

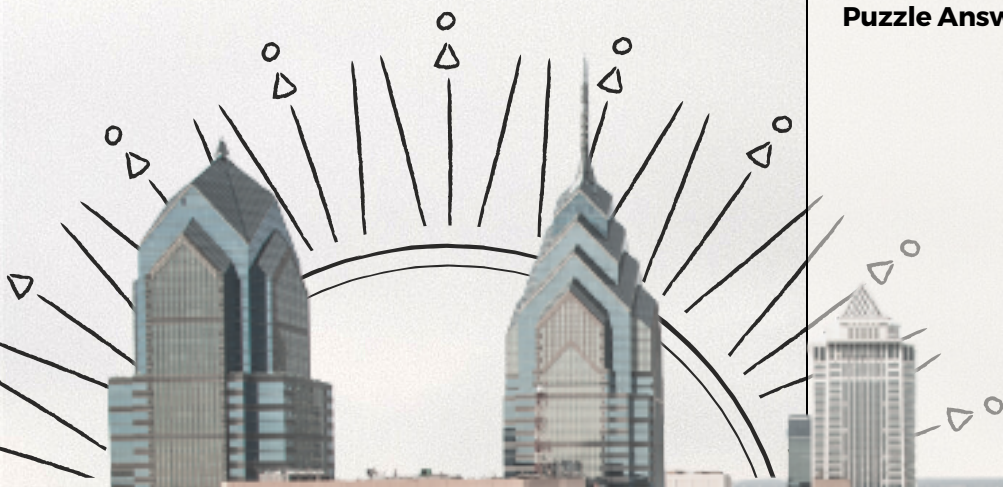
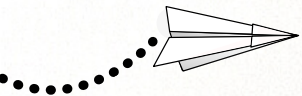
# BOUNCE BACK PHILLY CREATIVE CORNER

For Philadelphians, by Philadelphians

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

Happy New Year! As we head into 2022, we hope that this year brings lots of creativity, joy, and laughter. While you are safely separating at home, in this issue of the Bounce Back Philly Creative Corner find new ways to express yourself. Grab a pen or pencil and head over to pages 5 and 6 to learn how to create poems to reflect on the old and new years. Need to spruce up your space but don't want to spend a lot of money? No worries! Check out our article on pages 3-4 on four budget-friendly ideas for your home. Make sure to check out pages 9-11 to read an incredible delivery story from a fellow Philadelphian, who days before she was set to deliver, tested positive for COVID-19. This year remember to keep safe, practice social distancing, and keep practicing healthy habits.

Let's get started!



## TABLE OF CONTENTS

Events.....	2
Four Budget-Friendly Makeovers for the Home.....	3-4
A Sonnet for New Year's Eve.....	5
New Year's Eve Haiku .....	6
Vision Board 2022.....	7
Puzzles.....	8
Delivering with COVID-19.....	9-11
Puzzle Answers & Share Your Work.....	12

[WWW.PHILA.GOV/COVID19](http://WWW.PHILA.GOV/COVID19)





# january events.

January 2022, Thursday, Friday, & Saturdays

4:00 pm - 7:00 pm

**Jazz in the Park til Dark**

**@ Rittenhouse Square Park**

Every Thursday, Friday, and Saturday you can find Drew Nugent and the Midnight Society playing (for FREE) in Rittenhouse Square across from Parc.



**January 05, 2022**

**12:30 PM - 1:30 PM**

**Fresh For All Wednesdays**

**@ Greater Enon Missionary Baptist Church**

**1854 N 22nd St, Philadelphia, PA 19121**

Get your fruits and veggies! This weekly produce stand is free to all and runs weather dependent. Find it in front of the school. Operated by Philabundance.

**January 6th, 2022**

**5:30 - 8:00 PM**

**Three Kings Celebration**

**@ Concilio**

**141 E Hunting Park Ave,  
Philadelphia, PA**



## **\*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.



# Four Budget-Friendly Makeovers for the Home



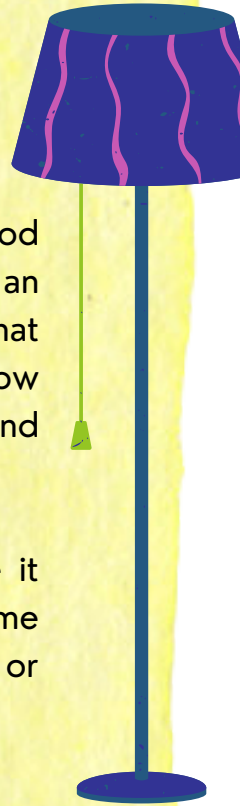
Being in isolation due to exposure to the COVID-19 virus does not have to bring you down. In many cases, people who have tested positive for the virus experience no symptoms and if that is you, we have some awesome ways to pass the time while you safely separate at home.

