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

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## DESTINY – BEING HEALTHY



This month we'll explore journeying into good health. Being healthy used to be if you looked good, and you felt good, therefore you were healthy. But as discovered during the quarantine lockdown, good health is more than just how we look but also includes how we feel mentally, which affects us physically, emotionally, and spiritually. Signs of having an unhealthy mental state is often plagued by depression, feelings of sadness, and hopelessness, which leads to poor decision-making. This ultimately influences how we take care of ourselves physically.

Becoming healthy - flourishing, thriving, feeling strong - all start with our mental health. It changes how we see ourselves, how we feel about ourselves and influences our actions. Sometimes we have to look at what others have poured into us (was it healthy or not) and decide if we should hold on to it or drop it like a hot potato.

Let's start our daily journey into becoming healthy - for the next 30 days go outside and let the sunshine touch your face. Check-in on old friends. Watch a comedy that makes you laugh so hard you cry and finally, write three things that make you grateful. Perform each of these tasks every day for the next 30 days and watch your mental and physical health improve.

Becoming healthy starts with you. No one else can initiate your journey into good health, but you.

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## WALKING IN DESTINY SCRIPTURE



*Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.*

2 Peter 1:2-3

*Be renewed in the spirit of your mind.* Ephesians 4:23

*For God gave us a spirit not of fear but of power and love and self-control.*

2 Timothy 1:7

*I will instruct you and teach you the way you should go; I will give you counsel and watch over you.* Psalm 32:8

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## CALL TO ACTION – LIVING HEALTHY

As mentioned in the Message, becoming healthy starts mentally.

**If you are not in a good mental state:**

- **Pray** or request prayer about your situation for wisdom, guidance and insight.
- **Talk** with a trusted friend for a different perspective than yours and for support.
- **Connect** with a therapist. Find a professional to discuss your issues, feelings, and concerns.



**If you are in a good mental state, do things to keep it that way:**

- Create 15-30 minutes of quiet time to collect/organize your thoughts.
- **GET 7-8 HOURS OF REST EACH NIGHT.** Sleep is essential to good health.
- **EAT HEALTHY**
  - Healthy foods improve your mood, your focus, and your memory.
  - Restrict your intake of caffeine to once daily; it impairs your memory.
  - Eat a piece of fruit, 2 vegetables and drink 36 ounces of water each day.  
(Check with your doctor if you have dietary restrictions)
- **EXERCISE DAILY**
  - Physical exercise improves your brain health.
  - Go to the gym and alternate between cardio and strength training.
  - Block off 20 minutes to work out at home.
  - Take 10 minute exercise breaks throughout the day.
  - During the day, walk, or run-in place for 10 minutes twice daily.
  - Walk outdoors as much as possible.
  - Do 5 minutes of stretches in the morning as you get out of bed.
  - Do another 5 minutes stretch at night as you get ready for bed.

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## TRIVIA QUESTION

What is the longest and largest bone in the body?



*(Answer at the end of the newsletter)*

## Children's Corner

### FOR FAMILY FUN

**Franklin Square | 200 N. 6th St, Phila, 19106 | 215-629-4026**

**Franklin Square**, one of five public squares laid out by William Penn in his original plan for Philadelphia, offers a refreshing, urban green space with a ton of awesome activities within its eight-acre grounds.



**The Academy of Natural Sciences of Drexel University**

**1900 Benjamin Franklin Parkway, Phila, 19103 | 215-299-1000**

**The Academy of Natural Sciences of Drexel University**, the oldest natural sciences institution in the Western Hemisphere.



**Kids Acting Classes | Holmesburg Recreation Center**

**4500 Rhawn Street, Phila, 19136**

**6pm - 7pm on Wednesdays - 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>**

This is an on-going kids' theatre program. It runs 10 weeks at a time.

Kids play theater games, do improv, learn to act and showcase their talent. **Register now.**



**How it's Made | Discovery Channel**

Looking for a way to learn that's fun? Check out **How it's Made** on the Discovery Channel.

