

inspire

A WHY NOT PROSPER MAGAZINE

ISSUE 01, 2020

REV. DR. MICHELLE SIMMONS

A Voice for Positive Change

Insights

**The Role of Philanthropy:
Social Service or Social Change?**

DIANE CORNMAN-LEVY, WOMEN'S WAY

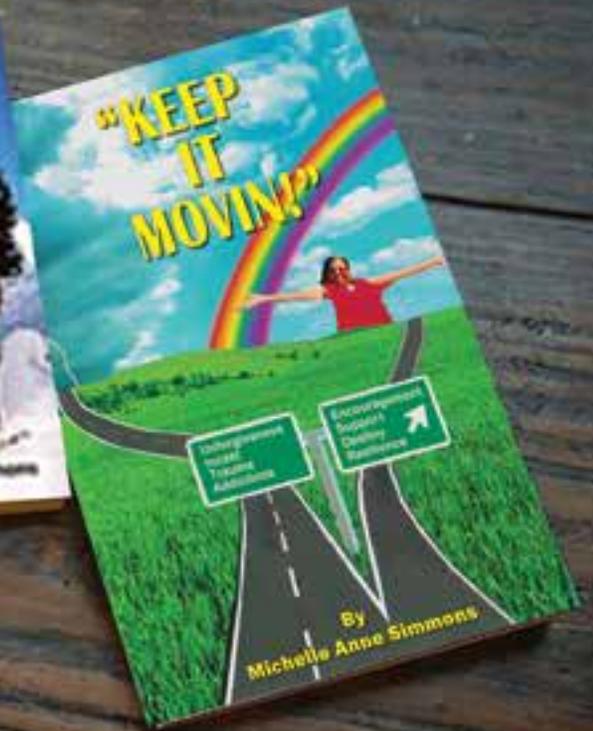
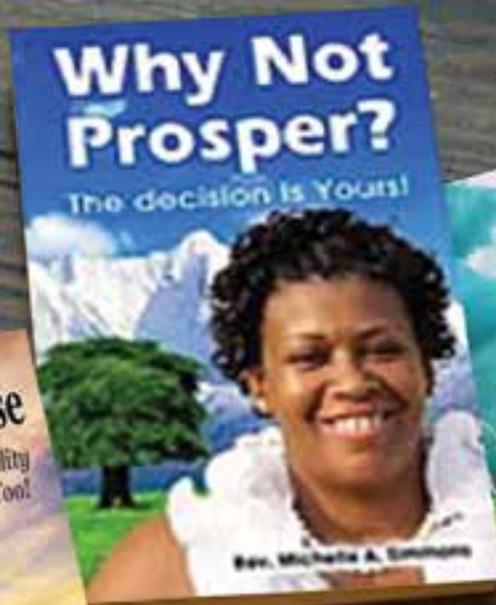
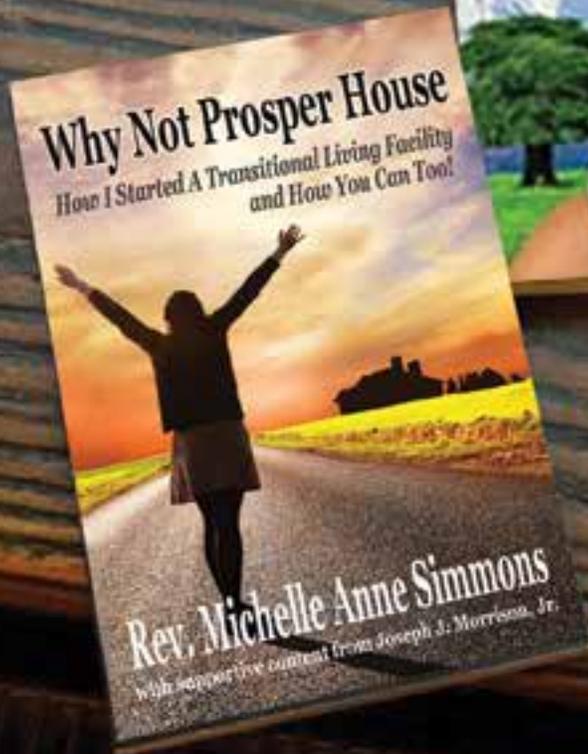
Committed to Not Looking Away

ALEXIS B. MAJOR, COMMUNITY CATALYST

**We Won't Have Public Safety Until
We Re-examine Our Justice System**

KEIR BRADFORD-GREY, DEFENDER ASSOCIATION OF PHILADELPHIA





BOOKS BY:

REV. MICHELLE
SIMMONS

unplug with a book

Why Not Prosper House

In 2003, Rev. Michelle opened Why Not Prosper House, a transitional facility for female ex-offenders. The materials, stories and wisdom shared in this book are a direct result of her experience in starting, running, and growing this home.

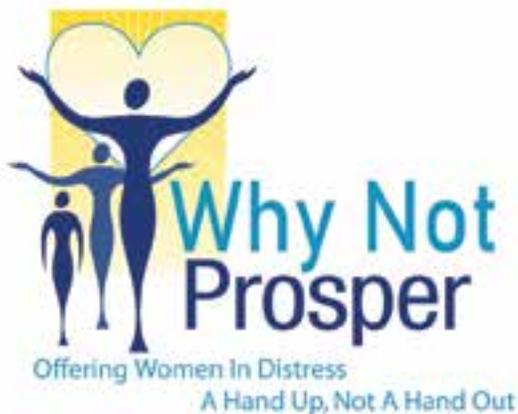
Why Not Prosper? The Decision is Yours

Why Not Prosper? is Rev. Michelle's own grassroots effort in establishing Why Not Prosper, Inc. A single mother of two children, she has overcome many challenges and much adversity but her leadership, advocacy, heroism, and humanitarianism have afforded her opportunities to travel the world and minister to others.

Keep it Movin'

Born into dysfunction, raised by a drug dealer, as a child Rev. Michelle was drawn into a godless life of sexual abuse, addiction, drug trafficking, theft and prostitution. This is her own account of how she turned her life around. She hopes it will inspire others to do the same.

AVAILABLE AT: WWW.WHY-NOT-PROSPER.ORG/SHOP



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WHY NOT PROSPER WORKFORCE ACADEMY

www.why-not-prosper.org

Why Not Prosper, in partnership with Covenant Training Academy, offers job Search Support, gives help with writing resumes, cover letters and online applications. You can apply for jobs, build your tech. skills, check emails, use the computer lab to study and take the Serv-Safe Food Handler Exam. Additionally, we offer Certificates in the following:



National Caregiver Certificate

Approximate weeks of completion: 8 weeks [2 months]

Program Description: This course prepares students to take the American Caregiver Association National Caregiver Certification exam. The course covers the core essential areas of caregiving and provides students with the insight to start an entry level career as a caregiver in a nursing home, senior resident home, or personal home care for the elderly.



Home Health Aide

Approximate weeks of completion: 15 weeks [3.5 months]

Program Description: The Home Health Aide Program is designed to prepare students for the Home Health Aide Certification exam. Students in this program will gain an understanding of home health aide services by studying both home care and clinical content. Students will also be provided real-life applications.



Basic Office Skills Certificate

Approximate weeks of completion: 12 weeks [3 months]

Program Description: The Basic Office Skills Program is for persons desiring a career in an office environment. The student gains training in general office skills, computer skills, and office procedures. The graduate of this program will work in a variety of front office positions.



Medical Receptionist Skills Certificate

Approximate weeks of completion: 34 weeks [6 months]

Program Description: The Medical Receptionist Skills Program is for persons desiring a career in a medical office environment. The student gains training in general office skills, computer skills, and medical office procedures. Students in this course will gain in-demand front office skills for hospitals, clinics, and other medical offices.

Computer Lab Hours

Tuesdays 1-5 PM, Thursdays 1-5 PM

Computer Training

Saturdays 12-2 PM

*Must register prior to attending.

Email: jfordwhynotprosper@gmail.com

Call: 215-842-2360



Our mission is to help women from prison systems discover their own strength by providing them with the support and resources that will empower them to become responsible, economically self-sufficient and contributing members of the community. We have 3 residential houses and beds are available. Call us at 215-842-2360.

INSPIRE

AT WHY NOT PROSPER

I AM REVEREND MICHELLE, a born and raised Philadelphian. Every day, I strive to do good and be the voice for the voiceless. To accomplish this mission given to me by God, I wear many hats in the Philly community. I am the founder and CEO of Why Not Prosper, a non-profit empowering and supporting women from prison systems during their reintegration into society. I am the president for the steering committee of Philadelphia Lawyers for Social Equity, on the executive board of the Community Advisory Council Criminal Justice Committee, and a mother and grandmother.

I'm so excited to partner with you on the launching of our first edition of INSPIRE! INSPIRE's intention is to educate, inform, and to inspire you as an individual and the community at large. We are living in such changing and uncertain times. Hopefully INSPIRE can be somewhere you can go to get the information and resources you need to support yourself, your clients, and the community. Here you will find several articles from some of the experts around the city and we're so excited to be the ambassadors and distributors of this ever-changing information to keep us all on one accord. Take your time and go through INSPIRE. We hope you take care of yourself, give yourself permission to put yourself first, and use the information supplied in this magazine.

