



YOUR DESTINY IS HERE INC**LINDA J. IVEY MINISTRIES
GREATER IS COMING**

DESTINY – A FATHER’S DESTINY



Imagine what life would be like if all men truly saw themselves the way God sees them and if they walked in the path God created for them. God continues to give men the opportunity to lead their families with love, mercy, tenderness, and grace. He wants husbands to love their wives the way Christ loves the Church and fathers to raise their children up with the discipline and instruction that comes from the Lord.

To get a glimpse into a man’s destiny, check out the book of Genesis in the Bible. Men were created in God’s image. Man was created to provide stewardship, care, management, and organization over what God created on the earth. Formed out of dust, God breathed into man’s nostrils the breath of life; and man became a living soul. He was given dominion over the fish and the fowl and the cattle and over the earth and every creeping thing. He crowned man with glory and honor. Man was created to commune with God on a daily basis.

Wanting the best for man, and knowing it was not good for him to be alone, God created woman from the rib of man, so he would have a helpmate. Together they were to be fruitful and productive to improve the earth. It’s a trick of the enemy for men and women to see each other as enemies, rather than partners, loving and caring for each other the way God created them. Remember we all want to know that we are loved and appreciated. Most importantly, our children are watching. Fathers, if you’re beefing with your baby’s mama, stop it, especially in front of your children. Respect each other even if you are not together, for the sake of peace and for your children.

Men and women, fathers, and mothers, it’s not too late to reevaluate your relationships with each other and with your children. God’s purpose and plan for men is their destiny. Simply commit to do things God’s way.

WALKING IN DESTINY SCRIPTURES



Husbands, love your wives, just as Christ also loved the church and gave Himself for her . . . *Ephesians 5:25*

Fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord. *Ephesians 6:4*

He will turn the hearts of the fathers to the children, and the hearts of the children to their fathers. . . *Malachi 4:6*

CALL TO ACTION – BECOMING A ROLE MODEL



While it doesn't take much to create a child, it takes so much more to be a father. Unfortunately, there are many males who did not have positive male role models in their lives, and this has left them unbalanced and unprepared. But the positive characteristics of manhood are in every heart; they just need to be practiced: love, joy, peace, patience, kindness, goodness, long-suffering, gentleness, faith, and self-control. Perform one characteristic every day for a month, and then add another to ultimately incorporate every trait into your

dealings with family and your community, but especially with your children. These positive qualities won't cost you anything, but time and consistency.

When you demonstrate these personality traits, you affirm your role as a strong protector, and reliable male role model. The people in your life will value your time more than anything you can buy them. Use these positive characteristics to encourage, support, and reassure your family and your children that they matter to you. Affirm them with your words: "I'm proud of you," "You did your best," "You are amazing," "I know you can do it," "You're really good at that," and "I love you". When discipline is needed, give it fairly and not in anger, but rather explain the why and teach the lesson you want them to learn.

These actions are just starting points to being a better role model for your children, your family, your community and ultimately for yourself. Go to page 14 to learn about [DadLab](#) | Meetings held online with Zoom | Sponsored by Einstein Medical Center of Philadelphia.



TRIVIA QUESTION

How many times can a hummingbird flap its wings per second?



(Answer at end of the newsletter)

DESTINY SPOTLIGHT



Ms. Cynthia Ford-Davis

This month's Destiny Spotlight is on Your Destiny is Here, Inc.'s Administrative Assistant and YDH Newsletter Writer, Researcher and Editor, Ms. Cynthia Ford-Davis. She is a Philadelphia native and believes Destiny is where we are headed in God, and the steps we take to get there.

As a little girl, my mom would send my sister and me to the hairdresser every other week. As I sat under the dryer, I'd read a sign hanging on the wall that read, "The Golden Rule - Do unto others as you would have others do unto you". During my many trips to the hairdresser, I'd read that sign and think about what it could mean if we all actually lived that way. When I became a Christian and began reading the Bible, I was so excited to learn the 'Golden Rule' was actually a Bible verse, listed in Matthew 7:12 and Luke 6:31. These scriptures have been a guiding light throughout my life.

As a pre-teen, I fell in love with Christ and thought I wanted to become a minister, but life happened and boys became interesting, and becoming a minister took a back seat. I still loved God, but my focus changed. I wanted to be a wife and mother and didn't see how the two worked together. I got married, had two children and enjoyed being there to serve my family. I didn't have the happily ever after life I envisioned. The marriage ended after eight years. Even though it didn't work out, I still champion marriage. And I thank God that He didn't turn away from me. Despite my earlier life choices, God remained faithful to His plan and purpose for my life, as I returned my focus on Him. Now, many, many, many years later, He is allowing me to minister to others through my prayers and my works of service.