The show is about how things are made - pens and pencils, bowling pins, cups, Fencing masks, books, belts, tea lights, jar candles, orange juice, and more. Discovering how things are made just may surprise you!

## Perspective - What about the children?

### Raising healthy children: Addressing Bullies

Bullying is not cool. Isn't it time the bullying stopped? God made each of us unique, with Godly qualities and purpose to love one another. We were not created to look alike or be alike, and we may not agree on everything, but we were created to walk in unity and love with one another.

Let's not ignore the problem, but rather end bullying by having conversations with these children and letting them know there will be consequences to their actions if they don't stop. If you know a child who is a bully, have a conversation with them. Help them to understand that the behavior is destructive, not just to them but to their future.

We must stop thinking these children are just being kids and they will grow out of it. Kids who bully grow into adults who bully, and our prisons are overcrowded with these adults. Let's stop it while they're young.



## DISCOVERY



Let my whole being bless the Lord and never forget all his good deeds: how God forgives all my sins and heals all my sickness. *Psalm 103:2-3*

Search for words associated with WHOLENESS.

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ACTIVE  
AGILE  
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HAPPY  
HEALTHY  
HOPE  
MENTAL  
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PEACEFUL  
PERSISTENCE  
PHYSICAL  
POWER  
PRODUCTIVE  
PROSPERING  
SOUND  
STRONG  
SUCCESSFUL  
VITAL  
WELL  
WHOLE



### Did you know?

Adult bodies have 206 bones.  
There are 26 bones in the human foot.  
The human hand, including the wrist, has 54 bones.





## EVENTS

► **The 2023 Freedom Mortgage Celebrate Freedom Contest** | Sponsored by Freedom Mortgage

Submissions for the 4<sup>th</sup> Annual Celebrate Freedom Contest are now open! **Calling All Veterans, Service Members, Healthcare Workers and First Responders,**

**How to enter:** Visit the [Celebrate Freedom Contest page](#) and submit a photo and an essay of 1,500 characters or less based on your personal experience that answers the question:

**"What does freedom mean to me?"**

**Prize details:**

The Celebrate Freedom Contest grand prize award winner will receive a trip for two to Philadelphia, Pennsylvania, to attend the Wawa Welcome America Festival on July 4th and receive a check for **\$10,000 from Freedom Mortgage!**

As an incentive to encourage submissions for the Celebrate Freedom Award, Freedom Mortgage will make a **\$5 donation to both Feeding America® and USO** for each of the first **600 submissions, up to \$3,000 total donation per charity.** This donation to Feeding America will help provide at least 30,000 meals to people facing hunger. **Deadline: April 28th**

[Enter Contest](#)

► **SF Event "Men's Health Day" CUA 9** | PHMC Health Center on Cedar

501 S 54th St, Phila, 19143 | Thursday, March 30<sup>th</sup> | 10am - 4:00pm

Public Health Management Corporation will be distributing FREE SUITS and providing men's health programs and resources to West and Southwest Philadelphia. PHMC's Workforce Development is offering career counseling, resume-building and professional development workshops. Protective Factors: Concrete supports and resilience.

Registration link: <https://www.eventbrite.com/e/mens-health-day-tickets-535921564827>

► **SF Event "Prom Dress Giveaway" CUA 9** | 3901 Market St, Phila,

Friday, March 31<sup>st</sup> | 12pm - 6pm

Prom Dress event for High School students in need of dresses to wear to their prom events, promoting concrete support and social connections. Contact Lois Clayton 267-353-2443 or Yasmeen Collins 215-779-1520.



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## **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 social media and church bulletin boards.**

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### **COVID 19**

*(From the Department of Public Health)*

We're now learning to live with the coronavirus. We'll keep adapting our response so we can reduce new infections and prevent serious illness. You can help. Get vaccinated and wear a mask in public indoor spaces. Gather outside if you can. Stay home if you have symptoms or test positive for the coronavirus. Together, we can protect ourselves and our community.

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#### **■ 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.

