## DESTINY - ACCOUNTABILITY, ACCEPTING RESPONSIBILITY FOR OUR ACTIONS

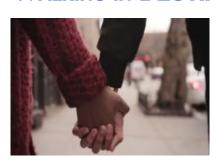


Accountability means different things to different people. However, being accountable means being responsible to do the right thing. Accountability and responsibility are lessons that begin early in life. Accountability is present when we're single and trying to find and fall in love. Even when we're getting married and plan on having a couple of children. They are lessons some of us embrace and others refuse to accept. We're also accountable when we decide to walk away from family. Accountability involves our choices on going to church or hanging out at the club. It's present in our choices to work hard to further our education and our careers or hardly working, quitting school or our jobs.

We are accountable no matter which life path we pick. Good or bad, we are always accountable for our actions and all of our actions have consequences. Remember it's easy to look at what other people are doing, seeing their wrong choices, and calling them out, especially on social media. We all would do well to look in the mirror and correct our behaviors first.

We each have self-control, a quality within us, to make good and right decisions that make us proud. We just have to take the time to exercise it. Things will get better for all of us when we exhibit self-control.

# WALKING IN DESTINY SCRIPTURES



So then each of us will give an account of himself to God. Romans 14:12

And as you wish that others would do to you, do so to them. Luke 6:31

Be angry and do not sin; do not let the sun go down on your anger. *Ephesians 4:26* 

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. *Ephesians 4:31-32* 

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. *Galatians* 5:22-23

# DESTINY SPOTLIGHT



# Rev. Dr. Geraldine Pemberton

This month's Destiny Spotlight is on Your Destiny is Here, Inc.'s Advisory Board Member, Rev. Dr. Geraldine Pemberton. The following is our interview with Rev. Dr. Geraldine Pemberton.

Destiny is how we go forth in God, and my future goal is to be with Him as my resting place. My professions align with my destiny. I love helping people, it brings me joy. Whether I'm helping in a nursing capacity or otherwise, I enjoy it. I served over forty years as a nurse and my career involved administrative roles as well as facilitating innovative change throughout the Delaware Valley. I was born and raised in Philadelphia, and played the piano as a child performing at several recitals. I grew up to become a Medical Professional, Community Activist, and Women's Health Expert. I am retired as an executive nurse, and Pastor Emeritus at The New Hope Baptist Church.

I didn't set out to be a nurse, I fell into it. I wanted to be a doctor, but my family could not afford it. After high school, I was granted a full scholarship for nursing, and I took it. I had obstacles along the way because in 1957 there was a lot of discrimination. I was in leadership training at Albert Einstein in South Philadelphia and there were many who did not want to be led by a black person. My mother, Fanny Miller, and I had many prayer sessions during those times. She was a nurse and my mentor. There were other family members who also mentored me.

There will be issues for anyone navigating the healthcare profession, but things are not as difficult as they were in the past. Nursing is getting better, with many fringe benefits and the salaries are good. There are a range of possible options not only in hospitals, but also in the business sector, with the prospect of opening your own business. If you are met with challenges, align yourself with someone in your field who has your back, and join a professional organization within your industry. I am so proud of Dr. Ala Stanford, creator of the Black Doctors Consortium, and what she has been able to accomplish with her COVID-19 campaign to fairly distribute vaccinations amongst black and brown people. She is awesome, a great role model who has garnered much support from her community and beyond.

In the beginning of my ministry, I struggled. I felt my husband was the one being Called not me and then one day I heard, "get up". That's when my life in ministry began. I have the privilege and the opportunity to serve with many organizations who are doing tremendous work in our communities. I currently serve with the Black Clergy of Philadelphia and Vicinity, the Professional Nurses Alliance, and the Philadelphia Black Women's Health Alliance (PBWHA). PBWHA, through advocacy, education, research, and support services, works to improve health care outcomes by reducing health disparities among African Americans, other minority women and their families. I've also worked with critical stress debriefings for companies; helping people deal with situations that have suddenly impacted their lives – layoffs, bank robberies, school shootings, etc.

