

BOUNCE BACK PHILLY CREATIVE CORNER

For Philadelphians, by Philadelphians

A monthly newsletter provided by the Bounce Back Philly Program
at the Philadelphia Department of Public Health

Perhaps there is no greater time than now that we make a special effort to communicate our caring. COVID-19 has brought on feelings of disconnection, increased anxiety, and loneliness. We know times have been tough and while we might feel limited in the face of COVID-19, we do have the power and opportunity to act on our well-being. Thus, the Bounce Back Philly Creative Corner has created a space for you to feel connected and engaged with others who are going through similar experiences. Each newsletter features different activities to help you get through your isolation or quarantine period. Let's get started!

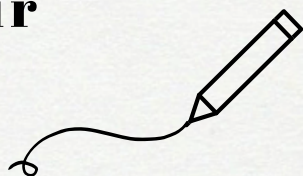
TABLE OF CONTENTS

Share Your Work.....	2
A New Life.....	3
Vaccine Hesitancy is Real for People with Allergies.....	4
Let's Garden Indoors!.....	5
Introduction to Outdoor Gardening.....	6
Write A Haiku.....	7
Writing Limericks.....	8
How to Relax & Breathe.....	9
Puzzles.....	10
Puzzle Answers.....	11
Feedback.....	12

WWW.PHILA.GOV/COVID19



Share your COVID-19 story with us!



Do you have a COVID-19 story to tell and want to share it in this newsletter?

We want to hear about your COVID-19 experience!

Stories for this month are featured on pages 3 and 4!

"How has COVID-19 Affected You?" Creative Art Activity

Would you like to express your creative side? Here's a chance for you to showcase your artwork and promote creative ways to help others get through the COVID-19 pandemic.

You can draw, paint, create a collage, take pictures, or sculpt to name a few. The method of creativity is your choice.



Submit your poems

After creating your poems on pages 7 and 8, submit them for a chance to share on the next newsletter.



Send us an email at IsolationQuarantine@phila.gov to learn more about submitting your story, poem, or artwork.

Selected submissions for all creative work may be shared in the next printed newsletter or the Bounce Back Philly Creative Corner Blog.

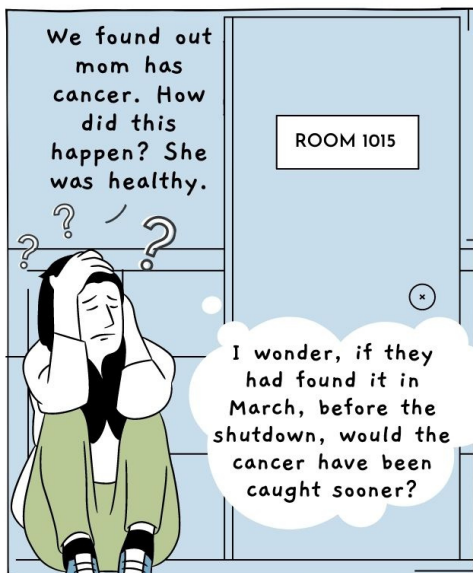
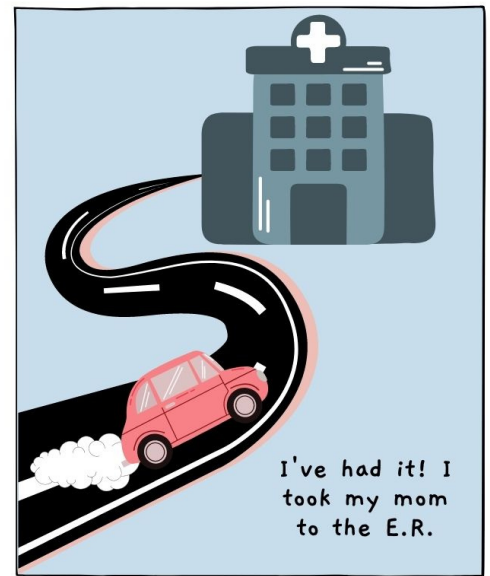
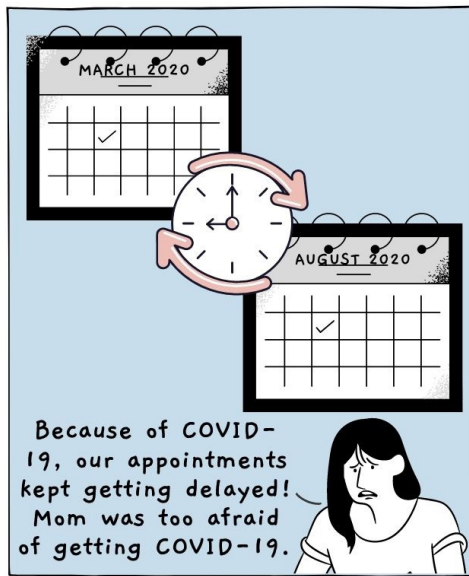
Not comfortable with giving your name? Use an alias or made up name!

