

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

So long Summer! As summer comes to an end in September, it is now time for Fall or PSL (*Pumpkin Spice Latte*) Season! In this issue of the newsletter, learn how to set a mindful goal. Use the techniques outlined on pages 6 to 7 to set a Fall or Winter goal, whatever you'd like! Jump to pages 10 through 23 to see the amazing artwork created by kids from Philadelphia at a local art show on what "community" means to them. A special thanks to Black N Brew located in South Philly for providing us with the opportunity to highlight these creations.

Let's get started!

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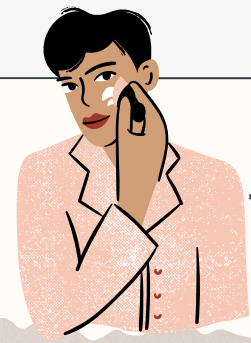
Department of
Public Health

WWW.PHILA.GOV/COVID19

BOUNCE
BACK
PHILLY

Self-Makeover at Home

Article and Photos by Zenia Lauw



The pandemic has been a drawn-out crisis for everyone around the world. For some, the days start to melt together. When there are no places to go or people to see, days of the week start to lose a lot of their purpose. Not being seen face-to-face by anyone but the people in your household makes it easy to stop caring about the way you look. Giving yourself a makeover is a form of self-care that may help with improving your mood and confidence. Here are some tips on different makeovers you can do while safely separating!

Switch up your hairstyle.

Take this opportunity to experiment with hairstyles! Switching up the way you style your hair is the start to every makeover. Browse through Pinterest or Instagram to find the "perfect" hairstyle for you. Now might be the time to try that style that you always wanted. If you like your hairstyle and do not want to change it, try hair care! Give yourself a deep hair mask to make your hair noticeably shiny and soft. Improve the health of your hair by limiting the use of heat tools such as hairdryers, flat irons, and curling irons. Additionally, try rinsing your hair with cold or room temperature water as there are several benefits that come with that: it preserves the hair's natural oils, makes your hair look smoother and shiny, and helps maintain a clean scalp!

Love your skin.

While safely separating, examine your skin and see what you can do to improve it. Your old routine may have caused you to ignore your skin care. One of the first ways to give yourself a skin makeover is to try a face mask or exfoliate the dull dead skin build up. Try to wash your face in the morning and night with a gentle face scrubber; this will drastically improve your skin and give it a nice healthy glow.

Glam up.

Finally, this is another opportunity you can take while safely separating! Changing your daily face makeup routine is another way to give yourself a makeover. Start by putting on the blush that you never use or that bold colored lipstick. Also try changing the shape of your eyebrows; it can change the way your face looks. The right makeup and style can be a major confidence booster! You can also take this time to throw out dry and expired makeup as it could have bacterial build up that can risk an infection. Start with small steps and you will be surprised with how easy it is to give yourself a new and refreshing look!



Song Lyric Mashup

DIRECTIONS: A song lyric mashup is a poem that combines the words or phrases from the two songs to create something unique. Use words from the following two songs to write the song lyric mashup. If needed, add a few words that are not in the songs.

In the following example, the blue words came from the song “September” by Earth, Wind, and Fire. The green words came from the song “Dancing in the Moonlight” by Boffalongo. The black words were added to make the poem work.

Example:

Our hearts were big and bright

As we danced in the night

Never fought in September

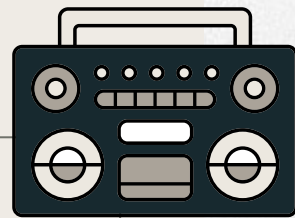
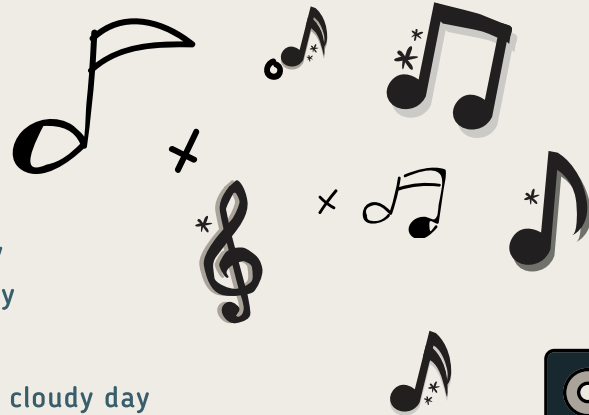
In the moonlight I remember

Everybody thought we were here to stay

Everyone thought your bark was far away

How to keep things loose now?