Reverend Michelle Simmons

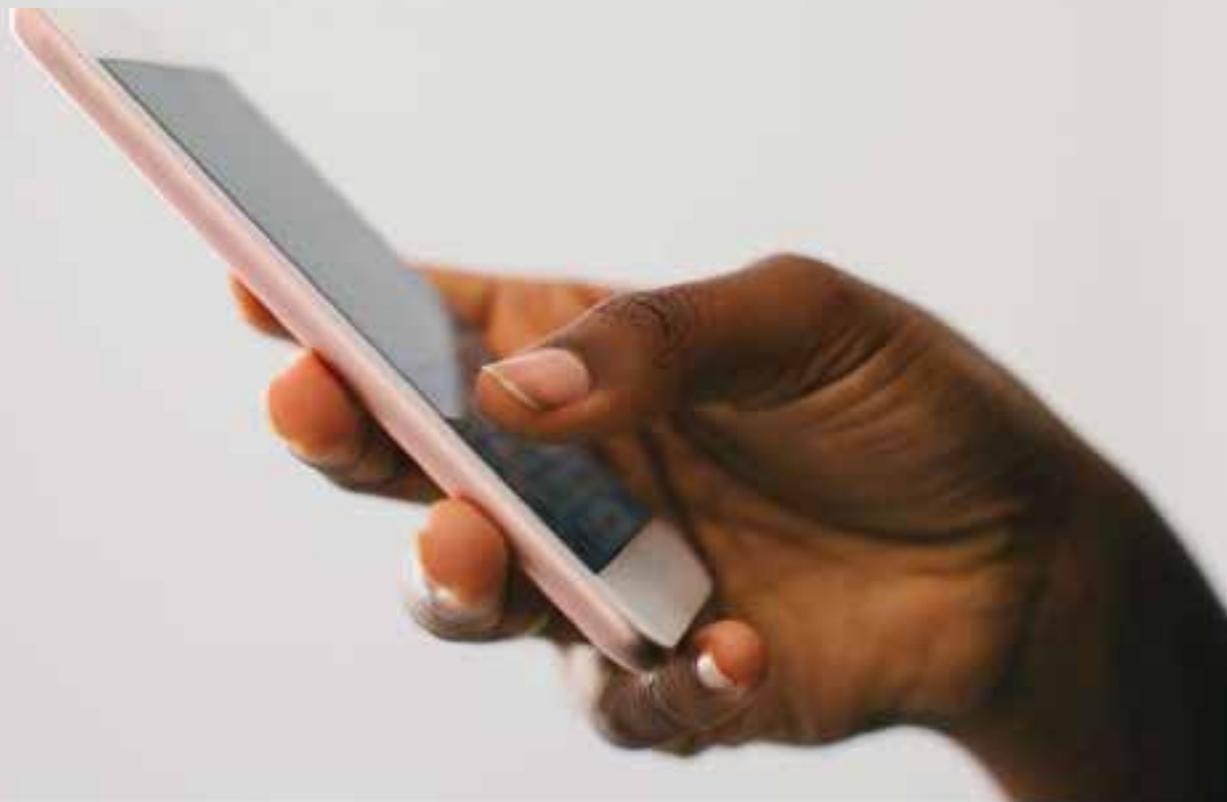
Rev. Dr. Michelle A Simmons



Rev. Dr. Michelle Anne Simmons

Finding help for your reentry journey has now become easier than ever.

The Why Not Prosper Resource App will put everything you need to connect with service providers for housing, recovery, food, legal services, employment, parenting, education, healthcare and even city services, right in the palm of your hand!



Coming in November 2020!
Download at www.why-not-prosper.org

A first of it's kind
resource for
the best of us!

The Role of Philanthropy: Social Service or Social Change?

By Diane Cornman-Levy, Executive Director,
WOMEN'S WAY dcornmanlevy@womensway.org

For the past 30 years I have been working to decrease inequities in education, health, housing and wealth as a healthcare provider, educator, and executive director of four non-profits. I worked with highly skilled and educated women and men who were dedicated to improving the lives of others. Together we designed and implemented new programs that educated and empowered those impacted by poverty by improving their knowledge, building their skill sets and strengthening their motivation. We forged partnerships, raised money, engaged thousands of volunteers. Our intentions were grand. Our efforts were strong. But our results were not what we expected or desired.

So what were we doing wrong? Why did our efforts contribute to so little change? Why did we ultimately fail at creating more equity? To answer these questions, we need to understand the historical roots of the philanthropic sector and non-profit industrial complex. Specifically, who started it? Why did philanthropy start? What was it designed to do?

The system of charitable giving increased exponentially during the early 1900s when the first billionaires created new institutions that would support charitable giving in order to shield their earnings from taxation. These foundations that served as tax shelters for the wealthy were required to donate 5 percent of their net investment income to charitable purposes. From their inception, foundations invested in think tanks, research and narratives designed to ameliorate social issues- in a manner that did not challenge capitalism and the vast accumulation of wealth at the top 1% of the country.

As foundations grew, so did non-profits, organizations that both the government and foundations could regulate and control. For example, organizations must secure 501(c) (3) status to receive foundation grants and are prohibited from direct involvement in political advocacy. Foundations took a role in shaping

grassroots organization so that their movements would not challenge the capitalist status quo. Non-profits would only receive funding for doing *social service work* rather than *social change work*.

Today, foundations have assets of \$500 billion and give around \$33.6 billion annually, and there are 837,027 non-profits, excluding religious organizations.¹ In spite of the growth of these sectors, social and economic inequality has worsened to its current state - 20% of the US population owns 91% of the net financial wealth. That leaves 80% of the population with just 9% of the remaining financial wealth. And individuals who make up this enormous class are *essential workers* who keep our society functioning and productive.

The growth of foundations has supported the ever widening economic disparities because foundations were designed and still designed to serve as tax shelters for corporations and descendants of wealthy families. Foundations also focused the role of the non-profit industrial complex to address the needs of individuals who are impacted by institutional systems of exploitation and violence rather than addressing the root causes of the exploitation and violence.

So for the past 30 years, I have been a part of the vast non-profit industrial complex that has been regulated to “serve” the poor/underserved/marginalized rather than address the root and systemic causes of inequities. Achieving gender, racial, economic and environmental justice will never be realized working within the current system. Rather, foundations and non-profits must work in partnership with grassroots movements and build collective power that is truly autonomous from the state. Together we must work together to address the source of our problems- a system grounded in white supremacy that has created and sustained the concentration of wealth at the top of the pyramid. It is only through revolutionary movements that we will realize a world where all human beings thrive.

¹ The Nonprofit Congress, <http://www.nonprofitcongress.org/sectorinfo.htm>.

Sisters Returning Home

Female Reentry Provider for PA state

302 W. School House Ln. Phila. PA 19144

Empowering Women Everyday

sistersreturninghome.org • 215-900-4202

Referral needed from PA state parole

HOSPITALITY TRAINING & CERTIFICATION

Workforce Skills for Female Returning Citizens

Training + Exam Fee
Cost covered with Enrollment

Certification: SERV SAFE • GUEST SERVICES • HOUSE KEEPING • FRONT DESK

FAMILY REUNIFICATION

At Sisters Returning Home believes family reunification is beneficial healing process after periods of separation; for parents, children and families.

- Family Support Groups
- Advocacy
- Parenting Classes

Get the support you need today!
Sistersreturninghome.org • 215-900-4202



MENTOR SUPPORT SERVICES

- Future Planning
- Money Management
- Table Talk @ Stress
- Transportation Assistance
- Technology Skills Building
- Case Management

Personal Care

State ID & Bed



PENNSYLVANIA ALLIANCE OF RECOVERY RESIDENCES

Creating, evaluating and improving standards and measures of quality for all levels of recovery residences

PARR is dedicated to ensuring that individuals in recovery can find safe and supportive housing throughout Pennsylvania.

Our alliance provides guidance and a variety of resources to Recovery Residence providers to ensure that residents who

live in PARR certified houses have the very best chances to succeed in their recovery journey.



www.parronline.org

PARR also provides administrative oversight and/or partnership with:



Peer to Peer Internship Program

A variety of peer related services to various sites throughout Philadelphia including quarantine, prevention, food distribution and congregate care sites.



Recovery Idol Competition

An annual competition designed to showcase the talent of persons in recovery while promoting positive self image and self expression.



Caring for Friends™ Food Program

Provides food and friendship to recovery residences, seniors, the disabled, the homeless, and families in need in the Philadelphia region.



Life Unites Us Campaign

A series of virtual interviews that show the diversity of those affected by opioid use in order to reduce the stigma associated with the addiction.



Drexel HOPE™ Project

A partnership that helps individuals with substance use disorders get connected to care, including medication assisted treatment.



TELESERVICE HOTLINE
FOR JUST RELEASED WOMEN

1-866-C-ME-NOW5
1-866-263-6695

Our mission is to help formerly incarcerated women break the cycle of recidivism by offering resources, healing, self-love and transformation through mentorship and advocacy.

