

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

Hope you are enjoying the start of the summer season as June 21st approaches. Flip through this issue of the Creative Corner to keep busy while safely separating so you won't feel FOMO. Check out page 5 to see what this means! When you are feeling better and can be outdoors again, visit the Shane Confectionery. Read pages 3 and 4 to learn more about this in our Weird Philly Segment. Yes, it's in Philly! Take a look at the Lovers Tarot Card to see what that could mean for you this month and spice up your morning's with Mangú, Dominican Republic's famous breakfast food. Find kid friendly activities throughout the newsletter and on pages 17 through 21.

Let's get started!

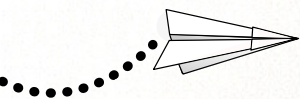


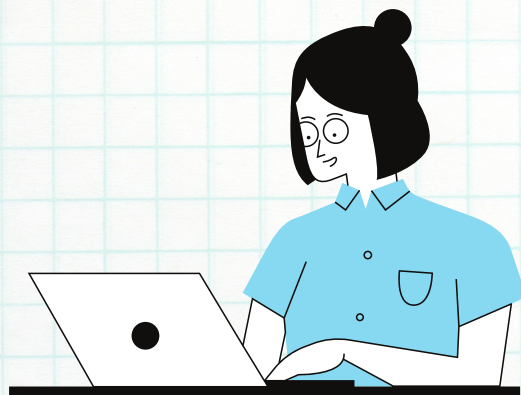
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june events.

virtual events



Online English: Reviewing Foundations of Grammar

Thursdays 6-7:30 p.m. June 1 - June 23, 2022

Are you interested in taking the next step in your English language learning journey? This intermediate-level group will focus on reviewing the concepts of English grammar and how to use them through weekly themes. Reading, writing, speaking, listening, and vocabulary-building tasks will be practiced each week through Zoom.

Register at adultlearning@freelibrary.org or call 215-686-8664



in-person events*

Edible Alphabet - Learning English Through Cooking!

June 1, 2022 @ 9:30am - 12:30pm

4th Floor of Parkway Central Library, 1901 Vine Street, Philadelphia, PA, 19103

Adults are invited to this FREE English class.

Read, write, and speak in English, and cook a meal together!

To register email kitchen@freelibrary.org, call 215-686-5323, or visit bit.ly/EAEnglish



Grab & Go Craft Bags

Mondays in June @ 2:00pm

11099 Knights Rd, Philadelphia, PA 19154

Visit the Katharine Drexel Library on Mondays this summer to pick up a Grab & Go Craft bag for children in K-5th grade! Instructions are included in the bag. Supplies are limited and are first-come, first-served.

PRIDE Button Making

June 2, 2022 @ 4:00 p.m.

Philadelphia City Institute, 1905 Locust St, Philadelphia, PA 19103

Join us at a table outside the library to make a button for PRIDE month! All ages are invited to participate.



***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.

THE SHANE CONFECTIONERY

Written by Alex Howey

There are so many interesting places and things in the city of Philadelphia. From the mainstream to the sublimely hidden, here's just one of the strange locations in our weird and wonderful city.

What Was the Shane Confectionery?

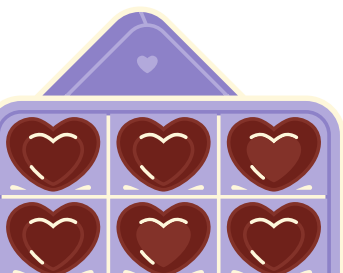
The Shane Confectionery originally opened in 1863 by Samuel Herring. A confectionery sells various candies and sweet treats. Mr. Herring also ran a confectioner's wholesale business in the building next door. Over the next 50 years, the building went from father to son, and family to family, becoming a chocolate factory for a brief time before being reconverted into a confectioner by Edward Shane in 1910.

What Is the Shane Confectionery Now?

Continuing even to this day, the Shane Confectionery makes chocolates, candies, gummies, and the famous Clear Toy Candy the confectionery was originally known for. It is now owned by the Berley Brothers (who also own the famous Franklin Fountain next door). The Shane Confectionery is one of the longest-running businesses in the city of Philadelphia.

What Makes the Shane Confectionery So Special?

After Edward Shane bought the building in 1910, the confectionery business was passed down from father to son in the Shane family for nearly 100 years. During that time, the business and the family became well-known and trusted members of the Philadelphia community. They always insisted on making their confections by hand, without any mechanized processes.



