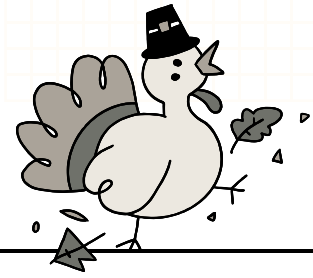


BOUNCE BACK PHILLY CREATIVE CORNER



For Philadelphians, by Philadelphians

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

As we head into the colder months and inch closer to the end of the year, let's take some time to practice some mindfulness. Include your family and friends in this too! Become a plant person by checking out page 3 on some of the must-have house plants to make these shorter days a little brighter. Still don't know what you are bringing to these upcoming holiday dinners? We got you covered! Check out pages 8, 9, and 10 to learn some new recipes.

We hope you have a Happy Thanksgiving and a Happy November! We are thankful for this City and everybody who lives in it.

Let's get started!

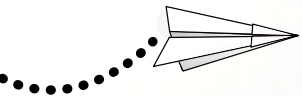


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WWW.PHILA.GOV/COVID19

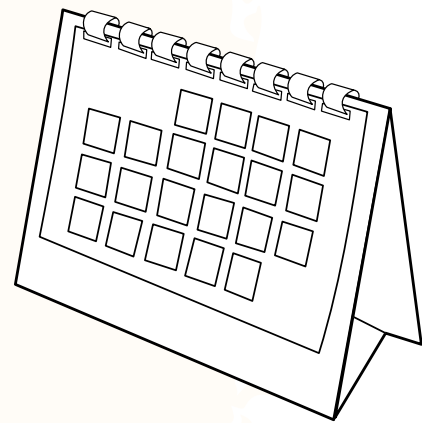
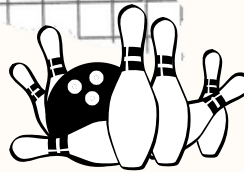


Upcoming Events

Brooklyn Bowl Philadelphia*

Opens November 4, 2021

1009 Canal St, Philadelphia, PA



Philly Wine Fest*

Saturday, November 13, 2021, 12:00PM - 10:00PM

990 Spring Garden St, Philadelphia, PA 19122

Tickets range between \$30 - \$60

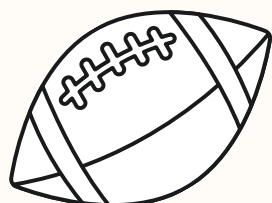
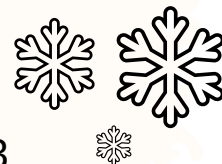


Franklin Frost*

Opens Tuesday, November 16, 2021

The Franklin Institute, 222 N 20th St, Philadelphia, PA 19103

Franklin Frost features a 25-foot-tall Stellar Tree, model trains, and festive science activities...



Green Legion Tailgate - Eagles v Saints*

Sunday, November 21, 2021, 8:00AM - 12:00PM

1100 Pattison Avenue, Philadelphia, PA 19148

Life Isn't Fair (Stage play)*

Sunday, November 21, 2021, 6:00PM - 9:00PM

The Met, 858 N Broad Street, Philadelphia, PA 19130

Tickets range between \$50 - \$100



Thanksgiving Day Parade*

Thursday, November 25th, 2021, 9:00AM

Benjamin Franklin Parkway

*Note

We highly encourage participation in the virtual events while you are safely separating and joining the in-person events when you are feeling better and can be outside.

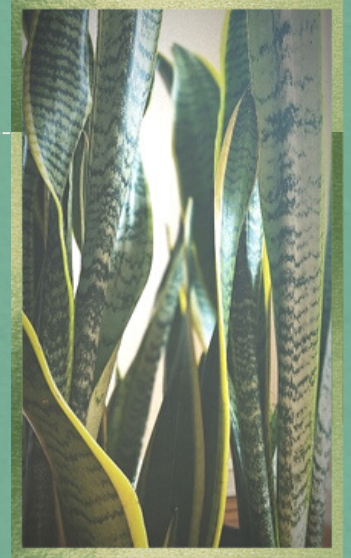
Must Have House Plants

Written by: Starlin Paulino

As we transition into the fall season, remember that even though we can keep growing our cold-resistant vegetables outdoors, we can also create an indoor living space for indoor plants. By adding plants that are strong and beautiful, it is possible to refresh our homes during colder seasons. The following three indoor plants are great for beginners and require little maintenance.