See attached forms at the end of the newsletter if mailing in your submissions or for more information about these opportunities!

A New Life

By: Jennifer Nieves Echevarria

COVID-19 came to destroy and delay my life. My mom is 58 years old. She is a very healthy and active female who worked with children and loved her job. She started to feel some minor aches and needed to get some tests done. Because of COVID-19, my mom was scared to visit the hospital and to get exposed to COVID-19 so everything was delayed. My mom's appointments were delayed from March 2020 to August 2020 because of this chaos. I've had it! I took my mom to the E.R. and that's when we found out she had stage 3 colon cancer. She had no symptoms, was gaining weight (not losing it), and had no blood in her stool even though we tested it twice. I always ask myself, if they had found it in March before the COVID-19 shutdown, would the cancer have been caught sooner and not end in stage 3? COVID-19 delayed our lives. Now we are exposed to COVID-19 more than ever because we are going to chemotherapy and radiation therapy every day at our local hospital. COVID-19 changed our lives! It's now a year later and people are still scared to visit doctors and hospitals. Yes, COVID-19 is real but so is your health. Don't let COVID-19 stop you from going to the doctors and checking your health. If you are 45 years and older (male or female), please schedule your colonoscopy. This can save your life!



Vaccine Hesitancy is Real for People with Allergies

By: Marion Leary



As a nurse and public health practitioner, I understand the devastation the pandemic has caused, I believe wholeheartedly in science, and I am very much pro-vaccine. Still, I am also a person who suffers from several severe allergies, including allergic reactions to the flu vaccine and anaphylactic reactions to shellfish. Therefore, I was extremely hesitant to even consider getting the COVID-19 vaccine. But, I also firmly believe it is my job to model good behavior, decrease vaccine hesitancy, and help dissuade the public's fears.

In early February, when I was first notified that I was eligible to be vaccinated, I went into full-on panic mode and swore I would not get the vaccine. But as I allowed my panic to subside and my scientific brain to take over, I decided I needed to feel the fear and do it anyway.

I was an anxious wreck leading up to my appointment; I couldn't sleep and was in a state of panic while awake. On the morning of the vaccination, I almost canceled, fight or flight in full effect, but I knew I couldn't. The vaccine is bigger than just me; the vaccine protects my family and protects the community.

With a lot of support, masked deep breaths and Benadryl, I got the vaccine. As my sister so kindly Tweeted while she waited with me post-shot, "As much as I've wanted to stab her [@marionleary] with something over the years, it's not going to be today cause she's gonna be just fine!" And I was.

Read the full story here: <http://bit.ly/allergies-leary>

stress free
activities
start here!



Let's Garden Indoors!



Container gardening is a great way to grow your favorite flowers and vegetables in the city. Container gardening is the use of containers (pots, cups, or any small containers) to put your plants instead of into the ground. Here are some ideas and tips to start your own container garden at home.

- **Size:** The size of your container will **vary** depending on what you want to grow. Some plants like succulents or flowers like petunias need significantly less space than plants like tomatoes or peppers.
- **Drainage:** Containers must have **good drainage** so that water can get out. Doing so prevents root rot caused by excessive humidity in the soil.
- **Nutrients:** The soil in your containers may not provide enough nutrients for your plants to absorb them naturally like plants in the ground. As a result, we want to make sure our soil is rich in nutrients by mixing the soil with **compost** or **worm casting**.
- **Fertilizer:** Fertilizing your container garden regularly will ensure your plants have the nutrients they need to grow! It is best to fertilize your plant every **7-14 days**. Remember, plants are just like humans, we all need food!



↑COMPOST



- **Observations:** Regularly **inspecting** your container garden will make you aware of any changes that may occur. **Observation** is a great tool in gardening as it can help you notice any nutrient issues or if pests have moved in so you can get the plants treated early.

Once you are out of Isolation or Quarantine, try our outdoor gardening tips...



Plants of Starlin P.





Introduction to Outdoor Gardening

This introduction to outdoor gardening is for people who are new to gardening.

Gardening is the practice of **growing** and **cultivating** plants such as flowers, fruits, vegetables, herbs, and foliage.



These are 5 Steps to Getting Started

1 **Sunshine and location** - what you plan to grow will determine the amount of **sunshine** it will need to **grow** and **where** to place it. For example, vegetables usually need 6 to 8 hours of sun per day, so place it near a sunny area or next to a window!

