

# DONOR Connection

Building a Strong Foundation **Together**



**BethlehemHaven**  
Pittsburgh Mercy Family of Care™

## Demolition Underway at Future Uptown Flats



*Michael Turk, vice president of Community and Wellness Services at Pittsburgh Mercy; Allegheny County Executive, Sara Innamorato; Bryce Maretzki, director of Strategic Planning and Policy, PA Housing Finance Agency; Annette Fetchko, RN, MHA, executive director of Bethlehem Haven; Pittsburgh Mayor Ed Gainey; U.S. Representative Summer Lee; Lena Andrews, president of ACTION Housing; and Jodi Lincoln, ACTION Housing.*

Bethlehem Haven and ACTION-Housing broke ground today on the Uptown Flats, a new \$22.8 million low-income affordable housing development in the 1400 block of Fifth Avenue in Uptown Pittsburgh. Demolition started earlier this month with construction scheduled to begin in January 2025. When completed in 2026, the new development will house up to 34 households whose residents are exiting homelessness, have accessibility needs, and are the path to self-sufficiency.

# The More You Know: October is Breast Cancer Awareness Month

A new partnership with the Office of Community Outreach and Engagement at UPMC Hillman Cancer Center is helping Bethlehem Haven residents stay vigilant against cancer.

As an oncology nurse for the past 6 years, Katelyn Prosachik saw firsthand how when it comes to health care, knowledge is power. “Knowing the risk factors and making lifestyle changes to minimize these risks have the potential to save lives,” she says. That’s why every month, Prosachik visits Bethlehem Haven residents and discusses with them the importance of keeping up with preventative cancer screenings.

In recognition of Breast Cancer Awareness Month, Prosachik focused her October presentation on the kinds of bodily changes that could be a sign of breast cancer. “It’s not just lumps and bumps you need to look out for,” she says, but also skin changes and unexplained weight loss.

“Some people just don’t know about the risks—maybe they didn’t have a health class that taught them.” As a cancer control specialist, she now spends her days going out into the community educating various populations regarding the importance of routine cancer screenings—particularly breast cancer, cervical cancer, lung cancer, prostate cancer, and colon cancer.

“There’s a huge misconception where people think screenings are only for when you have symptoms, but the purpose of a screening is to find cancer before you start showing symptoms.”

This also means dispelling myths regarding cancer risk. “People often ask, ‘Do bras cause cancer? Does deodorant cause cancer? Do breast size and density determine what type of tests are done?’ These questions are important, and we want to make sure everyone has the most up to date information. Right now, the standard method of breast cancer screening is a mammogram, which is a type of x-ray.”

Fortunately, under Obamacare, most insurances cover preventative mammograms at little to no cost. For people without insurance, there are programs available to help connect them with cancer screenings.

“It’s important for everyone to better understand how their lifestyle can impact their cancer risk,” she says. “I hope my work helps patients feel empowered to go to their doctors for help and advocate for themselves.”

For more information about cancer screenings or educational opportunities, please contact UPMC Hillman Cancer Center Office of Outreach and Engagement at 412-647-1809 or by email at [HCC-COE@upmc.edu](mailto:HCC-COE@upmc.edu).





*Above: Lifestyle choices such as eating healthy foods, getting exercise, and avoiding tobacco and alcohol consumption can be lifesaving lifestyle changes. Medical respite guest Annette knows this firsthand: she had been a smoker for 30 years when she was diagnosed with non-Hodgkin's lymphoma. After having surgery, chemotherapy, and radiation, Annette is coming up on two years living cancer free.*

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## **A Special Night for the Women at 1410**

Sister to Sister Outreach Ministries and Greater Works Christian School came to our 1410 location October 2nd and provided a full taco bar, homemade desserts, and even some musical performances. Everyone was impressed by the delicious meal and the talent and dedication of the students. Thanks to Sister to Sister and Greater Works Christian School for the great day!



# We Love Our Volunteers

Because of our incredible network of support, we can do lifesaving and life-changing work for our residents. To all our volunteers and donors: Thank you!

At all three of Bethlehem Haven's programs — permanent supportive housing, emergency shelter, and medical respite — food service is a particular area of need every day of the year from breakfast through dinner.

Are you interested in volunteering at Bethlehem Haven? Do you have a volunteering photo or story to share with us? Let us know by reaching out to Volunteer Coordinator Brendan Copp at [Brendan.Copp@pittsburghmercy.org](mailto:Brendan.Copp@pittsburghmercy.org), or tag us on social media.

Below are some of the organizations and individuals who have recently supported us. Check out our [Instagram page @BethlehemHaven](#) and [on LinkedIn](#) to see more volunteer spotlights.

## Ongoing Monthly Support

Beth El Congregation of the South Hills  
Bethlehem Lutheran Church  
Blessed Trinity Parish  
Chef Luchia/Giant Eagle Robinson Township  
First Lutheran Church  
Greater Works Christian School  
Regina Coeli Parish  
Sister to Sister Outreach Ministries  
St. Aidan's Parish  
St. Brendan's Episcopal Church  
St. Joseph Church  
St. George Antiochan Orthodox Cathedral  
St. Paul Cathedral Ladies of Charity  
St. Paul's Episcopal Church  
Temple Ohav Shalom

## Recent Volunteers

St. Aidan's Men's Fellowship

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Bethlehem Haven | 905 Watson St. | Pittsburgh, PA 15219 US

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