Starr

On Nov. 27, 2018, Starr finally came home. She had spent 35 years in prison for a murder she committed at age 17 after being molested. Initially sentenced to life without parole, Starr wasn't even sure she would be released. "They gave me life. I was supposed to die in prison, I wasn't supposed to come home," she said. However, in 2012, the Supreme Court ruled that life-without-parole for minors was unconstitutional, eventually releasing Starr. "It was surreal. I came home in November and it was snowing. I didn't even have a coat on."

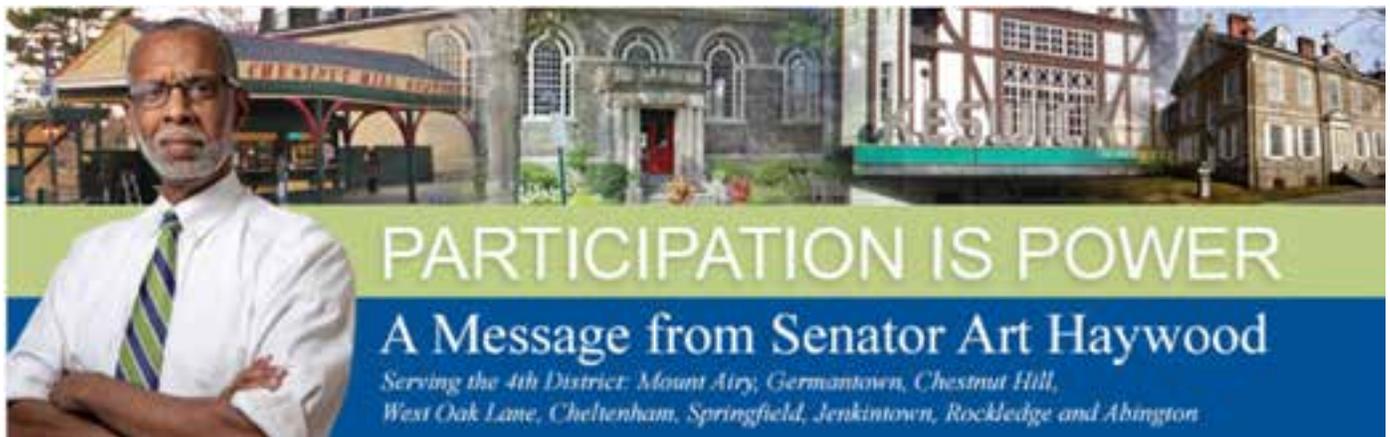
Although Starr had been given life without parole in 1985, she made a conscious decision in the late 90's that she wanted to get out of prison. "That particular morning when I made the decision, there was no list for parole yet. But I still wanted to give them a reason to let me out. If the law ever passed, I didn't want to be the one standing there saying I didn't qualify." Starr attributes her changing mindset to the people she met in prison, some of whom are still in her life today. "I was blessed to meet some beautiful, kindhearted, and genuine people who really had my best interests at heart. My lawyer, my counselors, my unit managers, my friends, they all saw something in me that I didn't see in myself. I didn't want mess up because of them."

So Starr began focusing on her freedom. She sought out drug and alcohol treatment and went to intensive abuse therapy to help her with her childhood traumas. "These programs have helped me become the woman I am today. I felt like my mother should've protected me more. But in order for me to grow I had to find it in my heart to forgive her, even if she never asked. I still bear some of the scars from the abuse, physically and emotionally and mentally. But I don't like to look at myself as a victim. I'm victorious, because I was able to recognize I needed help."

Since leaving prison, Starr has graduated from outpatient treatment, visited Disneyland, told her story in Washington D.C. and will be featured in Good Pitch Philadelphia. Newly engaged, she is now taking a philosophy class at St. Joseph's University and working with Revered Michelle at Why Not Prosper, helping formerly incarcerated women like herself get back on their feet. "I try to be the best person that I can be each and every day. I'm a certified peer specialist, so I help transition women and get them get back on their feet. Why Not Prosper is a beautiful asset to the community. I love it here."

Starr is also a member of the Incarcerated Children's Advocacy Network (ICAN) and the Campaign for the Fair Sentencing of Youth (CFSY). Her extensive involvement with these networks stems from her desire to connect with people and help them come home. Her goal in life is to change sentencing in Pennsylvania so that everyone gets a maximum sentence, rather than life. "I made a pact with God when I was in prison. We need to change the law in Pennsylvania. Everyone doing life should have a chance at parole. It's hard to change the rule of thumb, but I won't rest until they get that law passed."





Greetings,

Thank you to Rev. Dr. Michelle Anne Simmons for her extraordinary work through Why Not Prosper. Rev. Michelle's passion for helping women transitioning out of prison is unsurpassed and I look forward to our continued partnership.

I would like to share some updates from my office:

1. We are open in our Philadelphia District office by **appointment only**. Call the office at 215-242-8171, to schedule an appointment for the following services:
 - Department of Human Services (SNAP, LIHEAP, Medicaid, and others)
 - Free Notary services
 - PennDOT services
 - Property Tax & Rent Rebate
 - Unemployment Compensation & Utility issues
2. Are you prepared for the upcoming General Election?
 - Visit our office to pick up mail-in or civilian absentee ballot applications
 - Deadline to register to vote – October 19, 2020
 - Last day to apply for a mail-in or civilian absentee ballot – October 27, 2020
 - General Election - Polls are open from 7 A.M. to 8 P.M. – November 3, 2020
3. Join me for a citizen advocacy training on Zoom, titled, “How to Persuade Politicians,” at 6 P.M. on October 12th or November 16th. I will share tips, strategies, and best practices on how to effectively exercise your power on legislation and more. Call my office to register.
4. Do you want to know the best way to get updates on legislation, resources, and more from my office and across the Commonwealth? Subscribe to my e-newsletter! Visit my website at www.senatorhaywood.com to subscribe.

Participation is Power,

Art Haywood
State Senator

We Will Never Achieve True Public Safety, Until We Re-Examine Our Justice System Process

By: *Keir Bradford-Grey,*
Chief Defender, Philadelphia Defender's
Association

As the law firm providing free legal counsel to 70% of the people arrested in our city, the Defender Association of Philadelphia fully embraces the national attention that is now being given to how our justice system disproportionately targets our African American communities. The murders of George Floyd, Breonna Taylor, Tony McDade, Ahmaud Arbery, and too many others have sparked a long-overdue conversation about the systemic racism in our justice system. We must loudly and repeatedly say their names.

But let's also remember the names of those falsely accused and jailed--names like Terrance Lewis, Hasaan Bennett, Chester Hollman. These men weren't killed, but their lives, families, and opportunities have been compromised by a system that takes more from the Black community than it will ever give back.

It starts--but doesn't end--with the police. Right now, much of the discourse is focused--and rightfully so--on police deployment and behavior in communities of color. Clearly, as a city and a nation, we need immediate and comprehensive police reforms. But for far too many Black and Brown people, the police are just the introduction to a justice system rife with biases and assumptions that unfairly label them and create permanent obstacles to their future opportunities and prosperity.

Too often these assumptions begin with how we address minor infractions committed by young people. A white teenager from Rittenhouse caught skipping school is far less likely to encounter the justice system than a Black teen

doing the same thing in North Philly. Nearly all of the Defender's clients in delinquent custody are children of color, and 84% are Black. A majority of the youth in juvenile detention are there for some kind of technical violation, like truancy. Such an early indoctrination to the justice system lays the groundwork for continued bias against young people of color.

For 21 years as a public defender, I have watched our justice system's approach to public safety fail Black and Brown people. The system is not designed to rehabilitate, but rather to charge, detain and remove people from their families and communities, only to eventually send them back with the burden of a criminal record. This record limits their ability to pursue pathways of stability, like employment, housing, and access to higher education. We are creating a population of (mostly black) people who have fewer options and are more desperate than when they first encountered the justice system. Despite a large police presence, their neighborhoods are less safe than those with more resources.

Re-examining the entire legal process

We need to completely reimagine our approach to public safety, starting with a notion that seems to carry the day in wealthier communities: minor infractions of the law do not require justice system intervention. The police should never be called for offenses like truancy, but be reserved for actual threats to public safety. This approach would alleviate some of the burdens on an overtaxed judicial system, which also has a role to play in improving outcomes for the people who come into contact with our courts. The more punitive aspects of our system should be reserved for the very low percentage of truly dangerous individuals who actually pose a threat to public safety. For almost everyone else, pre-

trial interventions and supportive services that directly address the societal problems and behavior are far more effective. Instead of asking, “how should we punish this person based on the charges?” our judicial system should take a closer look at the individuals behind the charges, determine what factors led to the behavior that brought them here, and think critically about better alternatives to permanently stigmatizing incarceration. When the courts shut down during the pandemic, we saw firsthand how our community partners in the Pre-Entry Coalition have stepped in to provide our clients with services including addiction treatment, mental health counseling, and housing assistance. Instead of finding these services after someone is released from jail, community groups are helping to ensure that they get these critical supports before trial, resulting in release with no time served, and even termination of state supervision.

When the courts shut down during the pandemic, we saw firsthand how our community partners in the Pre-Entry Coalition have been able to step in to provide our clients with services including addiction treatment, mental health counseling, and housing assistance. Instead of finding these services after someone

is released from jail, community groups are helping to ensure that they get these critical supports before trial, which often results in release with no time served, and even termination of state supervision.