One of my best traits is mindfulness. When it comes to what we have been dealing with since the pandemic began, we all have to take care of ourselves and serve others. Vaccinations are not new, we have been getting vaccinations since birth. A quote by Muhammad Ali says, "Service to others is the

rent you pay for your room here on earth". I'm mindful in large and small ways. I'm mindful of my health and the health of others. Even though February is designated as Heart Health Month, we all should be mindful of our hearts every month. Heart disease is the leading cause of death in the United States for all Americans, but mostly for African Americans. I'm also mindful about what I eat and when I eat, so I concentrate on my meals. I don't watch television or read when I eat. I'm taking in each bite, how it tastes, its texture, how it affects my body.

Overall, I find people to be beautiful in the world. I take time to get to know people. The Word says that we are fearfully and wonderfully made. I love encouraging others to be attentive to their health. We need more respect for each other. The word says in Luke 6:31, "Treat others the way you want to be treated". It would really make a difference if everyone followed 1 John 7, which says, "if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin." There wouldn't be such a high level of gun violence if we were fellowshipping with one another.

# CALL TO ACTION CARRYING THE WEIGHT OF ACCOUNTABILITY



There is a weighty side to public accountability and responsibility and they both are equally important. It takes *backbone* and sometimes great courage, to stand up for what is right. Our responsibilities around accountability don't just affect us, our actions (or inactions) ultimately affect others. We're responsible to call out politicians on their neglected promises, demanding they follow through on behalf of those who elected them. If we are concerned about abuse against women, children, and the elderly, we're responsible to help them. When we march for a cause that's

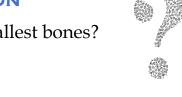
beneficial to others and see family members or friends looting, shooting, or robbing people, we need to be brave enough to challenge their actions.

Each one of us need to commit to exercising our accountability in a level-headed, rational, self-controlled way that preserves life and not death, peace and not hostility, and most importantly, love and not hate or resentment.



# TRIVIA QUESTION

Where in the body are the smallest bones?





# **ACCOUNTABILITY FOCUS** Staying abreast and aware of things that impact our lives.

## ▶ What Will It Take To End Violence in the City of Brotherly Love?

As of March 6, 2022, there have been 84 homicides and 2,491 other violent crimes (rapes, robberies, and aggravated assaults) committed in the City of Philadelphia. Statistics from Philadelphia Police Department Crime Maps & Stats.



Statewide (PA), more than 80,690 guns were sold in the month of February 2022. **Over 55,340** of those were handguns and over 25,350 were long guns (some military-style rifles). *Statistics from thetrace.org*.

# ▶ Germantown-Philadelphia Roadmap to Safer Communities - Community Listening Tour Tuesday, March 15, 2022 | 6 pm to 8 pm

Join the City of Philadelphia Agency staff, Law Enforcement, and Community Partners to discuss violence prevention in your neighborhood. Hear more about the Philadelphia Roadmap to Safer Communities, the City's public health approach to violent crime, and share your vision for violence prevention in your community!

Register for the Zoom here: <a href="https://us02web.zoom.us/meeting/register/tZYkdOCpqzguE9EoY7-6eEm55Rik4o5SF49i">https://us02web.zoom.us/meeting/register/tZYkdOCpqzguE9EoY7-6eEm55Rik4o5SF49i</a>

# North Philly - Philadelphia Roadmap to Safer Communities - Community Listening Tour March 22, 2022 | 6 pm to 8 pm | 2101 Cecil B. Moore Ave, Philadelphia, PA 19121, USA

You are invited to join City of Philadelphia Agency staff, Law Enforcement, and our community partners to discuss violence prevention in your neighborhood. Hear more about the Philadelphia Roadmap to Safer Communities, the City's public health approach to violent crime, and share your vision for violence prevention in your community!

