



Community Action Agency of Delaware County, Inc.

The Link

February

2022

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American Heart Month

<https://www.cdc.gov>

<https://www.nhlbi.nih.gov>

February is American Heart Month, a time when all people can focus on their cardiovascular health.

The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. The Division is committed to addressing barriers to health equity in communities disproportionately affected by cardiovascular disease.

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts we're better together

- Day 1** Call a friend and join the #OurHearts movement.
- Day 2** Make a heart-healthy snack.
- Day 3** Schedule your annual physical. Discuss your heart health goals with your doctor.
- Day 4** Sport red today for National Wear Red Day.
- Day 5** Squat it out. Do 1 minute of squats.
- Day 6** Make today a salt-free day. Use herbs for flavor instead of salt.
- Day 7** Visit Smokefree.gov to take the first step to quitting smoking.
- Day 8** Get your blood pressure checked.
- Day 9** Walk an extra 15 minutes today.
- Day 10** Aim for 30 minutes of physical activity today.
- Day 11** Plan your menu for the week with heart-healthy recipes.
- Day 12** Reduce stress using relaxation techniques.
- Day 13** Give the elevator a day off and take the stairs.
- Day 14** Protect your sweetheart's heart. Plan a heart-healthy date.
- Day 15** Swap the sweets for a piece of fruit for dessert.
- Day 16** Stress less. Practice mindful meditation for 10 minutes.
- Day 17** Head to bed with enough time to get a full 7-8 hours of sleep.
- Day 18** Add a stretch break to your calendar to increase your flexibility.
- Day 19** Eat vegetarian for a day.
- Day 20** Share a funny video or joke that makes you laugh.
- Day 21** Dance for 15 minutes to your favorite music.
- Day 22** Call a relative and ask about your family health history.
- Day 23** March in place during commercial breaks to get your heart going.
- Day 24** Get a tape measure and find out the size of your waist.
- Day 25** Ask a family member or neighbor to join you for a walk.
- Day 26** Fill half of your lunch and dinner plates with vegetables.
- Day 27** See how many push-ups you can do in 1 minute.
- Day 28** Pay it forward and tell a friend about The Heart Truth.

nhlbi.nih.gov/heartmonth

Stress Less for a Healthier Heart

#OurHearts

Stress happens. You can't always prevent or avoid it. But you can change how you respond to it. Try these tips. You may feel better—and have a healthier heart, too!

Know How Stress Affects Your Body

Whether it's from everyday deadlines, the work-life balancing act, or financial struggles, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow—and especially over the long term that's not healthy! Research shows that stress can make us more likely to get heart disease and have a heart attack.

The origins of heart disease begin at a young age, so the earlier in life you learn how to de-stress, the happier you and your heart will be.

Ongoing stress acts on more than just your heart. It affects everything from your nervous system and hormones to your lungs and gut. You may not see the connection, and healthcare providers may not ask about your stress. So try to listen to your body while thinking about what's going on in your life.

Turn On Your Relaxation Response

Did you know your body also has a relaxation response? Your breathing slows and blood pressure and heart rate decrease. The good news is you can trigger that response.

Ways to do so often combine breathing deeply and focusing your attention on pleasing thoughts and images.

Here are a few relaxation response techniques to try. You can do these on your own or find a teacher or class to start. They may take some practice!

Meditation

This is one of the most-studied approaches for handling stress. There are a variety of ways to do it, including through **mindfulness meditation**. Most meditation styles involve:

- Being in a quiet location with as few distractions as possible
- Being physically comfortable either sitting, lying, or walking
- Focusing your attention on a specific word or set of words, an object, or your breathing
- Having an open attitude and letting distractions, including thoughts, come and go without judgment

Progressive muscle relaxation

This approach calls for tightening individual muscles in your body and then releasing the tension. Start by tensing and relaxing your toes, then your calves, and on up to your face. Do one muscle group at a time.



www.hearttruth.gov

DELAWARE COUNTY RESOURCES





Tuesdays from
February 8 to March 22, 2022
5:30-7:00pm via Zoom

LIFESKILLS TRAINING FOR PARENTS

Join our free, supportive skill training program designed for parents & caregivers. Receive a weekly meal gift card and raffle to win brand new home appliances!