Re-thinking Resources

A lot has and will continue to be said in this space about how our public safety dollars are spent. Even after a tremendous outcry from the community, Philly will spend 10 to 15 times more for police than for courts, the DA, or public defense. Moving away from the myth that more police means safer streets will require us to be much more thoughtful about how we invest resources in the future.

The evidence has been clear for quite some time: we will never be able to arrest and jail our way to a safer city. The protesters hitting the streets across the nation are challenging us to push back on the accepted norms of the criminal justice system. We can remake our system from one that destroys futures to one that invests in opportunities. The time is now to use this momentum to drive us from marches to the quieter and even more difficult conversations that create solutions. Let’s turn protest into policy, and put policy into practice.

Why Not Prosper won a \$2,000 grant from the Golden Pear Awards!



PHMC health network Telehealth Services

PHMC Health Network offers **primary and behavioral health, substance use treatment, trauma and social services via telehealth!** Consultations are available with a provider through any device – phone, tablet or computer – as well as in person when appropriate.

We are doing limited COVID-19 testing in our health centers. **If you are experiencing flu-like symptoms** such as fever, cough or shortness of breath, please call: 855.887.9229 to speak to a nurse first.

Telehealth and in-person services:

For children, adults and seniors including individuals experiencing homelessness

Medical/urgent care/sick visits:

Chronic disease management such as diabetes, prescription refills, contraception services, pediatric visits, well visits, laboratory needs and guidance on how to protect yourself from COVID-19.

Behavioral health and wellness services:

Mental health concerns, psychiatric medication management, stress and anxiety caused by COVID-19.

Substance use disorder treatment and support:

Medication assisted treatment, peer recovery services.

Trauma services:

For those who have experienced trauma, including domestic violence, exposure to interpersonal and community violence and all forms of sexual, physical and emotional abuse.

Social services:

Connecting to health insurance, SNAP/TANF benefits, or helping to manage other financial burdens such as food insecurity, unemployment or utility concerns due to COVID-19. Ryan White services for HIV treatment and support are available.

Most insurance plans are accepted, including Medicare and Medicaid.

All patients will be seen regardless of their ability to pay.



Call 855.887.9229

PHMC CARE CLINIC
1200 Callowhill Street
Philadelphia PA 19123

**MARY HOWARD
HEALTH CENTER
FOR THE HOMELESS**
125 S. 9th Street
Philadelphia, PA 19107

**PHMC HEALTH
CONNECTION**
1900 N. 9th Street
Philadelphia PA 19122

**CONGRESO HEALTH
CENTER**
412 W Lehigh Avenue
Philadelphia, PA 19133

**RISING SUN
HEALTH CENTER**
5675 N Front Street
Philadelphia PA, 19120

phmchealthnetwork.org

“

Being an addict will gain you little respect.
Being an addict in recovery amongst others will gain you much with moment.
You must prepare for the greatest fight of your life.
And seize the moment. You may still be going through difficult circumstances,
A new restraint must be learned.
When preparation meets opportunity your higher power will reveal something great.

”

“

Your Peace is shalome,
the heart is always home.
And my home is open to all I call on the one most high.
Heaven sent because he delivered, he gave and I asked
But first I had to work or else I would not cut.
My feet are tired and my power spent,
I march on as the days are ahead.
My spirit is strong for the time that is left I have many more before me until my
last breath.

”

POEMS BY ARRAHAM BEN YOSEF

She Can Win Establishes Giving Circle to Support Black Woman-led Orgs Grappling with COVID-19

By Erin Flynn Jay

“Our voting record proves that if it’s progressive and benefits a large swath of people, Black women have already built and set the table, cooked the meal, and invited you to the party by the time you realize it,” says Erinn Corbett-Wright.

The VP and program manager of TD Charitable Foundation adds: “Every major social movement within America’s genealogy includes leadership by Black women.”

The COVID-19 pandemic is no different.

“Black women have extended themselves beyond work and home to contribute to our healing — from sewing masks for essential workers to launching a consortium of Black doctors to test our communities at no cost. Black women have not been slowed since the start of shelter-in-place restrictions.”

Now She Can Win is helping those Black women by injecting capital into Black woman-led efforts to address the impacts of the pandemic

“Ordinarily, we focus on getting Black women elected to federal, state and local office across the Commonwealth,” Corbett-Wright told Generocity in an email, “but in response to COVID-19, we have launched a giving circle and our first slate of grants were Black woman-led organizations who applied for general operating support to address issues of their constituencies.”

As Jasmine Sessoms, She Can Win’s founder and CEO, and the members of the organization’s powerhouse board (which includes Corbett-Wright, Dominique Goss and Salima Nicole Pace) realized that Black communities in Philadelphia were being disproportionately affected, both financially and physically by COVID-19, they sprang into action

Pooling additional dollars from She Can Win’s membership, they were able to create a foundation whose first foray into the philanthropic space was a rapid response grant opportunity for COVID-19. Combining their experience in corporate and public philanthropy, a short application was created, and one

voting session later, and the giving circle unveiled its first four grantees:

Motivating Young Moms,
New Voices for Reproductive Justice,
Civically
No More Secrets

Each of the awardees is committed to She Can Win’s platform. They advance equity for Black women and families in the areas of maternal health, reproductive justice, and civic engagement (among others), and serve often-overlooked parts of our community.

“Our voting record proves that if it’s progressive and benefits a large swath of people, Black women have already built and set the table, cooked the meal, and invited you to the party by the time you realize it,”

To amplify the work and mission of the awardees, She Can Win also hosted a series of live conversations with the leader of each organization to encourage additional mission-based support from their larger networks. These conversations served to highlight the importance of Black women’s leadership, and the shared accountability for bettering our communities.

“When we approach the world through the lens of a Black woman it means we are doubling down on pillars such as equity, collective consciousness, service and progress,” Corbett-Wright said. “She Can Win is a prime example of the leadership that Black women organically embody. As we need each other more than ever, our goal is to support institutions providing critical services and invite others to do the same.”

*Originally published by Generocity on June 15, 2020
Reprinted with Permission*



REGISTER TO VOTE at VOTESPA.com

Deadline: October 19, 2020

PLEASE REGISTER NOW!!!!



VOTING FACT SHEET

YOU **CAN** REGISTER AND VOTE IF YOU:

1. ARE A PRE-TRIAL DETAINEE.
2. WERE EVER CONVICTED OF A MISDEMEANOR / OR BEING HELD ON A MISDEMEANOR.
3. GOT RELEASED OR WILL GET RELEASED BY THE DATE OF THE NEXT ELECTION.
4. ARE ON PROBATION OR RELEASED ON PAROLE.
5. ARE UNDER HOUSE ARREST (HOME CONFINEMENT).

YOU **CANNOT** REGISTER AND VOTE

1. ARE CURRENTLY CONFINED IN A PENAL INSTITUTION FOR CONVICTION OF A FELONY.
2. ARE IN A HALFWAY HOUSE OR OTHER ALTERNATIVE CORRECTIONAL FACILITY ON PRE-RELEASE STATUS FOR CONVICTION OF A FELONY.
3. GOT CONVICTED OF VIOLATING THE PENNSYLVANIA ELECTION CODE WITHIN THE LAST FOUR (4) YEARS.

WHERE? DO I REGISTER TO VOTE (IF YOU ARE CONFINED).

- THE LAST ADDRESS WHERE YOU **REGISTERED** BEFORE YOUR CONFINEMENT
- YOUR LAST KNOWN ADDRESS BEFORE YOUR CONFINEMENT.
- A NEW RESIDENCE ESTABLISHED WHILE CONFINED (**EXAMPLE:** NEW ADDRESS WHERE YOU INTEND TO LIVE UPON RELEASE).

* WHEN REGISTERING TO VOTE, YOU CANNOT USE A PRISON INSTITUTION OR HALFWAY HOUSE AS YOUR RESIDENCE ADDRESS WHERE YOU LIVE. HOWEVER, YOU MAY USE THESE LOCATIONS AS AN ADDRESS TO GET MAIL.

* IF CONFINED IN A PENAL INSTITUTION, YOU WILL VOTE BY ABSENTEE BALLOT.

ABSENTEE BALLOT APPLICATION

FOR ELIGIBLE, REGISTERED VOTERS **CONFINED** IN JAIL, OR PRISON, NEED TO APPLY FOR AN ABSENTEE BALLOT ONLINE OR BY MAIL. **DEADLINE** OCTOBER 27, 2020.