Serving others has always been within me. I have always practiced putting others before myself and I find pleasure in it. Dr. Martin Luther King's quote on service resonated within my spirit: "Not everybody can be famous, but everybody can be great, because greatness is determined by service. Everybody can be great because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subjects and your verbs agree to serve. You only need a heart full of grace, a soul generated by love." Yes, love is the principal thing. Demonstrating love and being of service to others doesn't require status or approval from others. If we all loved the way God created us to love and the way Christ demonstrated love, this world would be a much better place.

Speaking about a better place, if we all walked in love, truth and righteousness, it would definitely make a difference in this post-quarantine world. There has been a lot of hatred, discouragement and isolation in the world since the Covid-19 pandemic. And it still continues because we don't know whose "spin" on things to believe - scientists, the government, or the media. This polarization is alarming. Our legislators seem to have forgotten the people they should be serving. Instead, they close their eyes to doing the right thing simply because the solutions are coming from an opposing party.

I am thankful for the family I grew up in. There was much love and discipline and joy and unity, which I treasure to this day. I'm grateful to my Mom, for sharing her professionalism in administrative work with my sisters and me, for it has given us fulfillment in work. My service and my support of others is my form of worship to the Lord, whether I'm providing support during a meeting, a family reunion, holiday meals, church, or helping to build a newsletter. I treasure my relationship with the Lord above all else now. I pray that I'll never lack zeal and that I'll keep my spiritual fervor while serving the Lord.

DISCOVERY



How great is the love the Father has lavished on us, that we should be called children of God! He is a Father to the Fatherless! *1 John 3:1, Psalm 68:5*

Search for words that describe a father.

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

ADVENTUROUS
AMBITIOUS
ASSURED
ATHLETIC
CALM
CAPABLE
COOL
DEPENDABLE
DETERMINED
DEXTEROUS
FUNNY
GENEROUS
HANDSOME
HARDWORKING
KIND
MODEST
SHORT
SMART
SUPPORTIVE
TALL
TOUGH
WITTY



EVENTS

► **New Castle County Paramedics Health Fair Block Party**

Burton Winchester (PRICES) Park E. 24th St. and Pine St. Wilmington, DE

Saturday, June 4th, 2022, 12 – 4 pm

A day to get health services. New Castle County Paramedics want to help connect you to the resources you need for healthier living. All onsite services will be provided for free with long term resources offered at little, to no cost. Live entertainment, onsite screenings, food trucks, giveaways, fun activities.

► **Duanwu (Dragon Boat) Festival Celebration** |

7345-7347 Oxford Ave, Phila | Saturday, June 4th, 10am – 3pm

The American Chinese Museum wants to connect communities with Chinese immigrant history, culture and art, by celebrating a traditional Chinese festival, the Duanwu "Dragon Boat" festival. Featuring Chinese Opera, Kung Fu displays, Chinese dance and live Chinese music. Also offers fun arts and crafts for the family; introduce the festival's signature snack "Chinese Zongzi", teach people how to make it, and provide free tasting samples. There are activities for all ages!

► **Sugarcane Festival** | **2157 N. 6th St, Phila, 19122** | **Saturday, June 11th, 11am – 1pm**

The Festival honors the historic significance of the sugarcane crop for generations of Puerto Ricans and recognizes the sugarcane workers who migrated from the Island to Philadelphia to work in the refinery. There will be pavas and sugarcane to hand out to Festival attendees. Come early to get yours! The Festival is free and open to the public.

Hosted by Asociacion Puertorriquenos en Marcha, the festival is bigger and better this year, filling three blocks. Come pick up information and materials to help you and your family, listen to some great music, and eat some great food! There will be a children's area with face painting, balloon animals, and DIY carnival games!

► **ODUNDE Festival** | **23rd & South Streets** | **Sunday, June 12th, 10am – 8pm**

ODUNDE is a Yoruba word meaning Happy New Year! Celebrating 45 years, it takes place over 15 city blocks with 2 stages of live entertainment. Odunde is for everyone; they look forward to seeing you and your family this year. Go to <https://www.odundefestival.org/> for a list of festival week events and other Odunde programs.