Email or text Artheria at
ataggart@childandfamilyfocus.org
(484) 649-8681

The award-winning Botvin LifeSkills Training Program for parents & caregivers is designed to help strengthen family communication and prevent their children from using drugs. This program contains materials and exercises that help parents & caregivers teach their children the skills that help them resist the threats of alcohol, tobacco, other drugs, and violence. These tools help parents & caregivers prepare their children for a successful transition from adolescence to early adulthood.

PROGRAMMING IS COORDINATED BY CHILD AND FAMILY FOCUS, INC. (CFF) AND FUNDED BY THE DELAWARE COUNTY DEPARTMENT OF HUMAN SERVICES, DIVISION OF DRUG AND ALCOHOL

childandfamilyfocus.org  [pepbuckets](https://www.facebook.com/pepbuckets)  [pep_delco](https://www.instagram.com/pep_delco)  [childandfamilyfocusinc](https://www.facebook.com/childandfamilyfocusinc)  [child_and_family_focus_inc](https://www.instagram.com/child_and_family_focus_inc)  [pepbuckets](https://www.facebook.com/pepbuckets)

APPLY FOR A SCHOLARSHIP

AWARD AMOUNT \$1,000 PER RECIPIENT

Application is open to high school graduating seniors or currently enrolled college students that reside in the City of Chester, PA.

 **CHESTER HOUSING AUTHORITY**
Building Community

 **CHESTER HOUSING AUTHORITY**
MAD SCHOLARSHIP
MAKING A DIFFERENCE

APPLICANT QUALIFICATIONS

- ✓ A CHA resident or resident of the city of Chester, PA.
- ✓ Attending a fully accredited College, University or Trade School.

APPLICATION AND AWARD PROCEDURE

- ✓ Complete scholarship application at www.chesterha.org (community investment → scholarships → apply for scholarship)
- ✓ Submit a most recent Report Card (for high school students) or current roster or transcripts (online)
- ✓ The student must have at least a 2.5 GPA
- ✓ College Acceptance Letter (for high school students)
- ✓ Submit a 300-500 word typed essay (no more than two pages) written by the applicant, titled: "How would furthering my education change my socioeconomic status? or How do social, economic, and healthcare inequalities impact my educational choices."
- ✓ Application and essay must be submitted by the deadline of Friday, March 15, 2022
- ✓ **All documents must be submitted in pdf format**

PAYMENT OF SCHOLARSHIP

- ✓ The scholarship recipient will be notified via email by **April 1, 2022**.
- ✓ The scholarship check will be made payable to the college or trade school in which the student has been enrolled.

DEADLINE: APPLICATION MUST BE RECEIVED NO LATER THAN FRIDAY, MARCH 15TH AT 4 PM

Please contact qharris@chesterha.org or 610-904-1111 ext. 102 with any questions.

COVID-19 RESOURCES 2022

PLACES TO GET TESTED FOR COVID-19

DELAWARE COUNTY COVID-19 TESTING SITES

Drive-Thru Test Site:

DELAWARE COUNTY
EMERGENCY SERVICES TRAINING CENTER
1600 Calcon Hook Rd., Sharon Hill, PA 19079
Mon thru Fri, 8 am - 2 pm Sat, 8 am - 12 noon

DELAWARE COUNTY WELLNESS CENTER
125 Chester Ave., Yeadon, PA 19050
Mon, 11 am - 4 pm

KEYSTONE FIRST WELLNESS CENTER
1929 W. 9th St., Chester, PA 19013
Wed, 11 am - 5 pm

MERCY FITZGERALD HOSPITAL
St. Bernard's Hall/Friendship Circle
600 S. Wycombe Ave., Yeadon, PA 19050
Tue - Sat, 8 am - 2 pm
Note: Testing reserved from 7 am to 8 am each morning for First Responders and medical professionals only

Other COVID-19 Testing Sites in Delaware County:

CURATIVE
RELIANCE FIREHOUSE TRAILER
1661 MILL ROAD, BOOTHWYN, PA 19061

SUBARU PARK - PUBLIC DRIVE THRU CLUBS & SUITES ENTRANCE
1 STADIUM DR., CHESTER, PA 19013

PERSONIC HEALTH CARE
SPRINGFIELD MALL PARKING LOT
1250 BALTIMORE PIKE, SPRINGFIELD, PA 19064

QUARANTINE

WHEN TO QUARANTINE

To calculate how long you'd have to quarantine:

Day 0 - the date of your exposure.
Day 1 - 1st full day after last contact with the individual who has COVID-19

EXPOSED TO COVID-19 AND NOT UP-TO-DATE ON VACCINATIONS

Quarantine for at least 5 days

- Stay home for at least 5 full days and monitor symptoms
- Get tested

After Quarantine

- Watch for symptoms
- If symptoms develop, isolate immediately
- Wear a mask for an additional 5 days
- Avoid travel and being around high-risk individuals to the best of your ability

EXPOSED TO COVID-19 AND ARE UP-TO-DATE ON VACCINATIONS

- No quarantine required unless symptoms develop and get tested at least 5 days after your last contact with someone with COVID-19.
- Watch for symptoms and isolate if symptoms develop.
- Take precaution for additional 5 days by wearing a mask, avoiding travel and being around high-risk people and crowds.

EXPOSED TO COVID-19 AND HAD CONFIRMED COVID-19 WITHIN THE PAST 90 DAYS

- No quarantine, but monitor for symptoms and isolate if symptoms develop
- Take precautions for 10 days after last contact with someone with COVID-19

Please remember to stay safe.

ISOLATION

DIFFERENCE BETWEEN ISOLATION AND QUARANTINE

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19

Quarantine is used to prevent transmission or spreading of COVID-19 by keeping those who have been in close contact with someone with COVID-19 away from others.

WHEN TO ISOLATION

To calculate how long you'd have to isolate:

Day 0 - the date of 1st symptoms or positive test
Day 1 - 1st full day after symptoms develop or test was collected

If you have COVID-19 or symptoms, isolate immediately for 5 days minimum

TESTED POSITIVE FOR COVID-19 OR DEVELOPED SYMPTOMS REGARDLESS OF VACCINATION STATUS

- Stay home for at least 5 days and isolate from others
- End isolation after 5 full days if you are fever-free for 24 hours (without the use of medication) and symptoms are improving
- Take necessary precautions for additional 5 days by wearing a mask, avoiding unnecessary travel, and avoid being around high-risk people



A bit of history... Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans.

Delaware County History... Many vital parts of the Underground Railroad, a network of people who offered shelter and aid to enslaved people on their journey to the north, had their home Delaware County. Guides on the Underground Railroad, known as conductors, sheltered fugitive enslaved people in private homes, churches, and schoolhouses in a dangerous passage to freedom. Recently, a new self-guided walking tour of some underground railroad sites has opened in the county. The tour begins in Drexel Hill and terminates at Friends Southwestern, where many prominent abolitionists and notable figures are buried. Delaware County is home to Eden Cemetery, the oldest public African American burial ground in the United States and the final resting place to more than 400 U.S. Colored Troops. Eden Cemetery is also home to several famous individuals, including Marian Anderson, the American contralto. In 1939, the Daughters of the American Revolution refused to allow Anderson to sing to an integrated audience in Washington, D.C. Anderson, in return, struck a blow for civil rights when she sang on the Lincoln Memorial steps to an in-person audience of 75,000 and a radio audience of millions. Also buried at Eden is William Still, a free-born man, leader of the abolitionist movement, and father of the Underground Railroad. Still helped guide hundreds of enslaved people to escape bondage, at one point, helping as many as 60 enslaved people a month flee to freedom. Other pioneers buried at Eden include John Baxter Taylor Jr., a veterinarian who was the first African American Olympic gold medalist, and the Rev. Dr. Charles Tindley, regarded as the Father of American Gospel Music, as well as Laura Wheeler Waring, the well-known Harlem Renaissance artist.

Delaware County is home to the oldest historically Black college in the United States, Cheyney University. Lecturers at Cheyney include W.E.B DuBois and Langston Hughes; commencement speakers have included former President Jimmy Carter, author Alex Haley, and former NAACP Executive Director Benjamin J. Hooks.

A native of Chester, Delaware County, Bayard Rustin was a civil rights activist and close advisor to Martin Luther King Jr. In 1941, Rustin worked on the March on Washington Movement, whose aim was to end racial discrimination in employment. Rustin was also one of the principal organizers of Freedom Rides, rides on interstate buses into the segregated Southern United States in 1961 and subsequent years that challenged the non-enforcement of the United States Supreme Court decisions that segregated public buses were unconstitutional. Other notable Delaware County natives include Leroy Russell Burrell, a former track and field athlete who won gold in the 100 m ahead of Carl Lewis at the 1990 Goodwill Games in Seattle; Ted Dean, running back for the Philadelphia Eagles; famed broadcast journalist, Bill Whitaker; and Wanda Sykes, actress, comedian, and writer.