Continue reading on the next page...



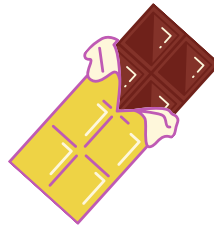
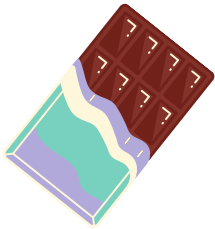
What's the Best Thing to Get from Shane Confectionery?

Today, the confectionery is perhaps most well-known for its Clear Toy Candies, made from molds over 100 years old. For the more sharp pallet, the confectionery also sells warm drinking chocolate, a beverage that must be tasted to be believed.

The Shane Confectionery is located on 110 Market St, Philadelphia, PA.*

*Note

We highly encourage visiting the Shane Confectionery once you are done safely separating at home and joining in-person adventures when you are feeling better and can be outside.



Source: shanecandies.com/history/



Summer Self Care

Written by: Zenia Lauw

Hot days are coming, and vacation plans are brewing! But what can you do if you're stuck at home safely separating? You don't have to feel FOMO (fear of missing out) seeing your friends and families outside enjoying the sun. Instead, take this time to take care of your mind and body at home! Your summer vacation can mean taking a break from your busy routine to catch up on your sleep, beauty routine, and/or fitness routine.

Your summer self-care can help you:

- Boost productivity
- Boost your mood
- Decrease stress
- Increase creativity

Here are some tips for an amazing summer self-care:

Importance of Hydration

Be sure you are drinking enough water even when you're safely separating at home. We often forget that our bodies are made up of over 75% water and dehydration is a serious risk during the summer months. So, it's important to drink enough water throughout the day! Keep a pitcher of water in the fridge to keep your water cool and refreshing.





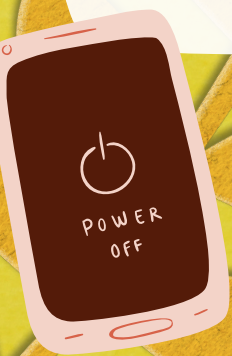
Get Active

Before you are ready to go outside to start hiking or swimming, building up your stamina while safely separating at home might be a great way to get your mind and body ready for the summer. There are many ways to get your body moving right at home- one is by following an online fitness class. Apps are available to download for free on your smartphone such as *Nike Training Club*, *Tone It Up*, and *7 Minute Workout* that offers quick fitness workouts to get your heart pumping and your body moving. You can also follow a free yoga routine that will deepen your mind and body connection! Just search “Free Online Yoga” on your web browser.

Disconnect

One of the main points of self-care is to focus on yourself. Everyday stressors, social media, and the internet take away that focus and it affects your mental health. Shutting off your phone and unplugging for the whole day can be very rewarding. Try to read the book you’ve always wanted to read but never had the time to. You can also try journaling and set new short (or long) term goals that you would like to start once your safe separation period is over. Your mind and your mental health will thank you for unplugging, even for just a day.

All in all, self-care in the summer doesn’t necessarily need to take a lot of your time or effort. Just remember that you are doing it for you and do what you are comfortable with!

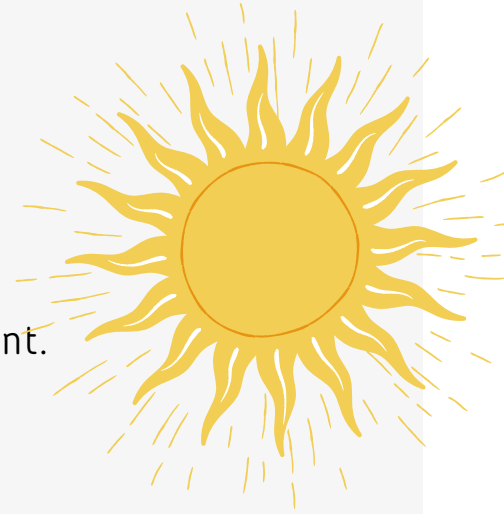


Acrostic Summer Poem

Written by: Sam Raines

DIRECTIONS: Write a line of poem for each letter of the word “summer.” You can use any rhyme scheme you would like. Here is an example:

Splendidly spending my time
Under the warm night sky.
Maroon dyed clouds fill-up the skyline.
My day passes quick without spending a cent.
Entertaining my company, and
Relaxing in the summer scent.