EVENTS CONT'D

- ▶ **Chinese Cultural Festival – China Day | FDR Park, 1500 Pattison Ave & S. Broad St, Phila, 19145**
Friday, June 17th, 10am – 2pm

Promoting the Chinese Heritage Cities with Cultural Communication and performance. Event will include, Lion & Dragon Dancing, Calligraphy & Painting, Traditional Instruments, Folk Dancing, Chinese Tea Ceremony, Kung-fu Performance and a Beijing Opera.

- ▶ **Caribbean Restaurant Week | June 12th – June 19th**

Caribbean Cuisine Week engages Philadelphia's finest restaurants in a fun-filled week of food, music and raising funds which go towards assisting needy college students (last year giving out \$30k in scholarships, this year hoping to beat that) and supporting Caribbean athletes who attend the Penn Relays (\$10k). Dining out at the restaurants on our website supports these activities! Caribbean Cuisine Week – <https://caribbeanamericanmonth.com>

The Young Caribbean Professional Network produces this event in Philadelphia. They are a nonprofit dedicated to creating access to education and economic opportunities for students and young professionals in the global marketplace. YCPN is committed to engaging English, French and Latin professionals from the Caribbean in personal, professional and business development. Learn more about Young Caribbean Professional Network, their mission and work at www.ycpn.org

- ▶ **Afternoon Tea & Discussion: Honoring Juneteeth - Black & Asian Solidarity**
Virtual | Sunday, June 19th, 3:00pm - 4:30pm

This month's Afternoon Tea & Discussion falls on Juneteenth. In recognition of this historical moment in Black history, we will be grounding ourselves in the history and solidarity of Black and Asian communities in America. Join us in navigating race and identity as non-Black people of color, and let us work together in combatting white supremacy. For Zoom info and registration:
<https://us02web.zoom.us/join/zoom-join-link>

- ▶ **9th Annual Caribbean Heritage Day | Reading Terminal Market**
Saturday, June 25th, 10am – 1pm,

9th annual signature event observing National Caribbean American Heritage Month and Immigrant Heritage Month. Celebrating the significant contributions of Caribbean Americans around the US from State to State and City to City. Hosted by Caribbean Community in Philadelphia.

- ▶ **Percussive in the Park | Awbury Arboretum, 1 Awbury Rd, Phila, 19138**
Thursday, June 2nd, 6:30pm – 7:30pm

The Lady Hoofers Tap Ensemble and Usiloquy Dance Designs, both Philadelphia-based all-women dance companies will present a split bill program featuring rhythm tap and Indian classical dance Bharatanatyam. These two percussive dance forms are very different, but share a common emphasis on footwork and rhythm. Both are also historically excluded and underrepresented art forms in the US. The 60-minute performance set will include interspersed performances by both companies, and audience interaction, and will be followed by a talkback with Artistic Directors Kat Echevarria Richter (The Lady Hoofers) and Shaily Dadiala (Usiloquy). Usiloquy Dance Designs creates traditional and cross-cultural productions of Indian classical dance Bharatanatyam and conducts educational programs.

PHILADELPHIA REENTRY AWARENESS MONTH

June is Philadelphia's reentry Awareness Month. It is a celebration of Philadelphians who have returned home from the legal system and the individuals who support them during and after this transition. Here are a couple of events happening this month:

► **JEVS Reentry Month Block Party** | 800 Diamond St, Phila, 19122 | 12pm - 4pm, Saturday, June 4th

As part of Philadelphia's Reentry Month Celebration, JEVS Human Services will be hosting a Welcome Home Celebration, FREE for the entire family. Fun activities for kids of all ages, entertainment, food, prizes, give-aways, local musicians to perform and FREE COVID vaccination clinic, hosted by Jefferson Health. Reentry services and supports like pardon and expungement clinics, help with job search and more!

► **Interfaith Conversation on Successful Reintegration into the Community - West Philly & Beyond**

An in-person and virtual conversation

Calvary-St. Augustine Episcopal Church, Divinity, Logan, Way, 814 N 41st St, Phila, 19104

Thursday, June 9th, 6pm - 8pm

How can faith communities support people recently released from incarceration? Jobs, food, and housing are essential. On June 9th, during the Philadelphia month of reentry, we aim to build a broad-based interfaith coalition of houses of worship, faith communities, & other neighborhood organizations in W and SW Philadelphia. Brief introductions by panelists will widen into an hour-long townhall conversation examining barriers to success and potential next steps. All are welcome – in person or online, registration required.