APPLY ONLINE: <http://www.pavoterservices.pa.gov/OnlineAbsenteeApplication/#OnlineBegin>

BY MAIL. PRINT AND FILL OUT FORM BELOW:

ENGLISH: http://www.votespa.com/Voting-in-PA/Documents/Absentee_Ballot_Application.pdf

SPANISH: https://www.votespa.com/Register-to-Vote/Documents/PADOS_Mailinapplication_spanish.pdf

MAIL TO:

THE PHILADELPHIA COUNTY BOARD OF ELECTIONS
ROOM 142, CITY HALL
PHILADELPHIA, PA 19107

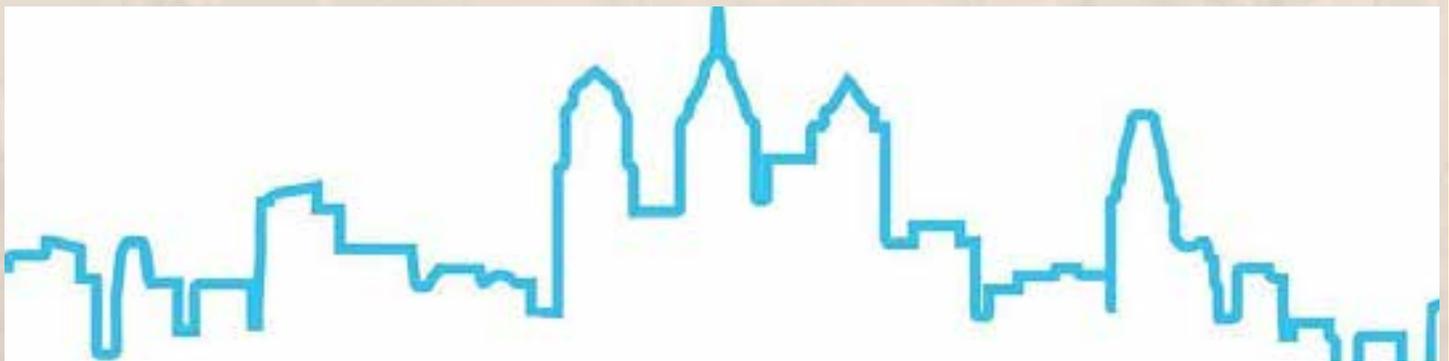
PRE-ENTRY



COALITION

**COMMUNITY CONNECTIONS
NOT CONFINEMENT**

Do you believe that support - not supervision & community-based resources - not confinement or cash bail are the best ways to keep our communities safe and improve the outcome of someone's criminal case ?



**THEN HELP BUILD A BLUEPRINT
FOR A BETTER PRETRIAL SYSTEM**

The **Philadelphia Pre-Entry Coalition** is a city-wide network of agencies that provide community support, from the moment of a person's arrest, to address the root causes of behaviors that sometimes lead to criminal justice system involvement. By addressing the person's needs when they **first enter** the criminal justice system we can both increase public safety and create a pathway to avoid the burden of a lifetime criminal conviction.

To Learn More & Join



<https://phillydefenders.org/pre-entry-2/>



pre-entry@philadefender.org



**YOU DONT
HAVE TO
FIGURE OUT
REENTRY
ON YOUR
OWN.**



**WELCOME
HOME
HOTLINE**

COUNSELORS AVAILABLE: MON - FRI, 9-5PM



267-857-4800

Poster Designed by the Reentry Think Tank

My Story

By Christine Lanich,

Why Not Prosper Creative Writing Class Participant

When I was 13 years old, I lived with my grandma, who was blind. We took care of each other: she gave me a home to live in, would buy my clothes and food, and make sure I went to school; I made sure the house stayed clean and took her to the store and to doctor's appointments. When I was 19, however, I met a man named Bruce, who I dated for a year and then married. My grandmother did not like him, so we got into a fight and I moved out. When I got pregnant with my son, Matthew, we began talking again; she was so excited for me to have a baby and to be a grandma. But when Matthew was only four months old, I got a knock on my door from my Uncle Don, who told me that my grandma had died earlier that day. It felt like something in me died. I did not want to live anymore. I wish now that I never left her when she needed me the most, and I dealt with that grief and guilt for a while, and sometimes still do.

After my grandma passed away, my husband Bruce was never there for me and my son. He was always out drinking. Eventually, when visiting my mom and dad one weekend with my Aunt Carole, I mustered up the courage to tell Bruce that I no longer wanted to be married to him and that I was not coming home. Bruce came down and took my son. I felt desolate. That's when I started to use drugs. I was only 22 years old.

The first time I got high I loved it. I wanted more and more, and couldn't get enough. At first, I didn't think I had a problem with drugs--I thought I could stop whenever I wanted. I could still shower, and eat, and go to work. But as my addiction grew, I only wanted to get high--I stopped showering, I stopped eating, I stopped working. But I still did not think I had a problem.

From the ages of 22 to 37 I was in and out of jail for doing drugs; I was addicted to both heroin and crack cocaine. It was only when I overdosed, however, that I realized that I had a problem. I knew I had to do something about it, and that's when I came to WHY NOT PROSPER for help.

Coming to WHY NOT PROSPER changed my life. They helped me to change my old behaviors, and helped me to develop a relationship with my son. I'm a better lover, sister, and mother because WHY NOT PROSPER has helped me to follow God and not myself. WHY NOT PROSPER has also helped me to get my Servsafe certification and paid for my Home Health Aide certification, as being a home healthcare worker is my dream. Today, due to WHY NOT PROSPER, I am a recovering addict who has been clean for four years. I love the person that I am today, and each day, I thank God first and then WHY NOT PROSPER for everything.

About the Program: With the assistance of Reverend Simmons, I facilitate a small creative writing class at Why Not Prosper. I talk to students once a week over the phone, giving prompts and reviewing their assignments, and they submit one piece of writing a week via email. I have been so impressed not only by the creative and personal risks students have taken in their poetry, short stories, and memoirs, but by the compassion, camaraderie, and encouragement that they have shown one another.

Even nationally, there are very few programs that do what Why Not Prosper does, but I think Why Not Prosper brings out something very special in its women.

I feel blessed to know my students.



Audrey Gradzewicz,
Creative Writing Instructor

SIGNS OF DEPRESSION



often feeling tired and weak



long-lasting sad, anxious, or "empty" feelings



trouble concentrating or making decisions



eating too much or too little



feeling hopeless or unmotivated



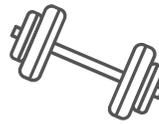
not finding enjoyment in activities you once looked forward to



unexplainable headaches, cramps, or stomach pain

NOTE: Depression looks different for everyone! Self-care is always important! Look at the next page for coping tips.

COPING TIPS



exercise and stay active regularly



have open conversation about your feelings with others



create and maintain a routine



write out your thoughts and feelings in a journal



make sure get enough sleep every night



maintain a balanced and healthy diet



set aside time to relax or do something you enjoy

YOU MATTER. Take care of yourself, you are **SO** valuable.



Ask and reach out for help

signs of anxiety



being angry / annoyed at little things



worrying too much or seeming on edge

avoiding certain social situations



avoid alcohol, tobacco, and caffeine



get involved & keep yourself busy



inability to fall asleep or stay asleep

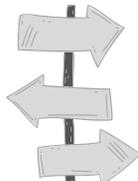


stomach or gas problems

feeling tired or weak often



increased heart rate, sweating, trembling, panic attacks

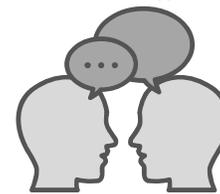


difficulty focusing or concentrations

copling tips



practice yoga or meditation



talk to someone about your triggers



exercise and be active regularly



eat a healthy and balanced diet

The Role of Recovery Residences and PARR

*Fred Way, Executive Director
Pennsylvania Alliance of Recovery Residences (PARR)
f.way@parronline.org*

Throughout Pennsylvania there are two major distinctions within the recovery residences network; some residences receive funding from Single County Authorities (SCA) and residences that do not. Each county SCA is different in their requirements, however having your recovery/sober residence zoned, a business privilege license, a certificate of occupancy and informing your community partners about the use of the property as a recovery/sober residence to build community support. SCA funded residences tend to have more direct resident oversight, (gatekeeping) referrals are usually generated through the housing initiative office and the residences typically have staff coverage around the clock. In many of the unfunded residences they lack staff oversight or recovery supports, however the passing of Senate Bill 446 and the signing of Act 59 Drug and Alcohol Recovery Houses and Establishing Drug and Alcohol Recovery Fund by Governor Torn Wolf on December 19, 2017 will go a long way with assisting those recovery/sober residences who become voluntarily certified through the Department of Drug and Alcohol Programs (DDAP) certification Program.

PARR'S OFFERINGS

Since January 2011 the Pennsylvania Alliance of Recovery Residences or PARR began its life as a program operated by the City of Philadelphia's Office of Addiction Services (OAS), where we supported a number of the city's funded recovery residences with funding, protocols, training and technical support.

With OAS approval and NARR's help PARR has expanded into the suburban areas and now has small sub affiliate organizations (Bucks County Recovery House Association (BCRHA) and the Western Pennsylvania Alliance of Recovery Residences (WPARR) in the Pittsburgh area. Now with the new

legislation, PARR is positioned to bring the same kind of standards and support to all of Pennsylvania.

We offer technical assistance to recovery housing operators and their staffs in proper operation. We inspect each home annually. We hold operators accountable for adhering to a code of ethics. New Pennsylvania legislation will provide certified homes the incentives need to meet and maintain standards and will make it more difficult for substandard operators to survive.

GOOD NEIGHBORS

Good neighbor practices are an important part of our standards and training, We know from experience nationally that good homes are assets to their communities. Our standards and training help ensure that our certified homes are well integrated into community life.

