

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

Happy summer! In the August issue of the Bounce Back Philly Creative Corner, we explore different ways to stay engaged and let our creative juices flow. Take some time to reflect on some mindfulness techniques and learn how to make a home-cooked pot roast. Try to solve the Wacky Wordies puzzle (hint: it is Philadelphia-themed)! Finally, learn about your fellow Philadelphians and their story through COVID-19 and how they were upholding their communities.

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Department of
Public Health

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BOUNCE
BACK
PHILLY

Dance Away the COVID Blues

Written by Sherri Wayne

**You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth.**

— William W. Purkey



The COVID-19 pandemic has made a major impact on our lives. Many of us faced challenges that increased stress and strong emotions, and at times completely overwhelmed us.

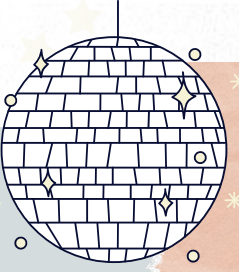
This activity is to remind you that there are healthy ways to cope with the challenges that COVID-19 introduced to your life, and one way to cope is through dance.

The following steps are to a dance called the "Electric Slide." It is a fun and easy dance. The Electric Slide was created in 1976. It is a four-wall dance set to Marcia Griffiths' and Bunny Wailer's song "Electric Boogie."

A four-wall dance is a set of movements that will turn you to face all four walls of the room while you complete the full cycle of the dance move.

Now is a good time to take a break from what you are doing as you safely separate and learn the dance below. If you have a radio, a smartphone, or a tv that plays music, turn them on and let's get started. Even reading these steps out loud to your own beat works too!



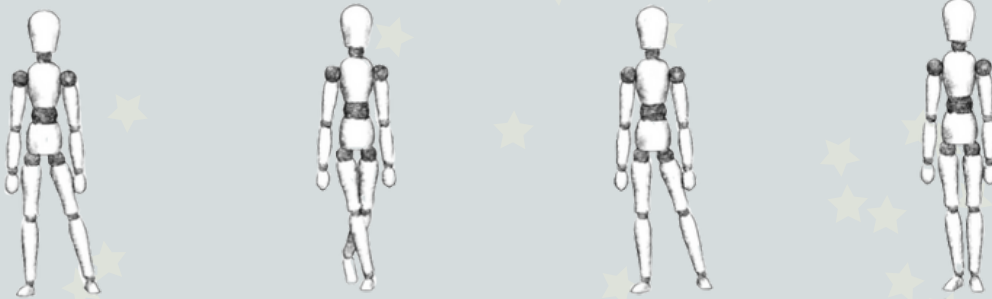


Step-by-step Electric Slide Dance Instructions for Beginners



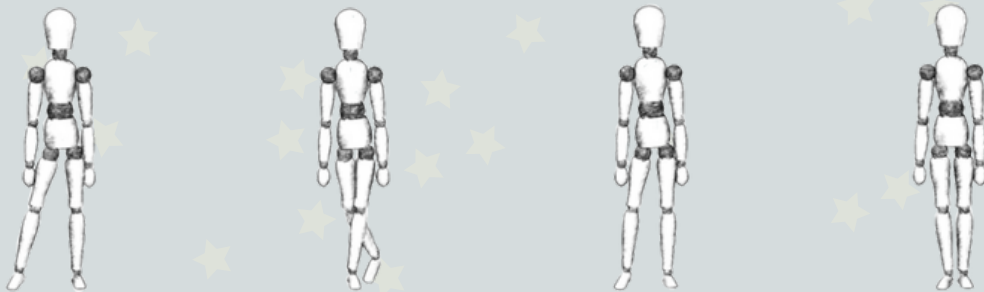
Step 1: 4 Side Steps to the Right

Take four side steps to your right, beginning with your right foot: step right, left together; step right, left together.



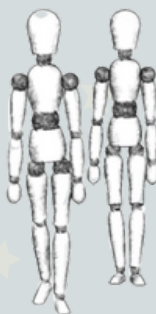
Step 2: 4 Side Steps to the Left

Take four side steps to your left, beginning with your left foot: step left, right together; step left, right together.