Warm and bright can't break through my cloudy day



September

By Earth, Wind, and Fire

Do you remember, 21st night of September?
Love was changing the mind of pretenders
While chasing the clouds away
Our hearts were ringing
In the key that our souls were singing
As we danced in the night

Remember
How the stars stole the night away, oh yeah

Hey, hey, hey
Ba-dee-ya, say, do you remember?
Ba-dee-ya, dancing in September
Ba-dee-ya, never was a cloudy day

My thoughts are with you
Holding hands with your heart to see you
Only blue talk and love
Remember
How we knew love was here to stay
Now December
Found the love we shared in September
Only blue talk and love
Remember
True love we share today

Hey, hey, hey
Ba-dee-ya, say, do you remember?
Ba-dee-ya, dancing in September
Ba-dee-ya, never was a cloudy day

Ba-dee-ya, say, do you remember?
Ba-dee-ya, dancing in September
Ba-dee-ya, golden dreams were shiny days
The bell was ringing, oh, oh
Our souls was singing
Do you remember, never a cloudy day, yow

Dancing in the Moonlight By Boffalongo

We get it almost every night
And when that moon gets big and bright
It's supernatural delight
Everybody was dancing in the moonlight

Everybody here is out of sight
They don't bark and they don't bite
They keep things loose, they keep things light
Everybody was dancing in the moonlight

Dancing in the moonlight
Everybody's feelin' warm and bright
It's such a fine and natural sight
Everybody's dancing in the moonlight

We like our fun and we never fight
You can't dance and stay uptight
It's supernatural delight
Everybody was dancing in the moonlight

Dancing in the moonlight
Everybody's feelin' warm and bright
It's such a fine and natural sight
Everybody's dancing in the moonlight

Everybody here is out of sight
They don't bark and they don't bite
They keep things loose, they keep things light
Everybody was dancing in the moonlight

Everybody's dancing in the moonlight
Everybody's feelin' warm and bright
It's such a fine and natural sight
Everybody's dancing in the moonlight

Write Your Lyric Smashup:

Use the space below to write your own lyric smashup:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Free Verse

DIRECTIONS: A free verse poem is a poem that does not rhyme or have a regular meter (assigned structure). The poet Robert Frost called free verse “playing with the net down” because it allowed poets to be creative and write without rules.

Example:

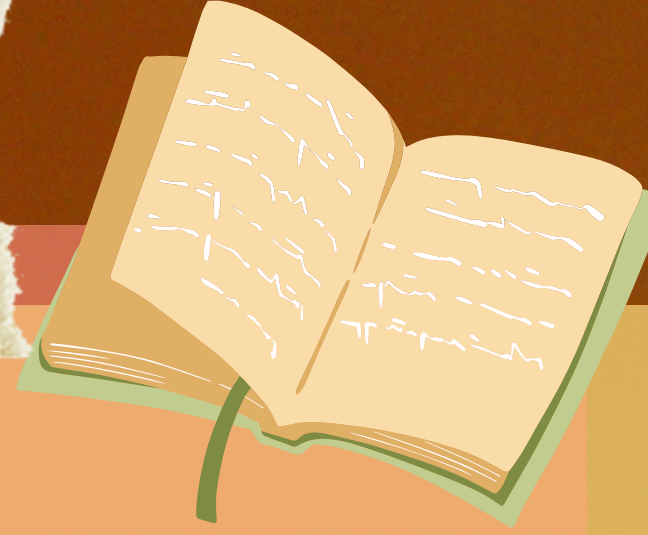
“The Peace of Wild Things” By Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children’s lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.