Questions? Contact: miriam@ucsb.edu or cmkimmenez@yahoo.com

Register ends Wed, Jun 8, 2022, 5:00 PM EDT

To register for the in person (*mask required*) event, click <https://www.eventbrite.com/e/interfaith-panel-on-reentry-in-west-philadelphia-tickets-323310679947>

To register for the online event, click <https://www.eventbrite.com/e/interfaith-panel-on-reentry-in-west-philadelphia-tickets-323284922907>

► **Life After Reentry: Managing the Business of YOU** | Deliverance Church, 21st & Lehigh Ave

Friday, June 10, 2022, 10am - 4pm

Re-entry support services. Criminal record review. Voter registration. Opportunities for employment. Link to medical services. Giveaways.

Presented by: The Institute for Community Justice

Resource Fair: 10am - 4pm | Record Review: 11am - 3pm

For additional information: 215-525-0460, www.icjphilly.org

► **The Philadelphia Reentry Coalition** | **Open Wardrobe for the Formerly Justice Involved**

Philadelphia - 413 North 4th Street | Lansdowne - 62 W. Marshall Road

Thursday, June 23rd, 11am - 5pm

Free clothing, Expungement Clinic, and Free haircuts. Open to any current or formerly justice involved persons. Registered guests will receive free clothing and can meet with participating organizations. RSVP needed: <https://www.tfaforms.com/4971958>



EVENTS & 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.

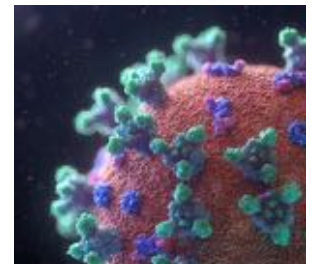
Please share the following with friends, family, neighbors and within your social and ministry circles.

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

These resources could help someone in need.

COVID-19

Most people get better from COVID-19 with rest, fluids, and fever-reducing medications like Tylenol. But not everyone does. Some people can get very sick and even have to go to the hospital. But there are ways to avoid that. Most importantly, **get up to date on your COVID-19 vaccinations**. And if you do test positive for COVID-19, talk to your health care provider about treatments like antivirals.



Antivirals are medicines that only fight viruses, like COVID-19. They help stop it from spreading in your body so you don't get as sick as you might have without them.

Who can get antivirals?

There are two antivirals that are authorized by the U.S. FDA to help protect you from severe COVID-19. Paxlovid is for people who are 12 or older and are at **high risk** of developing moderate or severe COVID-19. Paxlovid reduced hospitalizations or deaths by 88% in clinical trials. Lagevrio is for people who are 18 or older and at high risk for developing moderate or severe COVID-19. Some examples of people who may be at high risk are those who have one of these risk factors: heart or lung problems, diabetes, overweight or obese, people who have asthma, people who smoke, and people who don't exercise regularly.

As with any medication, you should talk with your health care provider to make sure that an antiviral for COVID-19 is right for you. Some people might benefit from monoclonal antibodies, which are an injection or infusion that can help your immune system fight the virus.

■ 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 VACCINATIONS

In Philadelphia, as of May 31, 2022 – over 297,059 persons have had one dose of the covid-19 vaccine, and over 1,274,354 persons have been fully vaccinated. Approximately 484,648 have received additional doses (boosters), according to the City of Philadelphia Coronavirus dashboard.



Pharmacies across the city offer covid-19 vaccines. Most local pharmacies will give second shots to people who are due or overdue, regardless of where you got your first dose. Check with your local pharmacy for details.

The City also offers a program that helps people schedule in-home vaccination services for homebound older adults and people with disabilities.

[Find out more about getting vaccinated](#)

FOLLOWING ARE COVID-19 VACCINATION SITES BY ZIP CODE

19104

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

8 am – 1 pm on Wed 1st, Thu 2nd, Fri 3rd, Mon 6th, Wed 8th, Thu 9th, Fri 10th, Mon 13th, Wed 15th, Thu 16th, Fri 17th, Mon 20th, Wed 22nd, Thu 23rd, Fri 24th, Mon 27th, Wed 29th, Thu 30th

8 am – 3 pm on Tuesdays - 7th, 14th, 21st, 28th

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

▶ **Health Center 4, Pop-Up Covid-19 Clinic: 4400 Haverford Ave, Phila, 19104**

8 am – 12:30 pm on Mon 6th, Tue 7th, Mon 13th, Tue 14th, Mon 20th, Tue 21st, Mon 27th, Tue 28th

By appointment only. To schedule an appointment, call 215-685-2933.