Register for in-person attendance here: <a href="https://forms.gle/RwKcByRh13dA99aCA">https://forms.gle/RwKcByRh13dA99aCA</a>
50 Attendee In-Person Limit

Register for the Zoom here:

https://us02web.zoom.us/meeting/register/tZAkdumtpzgqGNHuIVsBfxw\_zUDnTZIn\_lJm

# • Urban Navigation: Change The Climate And You Will Change The Environment

Founded last year, Urban Navigation aims to divert kids, teens, and young adults from a path of violence. At their West Philly training center, people aged 10 to 26 can take classes on topics ranging from music production and songwriting to engineering for dirt bikes. The goal is to give young people a roadmap of options beyond what might be available in their neighborhood or at school, and to build successful and productive violence free lives.

Urban Navigation is a community organization developed to help slow down inner city gun violence. They connect with urban youth through their interests, while also reducing crime and improving urban environments, providing experiences and training, leading to technical skills, entrepreneurial mentorship and life skills training.

Contact info: Phone: 267-896-8958, Email: urbannavigation2020@gmail.com

## ▶ New Initiative - Third Thursday

In Philadelphia, it's all hands on deck to combat the endless gun violence crisis. Police, community advocates and city residents are all working together on a new initiative, it's called Third Thursday. The goal is for groups comprised of police, average citizens and other advocates to hit the streets every third Thursday of the month to educate those living in high crime areas about resources to address and prevent gun violence. So far this year, the areas with the most shootings include Frankford, Kensington, North Philadelphia, and Strawberry Mansion. The movement is being spearheaded by State Representative Stephen Kinsey.

"This project may sound simple in concept, but we all know that it can be impactful, especially when we have communities who are desperately seeking out solutions to address the violence that is taking place," said Kinsey.

"We have some blocks, some corners within this city that are suffering. Children don't feel safe. People don't even feel safe inside their homes on some of these blocks. So these are the areas that we are going to hit," said Philadelphia Police Inspector Nicholas Smith.

Many admit there is a problem in the city, but they say it can be fixed when the community comes together to solve it. Local leaders are challenging everyone to get involved. Third Thursday is scheduled to kick off on March 17.

▶ Don't forget to keep your children safe. If you have a gun in your home along with children, you can request a free gun lock at any time from the "Safe Bet" program. You can also REQUEST A GUN LOCK HERE!



• Click to find a list of resources for people affected by gun violence here.

# Souls Shot Portrait Project

On Tuesday, March 29, at 10:30 am, Souls Shot Portrait Project and Senator Art Haywood will present a hybrid press conference to announce their portraits of gun violence victims on display at the Pennsylvania State Capitol Complex. Watch the event at Senator Haywood.com/Live.

Check out the Project website here: https://www.soulsshotportraitproject.org/

# **DISCOVERY**



The time is always right, to do what is right. *Martin Luther King, Jr.* 

Search for words associated with responsibility and accountability.

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**ABILITY ACCOUNTABLE** ACT **CAPABLE** CARE CHARGE **CONCERN** CONTROL **DEPENDABLE** DUTY **EFFECT** LIABLE **MATURE MISSION MOVE** NEED **OBLIGATION ONUS POWER** RELATE RESPONSIBLE SHOW SPEAK **STABLE STRENGTH TRUST** 

TURN



# **RESOURCES** (In Philadelphia and the surrounding areas)

At the time of publication, resources listed were obtainable.

Covid-19 resources change daily. We recommend you call and verify that what you are interested in is still available.

Please share the following with friends, family, neighbors and within your social and ministry circles.

Feel free to post on your personal and church bulletin boards.

These resources could help someone in need.

# COVID-19

In Philadelphia, since March 3rd, the Covid-19 response level has been lowered to **Level 1: All Clear**. This means there is no vaccine verification requirement for places that serve food or drink; and masks are not required in indoor public places. Please note that masks are still required in schools and institutions of higher education, as well as healthcare settings and transit. Businesses and other institutions are allowed to be more strict than the City's COVID-19 Response Levels, so some businesses may still require proof of vaccination or masks to be worn by their patrons.

## Covid Relief

Philadelphians who have lost loved ones due to covid, can receive FEMA aid to cover funeral expenses, up to \$9,000 per person lost. Call 844-684-6333 to apply.