Use the lines below to write a free verse poem.

Mindful Goal Setting



Have you ever set a goal for yourself and had a hard time following through on it? We all have goals we set for ourselves, but it can be hard to keep up with them.

One method to keep up with a goal is to make a **SMART goal**. SMART is an acronym to guide you as you set up your goal:

Specific: What action or steps will I take to reach my goal?

Measurable: How will I track progress or know that I have reached my goal? Can I use a journal, app, or another method?

Achievable: Is this goal something I can do with my current resources (time, money, energy)?

Relevant: How important is this goal to me? Why do I want to reach it?

Time-bound: What's my timeline for achieving my goal? One month? One year?

Our own motivation and belief that we can accomplish our goal are the biggest factors of success.* When drafting your goal, make sure to write an action plan and be as specific as possible. For example, instead of "I want to eat more fruits and vegetables" be specific in what you want to eat, how often, and when, such as "When I make my lunch on Tuesdays, I will pack a salad." A good way to structure your goal is using the "When...then..." format as seen in the example above.*

Goals that work towards something rather than avoiding an outcome have also been shown to be more effective. For example, instead of "I do not want to eat more ice cream" you can phrase it as "I want to eat 3 pieces of fruit in the next 2 days."*

Consider these other strategies that have shown to help achieve goals:

1. Explore both the supports and barriers in reaching your goal. Do you have what you need to achieve the goal? If not, how can you get what you need or overcome the barriers?
2. It is easier to pair a new behavior with part of your existing routine. How can you make your new goal part of your daily life?
3. Celebrate every bit of progress! Acknowledge the work you have put in and how far you have come every time you take a step, no matter how small it may seem.
4. It is okay to acknowledge when you are having a hard time and think of other ways or change your goal to make it more achievable.
5. Most importantly, involve your social network! Those who share their commitment to finish a goal and share their progress with other people are 33% more successful.* See if someone you know in your social network wants to join you on your journey to reach your goal!

*See a journal article on effective goal setting here: bit.ly/bbp-mindfulnessgoals

Mindful Goal Setting



Now it's your turn! Use the space below to write a goal and an action plan:

What is my goal? (Remember the "When....then..." structure)

Why is this goal important to me?

When will I act towards this goal?

How will I track my progress?

What resources do I have to help me achieve my goal? (Include social supports!)

taste of home

1-2-3-4 Cake

Recipe provided by: Alex Howey

Preparation Time: 10 minutes

Cooking Time: 55 minutes

Total Time: 3 hours

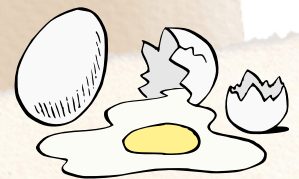
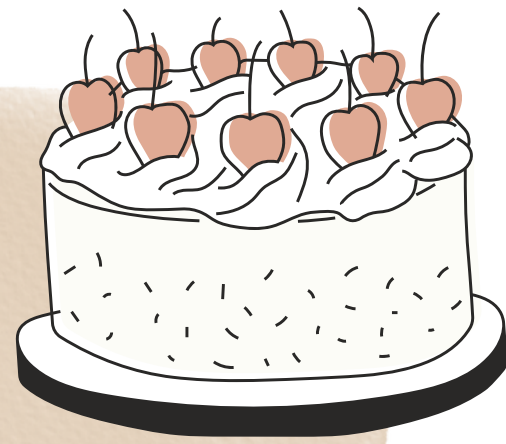
Number of Servings: 12

INGREDIENTS

- 1 cup (two sticks) unsalted butter, softened
- 2 cups granulated sugar
- 3 cups sifted flour
- 4 eggs, separated
- 1/2 tsp salt
- 3 tsps baking powder
- 1 cup milk
- 1-1/2 tsp vanilla