Snake Plants

These tall, beautiful, and diverse plants are a must for your indoor plant collection. Their resilience and flexibility allow them to survive a wide range of living conditions. These plants can tolerate high light conditions as well as low light living conditions. They can spend weeks without water and still thrive. For best results, keep snake plants in well-drained soil, and bright light. To make sure that the soil is well-drained, mix the soil with some sand or perlite.



Succulents

Succulents are another diverse group of plants. They have become extremely popular as indoor house plants given their beautiful patterns and symmetrical look. Succulents are easy indoor plants given that they need little maintenance. These plants love well-drained soil and thrive when they are in direct sunlight. Make sure that your succulents receive at least six hours of direct sunlight every day. Remember, succulents save water in their leaves, which means they do not require water often. A good rule of thumb is to water your succulents when the container soil is completely dry.

Monstera Deliciosa

Monstera Deliciosa is a tropical plant famously known for its large and beautiful leaves. This plant is easy to care for and brightens up any room. You will need to water your Monstera Deliciosa whenever the first one to two inches of soil is dry or every two weeks. This plant prefers bright indirect light. Place it near a window if possible. Since this is a tropical plant it does like some humidity, so either have a humidifier nearby or simply spray some water on the leaves a few times a week.





Onomatopoeia Poems

DIRECTIONS: Onomatopoeia is a term used for words that mimic actual sounds we hear (BARK, MEOW, BANG). Onomatopoeia is used often in poetry because it helps make it a better experience, instead of just picturing the scene - you can hear sounds as well.

Example:

The **swish** of the leaves.
It dances on the trees.
Closing my eyes softly.
The warm wind tickles my cheek swiftly.
Leaves **rustle** and **crackle** in the air.
If only you were there.

- Beauty of the Wind, by Jennifer Betts



Use the space below to write your own onomatopoeia poem:

Poetry Mad Libs

DIRECTIONS: Mad Libs is a word game that has you fill in the blanks of stories, poems, songs, or other pieces of writing with your own words before reading it out loud. Replacing the words within a poem can be an easy way to create something new and expressive.

Below is a poem with selected words removed. Read through the poem and then try to fill in the blanks with an appropriate word.

Despite the _____,
(noun)

_____ arrives like
(noun)

it was always going to.

Despite _____,
(article) (noun)

the light returns.

Despite your loss,

your _____ will be
(noun)

_____.

(adjective)

(adverb)

Despite the breaking,

your _____ will feel

like it belongs in _____
(adverb) (article)

_____ once more.

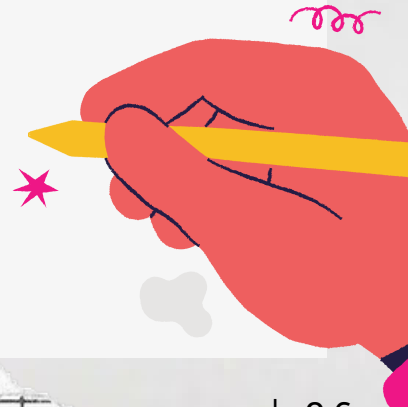
_____ (noun) _____ (preposition) _____ (noun)

This is how it will

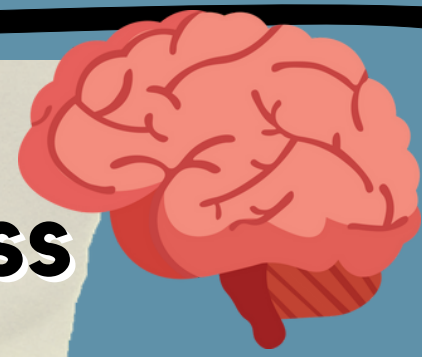
always be. Keep _____.
(adjective)

Poetry Mad Libs

Use the space below to create your own poetry mad lib:



Children and Mindfulness



Mindfulness practices are beneficial to people of all ages including children, who learn mindfulness early can use these skills throughout their lives. Children face a lot of stressors navigating new social situations, school, and continuous changes in their bodies. Mindfulness practices can help children stay in the present moment, reduce anxiety, and improve focus.

Why is Mindfulness for Children so Important?

The area of the brain associated with reasoning and planning, the prefrontal cortex, develops its abilities for complex processing during childhood through the formation of neural networks (Tsujimoto, 2008). By the age of four, this area is already active and beginning to finetune itself (Tsujimoto, 2008). Mindfulness practices that emphasize focus and self-regulation are based in the prefrontal cortex and may aid its development (Gelles, 2021).