Step 3: 2 Steps to the Back

Take two steps to the back (remain facing forward), beginning with your right foot: back right, left together.

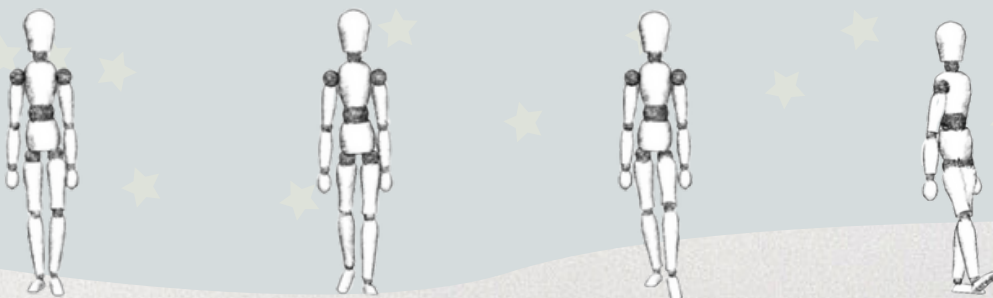


Step 4: 3 Step-touch

Step back onto your right foot. Tap your left foot in place.

Step forward onto your left foot. Tap your right foot in place behind you.

Step back onto your right foot. Tap your left foot in front of you.



GROWING WITH *my* SUMMER GARDEN

Written by: Starlin Paulino

Summertime is the most exciting growing season of the year! During this time, we can harvest our favorite fruits, vegetables, and flowers. Let's review the five must-have summer plants in the garden. Remember, gardening is a great hobby to do on your own while safely separating from others.

Tomatoes

Nothing says that summer is finally here like the smell of tomatoes. This vegetable is a favorite in the garden given its uses in the kitchen. For example, tomatoes can be used in salads, pastas, salsas, and much more. Remember, tomato plants need at least six hours of sun and typically need one to two inches of water per week.

Tip: water depends on your container size. The bigger the container, the more water is needed to hydrate your plant.

Strawberries

Although strawberries are usually known as a spring crop, everbearing strawberries continue growing delicious berries throughout the summer! The summer sun can damage strawberry plants so if your strawberries are planted in a container, move them into a part of the garden that provides more shade. If your strawberries are planted in the ground, consider putting a plant that provides the strawberries some shade from the heat of the summer.

Watermelons

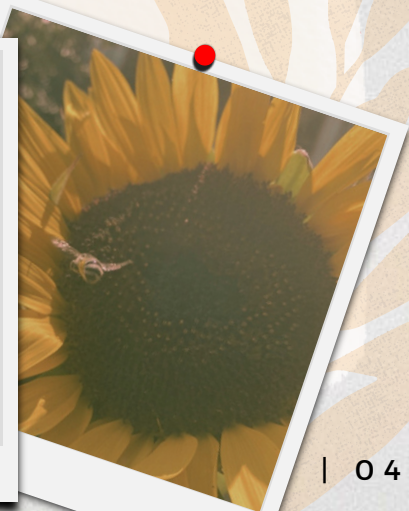
There is nothing more refreshing than the bite of juicy and sweet watermelon! Watermelon plants love the sun, so make sure that the watermelon plants get at least six hours of direct sunlight per day. The soil should be moist, not soaking wet.

Beans

There are many kinds of beans, they are high in fiber and have a lot of nutrients. Beans grow best in a part of the garden where they get a lot of sunlight, but they can also handle some shade. When growing beans, keep the soil moist when the plant is starting to grow but when it is fully grown give it less water.

Sunflowers

In many cultures' sunflowers represent abundance, happiness, and beauty. In the garden, sunflowers are useful for their ability to attract important pollinators like bees or butterflies. They are also useful to give plants shade that are not able to handle the summer heat. Sunflowers also help make a garden look beautiful and elegant with their bright yellow petals which look like the sun.