19121

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

8am – 1pm on Wed 1st, Thu 2nd, Fri 3rd, Mon 6th, Wed 8th, Thu 9th, Fri 10th, Mon 13th, Wed 15th, Thu 16th, Fri 17th, Mon 20th, Wed 22nd, Thu 23rd, Fri 24th, Mon 27th, Wed 29th, Thu 30th

8am – 3pm on Tuesdays – 7th, 14th, 21st, 28th

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

8am – 1pm on Wed 1st, Thu 2nd, Fri 3rd, Mon 6th, Wed 8th, Thu 9th, Fri 10th, Mon 13th, Wed 15th, Thu 16th, Fri 17th, Mon 20th, Wed 22nd, Thu 23rd, Fri 24th, Mon 27th, Wed 29th, Thu 30th

8am – 3pm on Tuesdays – 7th, 14th, 21st, 28th

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: <https://bdccares.com/appointments/#events>
for the weekly schedule at the Dr. Ala Stanford Center for Equity (ASHE) 1-844-4-BDC-DOC
- ▶ **Strawberry Mansion Health Center, Pop-Up Vaccine Clinic. 2840 W. Dauphin St, Phila, 19132**
8 am – 12:30 pm on Mon 6th, Tue 7th, Mon 13th, Tue 14th, Mon 20th, Tue 21st, Mon 27th, Tue 28th

19144

Health Center 9, Pop-Up Vaccine Clinic, 131 E. Cheltenham Ave, Phila 19144

8 am – 12:30 pm on Thu 2nd, Fri 3rd, Mon 6th, Thu 9th, Fri 10th, Mon 13th, Thu 16th, Fri 17th,
Mon 20th, Thu 23rd, Fri 24th, Mon 27th, Thu 30th

To make an appointment, please call 215-685-2933

19145

Health Center 2, Pop-Up Covid-19 Clinic: 1700 S. Broad St, Phila, 19145, Location Unit 201

8 am – 12:30 pm on Wed 1st, Fri 3rd, Mon 6th, Tue 7th, Wed 8th, Fri 10th, Mon 13th, Tue 14th,
Wed 15th, Fri 17th, Mon 20th, Tue 21st, Wed 22nd, Fri 24th, Mon 27th, Tue 28th, Wed 29th

By appointment only. To schedule an appointment call 215-685-2933.

19149

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

8 am – 1 pm on Wed 1st, Thu 2nd, Fri 3rd, Mon 6th, Wed 8th, Thu 9th, Fri 10th, Mon 13th, Wed 15th,
Thu 16th, Fri 17th, Mon 20th, Wed 22nd, Thu 23rd, Fri 24th, Mon 27th, Wed 29th, Thu 30th

8am – 3pm on Tuesdays - 7th, 14th, 21st, 28th

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

■ COVID-19 TESTING

The best way to protect those around you from COVID-19 is to not be around others when you have it. The only way to know for sure if you have it is to get tested. While there are plenty of places in Philadelphia to get tested for COVID-19, testing yourself at home is frequently easier and quicker. For more information and distribution locations go to:

<https://www.phila.gov/2022-05-24-get-tested-at-home-for-covid-19/>



- ▶ **Testing map - Search this map of permanent testing sites. You can:**
 - Search for a testing site by address
 - Click on a location for specific site information

- Filter the list of sites

FOLLOWING ARE COVID-19 TESTING SITES BY ZIP CODE.

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: <https://bdccares.com/appointments/#events> for the weekly schedule at the Dr. Ala Stanford Center for Equity (ASHE)
- ▶ **Murrell Dobbins High School, Test For All Tuesdays: 2150 Lehigh Ave, Phila, 19132**
11 am to 1 pm on Tuesdays – 7th, 14th, 21st, 28th
Free covid-19 testing for all Philadelphia residents. No appointment required.
Walk-ups welcome. 267-436-3126

19134

- ▶ **PDPH TESTING UNIT - Oak Street Health Aramingo | 3621 Aramingo Ave, Phila 19134**
9 am – 1pm on Wed 1st
No insurance or ID needed. No appointment required. Walk up testing with on-site registration. Rapid testing available.
- ▶ **Penn COVID TRACE – Covid-19 Community Testing | 2919 Ruth St, Phila 19134**
12:30m – 3pm on Wed 1st
Walk-up site. No appointments required. No testing restrictions. Covid Trace # 267-271-0785.
English and Spanish spoken at site.
- ▶ **Philadelphia Fight – Covid-19 Testing Event | The Simple Way**
3234 Potter St, Phila, 18134
1pm – 3pm on Tuesdays – 7th, 14th, 21st, 28th
No out of pocket costs. No appointments required. Walk-up testing. Pediatric testing offered.
PCR Testing Only.