How do I Teach my Child Mindfulness?

Mindfulness is something that can be practiced by the whole family! Young children learn best through watching adults, so try out mindfulness practices of your own. As your child gets older, their daily routine can include meditation practices that can be done together. Or, if you are short on time, you can teach children tools such as RAIN (Gelles, 2021). To practice RAIN, follow these steps:

Recognize: Note what is going on without judgment

Accept: Sit with the situation and accept it without trying to change it for a few moments

Investigate: Notice any sensations you are feeling, both in terms of your emotions and physical sensations

Non-identification: Remember that what you are feeling is not permanent and it does not define who you are



What about Teenagers?

As children age and become teenagers, try to find time for the family to spend together. One way to spend time together is by sharing a meal. This is an opportunity for family members to put away cell phones and other distractions to enjoy the present moment with each other, a key component of mindfulness. Whatever your schedule, there are ways to include mindfulness in your life. Mindfulness can benefit children and can help parents better enjoy the experience of raising children too! For more information on mindful parenting and practices for children, see: <https://nyti.ms/3b5rZtc>

References:

- Gelles, D. (2021). Mindfulness for children. The New York Times. <https://www.nytimes.com/guides/well/mindfulness-for-children>.
Tsujimoto, S. (2008). The prefrontal cortex: Functional neural development during early childhood. *Neuroscientist*, 14(4), 345-58. DOI: 10.1177/1073858408316002.



Slow-Cooked Pork Sandwich Recipe

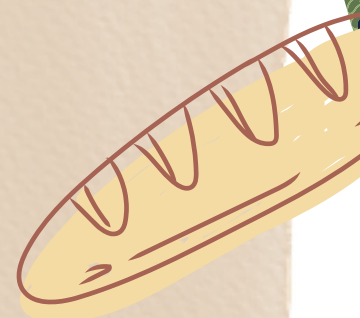
Recipe provided by: Sam Raines

Preparation Time: 10 minutes

Cooking Time: 6-12 hours

Total Time: 6½ - 12½ hours

Number of Servings: 4



INGREDIENTS

Pork:

- 3-4 lbs boneless pork shoulder
- 1 c Chicken or Beef Broth
- ¼ c Balsamic Vinegar
- ¼ c Soy Sauce
- 2 Tbsp Honey
- 1 Tbs Kosher Salt
- 2 teaspoons Fennel Seeds
- 2 teaspoons Black Pepper, ground
- 1 twig Rosemary
- 1 Bay Leaf
- 4 Cloves of Garlic, peeled

Optional Sear:

- ½ c All-purpose Flour
- 2 Tbs Butter

Sandwich:

- 4 Hoagie Rolls
- 4 oz Provolone, thinly sliced



INSTRUCTIONS

Pork:

1. Rub pork shoulder with kosher salt and black pepper.
2. Optional: Sear the pork.
 - a. Searing the pork adds a deeper flavor and texture that would otherwise be lost with a slow cooker, but this is optional. To do so:
 - i. Preheat a pan on high. While you wait for your pan to get hot, rub all-purpose flour over the pork shoulder. Melt the butter on the hot pan and then quickly (but carefully) add the pork. Let the pork sit for one minute so it has a dark and crispy skin. Turn the pork over and sear all sides of the pork.
3. Move the pork into the slow cooker. Add the fennel seeds, rosemary, bay leaf, and any seasonings of choice (but don't add fresh garlic yet).
4. In a small bowl, whisk together the balsamic vinegar, soy sauce, and honey. Pour the mixture over the pork.
5. Slow cook for 6-8 hours on high, or 10-12 hours on low for a more tender cut of meat.
6. 1 hour before the roast is done, add the fresh cloves of garlic.
7. After the last hour, remove the pork from the slow cooker. The pork should fall apart easily. Let the pork cool on a cutting board for 20 minutes.

Recipe continues on page 09 →

Slow-Cooked Pork Sandwich Recipe (Continued)

Recipe provided by: Sam Raines

INSTRUCTIONS

Au Jus:

1. Pour the cooking liquid from the slow cooker into a medium saucepan and toss out any leftover solids.
2. Let the juice sit still, allowing the fat to rise to the top.
3. Skim off most of the fat.
4. Set the pan on medium heat and bring the liquid to a simmer, stirring occasionally until the liquid has reduced by about a third, about 15 minutes.