Check out these four ideas on how to give your home and space a new look without spending a ton of money.

## Budget-Friendly Option One:

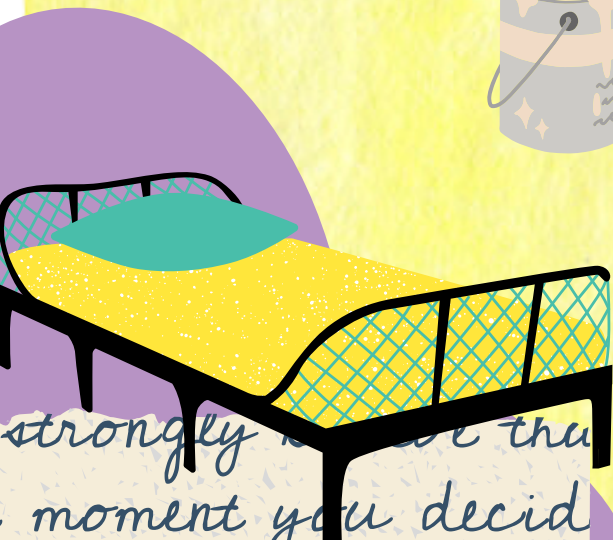
If you have some paint left over from a previous project, pull that out and put it to good use. Even if you don't have enough paint to redo an entire room, you can create an accent wall. An accent wall is simply a wall in a room that gets special attention so that the wall will stand out. An all-white room can be accented with a grey, blue, or yellow wall for example. Add a picture or two on that wall. Perhaps a lamp and a table and there you go!

If you do not have any paint at home, you can always buy paint online and have it delivered to you or have a friend help you get some from your neighborhood home improvement store and drop it off outside your home while you are in isolation or quarantine.



## Budget-Friendly Option Two:

Change your bedding and linens in your bedroom. Add a pop of color with either new bed sheets or pillows to give your bed and room some new attention.



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moment you decid



## Budget-Friendly Option Three:



Rearranging some furniture can do wonders for a space. When you combine that with a throw pillow, a blanket, or a picture from another room, you end up with a renewed look and feel.

See the Before and After picture included. I took a spare bedroom that was not getting very much use and turned it into my hobby room. It allowed me to remove things that I had not used in quite some time and move other things around to make good use of the limited space I have.



before



after

## Budget-Friendly Option Four:

You can repurpose old furniture. If you have old furniture and are not sure what to do with it. Think about getting some inexpensive sanding paper and some paint to give that old piece some new life.

For example, an old bedroom dresser can be turned into a bathroom vanity, storage space for pictures, or other hobby material. You can also replace the existing hardware like knobs and handles with something else to change the look of it.

Written by: Sherri Wayne

diy  
do it yourself





# A Sonnet for New Year's Eve

**DIRECTIONS:** The sonnet was first written in Italy during the 13th century but was made famous by the English playwright, William Shakespeare. English sonnets are 14 lines long and follow an 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!**)

Traditionally, sonnets are written about love, but you can write sonnets about anything you like. This is a sonnet about new years eve:

- 1 (A) When last year began, I was curious.
- 2 (B) Too nervous to hope, all I could do was wonder–
- 3 (A) –if next year we would be even more furious...
- 4 (B) or celebrating together below fireworks louder than thunder.
  
- 5 (C) Resolutions written down without a clue–
- 6 (D) –what the year will drag in–what surprises will appear.
- 7 (C) But my neighbor is confident they will see their goal through:
- 8 (D) The record for most Beiler's donuts consumed in a year.
  
- 9 (E) One year later and the fireworks are back.
- 10 (F) But we still have masks and stand six feet apart.
- 11 (E) The virus didn't bother to cut us any slack–
- 12 (F) –and my neighbor refuses to look at a tart.
- 13 (G) Still without a hunch, I write my resolutions with a pen.
- 14 (G) Curious, nervous, and excited to go through the seasons again.



