



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 Zoom room – Join the Beachell staff online via phone (audio) or computer (video) every Monday and Wednesday from 12:00 p.m. to 2:00 p.m. People can ask real-time questions and receive on-demand support navigating the US Census, searching for employment, or filing for unemployment benefits online. While Drexel staff cannot file for unemployment claims on an individual’s behalf, Beachell staff provide support to submit the online application.

- Join the video Zoom room: <https://drexel.zoom.us/j/433785316>
- Join via phone call 267.831.0333. You will be prompted to enter the Meeting ID: 433 785 316

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 - Employer information sessions about hiring opportunities

- **Earn Microsoft Office and Salesforce Administrator Credentials with self-paced and live training.**
Work is moving online, and remote work is becoming more common due to the COVID-19 pandemic. In order to stay competitive in the marketplace, workers and entrepreneurs must continue to adapt to the digital transformation in the workplace. Industry-recognized credentials in Microsoft Office and Salesforce could help you identify employment that is [rewarding and sustainable](#).

Drexel is offering a 20-week online training program for community members and we invite you to join us. Whether you are new to the workforce or have a lot of experience this training may help you get skilled in using Salesforce and Microsoft Office.

To apply for the MOS–Salesforce Administrator credential program:

1. Attend the program information session scheduled for **Wednesday, August 12 at 12:00 p.m.** Register [now](#) or when the [meeting starts](#).
2. Program application can be found [here](#). Applications require a resume and LinkedIn profile and are **due Monday, August 24**. For help with your resume, please [schedule a free career services appointment](#) with Drexel staff.

The training program will have a mix of live and recorded sessions and classes start Wednesday, September 2, 2020. All program applicants must reside in Philadelphia and West Philadelphian residents are strongly encouraged to apply!

- **Goodwill Information Hiring Session - August 12th at 12:00 p.m.**
Learn about opportunities to work for Goodwill!
Also, Episcopal Community Services is recruiting for Mindset.
Register in advance for this meeting: <https://drexel.zoom.us/meeting/register/TJArduqujMuHd1xiAId886BKkzdcTgtD7R>
- **Free EMT Program - Information session with West Philadelphia Skills Initiative - August 26th at 12:00 p.m.**
Register in advance for this meeting: <https://drexel.zoom.us/meeting/register/TJvdO-hrTtGNAnPedQ1VpwwDCFv18uvEA1>

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 Business 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.

Join their zoom room session on **Saturday August 15th from 10:00 a.m. to 12:00 p.m.** **Contact the Beachell Family Learning Center by email at bflcdornsifecenter@drexel.edu for more information or to sign up to join.**

B(usiness) Smart 2020 Cohort Information Session - will provide current and aspiring entrepreneurs with business knowledge and connect them to support and resources to bootstrap your business. Monday September 7th from 12:30 to 1:30 p.m. Hosted by Kevin Williams & Jabari Jones, find out how to enroll in the upcoming cohort starting September 26, 2020.



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!**

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

Greetings from Eat Right Philly! Have you been staying hydrated this Summer? Proper hydration is essential for overall health, and research has shown that even mild dehydration can result in poor concentration, short-term memory problems, moodiness, and anxiety. Other symptoms of dehydration include thirst, headache, and fatigue. Every day fluids are lost through breathing, urine, and sweat, making it difficult to detect that fluid was lost. Heat exposure and prolonged physical activity will increase water losses and will raise daily fluid needs. The best beverage choice to keep hydrated is water. Try flavoring your water with fruits or fresh herbs for added flavor. Other drink options, such as 100% fruit juice, low-fat milk, or a fruit smoothie can also be a healthy choice because they are full of vitamins and minerals with little added sugar or fat. Check out our video on how to make one of our favorite smoothies, the Green Monster Smoothie, here: https://www.youtube.com/watch?v=vhYYPgM_ho

To learn more about making healthy beverage choices, check out MyPlate MyWins, Make Small Changes: Beverages: <https://www.choosemyplate.gov/node/5761>

Farmer’s markets are a great place to shop for your Green Monster Smoothie ingredients. Remember, for every \$2 you spend at Philadelphia farmers markets using your EBT card, you'll get \$2 in Food Bucks to use on more fruits and veggies. You can find more information about the Food Bucks Network at <http://thefoodtrust.org/what-we-do/foodbucks>. For information on when and where farmers markets are held, and precautions to take during COVID-19, click here: <http://thefoodtrust.org/farmers-markets>.