FOOD RESOURCES

The City and its partners provide free food and meals to supplement the existing food pantry network.

- Food distribution sites offer free food for residents. No ID or proof of income is required.
- Student meal sites provide free meals for children and youth in safe spaces throughout the city.
- Senior meal sites offer grab-and-go meals for older adults. You must contact the site to reserve your meal for pick-up.
- Meal sites for residents experiencing hunger and homelessness. Please confirm mealtimes prior to arriving at the site.



To find children, youth, and senior meal providers near you:

[VIEW THE FOOD SITES MAP](#)

Click here to **[Find meal sites for residents experiencing hunger and homelessness](#)**

- 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:
<https://www.philabundance.org/find-food/>

FOLLOWING ARE FOOD DISTRIBUTION SITES BY ZIP CODE.

19119

New Covenant Church of Philadelphia | 7500 Germantown Ave, Phila, 19119
Saturdays at 1 pm until food is distributed.

19121

Fresh For All Wednesdays | Greater Enon Missionary Baptist Church

1854 N. 22nd St, Phila, 19121 | 215-765-3135

12:30 pm – 1:30 pm on Wednesdays – 1st, 8th, 15th, 22nd, 29th

Weekly produce stand. Free to all, runs weather dependent. Find it in front of the school.

19141

Einstein Healthcare Network and Philabundance

At the corner of 11th Street @W. Clarkson Street. Phila, 19141

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

A weekly produce market where fresh fruits and vegetables are distributed at no cost.
on the Einstein Medical Center Philadelphia campus.

NEIGHBORHOOD

► **PMBC Clean Block Cleanup – 9 am – 2 pm on Saturday, June 18th**

The Philadelphia More Beautiful Committee (PMBC) will host neighborhood cleanups in the 2nd, 7th, 8th, and 15th Police Districts. PMBC Clean Block Officers help coordinate cleaning activities with registered Block Captains and their neighbors. Block Captains are provided limited cleaning tools and supplies to support cleanup efforts. Litter and trash is collected by the Streets Department's Sanitation Division after the clean up. Interested participants should contact PMBC at 215-685-3981 three weeks in advance of the scheduled cleanup date.



HOUSEHOLD ASSISTANCE

► Philly First Home

A first time Home buyers down payment assistance program. The City of Philadelphia is offering a homebuyer assistance grant of up to \$10,000 (or 6% of the home's purchase price, whichever is lower) to assist first-time homebuyers reduce the principal, cover down payment and loan closing costs for those purchasing their first home. For eligibility information go to: [Philly First Home](#)



► Water Assistance Program/LIHWAP

The Low-Income Household Water Assistance Program (LIHWAP) is a temporary emergency program to help low-income families pay overdue water bills. LIHWAP is a grant. **You do not have to repay it.** LIHWAP crisis grants may be available if you have an emergency situation and are in jeopardy of losing your water service. You can receive one crisis grant for your drinking water service and one crisis grant for your wastewater service, up to \$2,500 each. **Crisis situations include:**

- Past-due water bills.
- Termination of utility service.
- Danger of having utility service terminated (received a notice that service will be shut off within the next 60 days).



How to Apply

- **Online:** www.compass.state.pa.us
- **Paper:** You can download a paper application, print it, fill it out, and return it to your local county assistance office.
 - **LIHWAP Paper Application – English (PDF)**
 - **LIHWAP Paper Application – Spanish (PDF)**
- **Phone:** Request an application by calling the Statewide Customer Service Center at 877-395-8930 or call PA Relay at 711 for the hearing impaired.
- **In-Person:** Applications are available at your local county assistance office. For more information go to: <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHWAP.aspx>

► Smoke Alarms

Philadelphia residents 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 | <https://wurdradio.com>

Fire Commissioner Adam Thiel hosts his monthly talk show on WURD-900AM. Saturday, June 11th, 3 pm to 4:00 pm.



► **Household Hazardous Waste Drop-Offs** | 9am – 3pm

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



Handling and disposing of hazardous waste materials requires a special set of regulations due to the potential damage the items can cause people, pets and the environment. 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 Sanitation Convenience Centers during normal business hours.

When and Where

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

Click here for details on products that will be accepted. For additional information, please visit the Streets Department's website. For all City services, call 311."

EDUCATIONAL OPPORTUNITIES

► **DadLab** | 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.