INSTRUCTIONS

- Beat butter until smooth. Add sugar and mix well. Add egg yolks and vanilla. Mix well. Add baking powder and salt. Blend in flour and milk a little at a time, beating well after each addition until flour and milk are fully mixed in.
- In a separate bowl, beat egg whites until they form soft peaks. Fold beaten egg whites into cake batter until it is smooth.
 - Tip: You get "soft peaks" when you whip your egg whites together with your beater until it becomes thick and white. When you turn it over with your spatula, the egg whites should not pour over or be drippy.
- Coat a tube pan lightly with Crisco, then dust coated pan with flour. Pour prepared cake batter into prepared pan.
- Pre-heat oven to 350 degrees. Place cake on the middle rack. Bake for 55 minutes. To test a cake to see if it is finished baking, poke the fork into a part of the cake and if parts of the cake stick onto the fork, the cake is not ready. Put the cake back in the oven and check every 5 minutes until parts of the cake no longer stick on the fork.
- When the cake is removed from the oven, let it cool down on a rack for 10 minutes before removing the cake from the pan by flipping it onto the rack. Taking the cake out of the pan too early can cause the cake to fall apart. Allow the cake to cool down for about two hours before serving.



Why does this recipe remind you of home?

My mom used to make this cake for all sorts of events, including my birthday. Frosted or unfrosted, or just with a scoop of vanilla ice cream, this simple cake is the best!

Submit your recipe online at bit.ly/bbp-cc-forms or check out page 21 to learn how you can be featured on the BBP Creative Corner Newsletter or Blog!

Puzzles

Sudoku

EASY #004

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

MEDIUM #004

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

HARD #004

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

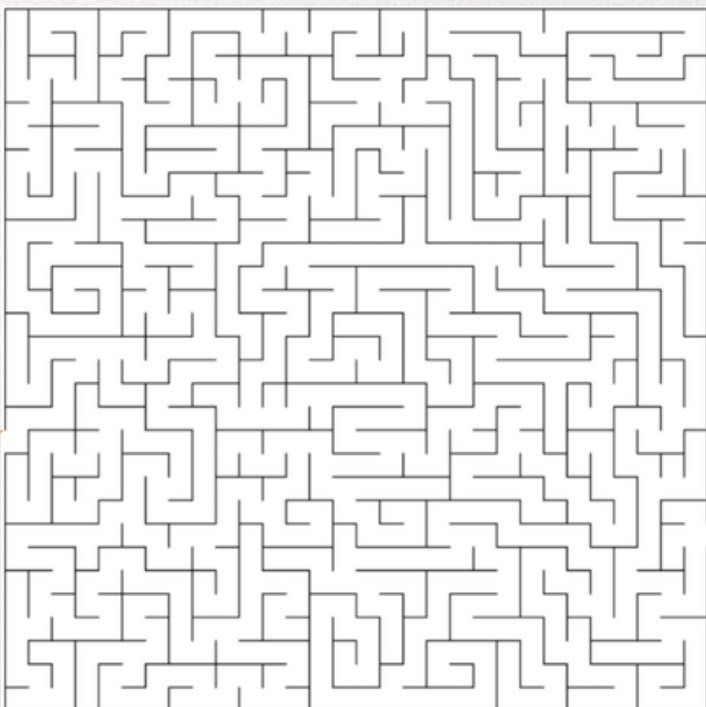
Word Search

Maze

Find your way through the maze!

Start here: ★

End here: ●



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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘

Achieve	Create	Lyrics	September
Art	Exfoliate	Makeover	Smart
Cake	Free	Motivate	Stars
Community	Goal	Network	Support
Confidence	Hairstyle	Peace	Verse