Containers - planting directly into the ground does not require using a container. If you live in the inner city of Philadelphia, planting directly into the ground may not be an option. One container that **fits perfectly** in a concrete backyard is a **raised bed** (a rectangular box that is at a minimum of 6 inches deep).

2

3 **Soil** - when planting directly into the ground, you will need to **remove** existing grass and large debris (rocks and sticks) from the soil, **add** compost (food scraps) to the cleaned soil, and **use** a shovel or pitchfork to mix them together to prepare for seeding. **Prebagged planting soil** can be used for planting into the ground or a container.

Plants - you can **plant from seeds** or head the local nursery and buy baby or starter plants.

4

5 **Water** - you've done it. **You have reached the last step** to getting started with gardening. You have prepared and planted. Now, all your garden needs is water. Be **careful** not to overwater though. Overwatering can occur if plants are flooded with too much water. Spraying the plants with water can help prevent this from happening. Just enough water is needed to keep the soil moist while the sun is providing good ole' natural Vitamin D.

Gardening is a great way for active, busy, and very stressed out people to take some time to relax and get back in touch with nature.

Planting a garden can be a wonderful hobby and now that you have been provided with a few steps to get started, **are you ready?**





Write A Haiku



Use the space below to write a haiku.

A haiku is a Japanese poetry form. Haikus use a few words to capture a moment and create a picture in the reader's mind. It is like a tiny window into a scene much larger than itself.

Traditionally, a haiku is written in three lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the third line.

Example:
An old pond!
A frog jumps in -
The sound of water.

Line 1:

Line 2:

Line 3:

Writing Limericks

A limerick is a silly poem with five lines.
They are funny and do not have to make sense.
The first, second, and fifth lines rhyme.
They often start with "There once was a ..." or "There was a..."

Example:

There once was an old man from Peru,
Who dreamed he was eating his shoe.
He awoke in the night,
with a terrible fright,
and found out that it was quite true.

Line 1:

Line 2:

Line 3:

Line 4:

Line 5:

Check out page 2 on how to submit your poem!

journal entry

Writing down how you are feeling in a journal can help relieve stress and decrease worry.

Continue to write down your thoughts and feelings each day. Don't have a journal? Create your own book after writing your daily entries.



guided meditation

Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathe through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note that thought, and then return your focus to your breath.

LINK: Listen to the audio on <http://bit.ly/Guided-Meditation-UCLA> and <http://bit.ly/Meditación-completa> (Spanish Version)



Lie on your back with your legs extended and arms at your sides, palms facing up.

Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. You should be aware of any sensations, emotions or thoughts associated with each part of your body.

LINK: Listen to the audio on <http://bit.ly/Guided-bodyscan-UCLA> and <http://bit.ly/Meditación-Basica> (Spanish Version)



body scan

Here are some ways to help you relax + breathe

affirmation statements

Affirmation statements help shift your mind away from negative thoughts and direct your focus toward your strengths — those you already have and those you want to grow.

Try using these phrases and repeat to yourself . . .

- I am confident and calm.
- I am thankful for what I have right now.
- I appreciate what my body can do.
- I can do difficult things.
- I am kind to myself.



Puzzles

Sudoku

EASY #001

1	3		2			7	4	
	2	5		1				
4	8			6			5	
			7	8		2	1	
5				9		3	7	
9				3				5
	4				6	8	9	
	5	3			1	4		
6								

MEDIUM #001

8	9	2			3		1	4
				6	8		7	
4	5			8				1
		8				2		
1		3	7			5		
	7	1			6		5	
5		9	2				8	
6					7			9

HARD #001

4	3	8	7	6		1		2
2				9		5	3	
					2	6		8
		4		2	3		5	
3						8		
6								
		5		1		3		9
	1						8	
9			6				7	