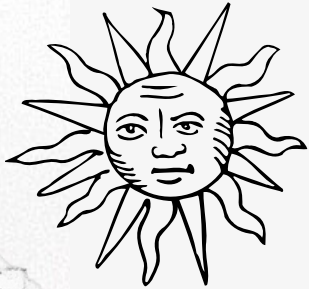


Write a Sonnet

DIRECTIONS: The sonnet was first written in Italy during the 13th century but was made famous by the English playwright, William Shakespeare.

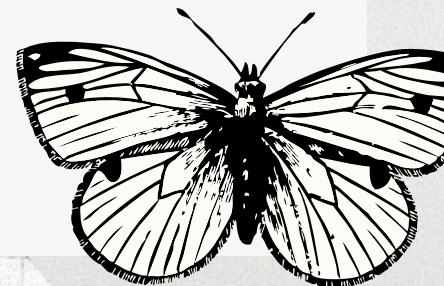
Traditionally, sonnets are written about love. English sonnets are 14 lines long and follow a ABAB CDCD EFEF GG rhyme scheme.*

*A rhyme scheme tells you which lines should rhyme. To make two lines rhyme, the last word of the sentences should sound like one another. For example, an AA BB rhyme scheme means that the first two lines rhyme and the last two lines rhyme.
(AA BB: I miss my **cat**. That chair is where he **sat**. He ran away on a fine spring **day**. I wish he would come back to **play**!)



A sonnet about June **by Hannah Liebow**

- 01 (A) June comes once a year without **fail**
02 (B) We have waited long enough, our cabin fever is **severe**
03 (A) By the time it comes, the days have gone **stale**
04 (B) In comes the sunshine, warm weather, and **cheer**
- 05 (C) Sunscreen, bug spray, lighter **clothing**
06 (D) Water ice, soft serve trucks, Ritas and **more**
07 (C) Philadelphians on the streets are **glowing**
08 (D) The summer is here for people to **adore**
- 09 (E) Absorb the vitamin D while you **can**
10 (F) Take in what feels like a **ton**
11 (E) When the winter comes you can start your **plan**
12 (F) For wishful days in the long-lasting **sun**
13 (G) And fondly remember the days of **June**
14 (G) Wait patiently for it will return **soon**



Write Your Own Sonnet:

Use the space below to write your own sonnet.

[illegible]

Write an Elegy

By: Kenny Morrison

Adapted from: LiteraryDevices.com

DIRECTIONS: An elegy is usually a sad poem about someone who has died. However, they do not need to be sad and can also be written in celebration of someone's life. Elegies can tell the story of someone's journey through grief or loss which can help the writer work through their feelings.

These poems are like eulogies because they can be mournful or celebratory. They do not need to rhyme, although they can usually follow an ABAB pattern. The example below is written like a eulogy, a mournful and short statement on how an individual feels because of a sad experience.

EXAMPLE by Oprah Winfrey for Rosa Parks

"I would not be standing here today nor standing where I stand every day had she not chosen to sit down. I know that. I know that. I know that. I know that, and I honor that. Had she not chosen to say we shall not—we shall not be moved."

Use the space below to write your own sonnet.

Free

By: Dr. Lola Al-ugdah



Free

To be free is to be like the wind and the breeze among the trees

To be free is to be like the waves in the sea

To be free is to live in the space between you and me like our shared humanity

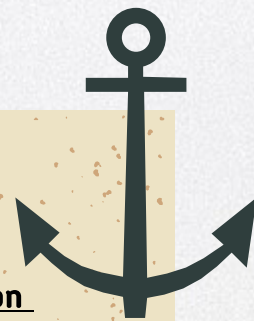
To be free is to choose kind words and deeds and live with dignity

To be Free is to choose to be me

Are you free?



MINDFULNESS CORNER



Written by: Sarah Steenbergen

Mindfulness is about grounding yourself in the present moment and focusing on what you are feeling. We all have strategies for anchoring ourselves to the present moment, like deep breathing or exercise. Find one that works for you!