Try it yourself!

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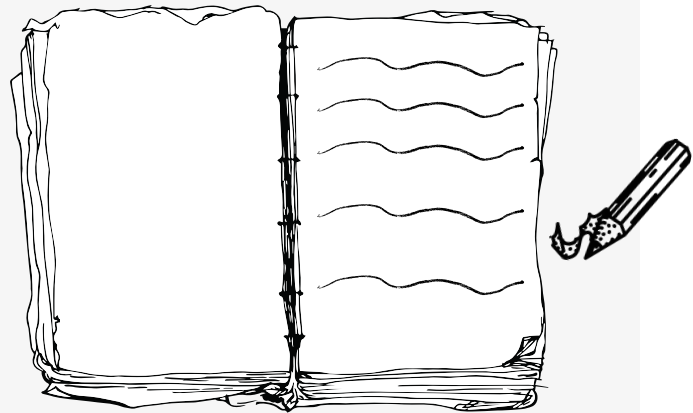
# New Year's Eve Haiku

Written by: Sam Raines

**DIRECTIONS:** 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:**

At the Delaware:  
Fire screams over water.  
Color trickles down.



New year celebrations are full of memorable sights, sounds, and smells. Use the space below to write a haiku about a moment from your new year celebration. You could write about the Mummers parade, a party with friends and family, or even a quiet night at home— the choice is up to you.

**Try it yourself below!**

5 \_\_\_\_\_

7 \_\_\_\_\_

5 \_\_\_\_\_



# 2022 Vision Board

Use the space below to create your own vision board! A vision board can include a collection of items such as pictures, magazine clippings, words, and quotes that visually show your goals and dreams for 2022.





# Puzzles

## Sudoku

**EASY #008**

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

**MEDIUM #008**

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

**HARD #008**

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

## Word Search

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

BABY  
 BUDGET  
 CELEBRATION  
 COLOR

DIY  
 DOCTOR  
 HOME  
 HOSPITAL

ISOLATION  
 JAZZ  
 MAKEOVER  
 NEW

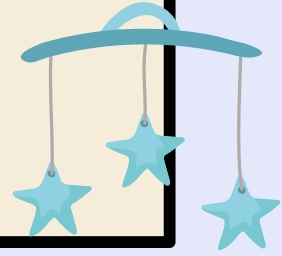
PAINT  
 PHOTOSHOOT  
 PRODUCE  
 SONNET

YEAR



# Delivering with COVID-19

Story and Illustrations by Ginny Robison



At the beginning of the 2020 pandemic shutdown, I struggled with shortages for baby formula, wipes, diapers, and food, all while worrying about family and friends, protests, burglaries, and job security shortly after my son was born. I had hoped for a better birthing experience this time around, almost two years after the pandemic started, but unluckily got COVID-19 the week of delivery.

Three days before I was scheduled for surgery, my son's daycare reported a COVID-19 outbreak and before I knew it, my whole family tested positive. This meant my husband was not allowed to enter the hospital and even if he could, no one would watch our son. My world fell apart. An irresponsible parent brought their child to daycare while waiting for a COVID-19 test. She complained of being tired and did not have classic COVID-19 symptoms like fever, cough, or shortness of breath, so she did not take precautions. This outbreak could have been prevented if this family stayed home while waiting for their test results.

My plan for this precious moment was destroyed as I had to make the difficult decision to deliver my daughter alone. Emotionally I was a wreck, but logically, I knew it was the right thing to do. I did not want to put anyone else in my situation and risk them getting COVID-19. The hospital allowed one support person, but this meant the person would have to stay with me during the entire delivery and share the same bathroom and living space with me for three to four days. It was not a risk I wanted to take and a hard decision I did not want to force onto my loved ones.

After feeling upset for a day, I gathered up my strength to think of ways to create a more positive experience. I packed cute clothing for a mini photoshoot, my laptop to make video calls to family and friends, and my favorite snacks to cheer me up. COVID-19 was not going to stop me from welcoming my daughter into this world. Of course, I had fears of complications from delivering with COVID-19 because I did not know how it would affect me or my daughter before and after delivery, but I had a very supportive OB doctor who was able to answer all my questions and help me make the best decision possible.