### Covid-19 Vaccines

As of March 5, 2022 – 1,236,661 persons have been fully vaccinated and 293,399 have received one dose, according to the City of Philadelphia Coronavirus dashboard.



Most local pharmacies and some supermarkets are providing vaccines. Go into or call your neighborhood pharmacy for more information.

## Following are covid-19 Vaccination Sites by zip code:

#### 19104

## Health Center 3 Annex, Pop-Up Covid-19 Clinic: 4219 Chester Ave, Phila, 19104

Mon, Mar. 7<sup>th</sup>, 8 am – 1 pm | Tue, Mar. 8<sup>th</sup>, 8 am – 3 pm | Mon, Mar. 14<sup>th</sup>, 8 am – 3 pm Tues, Mar. 15th, 8 am – 3 pm | Mon, Mar. 21st, 8 am – 1 pm | Tues, Mar. 22nd, 8 am – 3 pm Mon, Mar. 28th, 8 am – 1 pm | Tue, Mar. 29th, 8 am – 3 pm

Open to all Philadelphians age 5 and older. To schedule an appointment call 215-685-2933.

#### 19121

## Berks Street Annex, Pop-Up Covid-19 Clinic: 2001 W. Berks St, Phila, 19121

Mon, Mar. 7th, 8 am – 1 pm | Tue, Mar. 8th, 8 am – 3 pm | Wed, Mar. 9th, 8 am – 1 pm Mon, Mar. 14th, 8 am - 1 pm | Tue, Mar. 15th, 8 am - 3 pm | Wed, Mar. 16th, 8 am - I pm Mon, Mar. 21st, 8 am – 1 pm | Tue, Mar. 22nd, 8 am – 3 pm | Wed, Mar. 23rd, 8 am – 1 pm Mon, Mar. 28th, 8 am – 1 pm | Tue, Mar. 29th, 8 am – 3 pm | Wed. Mar. 30th, 8 am – 1 pm Open to all Philadelphians age 5 and older. To schedule an appointment call 215-685-2933.

#### 19123

# Health Center 6 Annex, Pop-Up Covid-19 Clinic: 301 W. Girard Ave, Phila, 19123

Mon, Mar. 7<sup>th</sup>, 8 am – 1 pm | Tue, Mar. 8<sup>th</sup>, 8 am – 3 pm | Mon, Mar. 14<sup>th</sup>, 8 am – 1 pm Tue, Mar. 15th, 8 am – 3 pm | Mon, Mar. 21st, 8 am – 1 pm | Tue, Mar. 22nd, 8 am – 3 pm Mon, Mar. 28th, 8 am – 1 pm | Tue, Mar. 29th, 8 am – 3 pm Open to all Philadelphians age 5 and older. To schedule an appointment call 215-685-2933.

#### 19132

# The Black Doctor's Consortium, 2001 W. Lehigh Avenue (20th & Dr. Ala Stanford Way)

Weekly, free, vaccinations and testing. Go to: <a href="https://bdccares.com/appointments/#events">https://bdccares.com/appointments/#events</a> for the weekly schedule at the Dr. Ala Stanford Center for Equity (ASHE) 1-844-4-BDC-DOC

### 19134

### Penn Covid TRACE - Covid-19 Community Testing: 2919 Ruth Street, Phila, 19134

Tue, Mar. 8th, 12:30 pm – 3 pm | Walk up site. No testing restrictions. English and Spanish spoken at site.

#### 19144

## New Hope Outreach Center, PDPH Community Testing Event

4919 Wayne Ave, Phila, 19144 (Lot across from Wayne & Clapier)

9 am – 1 pm on Wed Mar. 9th and Wed, Mar. 23rd | No out of pocket costs. No appointments required. Walk-up testing with on-site registration. Rapid testing available.