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#### **FOLLOWING ARE COVID-19 VACCINATION SITES BY ZIP CODE.**

**Note - site dates and times vary daily.**

##### **19104**

- ▶ **Health Center 3 Annex, Pop-Up Covid-19 Clinic** | 4219 Chester Ave, Phila, 19104  
Open to all Philadelphians age 5 and older. To schedule an appointment, call 215-685-2933.  
**8am – 1pm** on Mon 13<sup>th</sup>, Thu 16<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Wed 15<sup>th</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Fri 23<sup>rd</sup>, Mon 27<sup>th</sup>, Wed 29<sup>th</sup>, Thu 30<sup>th</sup> and Fri 31<sup>st</sup> | **8am – 3pm** on Tuesdays – 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>

- ▶ **Health Center 4, Pop-Up Covid-19 Clinic** | 4400 Haverford Ave, Phila, 19104  
By appointment only. To schedule an appointment, call 215-685-2933.  
8am – 12:30pm on Mon 13<sup>th</sup>, Tue 14<sup>th</sup>, Mon 27<sup>th</sup> and Tue 28<sup>th</sup>

### 19121

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

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

**8am – 1pm** on Mon 13<sup>th</sup>, Wed 15<sup>th</sup>, Thu 16<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Mon 27<sup>th</sup>, Wed 29<sup>th</sup>, Thu 30<sup>th</sup>, and Fri 31<sup>st</sup> | **8am – 3pm** on Tuesdays – 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>

### 19123

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

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

**8am – 1pm** on Mon 13<sup>th</sup>, Wed 15<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Fri 24<sup>th</sup>, Mon 27<sup>th</sup>, Thu 30<sup>th</sup>, and Fri 31<sup>st</sup> | **8am – 3pm** on Tuesdays – 7<sup>th</sup>, 14<sup>th</sup>, Thu 16<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>

### 19132

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

Be sure to schedule your next Covid-19 Booster Shot! The Black Doctor's Consortium is offering the next round of Covid-19 Booster Shots on Monday, Wednesday and Fridays from **9am-4pm**. Walk ins are accepted but appointments are strongly encouraged.

Visit [bdccares.com](http://bdccares.com) for more information or to make your appointment.

- ▶ **Strawberry Mansion Health Center, Pop-Up Vaccine Clinic** | 2840 W. Dauphin St, Phila, 19132  
By appointment only, call 215-685-2933  
**8am – 12:30pm** on Mon 13<sup>th</sup>, Tue 14<sup>th</sup>, Mon 20<sup>th</sup>, Tue 21<sup>st</sup>, Mon 27<sup>th</sup> and Tue 28<sup>th</sup>

### 19144

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

By appointment only, call 215-685-2933 for scheduling.

**8am – 12:30pm** on Mon 13<sup>th</sup>, Thu 16<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Thu 23<sup>rd</sup>, Fri 24<sup>th</sup>, Mon 27<sup>th</sup>, Thu 30<sup>th</sup>, and Fri 31<sup>st</sup>

### 19145

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

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

**8am – 12:30pm** on Mon 13<sup>th</sup>, Tue 14<sup>th</sup>, Wed 15<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Tue 21<sup>st</sup>, Wed 22<sup>nd</sup>, Fri 24<sup>th</sup>, Mon 27<sup>th</sup>, Tue 28<sup>th</sup>, Wed 29<sup>th</sup> and Fri 31<sup>st</sup>

**19149**

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

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

**8am – 1pm** on Mon 13<sup>th</sup>, Wed 15<sup>th</sup>, Thu 16<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Fri 24<sup>th</sup>, Mon 27<sup>th</sup>, Wed 29<sup>th</sup>, Thu 30<sup>th</sup> and Fri 31<sup>st</sup> | **8am – 3pm** on Tuesdays – 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>

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## ■ COVID-19 TESTING

**FOLLOWING ARE COVID-19 TESTING SITES BY ZIP CODE.**

**Note - site dates and times vary daily.**



**19095**

**Oak Street Health Cheltenham | Community Covid Testing Event**

**2401 W. Cheltenham Ave, Cheltenham 19050**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; **rapid testing only. 9am – 1pm on Saturday the 25<sup>th</sup>**

**19120**

**Resource Hub | Mi Salud Wellness Center** | Distribution Only Covid-19 at home test

**200 E. Wyoming Ave, Phila, 19120**

Distribution of at-home Covid-19 rapid antigen tests. No Insurance or ID required. Each person eligible to receive two at-home testing kit. PDPH staff available on-site to provide instructions on how to use the test, isolation/quarantine guidance, and answer questions.