► **Philadelphia School District Re-Engagement Center**

The School District of Philadelphia's Re-Engagement Center (REC) aims to provide students who have previously dropped out (or those in school and at risk of dropping out) with the chance to return to school by offering a range of "educational pathways". These pathways are designed to assist students by providing a "best fit path" to earn their high school diploma & prepare students for successful postsecondary experiences. For more information go to:



► **Kauffman FastTrac**

Virtual classes - 6 pm to 9 pm on Wednesdays – June 1st, 8th, 15th, 22nd, 29th

The Kauffman FastTrac® series is an educational program, created by entrepreneurs for entrepreneurs, which is designed to help you evaluate and perfect your business concept, as well as complete a comprehensive business plan. Whether you're starting a food truck or a factory, a construction company or a consulting firm, you need a plan.

You will study with a group of entrepreneurs, experienced facilitators, and people with start-up business experience who understand the pitfalls of starting a new enterprise.

For more information and to register, go to <https://www.fasttrac.org/why-fasttrac/>

► **CEA Learning Series: Community Meeting Management**

Wednesday, June 15th - 6 pm to 7:30 pm via Zoom

Topic this month: How to develop small goals that let you plan and track your work along the way

The Civic Engagement Academy (CEA) is a free training program that provides community members with the tools to create lasting positive change. The trainings encourage local problem-solving and prepare residents to become community leaders, organizers, and activists.

The Civic Engagement Academy Learning Series offers training sessions throughout the year. These trainings provide tools and strategies that Philadelphians can apply to their work within their own communities. The topics of the trainings vary from month to month. There is no cost to attend.

REGISTER FOR A LEARNING SERIES TRAINING

► **HERricane Philadelphia**

Camp for Girls, 16 – 19, providing hands-on experience in this public safety field.

Location: Center City

Dates June 15th-17th, 2022

HERricane is a national program by the Institute of Diversity and Inclusion in Emergency Management (I-DIEM) that provides women a means to explore a career in Emergency Management while developing leadership skills, ensuring success in whatever path they choose. Women are underrepresented in Emergency Management but make up a disproportionate amount of disaster victims particularly regarding loss of life, sexual violence, and loss of income. This program exposes young women to the “hidden” career field of emergency management. For additional information go to:

<https://veoci.com/v/p/form/ymcsajfryfyv>

EXERCISE



► **Yoga for the Community w/Philadelphia OIC**

Community Center for Visitation | 2646 Kensington Ave, Phila, 19125

4pm – 6pm, Wed June 1st

Presented by the Philadelphia OIC Reentry Program, in partnership with Philadelphia Reentry Coalition for Reentry awareness month.

Bring a yoga mat or a towel and a friend. Wear clothes that are comfortable.

Questions? Reach out to Rebecca 856-209-2206 or rcurry@philaoic.org.

For more information on the Coalition, go to

https://www.philadelphiareentrycoalition.org/about_us

► **Yoga on the Pier | Pennypack on the Delaware**

7pm – 8pm, Tuesdays - June 7th, 14th

Join Riverfront North and Roots2Rise for an all levels outdoor flow at Pennypack on the Delaware, Tuesdays from 7-8 pm! All ages and abilities are welcome. ** Find us on the grass pier within the Park (Park access road at 7801 State Rd, just south of Rhawn St.) This class is made possible by the Riverfront North Partnership. Class is free but donations are welcome and will help sustain more free and low-cost yoga programming throughout the city. Please bring your own mat :) Registration encouraged: <https://pennypackyoga.eventbrite.com> https://www.facebook.com/events/376736217652117/?event_time_id=376736260985446

► **We Walk PHL | Whitaker Ave and Loudon St, Phila, 19120**

9:30 am - 10:30 am – Saturdays – June 4th, 11th, 18th, 25th,

Take a healthy stroll in the park. Join your neighbors every Saturday morning for a healthy and empowering stroll on the Tacony Creek Park trail as a part of We Walk PHL. Meet from 9:30am–10:30am near Tacony Creek Park. All are welcome to join this free walking group. The trail is a paved, fairly flat Circuit Trail; all ages and abilities are encouraged to join us. Please bring a face mask and keep six feet away from other attendees. Attendees can walk in to participate or email.

doryan@ttfwatershed.org. https://www.facebook.com/events/1836559229869181/?event_time_id=1836559309869173