#### 19149

## Health Center 10 Annex, Pop-Up Covid-19 Clinic: 2230 Cottman Ave, Phila, 19149

Mon, Mar. 7<sup>th</sup>, 8 am – 1 pm | Wed, Mar. 9<sup>th</sup>, 8 am – 1 pm | Mon, Mar. 14<sup>th</sup>, 8 am – 1 pm Tue, Mar 15th, 8 am - 3 pm | Wed, Mar. 16th, 8 am - 1 pm | Mon, Mar 21st, 8 am - 1 pm Tue, Mar. 22<sup>nd</sup>, 8 am – 3 pm | Wed, Mar. 23<sup>rd</sup>, 8 am – 1 pm | Mon, Mar. 28<sup>th</sup>, 8 am – 1 pm Tue, Mar. 29th, 8 am – 3 pm | Wed. Mar 30th, 8 am – 1 pm

Open to all Philadelphians age 5 and older. To schedule an appointment call 215-685-2933.

## Covid-19 Testing

Following are covid-19 <u>Testing Sites</u> by zip code.

#### 19104

# Peoples Emergency Center, Penn Covid TRACE Community Tracing 325 N. 39th St, Phila, 19104

10 am – 1 pm on Thursdays - Mar. 10<sup>th</sup>, Mar. 17<sup>th</sup>, Mar. 24<sup>th</sup>, and Mar. 31<sup>st</sup> Walk up site. No appointments required. No testing restrictions.



➤ Cousins Supermarket - PDPH Mobile Community Covid-19 Testing Event 1900 N. 5<sup>th</sup> St, Phila, 19122

9 am – 1 pm on Saturdays - Mar. 12<sup>th</sup>, Mar, 19<sup>th</sup>, and Mar. 26<sup>th</sup>, No out-of-pocket costs. No appointments required. Walk-up testing. Rapid testing available.

Norris Square Community Alliance - Philadelphia FIGHT Testing Event 174 Diamond St, Phila, 19122

11 am – 1 pm on Wednesdays - Mar. 9<sup>th</sup>, Mar. 16<sup>th</sup>, Mar. 23<sup>nd</sup>, Mar. 30<sup>th</sup> No out-of-pocket costs. No appointments required. Walk-up testing. Pediatric testing offered.

#### 19124

- Concilio, PDPH Mobile Testing Unit: 141 E. Hunting Park Ave, Phila, 19124 9 am – 1 pm on Thursdays - Mar. 10<sup>th</sup>, Mar. 17<sup>th</sup>, Mar. 24<sup>th</sup>, and Mar. 31<sup>st</sup> No out-of-pocket costs. No appointments required. Rapid testing available. Walk-up testing with on-site registration.
- National Wholesale Liquidators, PDPH Mobile Testing Unit: 900 Orthodox St, Phila, 19124
   9 am 1 pm on Saturdays Mar. 12<sup>th</sup> and Mar. 19<sup>th</sup>
   No out-of-pocket costs. No appointments required. Rapid testing available.
   Walk-up testing with on-site registration.

## 19132

▶ The Black Doctor's Consortium, 2001 W. Lehigh Avenue (20th & Dr. Ala Stanford Way) Phila, 19132, 1-844-4-BDC-DOC

Weekly, free, vaccinations and testing. Go to: <a href="https://bdccares.com/appointments/#events">https://bdccares.com/appointments/#events</a> for the weekly schedule at the Dr. Ala Stanford Center for Equity (ASHE)

▶ Murrell Dobbins High School, <u>Test For All Tuesdays</u>: 2150 Lehigh Ave, Phila, 19132 Free covid-19 testing for all Philadelphia residents.

11 am to 1 pm on Tuesdays - Mar. 8<sup>th</sup>, Mar 15<sup>th</sup>, Mar. 22<sup>nd</sup> and Mar. 29<sup>th</sup> No appointment required. Walk-ups welcome. 267-436-3126

# ▶ Oak Street Health Primary Care – Strawberry Mansion Clinic; PDPH Mobile Testing Unit 2301 N, 29<sup>th</sup> St., #500, Phila, 19132

9 am to 1 pm on Tuesdays – Mar. 8<sup>th</sup>, Mar. 15<sup>th</sup>, Mar. 22nd, and Mar. 29<sup>th</sup>, No out of pocket costs. No appointment required. Walk-up testing with on-site registration, Rapid testing available.