During a recent interview Abby Lee Nash on LifeLine Kenneth Ramirez, owner of We Have A Choice Recovery House for Men in Tobyhanna Pa, stated "I wanted to be certified by PARR and NARR because they set high standards for the operation of recovery residences and sober homes, PARR is currently the only certifying recovery housing body in Pennsylvania and their stamp of approval does not come easy. PARR standards lead to certification once all criteria have been met. Their stamp of approval communicates structure, safety, and accountability for recovery residences. This does not mean relapse can't happen for residents but following PARR standards reduces relapse for residents that adhere to the recovery home policies and procedures. Many facilities present as sober homes but are not structured properly. I wanted to be the first certified recovery residence in Monroe County. Pa. to set the bar high for local recovery residences that are not structured properly."

CHALLENGES

Recovery residences face innumerable challenges despite their rapid growth and positive findings on their effects on recovery outcomes. Critical questions regarding the operations and effects of recovery residence participation remain unanswered, and research scientists wishing to study recovery residences face considerable funding challenges given the prevailing funding emphasis on the neuroscience of addiction. Efforts to establish or relocate recovery residences face ongoing challenges with start-up funding and often face considerable neighborhood and political opposition. Also, of importance, many health and human service professionals are unaware of recovery residences and their benefits on long-term recovery outcomes.

There also needs to be an education rollout by each SCA to the wider community designed to answer questions about how certified recovery/sober residences will increase the overall quality of life in their neighborhoods. Pro-Act's Consumer Guide to Sober Housing is an excellent informational tool to educate the consumer on options of recovery/sober residences.

We know from experience nationally that good homes are assets to their communities. Our standards and training help ensure that our certified homes are well integrated into community life.



Healthcare Connections for Women in Reentry Coalition

Healthcare Connections for Women in Reentry is a coalition of community leaders working to reduce barriers in and improve the quality of healthcare, especially Medicaid for individuals impacted by the criminal justice system.

Our coalition elevates this population's healthcare concerns and issues to policymakers and stakeholders to ensure these citizens have the care and resources they need to live healthy lives.

For inquiries, contact Rev. Michelle at whynotprosper@aol.com.



MEMBERS INCLUDE:

Latonya Myers, Why Not Prosper; Abel Adegbiyi, New York Life; Kadiatu Sillah, Forensic Services; Katherine Addison, Forensic Services; Patrick Kennan, PHAN, Jijo Jacob, Shop & Carry Pharmacy; Rev. Dr. Michelle Simmons, Why Not Prosper; Stanley Sturgis, Mental Health Partnership; Faith Bartley, Why Not Prosper; Better Health Wellness; I'm Free; PMHCC; Miram Clinic; Ann Swartzman; Ex-Offenders for Community Empowerment; Tonie Willis, Ardellas House; Defenders Association. Sisters Returning Home, Peggy Simms, Rise, The Office of Addiction Services, Rhonda Johnson, Fred Way, Pennsylvania Alliance of Recovery Residents (PARR); Stop and Surrender; Stephanie Scully, Joy of Living; Christina Wall, I'm Free; Carmeta Johnson, Department of Human Services.



PHILADELPHIA COMMUNITY BAIL FUND

The mission of the Philadelphia Community Bail Fund is to end cash bail in our city. Until that day, we post bail for our neighbors who cannot afford to pay.



Since 2017, \$3.1 million posted in bail and 385 people freed.



Access to vital supports: housing, food, transportation, mental health.



Bail funds are recycled, allowing us to free more people over time.



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**Donate &
Learn More**
phillybailout.org



Because we all should have a say
in decisions that affect **our health**

Committed to Not Looking Away

*By: Alexis B. Major,
Senior State Advocacy Manager, Substance Use
–Justice-Involved Populations, Team*

As a national consumer health advocacy organization, Community Catalyst strives to address inequity in health and health care by building the capacity of people to advocate for their health care rights and needs. We listen to consumers at all levels of policymaking to ensure that their voices are shaping and driving an equity agenda. We work to make sure their voices are leading the work on dismantling racist policies to ensure the outcomes reflect their needs and lived experiences.

We are committed to intentionally working alongside Black-led partners to dismantle systemic racism across a multitude of sectors that perpetuate violence, wage inequality, as well as inequitable access to basic needs. In addition, we are committed to actively redefining cultural norms at the personal, community, and organizational levels that reinforce bias and how we treat one another in the world. We fully understand that these factors all affect people's health and generational health – and every sector has a role to play in addressing health inequity and the trauma that results from longstanding and unfair barriers to health opportunity.

Growing as Allies.

We believe the best way to strengthen the power of the health justice movement is by building collaboration between organizations with different skill sets and constituencies to advance better the goal of a health care system that works for everyone. A more diverse health justice

movement that unites different kinds of people in different circumstances with a shared equity agenda and strategy is fundamental to achieving the transformation we seek.

Creating Community Grant Opportunities.

Community Catalyst has expanded its focus on social determinants of health through our project work and allocation of resources to build a more diverse network that works to strengthen community partners and deepen their connection to state partners. This includes the financial support of smaller organizations led by people of color, community-level training, and network building.

We currently have a grant opportunity with our [Community Solutions for Health Equity \(CSHE\)](#) project, funded with support from the Robert Wood Johnson Foundation, which seeks to make local health care systems more responsive to the needs of the community by elevating the voices, stories, and priorities of people who deserve a seat at the table. Consumer groups and community-based organizations bring a deep understanding of how to take on a challenge, but racism and bias often shut them out of the policymaking process

Join our team.

We actively recruit, retain, and develop a diverse and dynamic workforce that effectively and efficiently meets the broad spectrum of needs in the health advocacy field, and we are looking for talented individuals to join our team. See job opportunities [here](#).

Let's stay connected – join our network by signing up for [email updates](#) and by following us on [Twitter](#) and [Facebook](#).

ASK THE QUESTION:

WHERE DID THE GUN COME FROM?

the answer will surprise you



**BROTHERLY LOVE-
SISTERLY AFFECTION**

A PARTNERSHIP YEARS IN THE MAKING

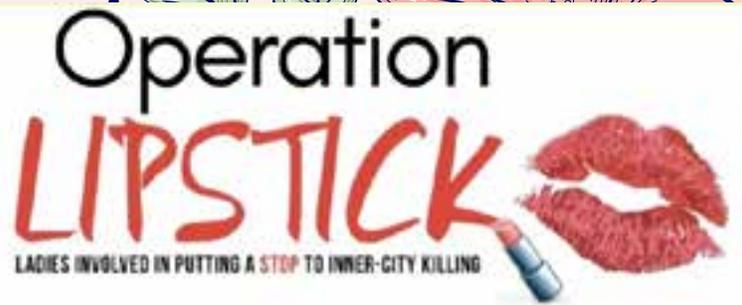


Mothers In Charge &
Operation Lipstick are teaming up
This Fall

.STAY TUNED.

FOR MORE INFORMATION CONTACT:

MOTHERS IN CHARGE - 215-228-1718



Operation LIPSTICK (Ladies Involved in Putting a Stop to Inner-City Killing) is women helping women say No! to straw purchasing, hiding, carrying or holding guns for anyone who cannot pass a background check. We are working to:- Stop the exploitation of women and girls out of the gun trafficking system- Help keep illegal guns out of our communities- Encourage you to always ask "Where did the gun come from?" after a shooting We invite women, of all ages, to take the LIPSTICK pledge: "I will not be used to take another person's life. I pledge not to buy, hide, or hold guns for someone else."



CONTACT US

Email: info@mothersincharge.org

Phone: (215) 228-1718

Mailing address: 520 N. Delaware Ave., Suite 302 Philadelphia, PA 19123

**DR. DOROTHY JOHNSON-SPEIGHT,
FOUNDER OF MOTHERS IN CHARGE**

1963 to 2020: What Are We Fighting For?

Dear Reader,

It is our duty to fight for our freedom it is our duty to win. We must love each other and support each other. We have nothing to lose but our chains. -Assata Shakur

On September 15, 1963 White segregationists bombed the 19th Street Baptist Church in Birmingham, Alabama killing four young black girls who were attending Sunday School. This church was a popular space for civil rights meetings in the community. That was 57 years ago and we as African Americans are still fighting for our given right to be respected and treated as human beings. My maternal grandmother warned me as a child that every 50 years or so America has a way of magnifying how it truly feels about African Americans. Before she passed away she told me during President Barack Obama's second term that hatred and attacks on African Americans would increase once he left office. She had a way of breaking down the realities of being of African descent with a rawness that has kept me humbled as I navigate living in this country. She constantly told me I had a responsibility to give back to and provide resources to our community.

This is why I work towards a day where we can say collectively all Americans joined to dispel the systemic and racial oppression African Americans and other communities of color endure at the hands of fear if barriers are truly lifted our greatness will not be able to be controlled or contained. I am working to build an America where my grandchildren don't have to feel our pain-because my young daughter already does. I've never had a problem speaking truth to power because I understand I too have power and I hope you understand you do too. This moment in our history is a time for America to not just reflect on how African Americans and other communities of color are treated but to create authentic collective action that improves life outcomes for all. It's a moment in time where I am energized by what I have always seen in my people-worthiness!

