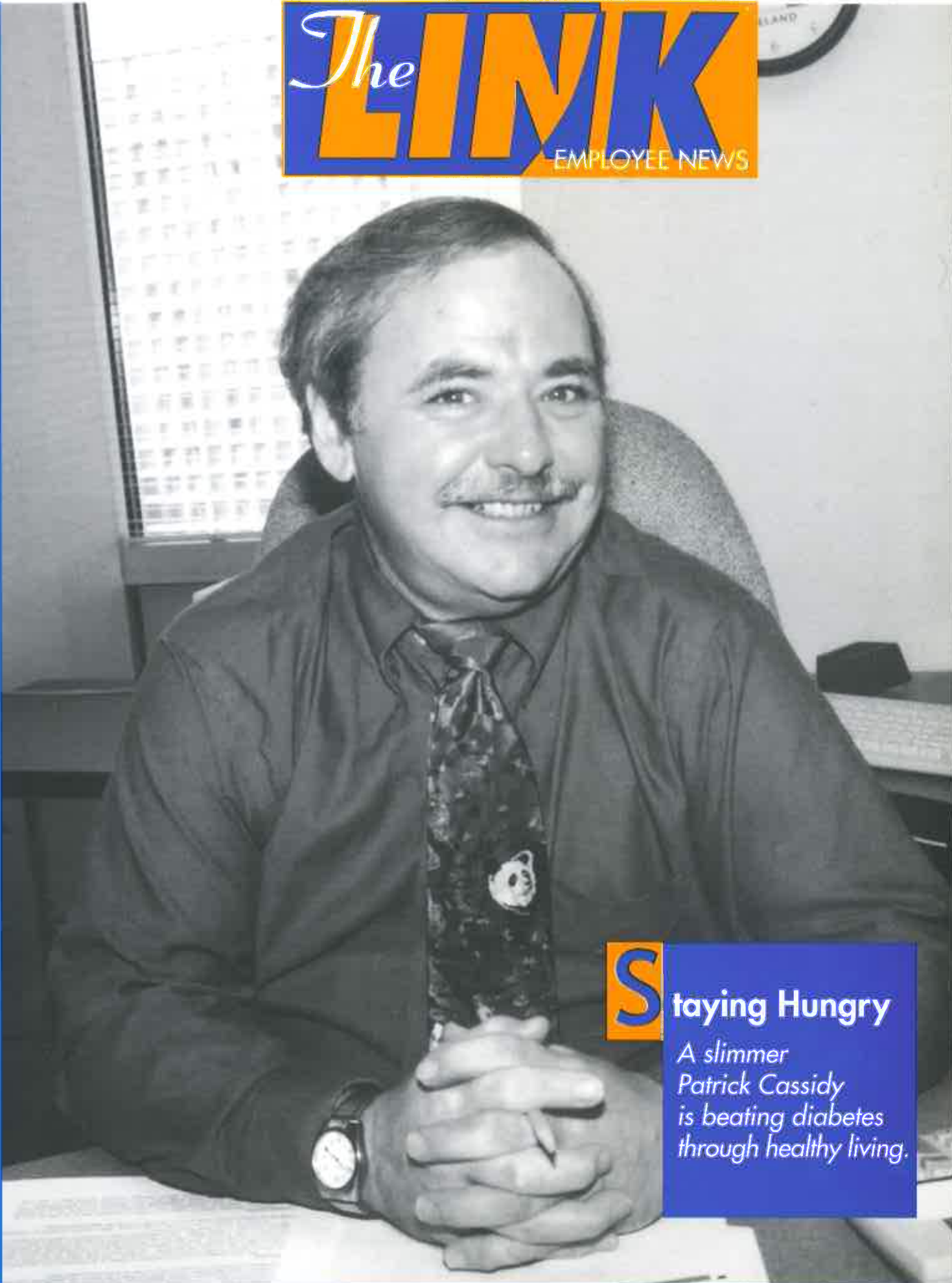


The **LINK**
EMPLOYEE NEWS

F A L L / W I N T E R 2 0 0 2



Staying Hungry
A slimmer Patrick Cassidy is beating diabetes through healthy living.