**9am – 4pm** on Mon 13<sup>th</sup>, Tue 14<sup>th</sup>, Wed 15<sup>th</sup>, Thu 16<sup>th</sup>, Mon 20<sup>th</sup>, Tue 21<sup>st</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Mon 27<sup>th</sup>, Tue 28<sup>th</sup>, Wed 29<sup>th</sup>, and Thu 30<sup>th</sup> | **830 am – 330pm** on Fridays – 17<sup>th</sup> and 31<sup>st</sup>

**19122**

**Cousin's Supermarket | Testing Event | 1900 N. 5<sup>th</sup> Street, Phila, 19122**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Saturdays -18<sup>th</sup> and 25<sup>th</sup>

**19124**

► **Concilio | Testing Event | 141 E. Hunting Park Ave, Phila, 19124**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Thursday the 22<sup>nd</sup>

► **National Wholesale Liquidators | Testing Event | 900 Orthodox Street, Phila, 19124**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Friday the 24<sup>th</sup>



### **19134**

#### **Oak Street Health Aramingo | Testing Event**

**3621 Aramingo Ave, Phila, 19134**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Saturday the 18<sup>th</sup>

### **19135**

#### **Watch God Move Deliverance Ministries | Testing Event**

**7015 Torresdale Ave, Phila, 19135**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Fridays - 17<sup>th</sup> and 31<sup>st</sup>

### **19138**

#### ► **Resource Hub | The Shoppes at LaSalle | Distribution Only Covid-19 at home test**

**5301 Chew Ave, Phila, 19138**

Distribution of at-home Covid-19 rapid antigen tests. No Insurance or ID required.

Each person eligible to receive two at-home testing kit. PDPH staff available on-site to provide instructions on how to use the test, isolation/quarantine guidance, and answer questions.

**10am – 5 pm** on Mon 13<sup>th</sup>, Tue 14<sup>th</sup>, Wed 15<sup>th</sup>, Thu 16<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Tue 2<sup>st</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Fri 24<sup>th</sup>, Mon 27<sup>th</sup>, Tue 28<sup>th</sup>, Wed 29<sup>th</sup>, Thu 30<sup>th</sup>, and Fri 31<sup>st</sup>

#### ► **New Journey Christian Center | Testing Event | 1001 E. Cheltenham Ave, Phila, 19138**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Tuesday the 21<sup>st</sup> and 28<sup>th</sup>

#### ► **Masjidullah - The Center for Excellence | Testing Event**

**7401 Limekiln Pike, Phila, 19138**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Tuesday the 21<sup>st</sup>

### **19140**

#### **Triumph Baptist Church | Testing Event | 1648 W. Hunting Park Ave, Phila, 19140**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Wednesdays - 15<sup>th</sup> and 29<sup>th</sup>

### **19143**

#### **Resource Hub | Bethany Baptist Church | Distribution Only Covid-19 at home test**

**5747 Warrington Ave, Phila, 19143**

Distribution of at-home Covid-19 rapid antigen tests. Insurance or ID required.

Each person eligible to receive two at-home testing kit. PDPH staff available on-site to provide instructions on how to use the test, isolation/quarantine guidance, and answer questions.

**9am – 4pm** on Mon 13<sup>th</sup>, Tue 14<sup>th</sup>, Wed 15<sup>th</sup>, Thu 16<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Tue 21<sup>st</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Fri 24<sup>th</sup>, Mon 27<sup>th</sup>, Tue 28<sup>th</sup>, Wed 29<sup>th</sup>, Thu 30<sup>th</sup>, and Fri 31<sup>st</sup>

## 19148

- **Resource Hub | Mt. Enon Baptist Church | Distribution Only Covid-19 at home test**  
**500 Snyder Ave, Phila, 19148**

Distribution of at-home Covid-19 rapid antigen tests. o Insurance or ID required.  
Each person eligible to receive two at-home testing kit. PDPH staff available on-site to provide instructions on how to use the test, isolation/quarantine guidance, and answer questions.