Now try it yourself! Write your own acrostic summer poem below:



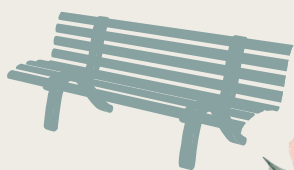
Zip Code Poetry

DIRECTIONS: To write a zip code poem, incorporate one number of the zip code into each line of the poem. Use the first number for the first line, the second number for the second line, and so forth. Feel free to choose a zip code from Philadelphia or somewhere you have visited or want to visit.

You can be creative with how you use the numbers. Instead of writing “zero”, write “none”, or write “a couple” instead of “two” and so on. You may use any rhyme scheme you like.

For example, here is a zip code poem, written in an **ABABA** rhyme scheme, that uses Love Park’s zip code: 19102.

- A One afternoon, I went to love park,
- B With nine dozen roses between my arms.
- A My one and only wish was to find a true love spark...
- B But despite my ambition, none fell for my charms-
- A Except for two rottweilers who gave me their bark.



Use the space below to create your own zip code poem:

SUBMIT

After creating your poems, submit them for a chance to share them in the next newsletter.

Have other original poems you’d like to share? Send them our way! Submit your poems at bit.ly/bbp-cc-forms

Mindful Art

Written by: Sarah Steenberger

WHAT IS MINDFUL ART?

Mindful art is a creative form of meditation. Mindful art combines mindfulness and art to help you destress, connect with how you are feeling, and create art freely without judgment. Mindful art is about trusting the creative process and giving yourself the time to create. Whether you are a professional artist or have no art experience at all, you can create art to help you destress while you are safely separating at home.

To do this activity, all you need is a pen, pencil, paint, and/or paintbrushes. Remember there is no wrong way to do this, just allow yourself to create art freely.

DRAW YOUR BREATH ACTIVITY

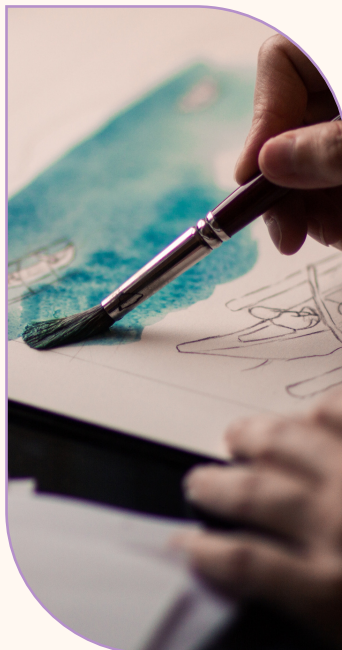
There are different types of mindful art activities, but for now, we will guide you on how to draw your breath. Drawing your breath only requires a writing utensil- like a pen, pencil, and/or crayon.

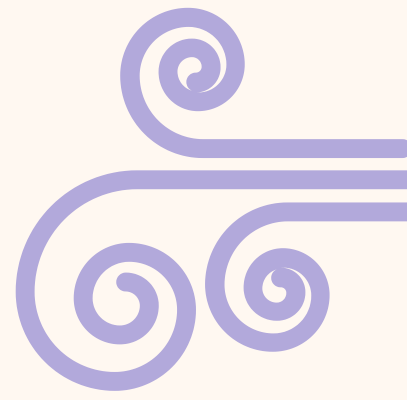
Find a quiet, peaceful space in your home, and let's begin!

Follow the steps below to learn how to draw your breath:

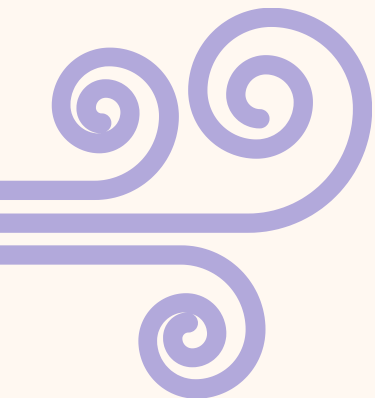
1. Place the point of your writing utensil in the middle of the space provided below.
Note: Do not pick up your writing utensil from the paper during this activity until the end.
2. Close your eyes and start breathing in and out. Slowly and calmly.
3. For every inhale draw a line.
4. For every exhale draw a line in a different direction.
5. Keep breathing in and out to create lines and shapes.
6. After 30 seconds or 30 breath cycles, pick up your writing utensil and open your eyes.
7. You are done!

