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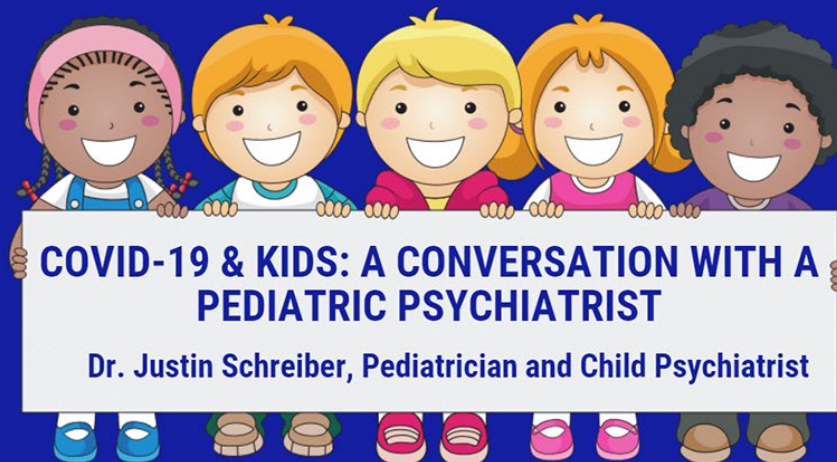
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Please do not reply to this email. You can reach my office by emailing senatorlindseywilliams@pasenate.com.

State Senator **LINDSEY M. WILLIAMS** Your District 38 Update



Upcoming Events

**Senator Lindsey M. Williams
and Rep. Sara Innamorato
Present**



Monday, August 24, 2020 @ 6:00 PM

Register at <https://bit.ly/COVIDandKidsConvo>

Join Representative Sara Innamorato, Senator Lindsey M. Williams, and Dr. Justin Schreiber, Pediatrician and Child Psychiatrist on Monday, August 24 at 6pm for a discussion about how the COVID-19 pandemic has impacted kids. Dr. Schreiber will be providing an update on what we know so far and will be taking your questions!

Register for COVID-19 & Kids - A Conversation with a Pediatrician



WEDNESDAY AUGUST 26 @ 6PM

**Senator Lindsey M. Williams
invites you to a**



Clean Slate & Expungement Virtual Clinic

Join us on Wednesday August 26 at 6pm for a Clean Slate & Expungement Virtual Town Hall!

Introductory remarks from Senator Lindsey Williams, presentation by Barbara Griffin, Esq., Director of the Pro Bono Center of the Allegheny County Bar Foundation and Associate Professor, Duquesne University School of Law

Ms. Griffin will discuss clearing criminal records in Pennsylvania and free legal help that is available to people with low incomes. Following the presentation, constituents may contact Duquesne University School of Law to determine if they're eligible.

You must register in advance for this event.

[Register for Clean Slate & Expungement Virtual Town Hall](#)

2020 GENERAL ELECTION IMPORTANT DATES

OCT
19

**Last day to register to vote
for the general election.**
register.votesPA.com

OCT
27

**Last day to apply for a
mail-in or absentee ballot.**
votesPA.com/ApplyMailBallot

NOV
3

**Voted mail-in and absentee ballots
must be received by the county by 8 PM.**
votesPA.com/County

NOV
3

**General election day.
Polls are open from 7 AM to 8 PM.**
votesPA.com/Polls

VotesPA.com 

**Department of Human Services Reminds
Pennsylvanians that No One is Alone, Help is
Available**



IT'S OKAY TO ASK FOR HELP

If you or someone you know
is experiencing a **mental health
crisis**, contact the crisis text
line by **texting PA to 741-741.**



We are reminded that Pennsylvanians are struggling with anxiety and other challenging emotions due to the COVID-19 emergency and want them to recognize that they do not have to face things alone, help is available.