It was the first time my OB doctor had a patient get COVID-19 from a daycare outbreak the week of delivery and she learned a lesson from my experience. Children under the age of two are not recommended to wear masks as they are too young, and my son is one of the only people I do not mask around. I am happy she could use my story to help other patients decide whether to keep their toddler(s) home from daycare at least a week before they deliver to avoid my scenario.



## At the Hospital

Although my husband was not with me at the hospital, I felt extra special in the operating room because I was allowed to video chat with him and my son during the surgery and the nurses helped me take photos of my daughter. Despite the circumstances, I was able to capture special moments that I would have not been able to normally, and my son was able to see his sister come into this world. I'm so glad my OB doctor told me about this option before I was admitted into the hospital, and it made me feel like I had some control over the situation. At least I knew what to expect.

The most unpredictable and scary part was that I had to fully care for my newborn daughter alone for several days while recovering from surgery. My legs were still numb from the local anesthesia for 12 hours! I was extra careful with my daughter because she did not have COVID-19. Luckily newborns are not born with it except in rare cases and usually get it from exposure after birth. To prevent exposing my daughter, I had to keep 6 feet away when I was not feeding her, sanitize or wash my hands before touching her, and wear a mask the whole time I was in the hospital. The only times I was mask-free was when I took a shower, took medications, or ate food 6 feet away from her. It was very hard to stick to these recommendations from the hospital, but I made sure to follow them to keep my daughter safe. It was reassuring when both COVID-19 tests she took were negative at 24 and 48 hours after birth.

I felt a big difference in postpartum care between the birth of my son and daughter. My room was always the last to be checked to prevent potential exposures to other patients and the staff had to change their PPE each time they came in. Instead of the constant interruptions from medical staff, they only came in when they had to check my vitals, give me medications, or refill supplies. They limited their time in my room for obvious reasons, but to also let me rest. Being restricted to my room made it harder for me to regain my strength



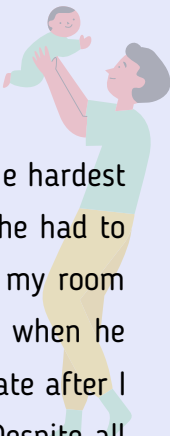
because I was not allowed to walk in the hallway. Although my daughter did not have COVID-19, they had to follow the COVID-19 protocols when caring for her. I did not request for the nurses to watch her because the thought of having her separated from the other babies made me feel sad. On the bright side, the limited visits from medical staff gave me the opportunity to have a quieter time to bond with my daughter.

When speaking with my nurse, I found it interesting when she referred to my room as a “dark hole” because whatever came in had to either be sanitized or disposed after use. I made sure to take what I could use when I left the hospital so that the items would not be thrown out. This included the diapers, postpartum pads, breast pump parts, and

non-perishable foods. Having these items available after returning home was extremely helpful since the entire family was still in isolation.



## At Home



I continued to follow the hospital's recommendations to prevent my daughter from getting COVID-19. The hardest part returning home was getting my 20-month-old son to understand these recommendations on why he had to be separated from me and why he was not able to meet his new sister. He tried to open the door to my room several times and failed. It was heartbreaking to see this knowing that he had already felt abandoned when he couldn't see me while I was in the hospital for several days. Thankfully, I only had one more day to isolate after I was discharged but it took several months to fix the impact this birthing experience had on my son. Despite all the impacts this experience had, I am glad I was able to make it a more positive experience. I now have a large album of photos of my daughter and built a special bond with her.





# Puzzle Answers

**EASY #008**

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

**MEDIUM #008**

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

**HARD #008**

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

. . . . N . . . . . D C . . . . .  
 . . . . . E . . . . . O O . . . . . P  
 . . . . . W I . . . . . H C L . . . . . H  
 H O S P I T A L S . . . O . T O . S O  
 B P A I N T . . . O . M D . O R O T  
 U . R . . . . . L E I . . R N O  
 D . . O . . . J A Z Z A Y . . . N S  
 G . . . D C E L E B R A T I O N E H  
 E . . . . U . . B A B Y . I . . T O  
 T . . . . C . . . . . O . . O  
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## Share your work and feedback with us!

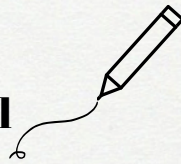
Find out more about submitting your story, poem, artwork, recipe, or feedback at [bit.ly/bbp-cc-forms](http://bit.ly/bbp-cc-forms)



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! Check out this month's story on pages 9, 10, & 11!

## "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 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!