Optional: Use paint or colored pencils to color in the shapes you just created.





USE THE SPACE BELOW TO DRAW YOUR BREATH ACTIVITY. REMEMBER THAT THIS IS A SPACE TO CREATE AND FREELY EXPRESS YOURSELF.



What do you see? Did you find this to be relaxing? This is a simple activity that you could add to any part of your day to practice mindfulness. Once you are done share your work with us at bit.ly/bbp-cc-forms



Puzzles

Sudoku

EASY #013

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

MEDIUM #013

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

HARD #013

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

Word Search

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

Cook
Candy
Sweet
Market

Summer
Water
Swim
Health

Sun
Cloud
Poetry
Mindful

Breath
Express
Hero
Pandemic

Plantain
Leo
Green
Lovers

Laboratory Staff, Unseen Heroes

Submitted by Melba Torres

I'm a Medical Technologist who loves all forms of creative arts. For the last 15 years or so, I have used that talent to showcase our mission and jobs as Philadelphia Health Department City employees.

The beauty of art is that it can be many things at one time. A way for us to look into society's injustices and accomplishments, a media communicator, a tool for visual revolution, or simply a way to express our emotions.

The COVID-19 pandemic impacted laboratories across the world. Some laboratories were labeled non-essential, while other laboratories were labeled essential and faced the challenges of keeping workers safe while delivering test results during this pandemic.

The pandemic put significant strain on both laboratories and the people who work there. But we delivered, despite all the challenges, concerns, and changes brought on by the pandemic. The COVID-19 pandemic has also highlighted a critical need for medical laboratory professionals.

From that mix of emotions, "Laboratory Staff, Unseen Heroes" was created.

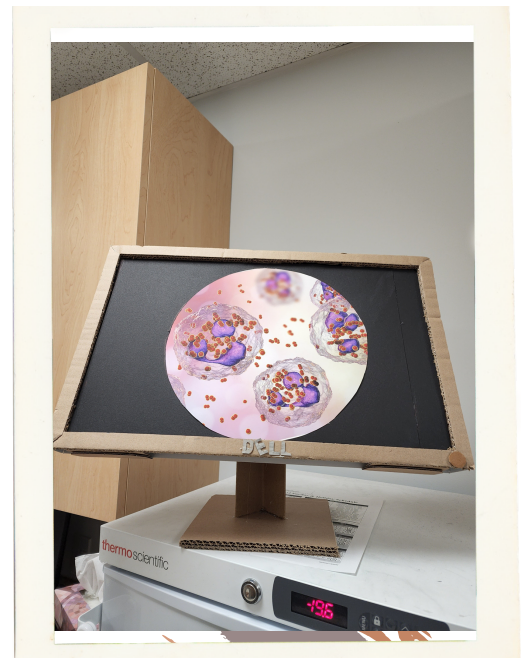


Want to share your COVID-19 experience or story with us for a chance to be featured in our next newsletter?

Submit it at bit.ly/bbp-cc-forms

Additional Art Work

Submitted by Melba Torres



taste of home

Mangú

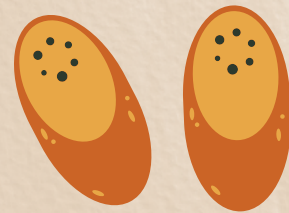
Recipe provided by: Starlin Paulino

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Number of Servings: 2

Total Time: 30 minutes



INGREDIENTS

- 3 Green Plantains- Make sure your plantains are as green as possible.
 - Avoid choosing plantains that are turning yellow because it will change the texture and it will make your Mangú taste sweet.
- Salt- This is for sabor (flavor)!
- Water- We will use water to boil our plantains.
- Butter- This ingredient is to help soften the plantains and to keep adding flavor!