Word Search

S	Y	P	O	E	M	S	E	L	B	A	T	E	G	E	V	R	H	Y	M	E	H	H
I	R	C	E	U	P	S	T	H	G	U	O	H	T	T	F	N	G	D	H	Y	A	R
L	O	O	S	B	R	O	O	D	N	I	D	U	V	S	E	L	N	Y	H	N	I	Z
L	O	M	S	K	Q	S	C	H	A	N	G	E	J	O	E	I	I	G	G	M	K	S
Y	D	M	N	O	I	T	C	E	T	O	R	P	T	P	L	M	N	N	N	I	U	U
Y	T	U	H	S	R	E	N	I	A	T	N	O	C	M	I	E	E	I	I	N	O	N
T	U	N	F	E	R	T	I	L	I	Z	I	N	G	O	N	R	D	L	N	D	S	S
I	O	I	D	V	G	N	I	X	A	L	E	R	Q	C	G	I	R	A	E	F	T	H
V	M	T	S	U	F	K	S	Y	L	L	A	B	L	E	S	C	A	N	D	U	N	I
I	Y	Y	E	E	X	P	E	R	I	E	N	C	E	Q	I	K	G	R	R	L	E	N
T	S	T	N	E	L	U	C	C	U	S	G	Q	M	K	W	S	A	U	A	N	I	E
A	O	Y	F	G	N	I	T	N	A	L	P	H	X	T	U	H	F	O	G	E	R	S
E	H	E	A	L	T	H	Y	S	S	E	N	L	L	E	W	M	H	J	C	S	T	B
R	U	W	O	P	P	O	R	T	U	N	I	T	Y	S	E	I	R	O	T	S	U	R
C	S	X	H	J	U	N	C	O	N	N	E	C	T	I	O	N	J	I	T	Q	N	E
O	S	R	E	W	O	L	F	Y	R	V	D	R	A	I	N	A	G	E	Z	U	O	H

Find the following words in the puzzle. Words are hidden ↑ ↓ → ← and ↘.

Change	Creativity	Flowers	Indoor	Opportunity	Relaxing	Sunshine
Community	Drainage	Gardening	Journaling	Outdoor	Rhyme	Syllables
Compost	Experience	Haiku	Limericks	Planting	Silly	Thoughts
Connection	Feelings	Healthy	Mindfulness	Poems	Stories	Vegetables
Containers	Fertilizing	Herbs	Nutrients	Protection	Succulents	Wellness

Puzzle Answers

EASY #001

1	3	6	2	5	9	7	4	8
7	2	5	4	1	8	9	3	6
4	8	9	3	6	7	1	5	2
3	6	4	7	8	5	2	1	9
5	1	8	6	9	2	3	7	4
9	7	2	1	3	4	6	8	5
2	4	1	5	7	6	8	9	3
8	5	3	9	2	1	4	6	7
6	9	7	8	4	3	5	2	1

MEDIUM #001

8	9	2	5	7	3	6	1	4
7	4	6	9	2	1	8	3	5
3	1	5	4	6	8	9	7	2
4	5	7	6	8	2	3	9	1
9	6	8	1	3	5	2	4	7
1	2	3	7	4	9	5	6	8
2	7	1	8	9	6	4	5	3
5	3	9	2	1	4	7	8	6
6	8	4	3	5	7	1	2	9

HARD #001

4	3	8	7	6	5	1	9	2
2	6	1	8	9	4	5	3	7
5	7	9	1	3	2	6	4	8
1	8	4	9	2	3	7	5	6
3	9	2	5	7	6	8	1	4
6	5	7	4	8	1	9	2	3
8	4	5	2	1	7	3	6	9
7	1	6	3	4	9	2	8	5
9	2	3	6	5	8	4	7	1

S . P O E M S E L B A T E G E V R H Y M E H .
 I R C . . . S T H G U O H T T F . G . . . A .
 L O O . . R O O D N I . . . S E L N . . . I .
 L O M . . . C H A N G E . O E I I G G M K S
 Y D M N O I T C E T O R P . P L M N N N I U U
 Y T U . S R E N I A T N O C M I E E I I N . N
 T U N F E R T I L I Z I N G O N R D L N D S S
 I O I . . G N I X A L E R . C G I R A E F T H
 V . T . . . S Y L L A B L E S C A N D U N I
 I . Y . E X P E R I E N C E . . K G R R L E N
 T S T N E L U C C U S S . U A N I E
 A . . . G N I T N A L P O G E R S
 E H E A L T H Y S S E N L L E W . . J . S T B
 R . . O P P O R T U N I T Y S E I R O T S U R
 C C O N N E C T I O N N E
 . S R E W O L F . . . D R A I N A G E . . . H

We want to hear your feedback!



Please fill out the questionnaire below and email your responses to
IsolationQuarantine@phila.gov

Or mail this page to:

*IHS Program
1101 Market St, 13th Floor
Philadelphia, PA 19107*

1. Were the newsletter activities helpful for keeping you engaged during your safe separation from others?

- ☐ Extremely helpful
- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Not so helpful
- ☐ Not at all helpful

2. How much of the information in this newsletter was new?

- ☐ All of the information
- ☐ Most of the information
- ☐ Some of the information
- ☐ A little of the information
- ☐ None of the information

3. Which part of the newsletter did you like the most?

4. Which part, if anything, did you dislike?

5. What other activities would you like to see in future newsletters?

6. Comments or recommendations