Local Nonprofit Events

Delaware County Community College

Learning from Our History: An Exhibit of Dockets for Enslaved People in Delaware County
Thursday, February 17th, 2022 | 5:00 – 6:15 p.m.

Equity & Mental Health: Collective Burnout; Collaborative Restoration

Hosted by Delaware County Community College’s Center for Equity and Social Justice
Tuesday, February 22, 2022 | 5:00 – 6:15 p.m.

Black & Diverse Business Forum

Delaware County Community College, Presented by Senator Tim Kearney and Rep. Gina Curry
Saturday, Feb. 26 | 9:00 a.m. – 1:00 p.m.

Delaware County Historical Society Virtual Program

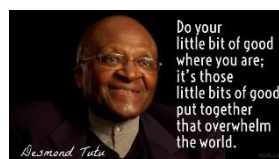
Sun Shipbuilding & Drydock Company’s Yard No. 4
Wed., Feb. 23 at 6:30 p.m.

Nile Swim Club Black History Month Virtual Trivia

Sat., Feb. 19 | 4:00 – 6:00 p.m.

February marks the opening of an innovative and mission-led craft food hall in Chester. A creative way to tackle food insecurity in the city and help underserved communities. The new food hall is host to critically acclaimed chefs and some of the local best-in-class food operators, including The ‘All-Star Chef Team’ that designed the menu includes Aziza Young (Chopped, Hell’s Kitchen alum), Kurt Evans (The World’s 50 Best Chefs), Malik Ali (Chopped alum), Gregory Headen (Chopped champion) and Stephanie Willis (Masterchef alum).

For more information or to
register for events, please visit
<https://delcofoundation.org>



Self-Care Corner by James Cole

Latest Interests that Have Given Me Joy and Relaxation

TV Show: **The Wonder Years** -The Wonder Years is an American coming-of-age comedy television series developed by Saladin K. Patterson for ABC. Inspired by the 1988 series of the same name, it stars Elisha "EJ" Williams as Dean Williams, and follows his life as he grows up in Montgomery, Alabama, in the late 1960s. Don Cheadle lends his voice as the narrator for the series as the adult counterpart of Dean. This is a great family feel good show that the whole family will enjoy, and will put a few smiles on your face throughout each episode. (Available on HULU).

Books: **Harry Potter Series**, (Audio Books also the movies)- Adaptation of the first of J.K. Rowling's popular children's novels about Harry Potter, a boy who learns on his eleventh birthday that he is the orphaned son of two powerful wizards and possesses unique magical powers of his own. He is summoned from his life as an unwanted child to become a student at Hogwarts, an English boarding school for wizards. There, he meets several friends who become his closest allies and help him discover the truth about his parents' mysterious deaths. Harry Potter and his group of friends go through extraordinary adventures throughout their school year, as their school of Hogwarts fights against the evils of dark magic, and a specific evil wizard name Lord Voldemort.

Music: **PJ Morton**, (Neo-Soul, Pop)- P.J. Morton (born Paul Morton Jr.; March 29, 1981) is an American Grammy winning musician, singer, songwriter and record producer. Since 2012, he has been one of the keyboardists, alongside Jesse Carmichael, for the pop rock band Maroon 5. Morton originally joined the band as a touring member in 2010 and became an official member in 2012 after Carmichael went on indefinite hiatus (he returned to the lineup in 2014). Morton released his debut solo EP, Following My First Mind, in March 2012, through the record label Young Money. Adam Levine and James Valentine were featured on the lead single, "Heavy". In May 2013, Morton released his first major-label debut album, New Orleans. In 2016, he released his mixtape Bounce & Soul Vol. 1 in March and the Sticking to My Guns EP in July. On April 14, 2017, Morton released his first self-released studio album Gumbo, earning Morton two Grammy Award nominations for Best R&B Album and Best R&B Song at the 60th Annual Grammy Awards.

Take the James Cole Challenge

and find interests that bring you joy and relaxation!