INSTRUCTIONS

1. Let's start by peeling our green plantains. It's okay if they are not cut perfectly, just make sure you remove all the green skin. Then cut them into small pieces, 2 or 3 pieces are okay.
 - a. Cutting plantains into pieces will allow for the plantains to boil faster and will make it easier to mash at the end.
2. Add water to your pot and turn the stove to medium to high heat. Once the water starts boiling, add your plantains.
3. After you have added your plantains, add salt. You can add as little or as much as you want.
4. Once your plantains have been boiling for about 20 minutes and the plantains are soft, you can turn the stove off and pour some of the water out. Remember to leave about $\frac{1}{4}$ cup of water in the pot. This extra water is used to add flavor (the water has some salt) to the Mangú and to help mash the plantains.

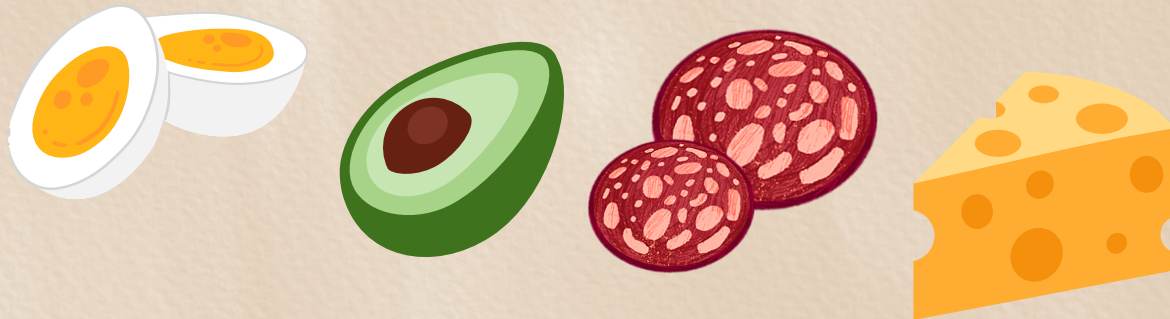
Recipe continues on next page...



Mangú (Continued)

INSTRUCTIONS

5. As you are mashing the plantains with a fork in the same pot the plantains were boiled, add in the extra $\frac{1}{4}$ cups of water saved and butter. You can add as little or as much butter as you want. Keep in mind that the more butter you add, the softer the plantains will get. Keep mashing and mixing until the mixture gets smooth.
6. Now that you are finished making your Mangú, you can add some of the following items to the plate: Cheese! You can either fry cheese or cut it into small pieces. Dominican fried salami, avocado, fried onions, and eggs.



Why does this recipe remind you of home?

Mangú is a typical food from the Dominican Republic. Its popularity has spread throughout the world given how tasty and easy it is to make. This is a dish that can be eaten for breakfast, lunch, or dinner, making it very practical. Mangú reminds me of home because as a child it was my favorite thing to eat for breakfast. I would like to share this extraordinary yet simple dish to make.

Want to share your Taste of Home recipe? Submit your recipe online at bit.ly/bbp-cc-forms.

PANDEMIC PET



Written by Zenia Lauw

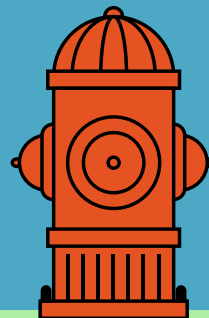
In the beginning of the pandemic, many of you may have thought about getting a new pet while staying at home. Most of the time people adopt cats and dogs, but some people also adopt less common household pets like cockatiels, guinea pigs, or bearded dragons! My family and I personally adopted a dog into our household.

We got Leo when he was 8 weeks old from Providence Animal Center in Media, PA, whose breed is unknown but he's likely a mix. Although he was a handful throughout the entire first year of his life, he eventually became a very good boy. Staying at home often allowed my family and I to properly housetrain Leo. His older sibling, Luna, was adopted pre-pandemic. Both of them get along very quickly, even though Luna had to teach Leo some lessons from time to time!

Did you adopt a pet during the pandemic? Why did you adopt them and how are they now? Use the space below to write about your pandemic pet and your experience with them:



After writing about your pandemic pet, submit your writing along with a couple of pictures to bit.ly/bbp-cc-forms for a chance to be featured in one of the next newsletters.



COLOR BY NUMBER

DIRECTIONS:

Let's practice numbers and colors with this fun activity!