One year ago, during an annual canoe trip with long-time friends, Patrick Cassidy found himself overboard in the Allegheny River, the victim of his own movement which capsized the boat and sent the outdoorsman and a buddy into the drink.

Complicating matters further was the fact that Cassidy could not climb back into the canoe. At 5 foot 6 and nearly 300 pounds, the finance and budget department supervisor for the Allegheny County Housing Authority needed assistance from his fellow adventurers, who eventually managed to pull him into the craft, face down. It wasn't pretty, but at least he was in the boat.

Fast forward one year and Cassidy has gone from tipping canoes to tipping scales. This time, however, the results have him definitely looking up.

Why? Because Cassidy has shed more than 100 pounds in the past 16 months, including 70 since last January. Today, the ACHA executive checks in at just under 200 pounds.

"People can't believe how much weight I lost," he said. "It's taken some time, but I have more stamina and feel much better about myself."

While it would be humorous to claim Cassidy lost the weight to save face and prevent future canoe mishaps, the 40-something Scott Township resident (who had begun slimming down before the trip) has been waging a serious war with the pounds to defend against the ravages of Type 2 diabetes, a disease he was diagnosed with after a Jan. 21 doctor's exam.

"I had a friend from high school die at 32 from diabetes-related complications," Cassidy noted. "Another friend had a mini-stroke due to the disease which cost him a leg. 'I've seen what diabetes does to people over time, and I did not want to have to go through that.'"

Fortunately for Cassidy (who also battles high blood pressure), he has been able to control both diseases through a doctor-prescribed diet which limits him to about 1,800 calories per day. The diet includes guidelines for meat intake while cutting back on carbohydrates, starches, salt and sugar.

"I won't lie to you. It's been tough, because I like to eat," he said. "I really liked the high calorie, fatty foods, especially breads and pastas. But I am making sure I'm taking better care of myself."

All this progress, however, might not have occurred had it not been for Helen Cassidy, Patrick's wife of 10 years.

"I probably would not have gone to the doctor if it wasn't for her," said Cassidy, who said his family has no prior history of diabetes.

"In the past, if something was wrong, I'd just try to ignore it. I had not seen a doctor in more than 22 years. But my wife talked me into it because she was concerned. I don't like to go, but I go every six months. I do it not so much for me, but because of her and my family. They want me around, and I want to be around for them."

The efforts of Cassidy, a Duquesne graduate who has served the ACHA since 1994, have not gone unnoticed among ACHA staff.

"I admire him for what he's doing because he has dedication and willpower, something we often tend to lack," said Cindy Evans, a co-worker for the past four years. "If you do your job right and do it on time, Pat likes to tell you, 'You get a star for the day.' Well, I think he deserves a star for what he has accomplished."

100 lbs Lost!



What Is Diabetes?

Diabetes, or "Diabetes mellitus," is a lifelong disease of the pancreas. Located behind the stomach, the organ releases a hormone called insulin that helps the body store and break down food into simple sugars (glucose) as well as fat. Together, these substances provide the body's energy for daily activities.

Diabetes occurs when the pancreas produces very little or no insulin. It also occurs when the body does not respond appropriately to insulin, a condition known as "insulin resistance." Normally, when the amount of glucose in the blood reaches a certain level, the pancreas releases insulin, carrying the glucose into the appropriate cells. As more glucose enters the cells, the level of glucose in the bloodstream drops. Without insulin, however, the glucose cannot be stored — which allows the level of glucose in the blood to rise. Too much glucose in the blood is called "high blood sugar."

Types of Diabetes

Type 1: Occurs because the insulin-producing cells of the pancreas (beta cells) are damaged. People with Type 1 diabetes produce little or no insulin and must use injections to control their blood glucose. The damage to the insulin-producing cells in Type 1 diabetes occurs over a period of years, although symptoms may occur over a period of days to weeks. Type 1 most commonly starts in people under the age of 20, but can occur at any age.

