



FEATURED

Dornsife Center's virtual office on Zoom - Available 11:00 a.m. to 3:00 p.m. every Monday through Friday for you to ask questions, find out more about our online programs, or get information about resources available in the community. Join us online at <https://drexel.zoom.us/j/475921923> or call 646.518.9805 and enter the meeting ID 475921923 #

West Philadelphia Promise Neighborhood COVID-19 Resource Guide for Families – Check out this resource guide created by the West Philadelphia Promise Neighborhood Team that includes information about utility services, medical assistance, Philadelphia meal sites, and free learning websites for kids: <https://tinyurl.com/sc69h6g>



ADULT EDUCATION AND WORKFORCE ACCESS

Beachell Family Learning Center - continues to be an online resource for community members during this challenging time.

Career Services – Looking for a job? Need a resume review? Resumes can be emailed for review by the Beachell staff. To send in your resume for critique, email your resume to BFLCDornsifeCenter@drexel.edu. Send along answers to these questions:

- What brought you to Career Services at Dornsife?
- What would you like to improve about your resume?
- What type of jobs will you be applying too?
- What are your top skills?

Career Workshops – Stay tuned for employer information session later this month. If you would like to be added to the email listserv, please contact BFLCDornsifeCenter@drexel.edu

Follow BFLC on social media for resources and updates at Instagram: [@bflcdornsifecenter](https://www.instagram.com/bflcdornsifecenter), Facebook: [Beachell Family Learning Center at Drexel University](https://www.facebook.com/BeachellFamilyLearningCenter), and Twitter: [@BeachellCenter](https://twitter.com/BeachellCenter).

Helms Academy is a community-based education program offered by Goodwill Industries of Southern New Jersey and Philadelphia and Community College of Philadelphia for **adult learners who have not yet obtained their high school diploma**. You can still work toward your high school diploma remotely! Interested in preparing for the GED or HiSET test? Helms Academy is enrolling new students now! Call or text 484.531.4835 or email aballard@goodwillnj.org to get started. At this time, you must have a computer and internet access at home to participate.

- Interested in preparing for the GED or HiSET test? Helms Academy is enrolling new students now! Fill out the [interest form](#) and a staff member will contact you to get started. *At this time, you must have a computer and internet access at home to participate.*
- Want to practice some key skills for GED or HiSET tests? Check out the Helms Academy's [YouTube virtual workshops!](#) New workshops posted weekly.
- All are welcome to join them **every Tuesday at 12:00 noon** for [Zoom Writing and Reading Club](#) and **every Thursday at 12:00 noon** for [Zoom Math Roundtable!](#) You'll be able to participate in this live event, just like the workshops in the lab. Email aballard@goodwillnj.org to get the password to enter.

For more information, call or text 484.531.4835 or email aballard@goodwillnj.org. You can also visit their website and follow them on [Instagram](#) and on [Facebook](#).

The Big Idea Group (BIG) is an ongoing meeting group for entrepreneurs to collaborate monthly to share ideas and take advantage of resources to assist in building your business idea. Discussions and Subject Matter Experts on topics that include Business Finance, Social Media Marketing, and more topics are scheduled. For those who want to participate in the B Smart program, this is a great way to get a head start by having your business model thought out and ready to develop your plan. To get connected to this monthly convening for local business owners, please contact bflcdornsifecenter@drexel.edu.

Urban League of Philadelphia – Housing Counseling Servies – If you are in the homebuying process, the ULP can help with a \$1,000 grant. New to homebuying? Please call 215.985.3220 ext 201 or email housing@urbanleaguephila.org to attend the next housing workshop and schedule an individual counseling appointment over the phone.

The first series of First Time Homebuyer webinars will continue with five sessions scheduled for this month:

- **October 3rd:** <https://www.eventbrite.com/e/first-time-homebuyer-workshop-october-3rd-tickets-122431450765>
- **October 10th:** <https://www.eventbrite.com/e/first-time-homebuyer-workshop-october10th-tickets-122431707533>
- **October 17th:** <https://www.eventbrite.com/e/first-time-homebuyer-workshop-october-17th-tickets-122431958283>
- **October 24th:** <https://www.eventbrite.com/e/first-time-homebuyer-workshop-october-24th-tickets-122432339423>
- **October 31st:** <https://www.eventbrite.com/e/first-time-homebuyer-workshop-october-31st-tickets-122432427687>

Also, a session with PNC to discuss their down payment assistance program (\$2,500) in detail:

- **October 28th:** <https://www.eventbrite.com/e/programs-to-make-home-buying-more-affordable-with-pnc-tickets-123192908305>



HEALTH AND WELLNESS

The Community Wellness HUB is a place-based, community-driven, health promotion partnership between Drexel University and the residents of Mantua and Powelton Village. The HUB seeks to **HEAL** the community through preventative care, **UNITE** the community around better health, and **BRIDGE** the community to health services and health education programming, while tackling the social determinants that underlie their health disparities.