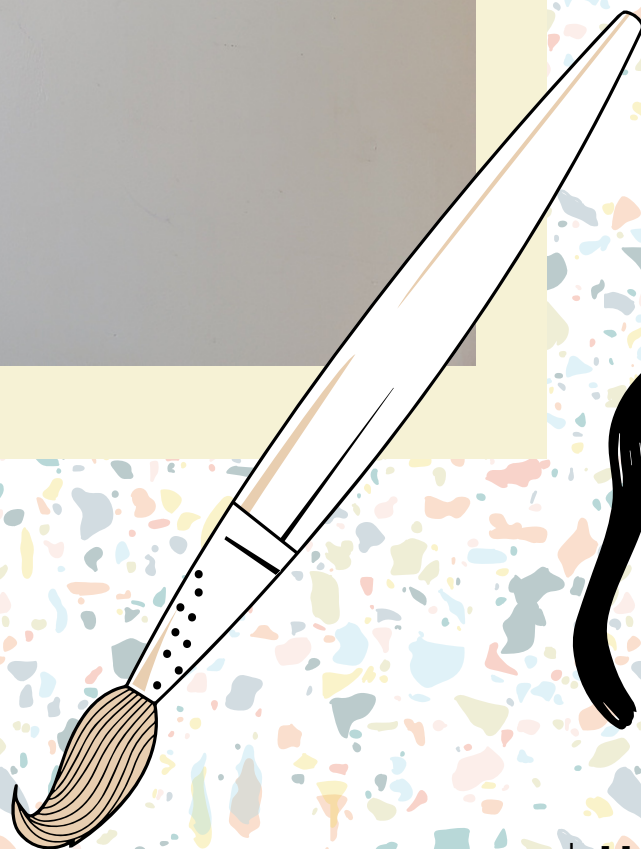
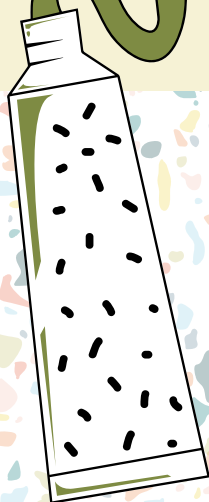
Children's Art Show at Black N Brew



In an ever-changing year, Black N Brew decided to do something we had never done before and feature children's art on our walls. We started this tradition years ago to feature art from local artists on our walls and this time we reached out to our community as well as our son's class to collect artwork for this project. We welcomed children to submit a piece on "community." The rules were simple: create a submission answering the question, "what does community mean to you?" and to paint, color, or draw the piece. The output was wonderful! We had a range of ages and ideas. For some children, community meant the essential workers who continued to work during the pandemic and wearing masks to be a community member, while other children thought community meant the community they physically lived in. We hung the art at the café from May to July 2021. We even had an ice cream social for the kids in June 2021 to celebrate our first ever children's art show, where their families were in attendance. There will definitely be more children's inspired art shows in the future.