Allow Yourself to Feel

adapted from bit.ly/bb-rewiresource

This past year has been full of tragedy and trauma, and it is okay to acknowledge that. When you are in pain, it is okay to allow yourself to feel your feelings. We all process our trauma differently, so allow yourself the time to grieve.

You do not have to do this alone. Find community with your friends, family, place of worship, neighbors, or connect with a therapist. Practice showing yourself self-compassion. Talk to yourself the way you would talk to a friend or loved one. Think about what makes you proud or what you like about yourself and try writing a letter to yourself about these moments using the space below.

Dear Me,

Progressive Muscle Relaxation

adapted from thebreathproject.org

Disclaimer: For people who are having issues with breathing due to COVID-19, please avoid doing this activity until you are feeling better.

We all hold a lot more tension in our bodies than we realize, and it worsens when we are under stress. During progressive muscle relaxation, you tense your muscles and then relax them. This exercise will help you to recognize when certain parts of your body are tense.

Listen to the audio here: bit.ly/bbp-relaxforawhile

1. Settle into a comfortable position, lying down or sitting up, then close your eyes.
2. Breathe in through your nose, hold your breath for a moment, and exhale through your mouth. Repeat a few times as needed.
3. Tense and relax your muscles one by one throughout your entire body, starting with your forehead. Raise your eyebrows as high as you can, hold while counting to five, then relax them.
4. Repeat with your eyes and nose. Move downward to other parts of your body such as your mouth, shoulders, hands, and legs. Notice any areas of tension and how it feels when you relax.
5. Go over the parts of your body you relaxed and ask yourself if there is any tension left. Relax these areas and allow yourself to take 5 more cycles of deep breaths, in through the nose and out the mouth.

**Congratulations, you have learned
another tool to manage stress!**



How to Make A Home-Cooked Pot Roast

Recipe provided by: Denise La Kier

Preparation Time: 20 minutes

Cooking Time: 3 hours

Total Time: 3 hours and 20 minutes

INGREDIENTS

- 3 to 5 lbs of chuck roast
- Two (2) small onions - diced
- 16 oz bag of baby carrots
- Two (2) cups small potatoes - halved with skin on
- One (1) stalk of celery - cut into 2 inch chunks
- Two envelopes Lipton Beefy Onion Soup Mix
- 8 cups of water

INSTRUCTIONS

1. Line the bottom of a large roasting pan with vegetables.
2. Place the chuck roast on top of the vegetables.
3. Take two envelopes of the Lipton beefy onion soup mix and mix it with 8 cups of water.
4. Pour the soup mix into the roasting pan and cover the top with aluminum foil.
5. Put the pot roast in the oven for 325°F for 3 hours or until meat is tender.
6. Add more soup mix or water to taste.



Why does this recipe remind you of home?

My kids always love my pot roast. I have four children and it reminds me of Sunday dinners when they were young and we all lived under one roof. All are grown and two have families.

Submit your recipe online at bit.ly/bbp-cc-forms or check out page 16 to learn how you can be featured on the BBP Creative Corner Newsletter or Blog!

Puzzles

Sudoku

EASY #003

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

MEDIUM #003

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

HARD #003

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

Word Scramble

Try these word scrambles!
Each set of letters rearranges
to make a word related to
this newsletter's content.

1. EACND
2. THHALEY
3. ETICRLCE
4. REGDNA
5. AMOTTO
6. LNEOM
7. WUOSLERFN
8. SNOTNE
9. RPETYO
10. XNRIELATO A
11. TROSA
12. ULZPEZ

WACKY WORDIES



Wacky Wordies are visual representations
of common phrases. These Wacky Wordies
all have to do with Philadelphia.
See how many you can figure out!

1

C I T Y

2

M
A
R
K
E
T

FRANKFORD

3

G A

O Z

7

4

W

E

S

Street

5

RIT

E

S

NOH

6

N

W

E

S

Street

7

LAUREL

Mural Arts Philadelphia's Porch Light Department

Written by: Melissa Fogg

Artist: Symone Salib

from the Mural Arts Porch Light Department

This past pandemic year has taken so much from so many - physically, emotionally, and spiritually. Mural Arts Philadelphia's Porch Light Department strives to connect individuals with creative arts programming to combat stigma around mental health struggles, reduce isolation, and to help build community conversations around these issues. Through the Porch Light Department, the Southeast by Southeast and Northeast Passages Programs, work with immigrant and refugee communities around adjustment and acculturation issues.