In early April, the Department of Human Services (DHS) launched the Support & Referral Helpline, a free resource staffed by skilled and compassionate caseworkers available to counsel Pennsylvanians. **The helpline can be reached toll-free, 24/7 at 1-855-284-2494. For TTY, dial 724-631-5600.**

The helpline is made possible through a partnership with the Center for Community Resources (CCR). CCR staff are trained to be accessible, culturally competent, and skilled at assisting people with mental illness, intellectual disabilities, co-occurring disorders, or other special needs, or someone just looking for a supportive, empathetic person to listen. Staff are trained in trauma-informed care to listen, assess needs, triage calls, and provide appropriate referrals to community resources to children, teens, adults and special populations.

The helpline has received a total of 9,213 calls since April 1 and is averaging 68 calls per day.

There are also many other resources that remain available to Pennsylvanians in need of support, including:

- The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- The Spanish-language National Suicide Prevention Lifeline: 1-888-628-9454
- The Mental Health Crisis Text Line: Text "PA" to 741-741
- The Attorney General's Safe2Say program is also still operating 24/7 and can be reached at 1-844-723-2729 or at www.safe2saypa.org.

The Centers for Disease Control and Prevention has warned that communities more likely to

experience excessive stress include people with underlying medical conditions or disabilities, people who have lost their jobs, and racial and ethnic minorities. A recent Penn State [study](#) found that across all age groups, individuals who lost work were 64.7 percent more likely to worry about their mental health, a statistically significant increase. And new research, [reported](#) in the Guardian, found that more than half of people who received treatment for COVID-19 were found to be suffering from post-traumatic stress disorder, depression, anxiety, insomnia, or obsessive-compulsive symptoms.

Please know, no matter what challenges you may be facing during these unprecedented times, you are not alone. It is okay to ask for help. We will get through this together. If you find yourself needing help, do not hesitate to reach out.

Free Sunscreen at State Park Beaches Throughout Pennsylvania

BE SUN SAFE!

- SPF 30 sunscreen
- wide-brimmed hat
- sunglasses
- protective clothing
- shade during midday



Conservation and Natural Resources (DCNR) Secretary Cindy Adams Dunn announced expansion of a program offering visitors free sunscreen at state park beaches and swimming pools throughout Pennsylvania.

Beginning in summer 2017, DCNR'S Bureau of State Parks began supplying free sunscreen at Fuller Lake in Pine Grove Furnace State Park, Cumberland County, and at the swimming pool at Codorus State Park in York County. The program now has been expanded to 13 state parks and an additional swimming beach at Presque Isle, Erie County.

Beyond Presque Isle's Beach No. 6, free sunscreen dispensers are offered for the first time at swimming pools at Mount Pisgah State Park, Bradford County, and Marsh Creek State Park, Chester County, and lake swimming areas at Cowans Gap State Park, Fulton County, and Beltzville State Park, Carbon County. Other state parks offering sunscreen include: Bald Eagle

(beach), Centre County; Gifford Pinchot (beach), York County; Nockamixon (swimming pool), Bucks County; Little Buffalo, Perry County; Laurel Hill, Somerset County; Presque Isle, Erie County, and Caledonia, Franklin County.

Health officials report one in 40 Pennsylvanians will be diagnosed with melanoma, a life-threatening form of skin cancer, in their lifetime. Experts say daily application of a sunscreen with a Sun Protection Factor (SPF) of 30 or higher can aid in prevention of skin cancer.

For a fourth year, all park costs are again covered by the Department of Health's Cancer Fund, with each park receiving close to \$750 worth of equipment to participate. Throughout the summer season, state park staff will oversee and maintain sunscreen dispensers. Two pole-mounted, battery-operated dispensers, supplying 30+ SPF BrightGuard sunscreen applications, will be positioned at each park.

10 Ways to Create Less Waste at Home



As we are at home and creating more waste, here are a few tips that will help lessen the load for waste disposal. This article was originally published in the Philadelphia City Life and you can read it in detail [here](#).