Children's Art Show at Black N Brew





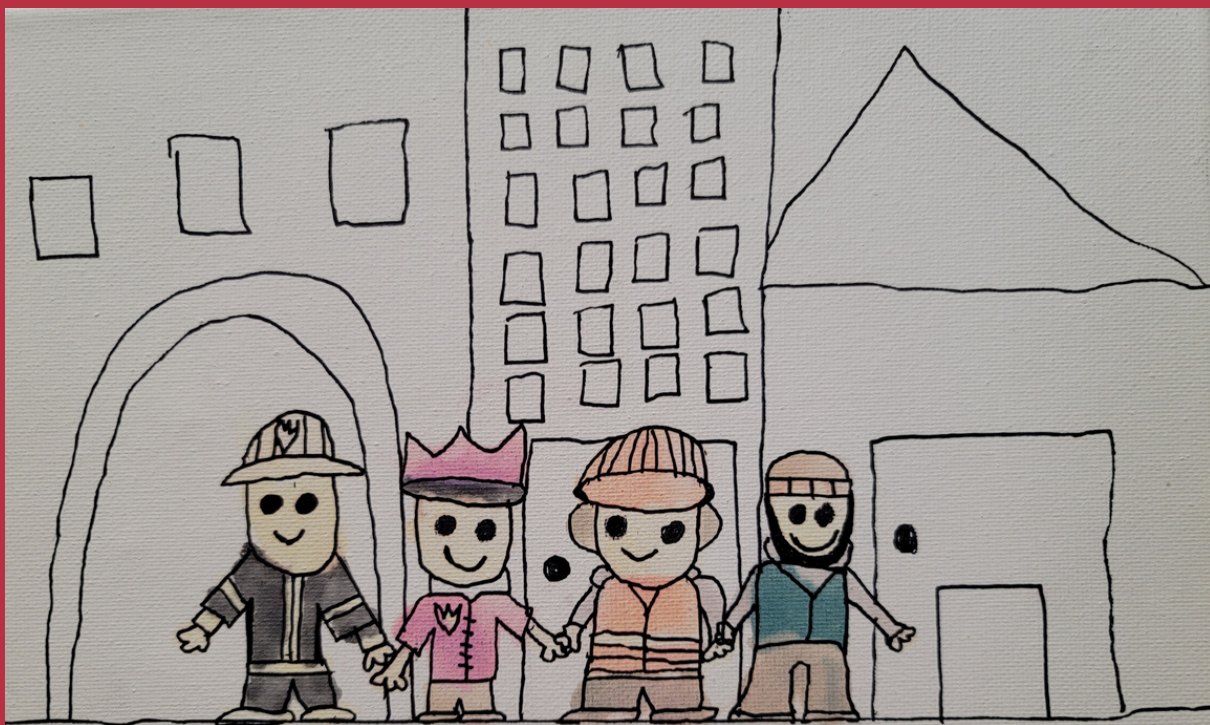
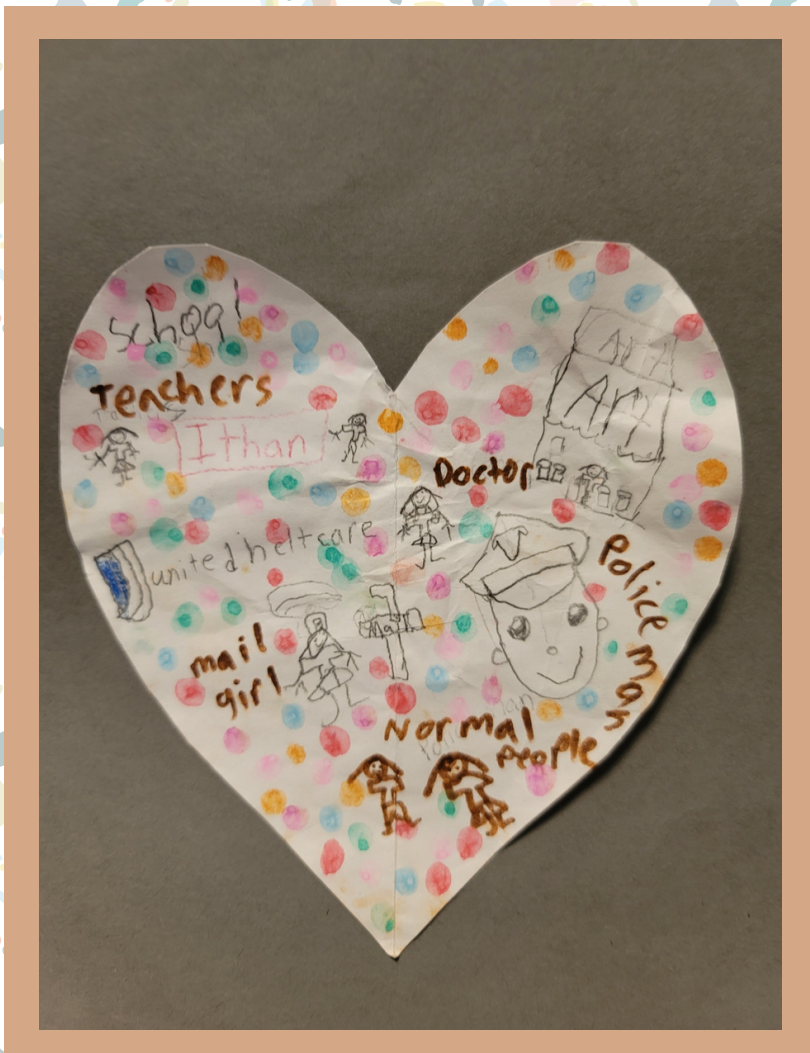
WNN