#### 19134

# ➤ The Simple Way | Philadelphia FIGHT - Community Testing Event 3234 Potter St, 19134

1 pm – 3 pm on Tuesdays - Mar. 8<sup>th</sup>, Mar. 15<sup>th</sup>, Mar. 22<sup>nd</sup>, and Mar. 29<sup>th</sup> No out-of-pocket costs. No appointments required. Walk-up testing. Pediatric testing offered.

▶ Penn Covid TRACE - Covid-19 Community Mobile Testing Site | 2919 Ruth St, 19134 12:30 pm - 3 pm on Wed, Mar. 9<sup>th</sup>, Tue, Mar. 14<sup>th</sup>, Wed, Mar. 16<sup>th</sup>, Tue, Mar. 22<sup>nd</sup>, Wed, Mar. 23<sup>rd</sup>, Tues, Mar. 29<sup>th</sup>, Wed, Mar. 30<sup>th</sup> No out-of-pocket costs. No appointments required. Walk-up testing. Pediatric testing offered

### 19138

# Masjidullah - The Center for Excellence, PDPH Mobile Testing Unit 7401 Limekiln Pike, Phila, 19138

9 am – 1 pm on Tuesdays - Mar. 8<sup>th</sup>, Mar 15<sup>th</sup>, Mar. 22<sup>nd</sup>, and Mar. 29<sup>th</sup> No out-of-pocket costs. Walk-up test w/on-site registration. No appointments required. Rapid testing available

▶ PDPH Mobile Testing Unit: New Journey Christian Center (parking lot) 1001 E. Chelten Ave, Phila, 19138

9 am – 1 pm on Wednesdays - Mar. 9<sup>th</sup>, Mar. 16<sup>th</sup>, Mar. 23<sup>rd</sup>, and Mar. 30<sup>th</sup> No out-of-pocket costs. No appointments required. Rapid testing available. Walk-up testing with on-site registration

#### 19140

► Greater St. Matthew Baptist Church, PDPH Mobile Testing Unit 1581 W. Wingohocking St, Phila, 19140

9 am – 1 pm on Fridays – Mar. 11<sup>th</sup>, Mar. 18<sup>th</sup>, and Mar. 25<sup>th</sup> No out-of-pocket costs. No appointments required. Walk-up testing with on-site registration. Rapid testing available.

▶ Cousins Supermarkets, PDPH Mobile Testing Unit: 4037 N. 5<sup>th</sup> St, Phila, 19140
 9 am - 1 pm on Fridays - Mar. 11<sup>th</sup>, Mar 19<sup>th</sup>, and Mar. 25<sup>th</sup>
 No out-of-pocket costs. No appointments required. Rapid testing available.
 Walk-up testing with on-site registration

#### 19144

New Hope Outreach Center (lot across from Wayne & Clapier), PDPH Mobile Testing Unit 4919 Wayne Ave, Phila, 19144

9 am – 1 pm on Wednesdays - Mar. 16<sup>th</sup> and Mar 30th No out-of-pocket costs. No appointments required. Rapid testing available. Walk-up testing with on-site registration.

▶ Philadelphia FIGHT - Community Covid-19 Testing Event, Face to Face 123 E. Price Street, Phila, 19144

9:30 am to 11:30 am on Mondays - Mar. 7<sup>th</sup>, Mar 14<sup>th</sup>, Mar. 21<sup>st</sup>, and Mar. 28<sup>th</sup> No out of pocket costs. No appointments required. Walk-up testing. Pediatric testing offered.

#### 19148

 Oak Street Health Primary Care - South Philly Clinic, PDPH Testing Event 2310 S. Christopher Columbus Blvd, Phila, 19148

9 am to 1 pm on Thursdays - Mar. 10<sup>th</sup>, Mar 17<sup>th</sup>, Mar. 24<sup>th</sup>, and Mar 31<sup>st</sup> No out-of-pocket costs. No appointments required. Rapid testing available. Walk-up testing with on-site registration.