Putting It Together:

1. Using two forks, shred the pork. Remove any large bits of fat.
2. Divide the pork between the rolls. Top with provolone and any other ingredients you like, such as grilled onions, pepperoncini, mushrooms, or sauteed broccoli rabe (see next page for this recipe).
3. Serve with a small bowl of Au Jus for dipping.
4. Enjoy!



Au Jus:

Au jus means "with juice" in French. It is made with the juices that come from your cooked meat.



Why does this recipe remind you of home?

Slow-cooked pork and beef have been a favorite of mine since I was little. I was raised in a big family who would devour an entire pork shoulder or chuck roast in one night! Whenever there happened to be leftovers, I would incorporate the meat into some unique sandwich inventions I made for lunch the next day. Slow-cooked meat is as versatile as it is tasty!

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!

Sautéed Broccoli Rabe

Recipe provided by: Sam Raines

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Total Time: 15 minutes

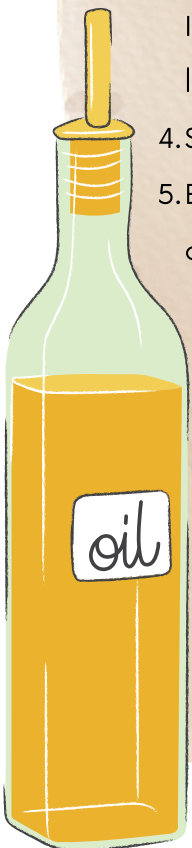
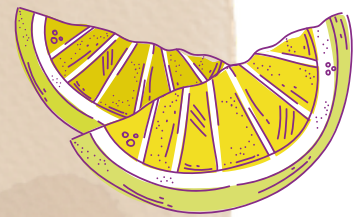
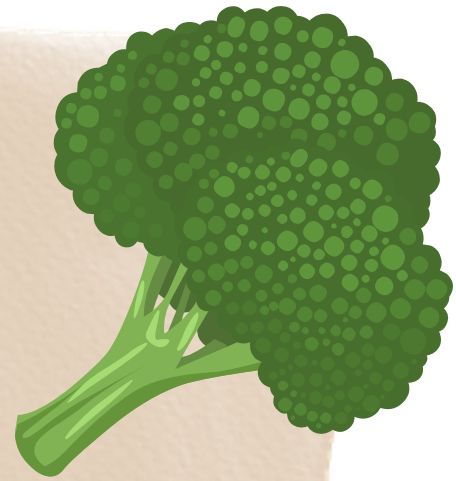
Number of Servings: 4

INGREDIENTS

- 2 bunches Broccoli Rabe
- 1/4 cup Olive Oil
- 6 Garlic Cloves, thinly sliced
- 1/2 teaspoon Red Pepper Flakes
- 1/2 Lemon, juiced
- Pinch of Salt
- Pinch of Black Pepper

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Fill a bowl with water and ice and keep it nearby.
2. Chop a 1/2 inch off the stems of the broccoli rabe bunch, then add to the boiling water. Cook until the stems are tender, about two minutes. Using tongs, quickly transfer the rabe to the ice bowl, and let them cool for about a minute. Remove the rabe and pat dry with a towel. Cut into 1" pieces.
3. On a cold pan, add the olive oil, thinly sliced garlic, and red pepper flakes. Heat the pan on low heat, stirring constantly, until the garlic starts to sizzle and brown, about 1 minute. Increase heat to medium-high and then add the broccoli rabe, stirring constantly until the leafy bits start to crisp, roughly 7-10 minutes. Remove from heat.
4. Sprinkle with salt, pepper, and lemon juice.
5. Enjoy as a side with a hearty main dish such as roasted meat, spaghetti, or pizza. You could also try it as a topping with our slow-cooked pork sandwich recipe.



Why does this recipe remind you of home?

My dad loved to sauté just about any vegetable with oil, garlic, and red pepper flakes. This simple trick goes a long way toward giving a side of vegetables a rich and satisfying bite.