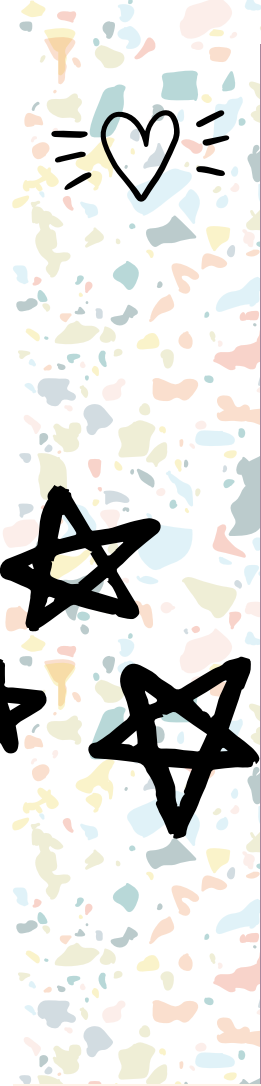






By: Zack Phillips





community









See







Events!



September 3rd, 2021

7:00pm - 8:30pm

Street Movies! and Backpack Giveaway at Smith Memorial Playground

3500 Reservoir Drive, East Fairmount Park, Philadelphia, PA 19121

This is an outdoor event on Smith's front lawn space

bit.ly/SMP-events

Open through September 26th

Spruce Street Harbor Park

Enjoy time in a hammock, play patio games, visit the arcade, or munch on some tasty treats while strolling through Spruce Street Harbor Park.

Located at 301 S Christopher Columbus Boulevard

Blue Cross River Rink Summerfest

From here you can easily access the Blue Cross River Rink Summerfest which will also be open through September 26th.

Just walk north from Spruce Street Harbor Park along the Delaware River and you will end up at the skating rink, ferries wheel, mini golf, and more.

Labor Day Weekend Events

September 3rd through September 6th

Live Music & Performances in Greater Philadelphia (dates and times vary).

bit.ly/LDW-events

September 4th through September 6th

Labor Day Weekend: Closing of Flags and Founding Documents, 1776 - Today

Located at the Museum of the American Revolution

-Kids 12 years old and under are FREE throughout the holiday weekend.

-Admission for ages 13 to 17 is \$13 and \$19 for all others

Fireworks

September 4th @ Shady Brook Farm

September 5th @ Longwood Gardens and Sesame Place

Puzzle Answers

EASY #004

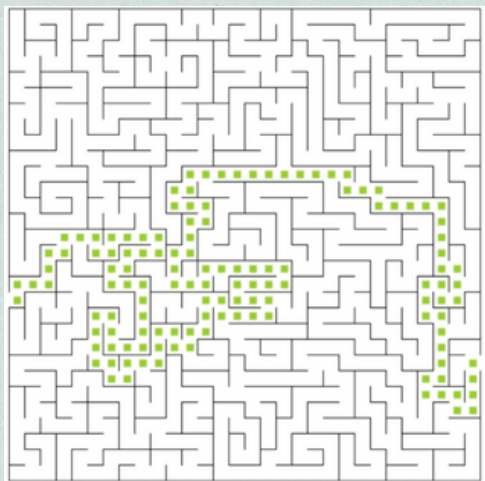
4	8	7	3	5	1	9	6	2
9	1	5	4	2	6	7	8	3
2	3	6	7	8	9	5	4	1
3	9	4	8	1	5	6	2	7
1	6	2	9	7	4	3	5	8
5	7	8	2	6	3	1	9	4
6	4	3	1	9	8	2	7	5
7	5	1	6	4	2	8	3	9
8	2	9	5	3	7	4	1	6

MEDIUM #004

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

HARD #004

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



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

*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 10-23 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 3, 4
and 5, 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!