**9am – 4pm** on Tue 14<sup>th</sup>, Wed 15<sup>th</sup>, Thu 16<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Tue 21<sup>st</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Fri 24<sup>th</sup>, Mon 27<sup>th</sup>, Tue 28<sup>th</sup>, Wed 29<sup>th</sup>, Thu 30<sup>th</sup>, and Fri 31<sup>st</sup>

- **Resource Hub | Whitman Plaza | Distribution Only Covid-19 at home test**  
**330 W. Oregon Ave, Phila, 19148**

Distribution of at-home Covid-19 rapid antigen tests. o Insurance or ID required.  
Each person eligible to receive two at-home testing kit. PDPH staff available on-site to provide instructions on how to use the test, isolation/quarantine guidance, and answer questions.

**10am – 5pm** on Mon 13<sup>th</sup>, Wed 15<sup>th</sup>, Thu 16<sup>th</sup>, Fri 17<sup>th</sup>, Mon 20<sup>th</sup>, Tue 21<sup>st</sup>, Thu 23<sup>rd</sup>, Mon 27<sup>th</sup>, Tue 28<sup>th</sup>, Wed 29<sup>th</sup>, Thu 30<sup>th</sup>, Fri 31<sup>st</sup> | **12pm – 5pm** – Tue 14<sup>th</sup>, Wed 22<sup>nd</sup>,

## 19149

**Oak Street Roosevelt | Testing Event | 2311 Cottman Ave #71, Phila, 19149**

No out-of-pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Wednesday the 22<sup>nd</sup>

## 19153

**St. Paul AME Church | Testing Event | 8398 Lindberg Blvd, Phila, 19153**

No out of pocket costs; no appointments required; walk-up testing with on-site registration; rapid testing available. **9am – 1pm** on Thursdays - 16<sup>th</sup> and 30<sup>th</sup>

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## **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](#)**

## FOLLOWING ARE FOOD DISTRIBUTION SITES BY ZIP CODE.

### 19119

New Covenant Church of Philadelphia | 7500 Germantown Ave, Phila, 19119

1pm until all food is distributed, Saturdays, 18<sup>th</sup> and 25<sup>th</sup>

### 19121

Fresh For All Wednesdays | Greater Enon Missionary Baptist Church

1854 N. 22<sup>nd</sup> St, Phila, 19121 | 215-765-3135

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

12:30pm - 1:30pm on Wednesdays - 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>

### 19135

Grab-n-Go Distribution | 6801 Cottage St, Phila, 19135

Stop by at the back of Disston to grab a free 5-10 lb bag of produce. Open to anyone in the community! | 2:30pm - 3:30pm on Wednesdays - 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>

### 19141

Einstein Healthcare Network & Philabundance

At the corner of 11<sup>th</sup> 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.

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## PERSONAL RESOURCES

### ▶ PCA's Emergency Fund for Older Philadelphians

PCA's (Philadelphia Corporation for Aging) emergency fund for older Philadelphians helps to meet basic human needs (such as heating oil, utility shutoff assistance, medicine, medical supplies, food and basic necessities) for those who have exhausted all other resources. To receive assistance, you must be 60 years old or older, live in Philadelphia, and **must be referred by a recognized social service agency or a member of Clergy**. Once referred, PCA has the ability to get resources directly to people in need almost immediately. To learn more, call PCAs' helpline at 215-765-9040 or call GPASS, 215-456-1662.

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## HOUSEHOLD RESOURCES

### ▶ **Housing Assistance**

[Homeowners](#) and [renters assistance](#) is available for those struggling with monthly payments due to the Covid-19 pandemic.