 Philadelphia FIGHT - Community Covid-19 Testing Event Mufflin Square Park, 500 Wolf St, Phila, 19148

11 am – 1 pm on Thursdays - Mar. 10<sup>th</sup>, Mar. 17<sup>th</sup>, Mar. 24<sup>th</sup>, and Mar. 31<sup>st</sup> No out-of-pocket costs. No appointments required. Walk-up testing. Pediatric testing offered.

# Food Resources

- ► Food assistance resources from PA Office of Gov. Wolf https://www.agriculture.pa.gov/Food\_Security/Pages/Resources.aspx
- To find locations near you, go to the link below and put in your zip code: <a href="https://www.philabundance.org/find-food/">https://www.philabundance.org/find-food/</a>



Following are Food Distribution Sites by zip code.

#### 19119

**New Covenant Church of Philadelphia** | 7500 Germantown Ave, Phila, 19119 **Every** Saturday, 1 pm until food is distributed. Anyone needing food is eligible.

#### 19121

Fresh For All Wednesdays | Greater Enon Missionary Baptist Church 1854 N. 22<sup>nd</sup> St, Phila, 19121 | 215-765-3135

12:30 pm – 1:30 pm on Wednesdays - Mar.  $9^{th}$ ,  $16^{th}$ ,  $23^{rd}$ , and  $30^{th}$  Weekly produce stand. Free to all, runs weather dependent. Find it in front of the school.

#### 19132

# Community Food Pantry, Panati Playground: 3100 N. 22nd St, Phila, 19132

Every Wednesday, 9:30 am until food is gone. Anyone needing food is eligible.

#### 19141

**Einstein Healthcare Network & Philabundance**, on the Einstein Medical Center Phila campus At the corner of 11<sup>th</sup> Street @W. Clarkson Street. Phila, 19141

Tuesday mornings, starting at 9:30 – 10:30 am

Weekly produce market, fresh fruits and vegetables distributed at no cost.

# HOUSEHOLD ASSISTANCE

#### ▶ Tenant Assistance

Philadelphia tenants no longer have to face eviction alone. Call the Philly Tenant Hotline, 267-443-2500 or visit phila.gov/right-to-counsel to find out if you're eligible. Visit the Right to Council webpage below to learn more!

https://www.phila.gov/services/property-lots-housing/get-free-legal-help-to-avoid-eviction/



# **▶** Heating Bill Assistance

The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant. The program is now open. Click here for more information:

https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx



# Water Assistance Program:

The new Low-Income Household Water Assistance Program (LIHWAP) is now open. You may be able to get up to \$5,000 for past-due water and wastewater bills.

Learn more at this link.



# **▶** Smoke Alarms

Philadelphia residents may call 3-1-1 to receive a free smoke alarm installation. You can also submit a request to Philly 311 online.



# **▶** Let's Talk Safety

Fire Commissioner Adam Thiel hosts his monthly talk show on WURD-900AM. Saturday, March 12, 2022, 3 pm to 4:00 pm



## ▶ Household Hazardous Waste Drop-Offs

Philadelphia residents may drop off items labeled: toxic, flammable, corrosive or reactive at events offered across the City.

New PA Department of Environmental Protection COVID protocols require residents to pre-register and schedule an appointment to drop off materials at an event. Computers are not accepted at any of the Household Hazardous Waste events as they can be taken to any of the <u>Sanitation Convenience Centers</u> during normal business hours.



Latex or water base paint is not hazardous and can be placed in the regular trash if the paint is dried up or solidified with an absorbent material, such as, kitty litter. Universal waste such as florescent light bulbs and lithium, rechargeable and lead-acid batteries can be dropped off in the new bulb or battery containers at the Sanitation Convenience Centers. Alkaline batteries can be disposed of curbside. Residents are encouraged to wrap tape around both ends of an alkaline battery as an added precaution.