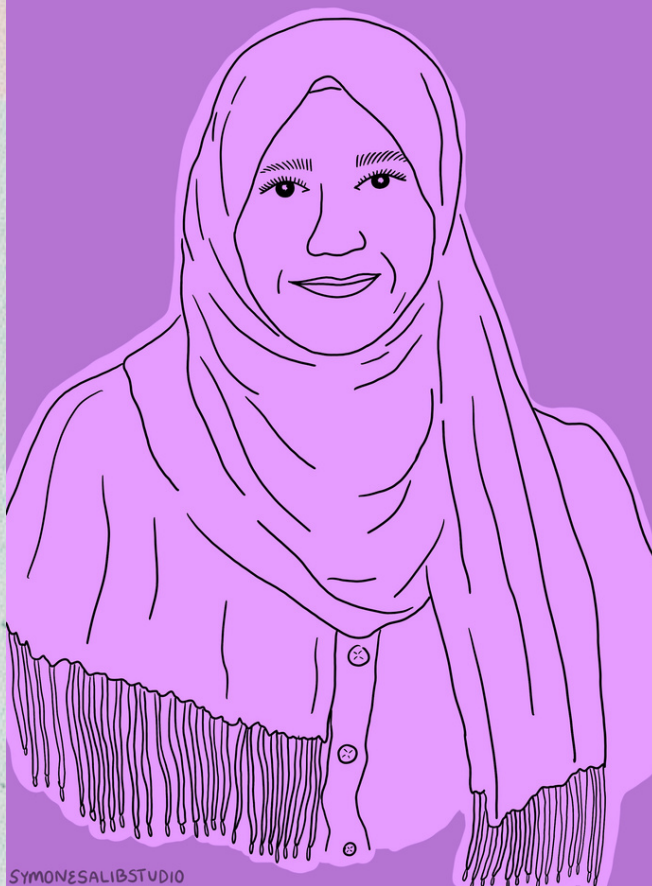
This past pandemic year was especially hard on everyone - and women most of all. Disproportionately, women were pushed out of the workforce and saddled with childcare, homeschooling, and other logistics of care. The media eventually started to talk about these issues but ignored the additional burden that the pandemic placed on immigrant and refugee women who were community leaders. The stories that the women in our programs were telling me said so much more -- beyond all the obvious overwhelming stresses of life with COVID, they were upholding their communities. Every day they told stories of doing additional work for their communities. This included translating health information, advocating for educational equity and essential worker safety, organizing vaccine clinics, and so much more -- all unpaid, and often thankless.

Seven women who are immigrant and refugee community leaders are recognized in this project. These portraits are meant to be a monument to the unpaid and essential work that women did over 2020-2021 as community leaders, mothers, and Philadelphians. Come see the full project at 512 South Broad Street, through 2021.