### ▶ **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** | 900AM, 96.1FM or online at [wurdradio.com](http://wurdradio.com)

Saturday, March 11<sup>th</sup>, 3 pm to 4:00 pm

Fire Commissioner Adam Thiel hosts his monthly talk show on WURD-900AM.



### ▶ **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 click here: [Philly First Home](#)

### ▶ **Crisis Assistance**

Crisis Assistance is a federal grant that is awarded to income-eligible customers who are either without utility service or have received a 10-day shut-off notice. Customers can apply for both Crisis Assistance and LIHEAP benefits at the same time. **The application for Crisis Assistance opens on November 1, 2022.**

Crisis Assistance applications can be taken to over a dozen Neighborhood Energy Centers or at the LIHEAP Intake Office [located at 1163 S. Broad St, Philadelphia, PA 19147]. To locate the site nearest you or find out if you are eligible, call 215-560-1583 or visit [the Pennsylvania Department of Human Services](#) (formerly known as Pennsylvania Department of Public Welfare).

### ▶ **211 - Help Line**

Serving New Jersey, Bucks, Chester, Delaware, Montgomery and Philadelphia counties, 211 helps individuals find and connect with critical resources in their communities. The line is supported 24 hours a day, 7 days a week, in 150 languages. From everyday needs to educational opportunities and crisis support, a 211 Resource Specialist is ready to help families connect to more than 10,000 local health and human services. The hotline is sponsored by the United Way of Greater Philadelphia and Southern New Jersey.

**NEW JERSEY:** Call 211, text 898-211 or visit [nj211.org](http://nj211.org).

**PENNSYLVANIA:** Call/text 211 or visit [211SEPA.org](http://211SEPA.org).

In partnership with the City of Philadelphia, 211 Southeastern Pennsylvania is now specialized in violence prevention in Philadelphia county. Their motto is, "There is no basic need more important than safety". The 2-1-1 Violence Prevention Hotline is free and confidential.



► **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.

Applications are available at your local county assistance office. For

more information go to: <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHWAP.aspx>



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## **EMPLOYMENT / CAREER OPPORTUNITIES**

► **Serve Philadelphia VISTA Corps Open House** | Virtual - Zoom

Tuesday, March 28<sup>th</sup> | 12pm - 1pm

Are you: Looking for your next career step? Curious about a career in city government?  
Passionate about serving others? Committed to fighting the injustices of poverty?

A year of service as a Serve Philadelphia VISTA might be the perfect next step for you. Join us at this virtual Open House to learn more about the program and application and meet with current members to learn about their experience.

RSVP today at <https://bit.ly/OpenHouseVISTA>

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## **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](mailto:cherney.jay@gmail.com). Or, contact Co-facilitator Clarence B. Iszard at 484-471-7005 or [iszardc@einstein.edu](mailto:iszardc@einstein.edu).



- ▶ **CUA 7 Community Event: Man Cave** | 3133 Ridge Ave, Phila 19121  
Wednesday, March 22<sup>nd</sup> | 5pm – 7pm

This is a community event for Men to talk about the challenges and blessings of being a father and concrete supports specifically for men. NET Community Care CUA 7  
Registration: Dorian Harris, [dorian.harris@net-centers.org](mailto:dorian.harris@net-centers.org), 267-559-5357

- ▶ **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:  
<https://www.philasd.org/opportunitynetwork/reengagement/>

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## MIND, BODY, SPIRIT

Spring is on the way. Officially here March 20<sup>th</sup>, it signifies an end to the winter doldrums and more daytime hours to enjoy and appreciate. Other than The 1<sup>st</sup> of the year, there are so many ways we are given/provided to start anew, begin again, to approach life with a new perspective. Think of spring as a way of Marching forward, enjoying each new day as it comes with new possibilities and promises of better.