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 #006

| | | | | | | | | |
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| 4 | 3 | 7 | | 1 | | 2 | 6 | |
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MEDIUM #006

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| 9 | | | | | | | | 4 |
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HARD #006

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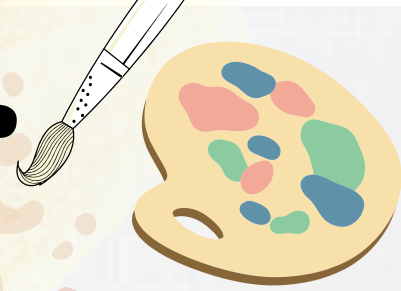
Wordsearch

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

- | | | | | |
|----------|------------|--------------|------------|--------------|
| Bowl | Focus | Monstera | Parade | Thanksgiving |
| Broccoli | Frost | November | Prefrontal | |
| Children | Holiday | Nurture | Sandwich | |
| Dinner | Letter | Onomatopoeia | Snake | |
| Fall | Meditation | Paint | Succulent | |

POWER OF PAINT



Key Staff Founder & Executive Director: Teisha Brown, NCC, LPC, CCTP, and Founder and Creative Director, Vanessa Young

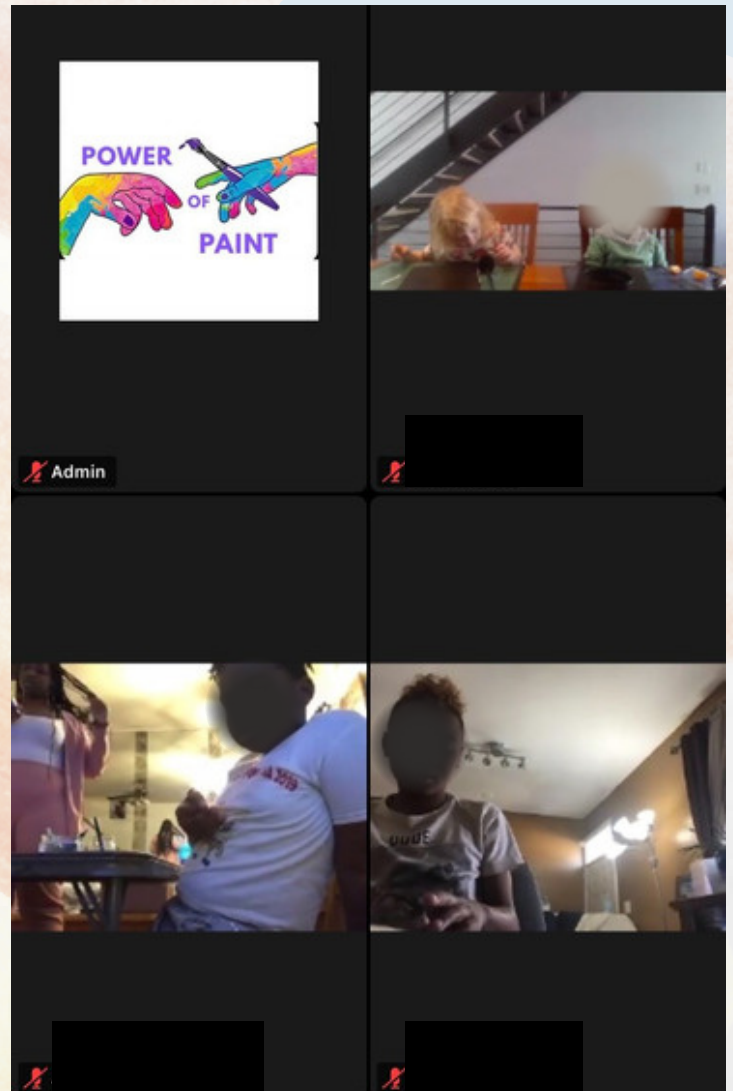
Power of Paint is a 501c3 organization that was founded in 2018. The organization originated as a supplemental, once per week, ten-week painting workshop. It has morphed into an organization that teaches many subjects including but not limited to art, graphic design, fashion design, photography, creative writing, mindfulness, wellness, and financial literacy. The program is based in the Cedar Park section of Philadelphia and currently services thousands of children and families in the city and throughout the country. Participants in these courses also get consultation and mentoring on ways to monetize their artistic gifts. This includes advice on how to legitimize and scale their operations, networking, and curate showcases where they can sell their works to the public and keep the proceeds.

COVID-19 drastically changed how our program operated day-to-day. Prior to COVID-19, most of the programs offered at Power of Paint were in-person workshops and seminars. COVID-19 derailed that model and forced the organization to take more initiative with participants. In March 2020, the stay-at-home mandates were put in place and by April 2020 the leaders of Power of Paint had launched their own video interface, overhauled the office space to maximize safety, developed a logistic system for delivery, and launched a program that allowed thousands of families to paint, bond, and heal together in the safety of their homes for free. COVID-19 also forced the organization to become more active regarding issues of food insecurity, mental health care, healthcare access, racial discrimination, LGBTQI discrimination, and access to childcare. The founders have hand-delivered tons of food boxes across the city. The staff gave out hundreds of hand-sewn PPE to nurses, healthcare workers, frontline workers, and other vulnerable people including mothers, children, the homeless, and the elderly. The organization piloted programs like virtual learning hubs that assisted parents with children that were displaced from the traditional school system because of COVID-19. It provided families with safe, nurturing spaces for children to network and meet their social needs while completing their schoolwork. This gave parents a break from being parents and teachers as well.