- 1. Embrace composting.**
Food waste is the single biggest category in municipal landfills, which is problematic because food waste creates a lot of greenhouse gas.
- 2. Ditch sandwich bags.**
According to the Environmental Protection Agency, Americans use 380 billion plastic bags and wraps each year. Reduce your use by avoiding such bags for food storage. Beeswax wrap (reusable and compostable cotton cloth infused with wax and resin)

works well for covering bowls and swaddling lunch-box sandwiches; reusable dishwasher-safe bags like Stashers, made from food-grade silicone, are another versatile alternative.

3. Maximize ingredients.

According to Philabundance, 40 percent of food in the U.S. is wasted. Shift your mind-set in the kitchen to reduce waste.

4. Use your garbage disposal.

After composting, the next-best way to get rid of food scraps is to throw them down the garbage disposal.

5. Break the paper-towel addiction.

It's easy to go through a roll of paper towels each week. Use cloth napkins with meals for at least one day, if possible, and a ceramic pot in the kitchen holds the used ones before they head to the laundry room. When they get too worn, napkins become ... cleaning rags.

6. Rethink detergent.

Most laundry detergent — even the eco-friendly options — comes in single-use plastic jugs. You can look for a bulk bin shop like Whole Foods or the East End Food Coop.

7. Rethink drying.

Hang your clothes out to dry if you have the space. When you do fire up the dryer, forgo dryer sheets.

8. Don't trash fabric.

Clothing in the landfill is another greenhouse-gas disaster. If you cannot donate them, Levi Strauss & Co., H&M, and The North Face stores will take your old clothes and shoes from you, recycle them, and even give you a reward for it. Other stores with similar programs include American Eagle Outfitters and Eileen Fisher.

9. Try a buy-nothing group.

The Buy Nothing gift-economy organization that started in 2013 has hyper-local groups in countries around the world. Tap into yours via Facebook, and use it to give your old stuff a good home with people who are thrilled to take your decade-old coffeemaker or maternity sweaters. Also, be surprised by what your neighbors are giving away, from baby strollers to leftover takeout.

10. Parents: Do the best you can.

Babies can use up to 3,000 diapers in the first year alone. But while cloth diapers have come a long way, they're not for everyone. Baby-food pouches are easy to use, they aren't easily recycled. Instead, puree your own produce — it's healthier and saves money, too.

PHEAA and PA Forward to Host One-Hour Webinar Series



PHEAA and PA Forward are offering a series of one-hour webinars on the topic of Covering the Gap.

These webinars emphasize best practices (such as seeking grants and scholarships first), remind families about additional resources (such as payment plans), and touch on private/alternative loans as a last resort.

The discussion will also include the basics of credit: what is a credit score, what factors impact a credit score, how can a credit score be improved, etc.

You can register for one or more of these informative presentations below and have your questions answered:

Tuesday, August 25, at 6:30 p.m.

Call-in Toll Number: 1-650-479-3207

Access code: 127 508 3348

Password 1234

[Register Here](#)

Wednesday, August 26, at noon

Call-in Toll Number: -650-479-3207

Access code: 127 401 1646

Password 1234

[Register Here](#)

Student Voices in Racial Equity Town Hall

On Thursday, August 13, Senator Williams hosted a Student Voices in Racial Equity Town Hall as part of a larger conversation about race and equity. This forum was an opportunity for students to speak about their personal experiences in schools, the curriculum they've been taught, and how we can do better in Pennsylvania. If you missed the event, you can watch the full video [here](#).

Student Voices in Racial Equity Town Hall

with Senator Lindsey M. Williams



Sewickley Academy Student Among Five in the Country Named National Student Poets



Congratulations to Anthony Wiles Jr. who has become one of five high school students from across the country who are named this year's National Student Poets, which the National Student Poets Program identifies as "the nation's highest honor for youth poets presenting original work.

The program is a partnership between the Institute of Museum and Library Services and the nonprofit Alliance for Young Artists & Writers. Over 20,000 submissions were made by sophomores and juniors across the country, according to a news release. Read a [great article](#) about Anthony.

As always, please feel free to reach out with any questions you may have by phone at 412-364-0469 or by email at SenatorLindseyWilliams@pasenate.com. My staff will return your call/email within 24 hours (Monday-Friday).



Senator Lindsey Williams

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