- ▶ **ADA Focus Group Sign-up | Sessions virtual on Zoom | Last Day To Sign Up – MARCH 15TH**

The ADA unit of the Mayor's Office for People with Disabilities, is seeking Philadelphia residents to participate in a focus group to discuss the ADA Unit Project. Sessions will be virtual on Zoom, once per month starting in March through June 2023. If you require a reasonable accommodation, email Adrienne Ewing at [Adrienne.Ewing@phila.gov](mailto:Adrienne.Ewing@phila.gov) or complete the interest form here by March 15th: <https://forms.office.com/g/1ujV2SRbuk>

Here are the dates and times for the focus group sessions

**Wednesday, March 22<sup>nd</sup>, 6pm to 7:15pm | Wednesday, April 19<sup>th</sup>, 6pm to 7:15pm**  
**Wednesday, May 17<sup>th</sup>, 6pm to 7:15pm | Wednesday, June 21<sup>st</sup>, 6pm to 7:15pm**

- ▶ **Philly Heals Workshops | Grief Workshops**

The Substance Use Prevention and Harm Reduction Department of Public Health, offer bi-weekly, virtual educational workshops on a variety of topics related to grief following a loss.

This is not a therapy group. This is not a substitute for psychiatric care, psychotherapy or medical treatment. The goal is to provide a safe place for you to learn about the grief process and identify coping skills that you may implement into your own process.

For more information on the Bereavement Support Services, go to:

<https://www.phila.gov/programs/substance-use-prevention-and-harm-reduction/our-work/bereavement-support-services/>

To register for a workshop, go to: [www.tinyurl.com/griefworkshops](http://www.tinyurl.com/griefworkshops) or contact the Bereavement Care Program Manager, Laura Vargas, MSW, LCSW directly by phone (267-354-0715) or email (Laura.Vargas@Phila.Gov)

- **Monday, March 13<sup>th</sup>, 630pm – 8pm | Topic: Letting People In While Grieving**  
This workshop will discuss the changes grief can have on intimacy and letting people in. We will cover the emotional and physical aspect of intimacy in this workshop geared towards relationships and grief. Facilitated by Rachel Essy, MFT
- **Thursday, March 30<sup>th</sup>, 630pm – 8pm | Topic: Hindsight is 20/20: Coping with Guilt while Grieving | Facilitated by Hannah Smith, MSW candidate.**  
In the grieving process, many feel trapped replaying the “coulda, woulda, shouldas” in their head. It becomes so easy to overthink every decision and action made during a person's addiction and end up blaming ourselves for the loss. Join us to deconstruct this harmful thought cycle and learn to provide ourselves with the compassion we so willingly give to others.

- ▶ **Wednesday Meditations** | 990 West Northwestern Ave,  
PARKING LOT 1, Phila, 19128,  
9am – 10am | Wednesdays – 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>  
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. This program is in partnership with the Andorra Library. Adults and Older Teens.

Please bring a mask. This will be indoors until the weather warms up a bit.

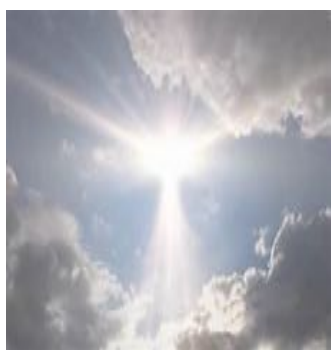
Questions ? Contact us at [wec@phila.gov](mailto:wec@phila.gov) or 215.685.9285

Registration is required at [treehousewec.eventbrite.com](https://treehousewec.eventbrite.com) , and will open one week before the program.



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## 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 Prayer on Tuesdays at 6pm and Wednesdays for Bible Study at 7 pm. Contact information: 267-290-0654 or [abidinglovedeliverancecenter@gmail.com](mailto:abidinglovedeliverancecenter@gmail.com)
- ▶ Join ‘Girl Talk’, every Sunday, 2pm – 3 pm on : Facebook: WTGB or online: <https://tgbtgb.org/girl-talk-2/>

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.

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## TRIVIA QUESTION ANSWER

What is the longest and largest bone in the body?

The thigh bone!

The Femur is your thigh bone. It's the longest, strongest bone in your body. It's a critical part of your ability to stand and move. Your femur also supports lots of important muscles, tendons, ligaments and parts of your circulatory system.



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*Comments or questions? Email: [lindaivey81@gmail.com](mailto:lindaivey81@gmail.com)*

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