On the next page, start by coloring each shape with the matching number below:

1. BLUE

2. GRAY

3. RED

4. VIOLET

5. YELLOW

6. ORANGE

7. BLACK

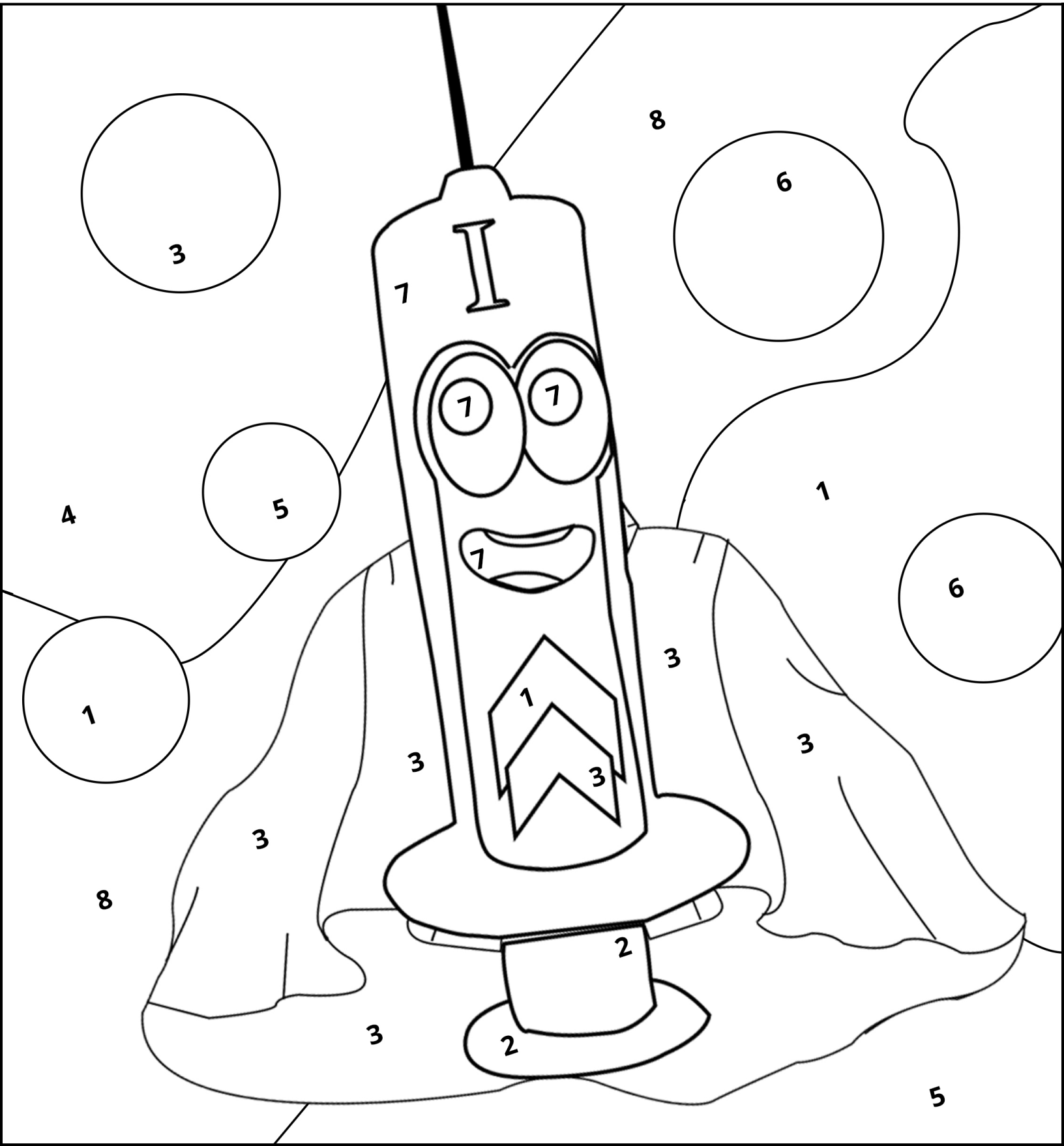
8. GREEN

All shapes without a number are white.



Activity on next page -->

Hello, this is the Immunizer from the “The Immunizer and the COVID-19 Vaccines!” Download a copy of our comic book at bit.ly/bbp-cc-download to read about our COVID-19 vaccination journey.