► **Line Dancing on the River – Hip Hop and Soul | Pennypack on the Delaware**

6pm - 7pm on Mondays 6th, 13th, 20th, 27th

Join Riverfront North Partnership for Hip Hop and Soul Line Dancing by the River with instructor Mr. Marty! The classes are free and every Monday from May 16th to June 27th at 6pm on the large grass pier at Pennypack on the Delaware. The classes are open to all ages and levels. Children will need to have an adult with them to participate. Please wear suitable sneakers. Please complete the required waiver before attending. If you have any questions please reach out to:

info@riverfrontnorth.org https://www.facebook.com/events/402067568452591/?event_time_id=403427488316599

SPIRITUAL ENRICHMENT

- ▶ Apostle Tomy Jordan and Pastor Stephanie D. Jordan from Abiding Love Deliverance Center, NC are streaming live on Zoom every Saturday at noon. ID: 306 155 0388, Password: JESUSJOY

Dial 646-558-8656 to join them for Tuesday Prayer at 6 pm and Wednesdays for Bible Study at 7 pm.
Contact information: 267-290-0654 or
abidinglovedeliverancecenter@gmail.com

- ▶ Join 'Girl Talk', every Sunday, 2pm – 3 pm on :
Facebook: WTGB or online: <https://tgbtgb.org/girl-talk-2/>



MIND - MEDITATION

Wednesday Meditations | 990 West Northwestern Ave, PARKING LOT 1, Phila, 19128,
10am – 11am | Wednesdays – June 1st, 8th, 15th, 22nd, 29th,

Explore various methods of meditation in this 6-week program. Meditation has many benefits. It can reduce stress, help control anxiety, improve sleep and emotional health, and reduce blood pressure and help control pain. Bring something to sit on such as a pillow, bolster, or mat. Consider sunscreen, insect repellent, and a water bottle.

Registration is required at treehousewec.eventbrite.com. In partnership with the Andorra Library. Adults and Older Teens. Bring a mask. Questions ? Contact at wec@phila.gov or 215.685.9285. Outdoor, almost all weather program.

SPORTING EVENTS

- **Learn to Fish - Pleasant Hill Park** | 8900 N. Delaware Ave, Phila
Thursdays - June 9th, 23rd | 5:30pm - 7:30pm

Learn how to fish - For FREE! Rods, tackle, bait and basic instruction will be provided. First come, first served. We have rods to loan out and worms for bait. You are welcome to bring your own rod.

Registration encouraged but not required. *Registration through eventbrite: <https://learntofish-linden.eventbrite.com>

For more information and possible future updates, check the event Facebook page:

https://www.facebook.com/events/658910655365585/?event_time_id=658910678698916

Posted by: Philadelphia Parks & Recreation



▪ **Learn to Fish - Frankford Boat Launch**

5:30pm – 7:30 pm | Thursdays - June 2nd, 16th, 30th

Learn how to fish - For FREE! Rods, tackle, bait and basic instruction will be provided. First come, first served. We have rods to loan out and worms for bait. You are welcome to bring your own rod. (Drive in on the access road just south of the Dietz and Watson facility. You'll see a sign for 'employee parking'. When you reach the river turn left and you'll see us.)

Registration encouraged but not required.

*Registration via eventbrite: <https://learntofish-fbl.eventbrite.com>

For more information and possible future updates, check the event Facebook page:

https://www.facebook.com/events/5007781869259103/?event_time_id=5007781882592435

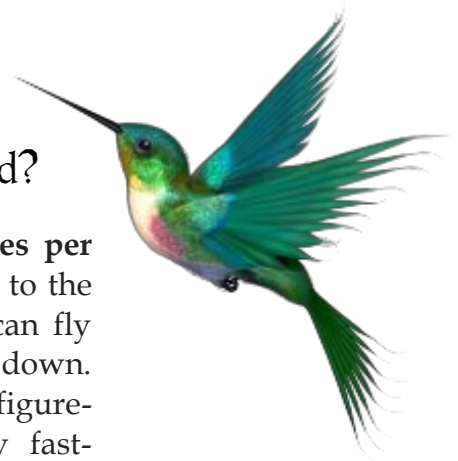
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TRIVIA QUESTION ANSWER

How many times can a hummingbird flap its wings per second?

A hummingbird can flap its wings about **80 times per second**, causing an audible humming sound. Due to the unique structure of their wings, hummingbirds can fly left, right, up, down, backwards, or even upside down. They can also hover by flapping their wings in a figure-eight pattern. And their wings aren't the only fast-moving body part -- they have a heart rate of approximately 1,260 beats per minute!



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Comments or questions? Email: lindaivey81@gmail.com