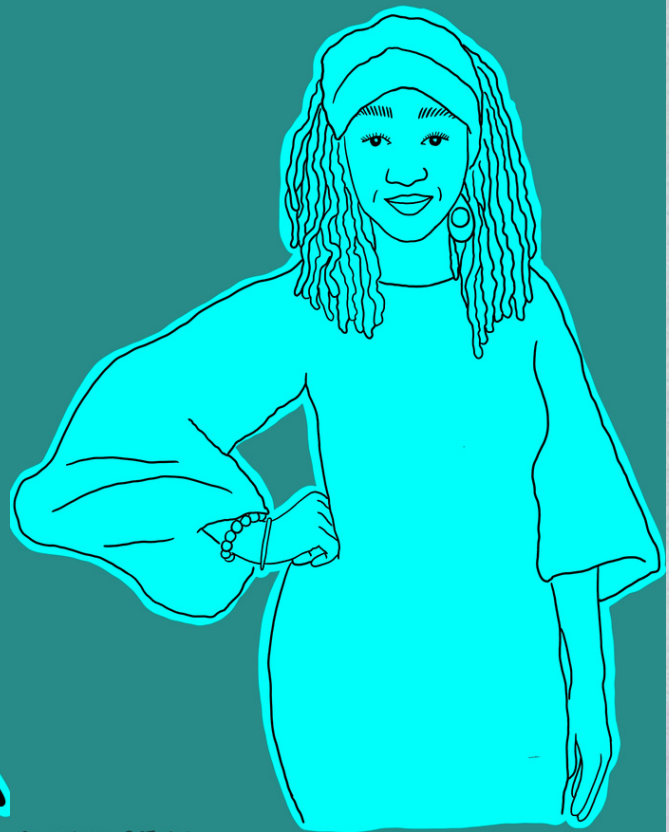
I want to spread the word. I want to get my papers. I want to say to my mom and my grandma: "You know what? I crossed the border and I did something here." That I didn't just make a living and go back to Mexico. That I left something behind.



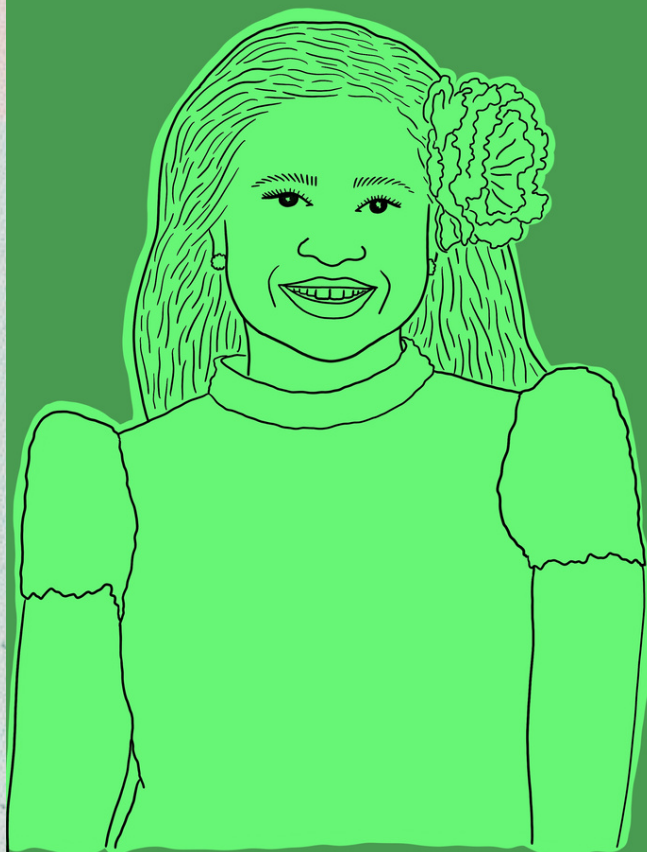
Every immigrant woman and girl can be powerful by setting high goals. You can positively impact your community and create a better future for everyone.

I have a daughter now who is 10. What I would say to her is: "you are able to do anything that you want. You have no limitations. No barriers. The only barriers and limitations are in your mind, so change your thinking and change your perspective. What anyone has to say about what you can/cannot do is none of their business. Your business is to believe in yourself. Be kind, be compassionate, but also, be bold and audacious."

SYMONE SALIB STUDIO



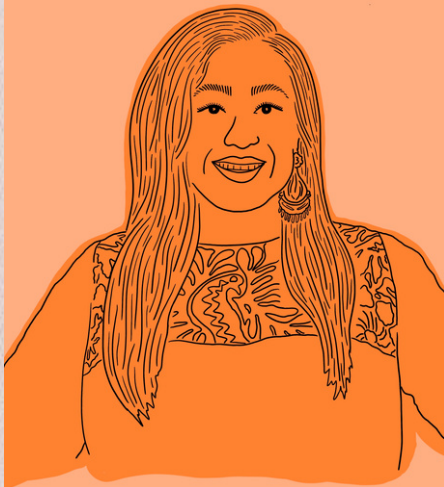
SYMONE SALIB STUDIO



SYMONE SALIB STUDIO

Women are the cornerstone of families and communities. We don't give enough credit to ourselves and the world doesn't give credit to us. We need to remember to give ourselves credit and empower each other.