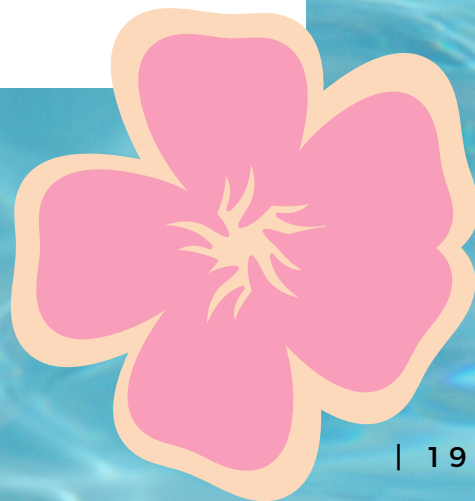


DOT TO DOT



Start at the letter a and follow the dots in alphabetical order until you reach the letter x.

When you're finished have fun coloring in the picture!



THINKING BIG ACTIVITY

Hello, this is Ash and Asa from "The Immunizer and the COVID-19 Vaccines!" Download a copy of our comic book at bit.ly/bbp-cc-download to read about our COVID-19 vaccination journey.



Draw a line to match each picture with its opposite



MASK OFF



BIG BALL



HAPPY



MASK ON



SMALL BALL



SAD

KIDS MAD LIBS!



How to play: Grab a friend or family member to participate in this activity. Pick a **READER** and a **WRITER**. The reader asks the writer to say a word to fill in the blank spaces of the story. The blank spaces can be filled in with different parts of speech, like a noun, verb, adjective, and more. When all the blank spaces are filled in, the story is complete. The reader reads the story out loud, just in time for some giggles. Sometimes the story will make perfect sense and other times it will not, but that's alright. There are no winners or losers in this activity, only creative and funny stories to share. Have fun and enjoy! 😊

Title: End of the Year

(**Noun – Day of the week**) _____ is the last day of school.

I am feeling _____ (**adjective – feeling**) about summer starting.

I will miss _____ (**noun – favorite teacher**) the most.

To celebrate, we are having a _____ (**noun – food**) party and playing our favorite _____ (**noun – game**).

My mom is going to help me bake _____ (**noun plural – dessert**) for my classmates and I.

I'm going to add bright _____ (**adjective – color**) sprinkles.

They are very _____ (**adjective - flavor**) tasting.

I _____ (**verb**) so much this year and got better at Math and Art.

Science is still very _____ (**adjective ending in -ing**) to me.

Next year, I will learn more about _____ (**noun plural – ocean animal**) and _____ (**noun – planet**).

Being in _____ (**noun – upcoming grade**) is exciting. There are even more field trips.

We go to the _____ (**noun – favorite park**) and the _____ (**noun - favorite museum**).

I hope the _____ (**noun – upcoming season**) flies by!

Parts of Speech:

Noun – Person, place, or thing.
Ex. Mom, jungle, notebook, dirt.

Verb – An action.
Ex. Swim, Fly, Read.

Adjective – Describes a person, place, or thing.
Ex. Soft, old, huge.

When you are finished, submit your child's story online at bit.ly/bbp-cc-forms for a chance to be featured in the next Creative Corner Newsletter!



The Lovers

Written by: Nora Trejos



For the month of June, in the constellation of Gemini, we have the Lovers. Although it appears to be a card about romantic love and couples, this card is much deeper. In general, it is a card of mindful relationships and deep connections to each other and to the divine.

One big aspect of any loving relationship whether it be family, friends or romantic is honesty. The Lovers call us to be authentic to ourselves and speak with the truth. This may be the time to confess your love to someone, tell a friend they have hurt your feelings, or have a heart to heart with your mom. Choose your words wisely by speaking from a place of love.