Type 2: The most common form of diabetes. People with Type 2 diabetes produce insulin, but the amount produced is either not enough or doesn't work properly. When there isn't enough insulin or the insulin is not used as it should be, glucose cannot get into the body's cells. Type 2 usually starts in overweight people over age 40, although it can affect non-obese people. Recently, the rise in obesity in young people has caused a spike in Type 2 diabetes. Some people can manage Type 2 diabetes by controlling their weight, watching their diet, and exercising regularly. Others take a pill or insulin injections.



Happy Birthday!



Franciscus, William R.	October 4
Hawkins, Walter	October 4
McClung, Clifton M.	October 4
Kreil, Joseph R.	October 6
Smith, Christopher W.	October 6
Baker, Gregory R.	October 8
Johnson, Ava	October 9
Tagmyer, Jeffrey M.	October 13
Deabner, Edward J.	October 14
Kohler, Roy W.	October 16
Kosh, Michael J.	October 17
Marasco, Barbara R.	October 17
Baacke, III, Delbert M.	October 18
Hrebenak, Christina A.	October 18
Jamrom, Andrew J.	October 20
Lawrence, James M.	October 24
Potts, Robert C.	October 24
Longwell, Kimberly A.	October 25
Moore, Beverly Y.	October 30
Smalls, Jon D.	October 30
Forse, John	November 1
Walsh, Phillip J.	November 2
Sanders, Marlene A.	November 4
Bennett, Robert	November 6
Doherty, Katherine	November 6
Davis, Florence	November 7
Haas, Jr., Robert W.	November 11
Megan, Victoria L.	November 11
Fox, Alice M.	November 14
Magliocco, Frank M.	November 15
Snyder, Christophe C.	November 15
Miller, Lamar R.	November 17
Breienstein, Deborah	November 19
Durrett, Michael	November 20
Kozg, Joseph R.	November 20
Sciulli, Anthony A.	November 21
Bulls, James B.	November 22
Heinecke, Kenneth A.	November 23
MacFann, Walter S.	November 26
Schweckendieck, Nancy	November 27
Dupree, Luther	November 30
Hoston, Brenda	November 30
Morton, Emily J.	December 1
Hewitt, Christopher L.	December 3
Perrin, James B.	December 5
Primm, Edward M.	December 5
Black, Ian S.	December 8
Messmer, Carmela T.	December 9
Hird, III, Robert S.	December 10
Wroblewski, Christopher	December 10
Dell'Aquila, Michael P.	December 12
Evans, Cynthia	December 15
Conley, Linda	December 16
Rapano, John M.	December 17
Cecere, Jacqueline D.	December 18
Marquis, Mary A.	December 19
Harris, Michael C.	December 23
Williams, Monte	December 26
McWilson, Marlon	December 31
Marino, Robert A.	January 5
Sanchez, Louis A.	January 7
Salanina, John M.	January 7
Wykiewicz, Bridget L.	January 7
Ruffing, Dennis J.	January 8
Passanfe, Regis L.	January 9
Rush, Richard	January 10
Therisod, Ernest	January 12
Hairston, Roderick	January 12
Hill, Jerome K.	January 14
Luckey, Gregory W.	January 14
Hinkofer, Terri	January 18
Momeyer, Dwight V.	January 19
Liddell, Dylann J.	January 19
Proctor, Hattie B.	January 22
Baltista, Kevin	January 22
Morton, Robert C.	January 24
Ketter, David W.	January 24
James, John H.	January 25
Phillips, Guy E.	January 26
Valenson, Robert A.	January 27
Smith, Thomas A.	January 29
Dickerson, Janeen	January 30
Martineau, Susan M.	February 4
Evans, Kim	February 4
	February 7

Barone, Lorry A.	February 8
Druga, Susan	February 11
Jones, Sarah L.	February 13
Polk, Robert D.	February 13
Douglass, Thomas	February 15
Leita, Frank R.	February 16
Lieberth, Kristine L.	February 17
McCall, Phillip A.	February 17
Nau, Mary	February 17
Greer, Carol L.	February 18
McNeil, Kim	February 18
Malinic, Thomas M.	February 20
Simmons, Uloma	February 23
McPoyle, Thomas J.	February 24
Crowley, Jr., Richard K.	February 28



ACHA Promotes Bev Moore To Assistant Executive Director.