POWER OF PAINT (CONTINUED)

Given the unrest and uncertainty in the last year, we have noticed that families started struggling to remain engaged. People were getting tired of the virtual world. At Power of Paint, we pivoted yet again and introduced participants to novel experiences, instruments, and ideas via the utilization of imagination, art, and technology art. Power of Paint's staff has been working tirelessly to cultivate safe spaces that people can go for education enlightenment and empowerment. Our flagship location has been custom fitted to double as a studio/classroom and due to unprecedented times around the world such as a health crisis, violence, and civil unrest events we began to consider how we can take the same design concepts on the road to benefit even more children and families. We purchased a bus and decided to construct our very own mobile safe space equipped with many of the same amenities as our office. We began fitting our bus with state-of-the-art technologies to play, design, heal, and explore. We started using the bus to travel to different neighborhoods and offer classes. This past year and a half has taught us, as an organization, that we are flexible, creative, and dedicated to our mission.



Bounce Back Letters...

The Philadelphia Department of Public Health provides resources and support to people who need to safely separate (isolate or quarantine) from their friends and family when they have or have been exposed to COVID-19. If you or a household member is unable to safely separate, Bounce Back Philly (BBP) offers a free, safe, and comfortable room in a Center City hotel to anyone who cannot safely separate.

Below is a thank you letter someone wrote to BBP after their safe separation period was over.

To learn more about BBP and how to utilize this resource check out: bit.ly/phliqreferral or check out the flyer on page 15.

I would like to express my sincere thanks and gratitude to everyone working to take care of us in quarantine.

From the day I was checked in, I felt welcomed and cared for. To the social workers, nurses and assistants, security guards, I remember each of you and thank you all.

You tended to, waited on and talked with me, truly listened to my story and situation and worked to resolve every issue.

You made me feel that I am important and that you care. You all demonstrate that there is no substitute for conscientious personal care and support. You make the world a better place with your concern and the good work you do.

Thank you.

Sam Watkins



HEY PHILLY

KEEP SAFE &
SEPARATE!

Bounce Back Philly

IS HERE TO HELP YOU WITH:

A FREE AND COMFORTABLE HOTEL
ROOM THAT INCLUDES

- FREE FOOD (3 MEALS AND SNACKS)
- FREE WIFI, CABLE TV, AND A PHONE
- TELEHEALTH NURSING
- 24/7 SUPPORT
- SELF CARE GUIDANCE
- FUN ACTIVITIES PROVIDED

SCAN ME,
VISIT

BIT.LY/PHLIQREFERRAL,
OR CALL 267-396-2712
FOR FREE HELP



EVERY PHILADELPHIAN IS ELIGIBLE
REGARDLESS OF IMMIGRATION STATUS

**BOUNCE
BACK
PHILLY**



Department of
Public Health
CITY OF PHILADELPHIA

Puzzle Answers

EASY #006

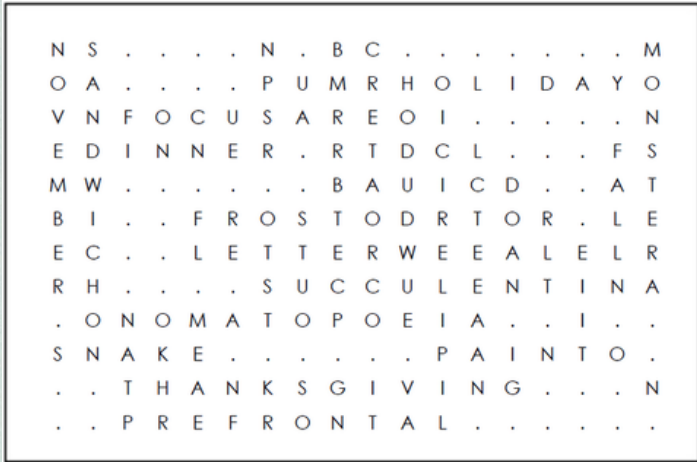
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MEDIUM #006

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HARD #006

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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 12-13 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 4, 5, and 6, 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!