When I am exhausted personally and professionally, I allow myself space to sit in silence, breath and reflect on what I can do and how I can work with others to break the barriers. The work I do professionally requires me to do this in order to challenge myself and others to push for better. There are many people who want change until they realize change may not benefit them- especially when lifting systemic racism and oppression. I partner across different stakeholder groups to address racism that exists in the workforce development sector and workplaces. People come from all walks of life and have taken this journey with a courage I believe we have inside of us when we see human to human how we are hurting or helping each other. Whatever space you do your life's work in I would encourage you to fight the good fight and understand your role and how you can help change systems and places that afford access to opportunities for some but often deny them to African American and other communities of color. Let's look back on our lives and confidently say we created the change we know is only right to demand so we all can be free.

A Concerned Citizen,
Carniesha Kwashie

SAFEGUARDING IDENTITIES OF THOSE EXPERIENCING HOMELESSNESS



KEEP.ID

Reducing barriers in obtaining government aid, jobs, and homelessness services.

For more information visit: <https://keep.id>

Public Health Management Corporation: Building Healthier Communities

Public Health Management Corporation (PHMC) is a nonprofit public health institute that builds healthier communities through partnerships with government, foundations, businesses and community-based organizations. It fulfills its mission to improve the health of the community by providing outreach, health promotion, education, research, planning, technical assistance, and direct services.

During the current COVID-19 crisis, PHMC's commitment to its mission is stronger than ever. As we continue to navigate the uncertainty of the pandemic, PHMC has enhanced and expanded the ways we serve individuals, families and communities. We've adjusted our operations and made efforts across our entire continuum of care to ensure we are meeting the needs of the hundreds of thousands of people we serve.

PHMC has expanded our intermediary work as a partner in the City's [Emergency Rental Assistance Program](#), as it remains a critical program to help families who have lost income or are having trouble paying rent due to COVID-19.

[PHMC health network](#) continues to provide primary and behavioral health, substance use treatment, trauma and social services via telehealth as well as in-person visits where appropriate. PHMC's health network, community mental health, community engagement, supports and service coordination, case management, home visitation, education and addiction services programs quickly transitioned to virtual delivery or telehealth where possible. And telehealth hasn't just maintained current participants. In many cases, it's engaged those who have fallen out of care and added new communities, increasing PHMC's capacity to serve. And, PHMC health network has joined the Philadelphia Department of Public Health in increasing COVID testing capabilities, moving from targeted approaches to more widely available testing in support of our community's health.

Our [Forensic Intensive Recovery](#) team has expanded "behind the walls," providing evaluations and critical case management services in collaboration with prison staff.

[Health Promotion Council](#), a PHMC subsidiary, has transitioned programming to a virtual diabetes platform to maintain ongoing connections with participants.

[National Nurse-Led Care Continuum](#), a PHMC subsidiary, has initiated a number of [webinars](#) with insight and resources related to COVID-19, including topics such as managing Chronic Health Care amid CovD-19.

PHMC is partnering with the Philadelphia Department of Public Health to hire contact tracers, a critical public health initiative that will help guide our region in mitigating the spread of the virus as we begin to return to regular activity.

[Turning Points for Children](#), a PHMC subsidiary, continues to ensure families have nutritious food through its FAWN program and has been deploying emergency food packages to families, and is also preparing to host pop up food pantries in June.

And during this time, PHMC's Philadelphia Hepatitis Outreach Project has referred more individuals to follow-up care, specifically to PHMC's Care Clinic.

If you know someone who needs care, feel free to call this number **855.887.9229!**



HAVE YOU BEEN ARRESTED IN PHILADELPHIA COUNTY?

**TIRED OF BEING TOLD “NO”?
WANT TO GET YOUR RECORD CLEANED UP?
WE CAN HELP!**



**PHILADELPHIA
LAWYERS *for*
SOCIAL EQUITY**

**GO TO OUR WEBSITE TO FIND OUT MORE:
www.plsephilly.org**

**SEE IF YOU QUALIFY FOR FREE LEGAL SERVICES:
www.plsephilly.org/intake**

**SIGN UP FOR A FREE, CONFIDENTIAL, 20-MINUTE
VIDEO CHAT WITH ONE OF OUR ATTORNEYS:
www.plsephilly.org/events/#office-hours**

BE INSPIRED! START TODAY.



Why Not Prosper
Residents helping get community members signed up for the Philly Census.





Why Not Prosper

Our ladies continue to ride bikes for much needed exercise during the pandemic. Also, we are thankful for the continued support and donations, including this beautiful potted plant. Finally, the SWAG bags are shown ready for the distribution to those in need.



\$25 off
With Mention
of this Ad

WHO WE ARE

Lotus Experience is a place that provides comfort in an intimate environment. Individuals can come to receive therapeutic and coaching support to guide them in elevating and transforming their life's vision. Here they will understand their purpose so that they become empowered by learning and growing so that they have what they need to manifest their hearts desire.

OUR SERVICES

- Spiritual Life Coaching
- Family/Individual Therapy
- Empowerment Groups
- Over 20 Years Experience Helping Families
- Reasonable Costs & Payment Plan Options



VISIT OUR SOCIAL MEDIA PLATFORM...

IG: thereveal20



The Reveal

- Guidance
- Tips
- Resources
- Empowerment
- Transformation
- Growth
- Healing



LOTUS EXPERIENCE, LLC
 2301 N. 9th Street Studio 219
 Philadelphia, PA 19133
 Website: Lotusexperience.org
 Email:
NDarden@lotusexperience.com
 Phone: (267)983-8802



The 2020 Census is here, and Philadelphia is counting on you to participate! Our community needs every person to be counted in the 2020 Census to get the funding we need to recover from the social and economic challenges of COVID-19. For every person counted, Philly receives funding for:

- Education
- Healthcare
- Food support
- Public safety
- Roads and highways
- And much more!

So why should you complete the 2020 Census? Responding to the Census lets decision makers know where people are so that they know where necessary investment and resources should go. Census data helps communities get the support and representation they need. Representation matters, and the more people we count, the more power Philly has.

How do you complete the 2020 Census? You can complete the 2020 Census in 13 languages online at 2020census.gov or by phone at **844-330-2020**. You also may have received a paper form in the mail.

Who counts in the 2020 Census? Every person counts! You should count every person living in your household on your census form, regardless of citizenship status. Don't forget your roommates or your baby!

For every person not counted in the 2020 Census, Philly will miss out on \$21,000 in federal funding over the next 10 years. It only takes 10 minutes to complete, impacts our community for 10 years, and your response is 100% confidential. Let's make sure our communities get counted and complete the 2020 Census today.

I Count, You Count, Philly Counts!



Getting Rid of COVID

Dr. Cornelius D. Pitts Miriam Medical Clinics, INC.



First, a few facts. **COVID-19 IS REAL.** There is no conspiracy. This was not created in a governmental laboratory. This is a **real** public health emergency. Now, the **real** questions are: How do we respond? How do we manage this virus? How do we get rid of COVID-19? There are three answers: Masks, Physical Distancing and Hand washing.

Let's talk about each.

Masks. As a community we must protect each other. Mask wearing protects both you and me. When I talk, or breathe, I am always “spraying” droplets from my mouth. If I have COVID-19 and one of these droplets reaches you, you can become infected with COVID-19. By wearing the mask, I am protecting you. When you talk or breathe, your droplets can infect me. Therefore, we are protecting each other by wearing masks. and the rate of viral spread decreases, You've heard of “flattening the curve”, well that's what you'll be doing. That's what we need. And remember, **the mask must cover the nose AND the mouth.**

Physical Distancing. Droplets can travel far. That is why remaining 6 feet away from others is so important. Even when you are wearing a mask, if an infected droplet comes near you and is inhaled, there is a chance you can become infected by COVID-19. So, **watch your distance!** When standing in long lines at the pharmacy, stand 6 feet in front or behind others in line. When crossing in front of others, stay 6 feet away. This distancing will decrease viral spread.

Hand washing. The virus lives on surfaces for up to 24 hours. If you touch an infected surface and then rub your eyes, nose, or mouth, you can become infected, if you have **not** washed your hands. So, wash your hands frequently with soap and warm water for at least 20 seconds. If your hands are washed after you touch surfaces, your chance of becoming infected, decreases.

These are the only ways to manage COVID-19.

Oh, and one other thing. For these methods to work, **EVERYONE MUST DO THEM.** The disease will not be affected if only some of us wear masks, physically distance, and wash our hands.

COVID-19 has changed everything we do. We must think of different ways to create a new normal. After all, the book of Isaiah tells us:

“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.” (Isaiah 43:18-19)

So spread the word: **Let us all do a new thing.**

This fact sheet is being provided because your sample(s) were tested for Coronavirus Disease 2019 (COVID-19) using the Roche's cobas SARS-CoV-2 RT-PCR assay performed by ADL.

This Fact Sheet is provided to help you understand the risks and benefits of using this test for the diagnosis of COVID-19. If you have questions after reading this fact sheet, please contact your healthcare provider.

What is CoVID-19?