During this COVID pandemic we are still deeply committed to the safety and health of our Community Wellness HUB members and the Promise Zone community. In these difficult times of social distancing due to COVID-19, our on-site health and wellness services at the Community Wellness HUB continue to be temporarily suspended. However, we have established **online programming** to continue to provide services and would love for you to **JOIN US!**

Conquering Cancer Together- Please join the Community Wellness Hub for one of several one-hour discussions on cancer in the Black community. We need your voices so we can conquer cancer together! **Discussions will be held Tuesdays, Wednesdays, and Thursdays during October and November starting on October 13.** Please contact the HUB at wellnesshub@drexel.edu or 215.517.3241 to sign up.

Interactive Health & Wellness Chat - The Community Wellness HUB continues to present the "Health and Wellness Chat." a virtual program where healthcare professionals lead conversations on how to stay well and healthy during the COVID-19 pandemic and beyond. Ask the Experts! Via Zoom OR conference call - **Every 1st and 3rd Thursday from 5:00 - 6:00 p.m. starting August 6th.** Let's learn, let's talk, let's stay connected! Using the Zoom ID below:

Join Zoom Room Chat

<https://drexel.zoom.us/j/980129155>

OR

Dial by telephone - + 1.267.831.0333 US

Meeting ID: 980 129 155

Upcoming Health and Wellness Chats:

- **October 1** – What You Need to Know about Breast Cancer – Dr. Monique Gary
- **October 22** – A Holistic Approach to Managing Chronic Pain – Dr. Annette Gadegbeku

COVID-19 AND YOU

It’s difficult to know what exactly to do to protect you and your family during a pandemic. Here are some recommendations from the CDC on how to stay precautions, be safe, and cope with your stress. Please press Ctrl+ right click to follow the links to get more information.

What **YOU** can do?

[Follow steps to prevent the spread of COVID-19 if you are sick.](#)

- Take precautions: Wash your hands, Wear a mask, Social distance (at least 6 feet from one another)
- Wear gloves if you are caring for someone who is sick.
- If you or someone you care for is at [higher risk](#) of getting very sick from COVID-19, [take steps to protect them and you from getting sick](#).
- [Cope with stress](#) to make yourself, the people you care about, and your community stronger.
- **Find ways to connect** with your friends and family members and engage with your community while [limiting face-to-face contact with others](#).

Interactive Nutrition and Cooking Workshops with Drexel’s EAT RIGHT PHILLY

Fall has finally arrived and along with the change in season, this time of year can also bring busy schedules for families. This month, try involving the children when planning meals or snacks. This can be a fun way to spend time together and try something new. Studies show that when children are involved in meal preparation, either by washing produce, stirring mixtures, or even collecting ingredients, they are more likely to eat it. Check out our featured fruit or vegetable of the month, then try making the recipe together as a fun and nutritious family activity.

This month, Eat Right Philly encourages you to try PLANTAINS. Botanically, a plantain is the fruit of a plantain tree, but when it comes to MyPlate, we categorize it as a vegetable. In many countries, plantains are prepared in a savory way, which only helps us to remember to count it towards our daily intake of vegetables (1-3 cups depending on individual needs.) Unlike the banana, you don’t want to eat a raw plantain. Instead, try using one of these cooking methods: boil, bake, or fry.

Did you know that in Africa, plantains provide more than 25% of all carbohydrates in the diet for over 70 million people?! They are jam-packed with potassium, magnesium, iron, Vitamin A, Vitamin C and high levels of dietary fiber, all of which we need to maintain a healthy body.

Plantains can be found in the produce section of the grocery store, usually next to their cousin, the banana. Choose a greener plantain to create a savory side dish or a yellow-ish color for a sweeter dish. When it comes to brown spots on the peel, the more the sweeter. Pick up a plantain during your next grocery trip and explore the many ways to enjoy this versatile veggie.

Visit <https://bit.ly/3iHETz2> to see how to make a great healthy recipe, Plantain Pancakes!