Please follow EAT RIGHT PHILLY [@EatRightPhilly_DRX](#) on Instagram and Twitter. We post daily tips and activities for our followers. The EAT RIGHT PHILLY team also invites you to participate in 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!

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 - **NEW TIME: 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:

- **August 6th** - Caring for a Loved One with Chronic Disease (Cancer) featuring Dr. Debby Olusa
- **August 20th** - Sexual Health: What You Need To Know

QIGONG - *What IS Qigong?* – Qigong can harmonize, strengthen, and have a healing effect on the body, both inside and out. It increases energy, is believed to increase longevity, and causes mental and emotional calm.

UPDATE:
Qigong class will be on summer recess and will return in the fall.
Stay tuned for updates.

ARTS AND CULTURE

Writers Room at the Dornsife Center is a place for reading, writing, thinking, and being. Here, members of the Mantua, Powelton Village, and Drexel communities are creating a shared story. Writers Room is continuing to do weekly online programming throughout the summer, with Zoom/call-in meetings every **Friday at 1:00 p.m.** Our writers, partner faculty/staff, and visiting artists will take turns leading the sessions, so they'll be different every time—we'll likely have a range of reading discussions and writing workshops. We'll be posting updates on our website at [writersroomdrexel.org](#) and on social media. If anyone is interested in joining us on Zoom, they can also email us directly at writersroom@drexel.edu for the meeting details. **Follow us on social media for updates at Instagram: [@writersroomdrexel](#), Facebook: [Writers Room Drexel](#), and Twitter: [@WritersRoomDU](#).**

Cooking with Rose and Chef Rich – Join Chef Rich Pepino, our head chef for community dinner held at the 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. The next workshop is “Pasta Primer!” on **Thursday, August 6th at 4:00 p.m.** **To register, please 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.**

The Andy and Gwen Stern Community Lawyering Clinic continues to host **weekly virtual office hours every Monday and Wednesday from 10:00 a.m. to 1:00 p.m.** You can log-in to Zoom or dial-in over the telephone phone to speak with the Staff Attorney Rodlena Sales. Please see below for the Zoom information.

Join Zoom Meeting
<https://drexel.zoom.us/j/95242146368>
Meeting ID: 952 4214 6368

One tap mobile
+12678310333,,95242146368# US (Philadelphia)
+13017158592,,95242146368# US (Germantown)

The Stern CLC will also be hosting a **Public Benefits Webinar on August 18th at 1:00 p.m.** via Zoom – 267.831.0333 | Meeting ID# 984 1348 5649 | Password: 616300 Join us for this free webinar to discuss:

- Unemployment Compensation
- SNAP
- Medical Assistance
- TANF

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 powers of attorney) and criminal record expungement in cooperation with Philadelphia Lawyers for Social Equity. **The pro bono clinics will be holding limited in-person clinics this fall. Please stay tuned.**

Urban League of Philadelphia – Housing Counseling Services – 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 online housing workshop and schedule an individual counseling appointment over the phone. During these difficult times, ULP offers \$200 grants for households who qualify for financial assistance as a result of the COVID-19 pandemic.

Our Closet is continuing to keep close tabs on the status of our city in regards to COVID-19 and the plan for reopening. For the health and safety of both staff and shoppers, pop-ups will remain closed through the end of August. While working on a plan to reopen the shops, discussing what they will look like in terms of operation, and what new safety measures will need to be implemented, Our Closet will continue to assist those in urgent need of clothing through their emergency clothing program. This program provides packages of free, quality clothing to people in emergency situations. **For more information contact 866.JFCS.NOW or email info@jfcsphilly.org.**

The Dornsife Center for Neighborhood Partnerships • 3509 Spring Garden Street, Philadelphia, PA 19104