COVID-19 is caused by the SARS-CoV-2 virus. The virus which can cause mild to severe respiratory illness, was first identified in Wuhan, China and has now spread globally. There is limited information available to characterize the spectrum of clinical illness associated with COVID-19 but it likely spreads to others when a person shows signs or symptoms of being sick (e.g., fever, cough, difficulty breathing, etc.)

What is the ADL SARS-CoV-2 RT-PCR test?

The test is designed to detect the virus that causes Co-VID19 in nasal or oral swab specimens.

Why was my sample tested?

You were tested because your healthcare provider has determined you may have been exposed to the virus that causes COVID-19 and/or because:

- You live in or have recently traveled to a place where transmission of COVID-19 is known to occur and/or
- You have been in contact with an individual suspected of, or confirmed to have COVID-19.
- You are having a procedure that requires a negative COVID-19 result confirmation.
- You are required to provide a negative COVID-19 result to return to work.

What are the risk and benefits of the test?

Potential risks include:

- Possible discomfort or other complications that can happen during sample collection.

Potential benefits include:

- The results of this test combined with other information can help your healthcare provider make informed recommendations about your care.
- The results of this test may help limit the spread of COVID-19 to your family and others in the community.

**For the most up to date information on COVID19 please visit the CDC
Coronavirus Disease 2019 (COVID-19) webpage:
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>**

What does it mean if I have a positive test result?

If your test result is positive, it is very likely that you have COVID-19 and may be placed in isolation to avoid spreading the virus to others.

There is a small chance this test can give a positive result that is wrong (a false positive result). Your healthcare provider will work with you to determine how best to care for you based on the test results along with your medical history, and your symptoms.

What does it mean if I have a negative test result?

A negative test result means that the virus that causes COVID-19 was not found in your sample. If you had symptoms at the time your sample was collected, but tested negative this usually means COVID-19 did not cause your recent illness.

However, it is possible for this test to give a negative result that is incorrect (false negative) in some people with COVID-19. This means you could still possibly have COVID-19 even though the test is negative. Your healthcare provider will consider your results, medical history, and symptoms in providing a care plan for you.

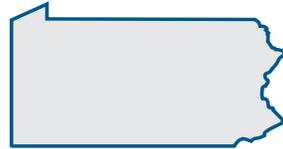
Is this test FDA-approved or cleared?

No. This test is not yet approved or cleared by the United States FDA. When there are no FDA-approved or cleared tests available, and other criteria are met, FDA can make tests available under an emergency access mechanism called and Emergency Use Authorization (EUA). The EUA for this test is supported by the Secretary of Health and Human Service's (HHS's) declaration that circumstances exist to justify the emergency use of in vitro diagnostics for the detection and/or diagnosis of the virus that causes COVID-19. This EUA will remain in effect (be used) for the duration of the COVID-19 declaration, unless it is terminated or revoked by the FDA.

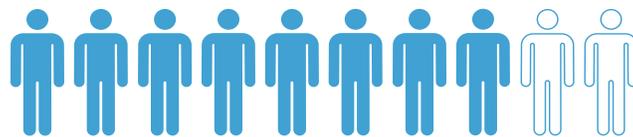
For further questions regarding your results and/or care, we recommend contacting your healthcare provider.

**For the most up to date information on COVID19 please visit the CDC Coronavirus Disease 2019 (COVID-19) webpage:
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>**

HAVE A CRIMINAL RECORD IN PENNSYLVANIA? BE INSPIRED!



IT'S NEVER BEEN EASIER TO APPLY FOR
A PARDON IN PENNSYLVANIA



8 OUT OF 10 PEOPLE GETTING A HEARING
END UP WITH A PARDON

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PEOPLE WHO HAVE BEEN THROUGH IT AND
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Online Basic Office Skills Program



I know a lot of people have been affected by the Pandemic and it is truly disheartening to see all the jobs lost. I believe if you see a problem and you do nothing about it then you are just as responsible for the problem.

I have been blessed to generate added income simply by using my office administration experience and I feel it is only right for me to share that with others. Having office administration skills especially in this economy is an advantage and will allow you to work remotely or even use it to start a virtual business.

You can start where you are. When I first worked as an office assistant, I was not exceptionally good at it. I made a great deal of mistakes, so much that someone advised me to make a career doing something else. But I was determined to make it work. My 20 years' experience as an office assistant started from clerical, legal assistant, executive assistant, and finally director of an education program. I had become a real professional. I decided to help others and have taught over 50 ladies office administration.

I am seeking women with very little to some experience who want to learn how to develop the skills needed to generate income as an office assistant or better yet, who want to become self employed as a virtual assistant.

If you would like information about how I did it and what you need to make that happen for yourself, visit my webpage www.ctserv.org.

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DOULA SUPPORT PROGRAM

What is a Doula?

A trained professional who provides non-clinical support during pregnancy, labor & delivery and in the post-partum period.

Our Doula Support Program serves parents and families navigating a history of substance use with the addition of a baby. Our doulas offer individualized emotional support, education and connection to resources for up to one year. Services with your doula are voluntary.

What You Can Expect:

- ✚ Informational, emotional and educational support prenatally and up to a year postpartum
- ✚ Continuous support and coaching throughout labor and delivery
- ✚ Breastfeeding support and education if desired
- ✚ Doctor's appointment escorts for both parent & baby
- ✚ Intensive Care Nursery support
- ✚ Respect and support for the challenges of parenting while in recovery
- ✚ Services provided to the parent in the event of separation of the child/ren

Benefits of Doula Support:

- ✚ Increased positive overall labor & delivery experiences
- ✚ Assistance identifying supportive paths to care for and manage recovery while parenting
- ✚ Community resource connections & referrals



For questions or referrals please contact:

Arielle Narva, Program Manager
Maternal, Child and Family Health
arielle.narva@phila.gov

(215) 685-5269: Office / (443) 593-9864: Cell



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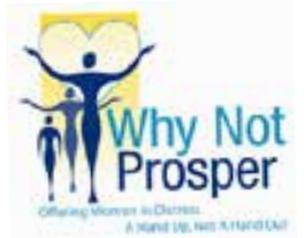
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Mission & Vision

Miriam Medical Clinics, Inc., is an inner city, non-profit, primary health care facility which aims to provide healthcare in a manner that recognizes the dignity and integrity of all patients.

Serving in Philadelphia

Of the 10 most populous U.S. cities, Philadelphia has the highest rates of unemployment and poverty. These factors, among others, serve as barriers to an equitable health care system. Miriam Medical Clinics Inc., was founded in Philadelphia to address the needs of underserved and underinsured patients in the Greater Philadelphia Region.

Because of our central location in Philadelphia, which is home to six major Health Science Research Centers and Medical Schools, Miriam will also serve as a training site for externs and interns in the various health care professions.

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Our services include:

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Miriam Medical Clinics, Inc., offers its services to all persons in the Philadelphia Area who are in need of quality, compassionate health care regardless of ability to pay.

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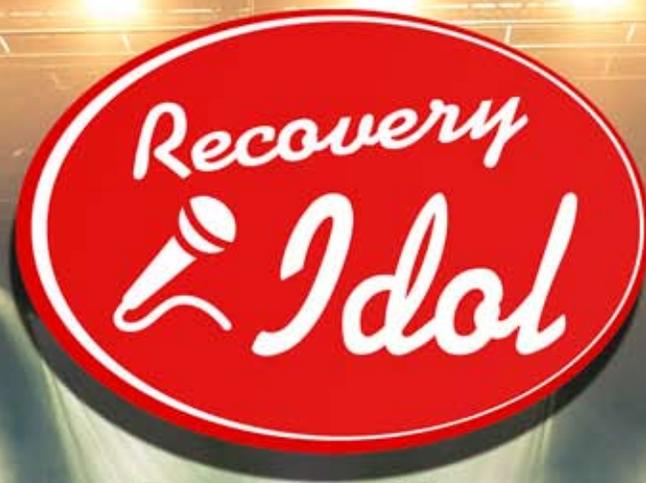
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OCTOBER

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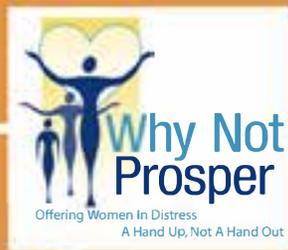
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THANK YOU!

Why Not Prosper would like to thank our interns who volunteered to help make 2020 the best year ever. They include: Angela Yang, Nandika Kamirisetti, Tanushri Madichetti, Julia Park, Andrea Pinga, Payton Puerzer and Christina Kim. They all did a wonderful job. Thank you so much for your incredible work!

THANK YOU TO OUR MAJOR FUNDERS:

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Above: The women of SWAG - Sisters with a Goal

Inspire Magazine is a publication of Why Not Prosper, Inc.

It is designed to be a social, racial, and health equity magazine featuring inspiration, insights and spotlights on our community's most pressing issues.

Why Not Prosper is a grassroots nonprofit founded by a formerly incarcerated woman for other formerly incarcerated women.

We are strong advocates for women and are committed to providing programs and services that support women in their re-entry efforts from prison to community.

Why Not Prosper provides a continuum of programs that includes Pre-Release Mentoring to incarcerated women, residential services at Why Not Prosper House and community services at our Resource Center located in Philadelphia PA.