To learn more about healthy family friendly cooking with recipes and videos, check out MyPlate Kitchen at <https://www.choosemyplate.gov/myplatekitchen>

Please follow EAT RIGHT PHILLY [@EatRightPhilly_DRX](#) on Instagram and [@EatRightPhl_DRX](#) on Twitter and check out our videos on our YouTube channel, [EatRightPhilly_DRX](#). We post daily tips and activities for our followers. The EAT RIGHT PHILLY team also invites you to the [#MyHealthyChoice](#) Promotion! During this time at home, we invite you to join us in making healthy choices that over time, can lead to a healthier life. Share what you are doing on Instagram or Twitter using the hash tag [#MyHealthyChoice](#) and tag [@EatRightPhilly_DRX](#). Help us encourage others to make healthy choices!



ARTS AND CULTURE

Black Girls STEAMing Through Dance (BGSD) – Black Girls STEAMing through Dance (BGSD) is an after-school program for 7-12 year old children that combines dance, design, and coding to inspire young girls’ interests in Science, Technology, Engineering, Arts, and Math (STEAM). The 2020-21 school year will be the fourth year of programming and due to the COVID-19 Pandemic all our programming will be provided virtually on Tuesdays from 4:30-5:30 p.m. There is an accompanying research project in which families can elect to participate. **For more information please contact Val Ifill at vji24@drexel.edu or register at <http://bit.ly/BGSDregister20-21>**

Dance at the Dornsife Center Online – Join us from your home this fall and sign up for the 2020/2021 dance season! All classes are hosted via Zoom. Register at <https://bit.ly/2GHilM1> For more information contact Ama Gora at ag3866@drexel.edu

- Classes will run:
- **Fall** – October 9 – Nov 21, 2020
 - **Winter** – Jan 11 – Mar 6, 2021
 - **Spring** – Apr 5 to May 30, 2021

Cooking with Rose and Chef Rich – Join Chef Rich Pepino, our head chef for community dinner held at Dornsife Center, and Rosemary Trout from Drexel’s Department of Food and Hospitality Management in a live session where they cook and answer questions about food in general. Cook along with them or get ideas for your next meal preparation. This workshop will be held on Thursdays, October 22nd at 4:00 p.m. and the topic is “Apples and Apple Pie 101.” **First ten people to register will receive free ingredients delivered to their home. Register at <https://bit.ly/33mFkKG>** For more information, email dornsifecenter@drexel.edu



INDIVIDUAL AND FAMILY SUPPORTS

Drexel’s Kline School of Law provides a number of free legal services to residents. The **Andy and Gwen Stern Community Lawyering Clinic (Stern CLC)** takes on a wide range of legal issues of community interest during the law school's regular semesters. For the summer, the Stern CLC will continue to provide remote legal assistance. We are currently prioritizing cases involving estate planning, unemployment compensation, benefits appeals, pardons and compassionate release. However, residents may contact the Stern CLC about legal issues not listed above. **Please feel free to call 215.571.4014 or email clc@drexel.edu to schedule an appointment.**

In addition, The Pro Bono Legal Service Program provides local residents with legal assistance free of charge, focusing mainly on estate planning (wills, medical directives, and power of attorney) and criminal record expungement in cooperation with Philadelphia Lawyers for Social Equity.

The **Estate Planning Clinic** returns with assistance in preparing wills, medical directives, and powers of attorney. **Schedule an appointment by calling 215.571.4791**

The **Expungement Clinic** returns with help starting the process of erasing non-conviction information from your record and information about the Pardon Process for erasing conviction information from your record.

Learn about your rights and options, and then speak directly with a law student FOR FREE! JOIN them ONLINE at <https://tinyurl.com/dornsifeclinic>

- **Friday, 10/2/20 from 2:00 – 4:00 p.m.**
- **Friday, 10/16/20 from 2:00 – 4:00 p.m.**
- **Friday, 10/30/20 from 2:00 – 4:00 p.m.**
- **Friday, 11/13/20 from 2:00 – 4:00 p.m.**

OR FILL OUT AN ONLINE INTAKE FORM at plsephilly.org/intake

Fab Youth Philly – The Play Captains will be facilitating games at the playground at **37th and Mt. Vernon Street from 3:30 to 5:30 p.m. on Tuesdays through October 27th.** Take a break from your computer and schoolwork. It’s FREE! Adults will be wearing masks and cleaning materials will be available. This is not a baby-sitting service and adults are encouraged to stay and play.