When and Where

Saturday, April 2, 2022 - Northeast Philadelphia, 8401 State Rd., 19136

Saturday, May 14, 2022 - West Philadelphia, N. 48th and Parkside Ave., 19131

Saturday, June 18, 2022 - Northwest Philadelphia, 300 Domino Lane, 19128

Thursday, July 14, 2022 - Northeast Philadelphia, 8401 State Rd., 19136

Saturday, Sept. 17, 2022 - North Philadelphia, W. York St. & N. 22nd St., 19132

Saturday, Oct. 22, 2022 - Southwest Philadelphia. 3033 S. 63rd St., 19153

Saturday, Nov. 5, 2022 - Port Richmond, 3901 N. Delaware Ave., 19137

<u>Click here</u> for details on products that will be accepted.

## **ADULTS**

<u>DadLab</u> | Meetings held online with Zoom |

Sponsored by Einstein Medical Center of Philadelphia

This is a group designed for new fathers to learn about being a dad. Transitioning to fatherhood can be overwhelming. Sharing your experiences and learning from others can help you build confidence and bond with your baby. You won't be lectured on the "right" way to father. You'll have an opportunity to share your fathering experiences, concerns and questions. You'll connect with other dads going through the same things as you. New moms and partners are also included because everyone benefits when co-parents communicate and coordinate their care.



For meeting times, call or text DadLab Director Jay Cherney at 215-690-1029 or email him at cherney.jay@gmail.com. Or, contact Co-facilitator Clarence B. Iszard at 484-471-7005 or iszardc@einstein.edu.

## **CHILDREN**

<u>PHLConnectED</u>—the City of Philadelphia's initiative to provide free and reliable internet access for pre-K-12 students through Comcast's Internet Essentials or a T-Mobile hotspot—will now extend through July 2023. The City issued new grants to ensure additional digital skill-building support to families, an essential component of PHLConnectED's mission.



For more information about PHLConnectED, visit <u>phila.gov/phlconnected</u>. Families can continue to sign up for PHLConnectED by dialing 2-1-1. For language services, press 8. As the program's Coordinating Agent, United Way of Greater Philadelphia and Southern New Jersey manages the 211 hotline as well as community-based outreach and the Digital Navigator program. Information regarding Digital Literacy courses will be available in early spring.

# JOB OPPORTUNITIES

## Paramedics - Philadelphia Fire Department

The Philadelphia Fire Department is hiring certified paramedics to work in one of the busiest EMS systems in the nation. In addition to providing excellent emergency medical care, the ideal candidates will be able to comfort patients; reassure family, friends and bystanders; and cooperate with fire and police officials. PFD paramedics earn between \$57,773 – \$88,263 per year, with opportunities for overtime and promotions. The Fire Department's motto is "Dedication + Service," and members live those values every day in the City of Philadelphia. Questions? <u>Look at our FAQs</u>. <u>Apply now!</u> The application period closes March 11, 2022.

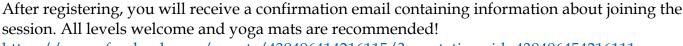
## **EXERCISE**

### Yoga with Jenna Song

Sundays - March 13th, Mar 20th and 27th, | 10 am - 10:45 am | Tacony Creek Park

Yoga sessions conducted online from November through March due to the winter weather. Hatha yoga emphasizes physical health and relaxation of your mind, focusing on posture alignment, strengthening, and flexibility. Register HERE:

https://us02web.zoom.us/meeting/register/tZwpceisrTsiG9Lh3pVMYKROTZwwUnM7Nzu6



https://www.facebook.com/events/439496414216115/?event time id=439496454216111

Your Destiny is Here, Inc. is providing resource information as a public service for persons in need. While we try to keep the information timely and accurate, we make no guarantees. Services provided by listed organizations and businesses are the sole responsibility of the organization or business.

# TRIVIA QUESTION ANSWER

Where are the smallest bones in the body?



IN THE EAR!

The smallest bones in the human body are malleus (hammer), incus (anvil) and the stapes (stirrup). Collectively, these bones are known as the **ossicles** (Latin for "tiny bones") and their role is to transmit sound vibrations from the air to the fluid in the inner ear.





## FINALLY . . .

Look at the word, responsibility – response-ability. The ability to choose your response. Accountability breeds response-ability. *Stephen Covey* 

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Comments or questions? Email: <u>lindaivey81@gmail.com</u>

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