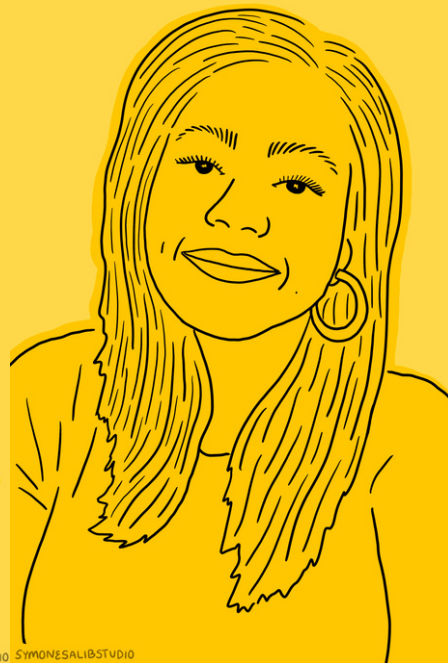
SYMONE SALIB STUDIO



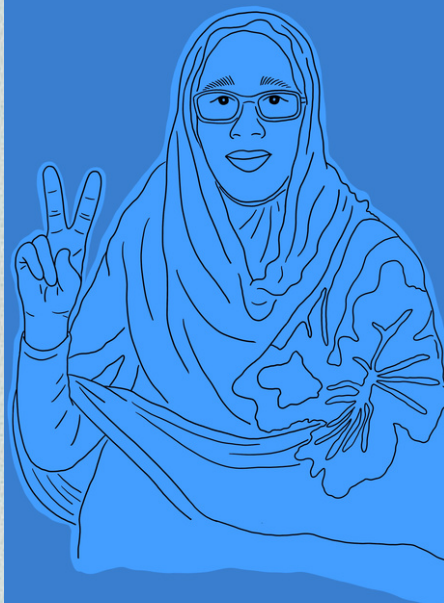
It doesn't matter if you can't speak the language of the place. It doesn't matter if people can't understand you. If you want to do real and good things, just do it. And say: Thank God I have the opportunity to do it!

SYMONE SALLIB STUDIO

We are not alone in this life. We must help each other, support each other. Then we are stronger in our communities and lives.



SYMONE SALLIB STUDIO SYMONE SALLIB STUDIO



SYMONE SALLIB STUDIO

You are in the greatest country of science and knowledge. Do not miss this opportunity to learn more about your new country, your new home. Get out of your comfort zone -- explore and learn about other cultures.

SYMONE SALLIB STUDIO

Puzzle Answers

EASY #003

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

MEDIUM #003

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

HARD #003

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

WORD SCRAMBLE

1. DANCE
2. HEALTHY
3. ELECTRIC
4. GARDEN
5. TOMATO
6. MELON
7. SUNFLOWER
8. SONNET
9. POETRY
10. RELAXATION
11. ROAST
12. PUZZLE

WACKY WORDS

1. CITYWIDE
2. MARKET-FRANKFORD EL
3. LOGAN CIRCLE
4. WATER ICE
5. RITTENHOUSE SQUARE
6. SOUTH STREET
7. LAUREL HILL

Share your work and feedback with us!

Find out more about submitting your story, poem, artwork, recipe, or feedback at bit.ly/bbp-cc-forms



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!

COVID-19 stories and Motivational Messages



Do you have a COVID-19 story to tell or motivational message you want to share with our readers?

We want to hear about your COVID-19 experience and share your message!

Our featured story is available on pages 12-15 this month.

"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.



Poetry and Writing

After creating your poems on pages 6 and 7, submit them for a chance to share it on the next newsletter.

Have other original poems you'd like to share? Send them our way!

Taste of Home



Want to share a simple recipe that reminds you of home with our community?

We'd love to hear from you and find new recipes!