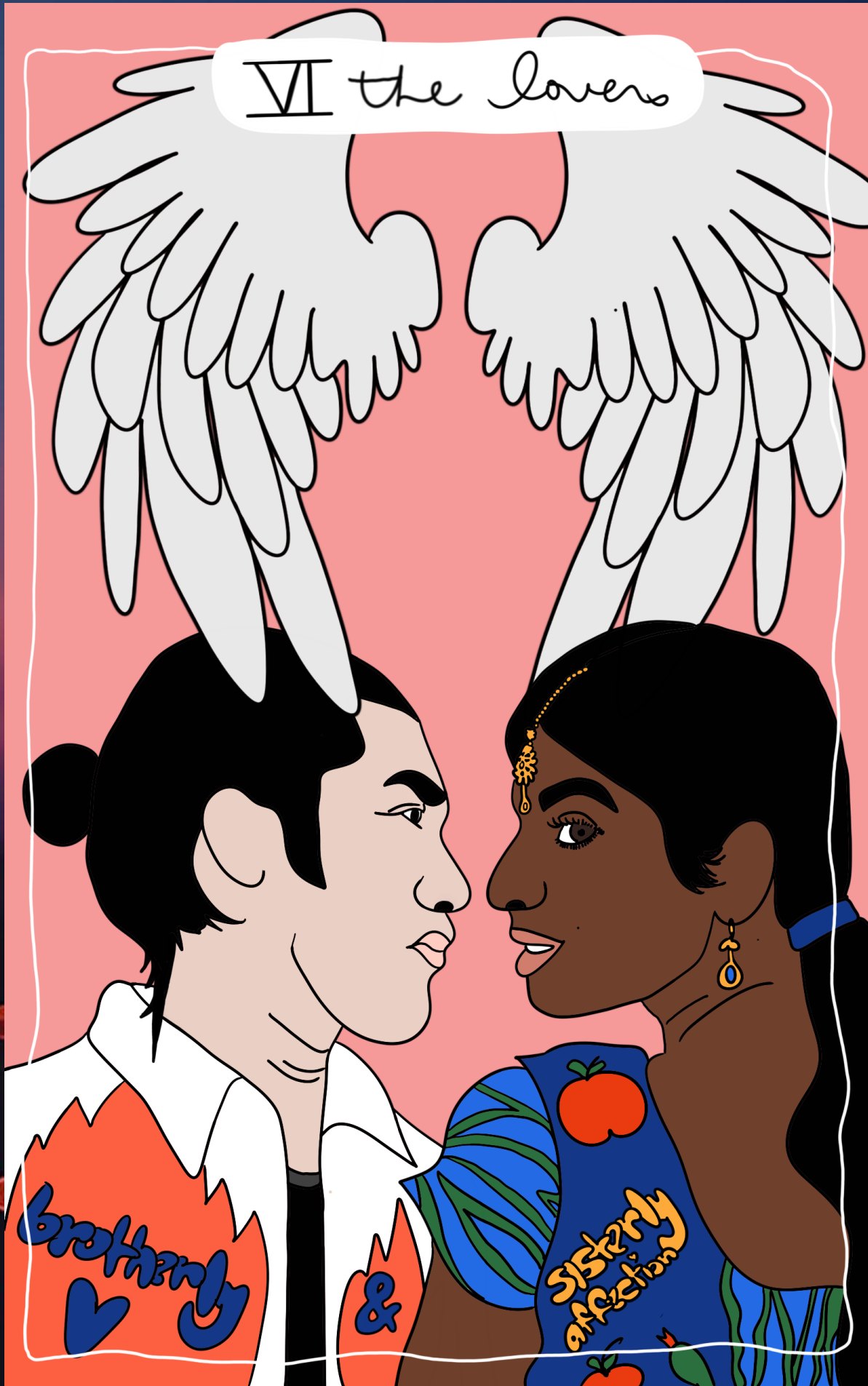
Another common meaning for the Lovers card is choice. You may be facing some decision making this month and may be unsure about what direction to take. The Lovers is here to tell you to choose yourself. Choose the option that fits better with who you are and what you believe in. Decide to love yourself and to spread that love to the people around you. What is the most loving choice in your situation?

An important lesson that comes from this card is harmony. Harmony is a pleasant combination of things or an arrangement that really works together like in art or music. Are you at peace with yourself and with those around you? Maybe this is the time to reorganize your social habits and make sure your relationships are positive. Someone in your life may be keeping you out of tune by adding unnecessary stress and drama.

Finally, the Lovers are here to speak about duality. Even when we feel like opposing forces are acting in our lives, we can balance those things to achieve the harmony we need. You can love yourself and carve out self-care time, as well as invest in your relationships and connect with your friends. It takes careful planning to balance out any situation, but this month the Lovers can give you the strength you need.

Keywords: *connection, choice, harmony, balance*

To connect with the Lovers you can: sing a love song, reconnect with a friend, make a pros/cons list to make a decision, or have a self-care practice.



Puzzle Answers

Sudoku

EASY #013

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

MEDIUM #013

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

HARD #013

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

Word Search

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