Frank Aggazio, Executive Director of the Allegheny County Housing Authority (ACHA), today announced that Beverly Moore, ACHA Director of Housing

Management, has been promoted to ACHA Assistant Executive Director.

Commenting on the promotion, Aggazio said: "Mrs. Moore is one of our outstanding team managers who have enabled ACHA to gain national recognition in our plans and programs and is not content to rest on our laurels but to attain a greater number of them."

Upon learning of her promotion, Mrs. Moore said, "I'm greatly honored now, as I have been in the past, to join with others in the ACHA team in reaching our goals to help our residents enjoy a higher standard of life and living."

"Last year, ACHA received an outstanding award from HUD as a high performer, but my wish list among my goals, is to achieve a high ranking also from SEMAP. We are high performers for our residents and with God's help we want to continue to soar."

Moore said it's a good feeling indeed to work with Aggazio and the staff and residents of ACHA because "we are people-oriented and have a high value level concerning our residents and staff."

She added, "It seems as though we recognize that no organization will exist

if it is not people-oriented. With that basic motivation, we place a high value on people and at times it is almost like being in church."

Moore's new position oversees ownership and management of some 3,900 low income public housing units throughout Allegheny County which make up homes for over 8,000 residents.

Six departments are under her guidance. They are: Housing Operations; Maintenance; Management Information Systems; Resident Services; Intake; and the Housing Choice Voucher Program.

Moore came to this organization in 1998 from the Pittsburgh Housing Authority where she was Property Manager and Acting Director of Occupancy.

Beginning ACHA employment as an Associate Director of Housing Management and Community Services, Moore was promoted two years later in ACHA as its Director of Housing Operations.

She holds a masters degree in professional leadership and organization from Carlow College. Her education process began years ago in Madison School, Schenley Heights as the daughter of Lucy and Hiram Lewis of Milwaukee Street (near the old Herron Hill trolley barn).

Next was the Ethnan Temple Elementary School on Centre Avenue and then Schenley High School where, under music director McKeister, Moore's vocal talent began to surface as a member of the school choir. McKeister encouraged her to go to the Jularid School of Music.

Moore's singing is saluted throughout the city and especially at her church, Ethan Temple, where she is director of music and a recently ordained elder.

Name for the Employee Newsletter



After some deliberation, the name chosen for the Employee Newsletter is "The Link." We would like to extend a thank you to all those who submitted suggestions.

Congratulations To:

- Norma Robinson on her promotion to Administrative Coordinator
- Sharon Thomas on her promotion to Central Office Clerk.

ALLEGHENY COUNTY HOUSING AUTHORITY



EMPLOYEES OF THE MONTH

The Maintenance Department pictured here also is to be commended for it's A-one service to the ACHA.



Andrew Jamron, Development
July 2002 Employee of the Month



Alice Fox, Housing Operations
August 2002 Employee of the Month



Edward Primm, Development
October 2002 Employee of the Month

Roberta Bugajski, (not shown) Housing Choice Voucher Program
November 2002 Employee of the Month

PUZZLE

This month's puzzle is a test of your knowledge. Below are some acronyms relating to the ACHA. Fill in the blank with the name each acronym represents. Good luck!

1. PHAS _____
2. CFO _____
3. CDBG _____
4. EPA _____
5. FSS _____
6. HAP _____
7. HHS _____
8. HUD _____
9. PHA _____
10. REAC _____

Check your answers below.

1. Public Housing Assessment System
2. Chief Financial Officer
3. Community Development Block Grant (program)
4. Environmental Protection Agency
5. Family Self-Sufficiency Program
6. Housing Assistance Payments
7. Health and Human Services
8. Department of Housing and Urban Development
9. Public Housing Authority
10. Real Estate Assessment Center

Do you have a story you want to share?

If so, contact Lynn Greer, Director of Human Resources, at 412-402-2452. Your story could be selected for publication in an upcoming issue.

QUOTE OF THE MONTH...

"People don't care how much you know until they know how much you care."

— John Maxwell

September Employees Of The Month



September • 2002



udos to the whole staff of the Allegheny County Housing Authority for a job well done. All have been awarded the Employee of the Month for the month of September.

