

A STEP In The Right Direction Newsletter



Support Team for Educational Partnership

The STEP initiative at The School District of Philadelphia provides mental health, behavioral health and social service support to students and families in select District schools. This team of mental health professionals can provide therapy, case management, behavior planning and peer support as well as consult on school wide initiatives that can and should lead to better outcomes for students in the classroom and in the community.

Your PVA STEP team:

- Colleen Keller, Clinical Coordinator (ckeller@philasd.org)
- Sarah Smith, Case Manager (ssmith12@philasd.org)
- Ira Young, Family Peer Liaison, (iyoung@philasd.org)
- Danielle Robinson, School Behavioral Consultant, (dtrobinson@philasd.org)

WOMEN'S History Month



In the United States since 1987 the month of March has been dedicated to Women's History Month. The theme for Women's History Month in 2022 is "Women Providing Healing, Promoting Hope.". Women's History Month is a celebration of women's contributions to history, culture and society. The Month of March is dedicated to reflect on the often-overlooked contributions of women to United States history.

The theme of "Women Providing Healing, Promoting Hope." is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."

Celebrate the many achievements of women throughout history in art, athletics, business, government, philanthropy, humanities, science, and education. Women have contributed a lot to society, and have made great strides in reducing the gender equity gap. However, we still have some barriers to overcome to ensure equal economic opportunities, educational equity, women's health, and an end to gender-based violence.

To celebrate Women's History Month:

- Buy from and support women-owned businesses
- Support (and play/watch!) women-led and -made films and songs
- Share what you've learned about women's history online (if posting online about Women's History Month or International Women's Day, use #ChooseToChallenge or #IWD2021)
- Read and buy books from female writers

STEP UP & Support

This is a small sample of women owned business and authors from Philadelphia County as well as female directed and led movies.

Pretty Girls Cook

1016 North Marshall Street, Philadelphia, PA 19123 (215) 278-2260

Burgers, mac 'n' cheese & other American comfort food in a cozy restaurant, plus brunch

Primal Supplies Meats

1521 North 31st Street, Philadelphia, PA 19121 (215)-595-2228

Whole animal butchery working closely with local farmers to bring pasture-raised meats, including beef, pork, poultry and lamb, as well as goat and rose veal when available.

Nourish

943 South 9th Street Philadelphia Pa 19147 (Order online)

Offering a variety of delicious vegan options with menu of savory and healthy dishes along with raw foods, juices and sea-moss smoothies.

Hip City Veg

- North American Building, 121 S Broad St, Philadelphia, PA 19107, (267) 296-9001
- 127 S 18th St, Philadelphia, PA 19103 (215) 278-7605
- 214 S 40th St, Philadelphia, PA 19104, (267) 244-4342

A fully vegan, plant-based restaurant with eight locations spanning across Philadelphia, Washington D.C., and the Philadelphia suburbs.

Girls Auto Clinic

7425 W Chester Pike Upper Darby PA 19082 (484) 461-4693

Full-service auto repair, women mechanics, manis, pedis while you wait, in a beautiful lounge tailored to women.

Amalgam Comics and Coffeehouse

2578 Frankford Ave, Philadelphia, PA 19125 (215) 427-3300

Amalgam Comics & Coffeehouse is a comic book store and coffee shop hybrid located in the Kensington section of North Philadelphia.

Harriet's Bookshop

258 E Girard Ave, Philadelphia, PA 19125 (267) 241-2617

Named for historical heroine Harriet Tubman, our mission celebrates women authors, women artists, and women activists.

Grant BLVD

3605 Lancaster Ave, Philadelphia, PA 19104 (215) 970-9630

Grant Blvd is a Philadelphia-based sustainable apparel movement committed to supporting the currently & formerly incarcerated through fashion forward design.

Juana Tamale

1941 E Passyunk Ave, Philadelphia, PA 19148 267-273-0894

Mexican comfort food for the whole family

The Better Box

- 8601 Frankford Avenue (215)-613-7381
- ShopRite 2471 West Cheltenham Avenue (267)457-2930
- Icue Cigar Lounge & Bar 4543 Milford Rd, Ste. 30 East Stroudsburg Pa. 18302 (570) 369-4430
- Custom Eggrolls with flavors like Philly Cheesesteak and Firecracker Salmon. All of our products are Handmade with the freshest high-quality ingredients you can find.

Books

- The Price of a Child by Lorene Cary
- In Her Shoes by Jennifer Weiner
- Bound by Donna Jo Napoli
- Bossypants by Tina Fey

Movies

- "One Night in Miami" -(Regina King, 2020)
- "Clemency" -(Chinonye Chukwu, 2019)
- "Wonder Woman" (2017) - Director: Patty Jenkins
- "Bruised" -Directed by Halle Berry; Written by Michelle Rosenfarb
- "Eternals"- Directed by Chloé Zhao;
- Fear Street Part 1,2,3 - Directed by Leigh Janiak
- The Farewell (2019) – Lulu Wang
- Birds of Prey (2020)

A STEP Into the Spotlight



Bessie Blount Griffin was a compassionate woman who aided many wounded soldiers during WWII. After seeing so many wounded and unable to fend for themselves, she invented a device that helped amputees feed themselves. Essentially, the person could bite down on a tube that would dispense a mouthful of food into the person's mouth. The invention was denied in America, but the French government purchased her invention and used it to help wounded soldiers eat on their own.



A true innovator, **Dr. Patricia Bath** was the first African-American to achieve a residency in ophthalmology. In addition to that, Bath was the first African-American female to gain a medical patent for her invention of the Laserphaco Probe used for cataract treatment. Her device was a trailblazing invention that was able to restore vision to individuals who had gone more than three decades without sight.



ELLEN OCHOA

Much of Ochoa's early research was spent studying optical systems. She filed for a few patents on the topic, including "Position, Rotation, and Intensity Invariant Recognizing Method." Eventually, she was named Chief of the Intelligent Systems Technology Branch at the NASA Ames Research Center. However, her biggest claim to fame is as the first Hispanic woman to go to space. Her nine-day mission aboard the Space Shuttle *Discovery* in 1993 was just the first of her four flights and multiple stints as Mission Control. She currently serves as the Vice Chair of the National Science Board.

LOVE YOUR HEART

In the United States the leading cause of death for women is not breast cancer but heart disease. Some women are asymptomatic (no symptoms) but others may experience:

- Angina (dull and heavy or sharp chest pain or discomfort)
- Pain in the neck, jaw, or throat
- Pain in the upper abdomen or back

These symptoms may happen when you are resting or when you are doing regular daily activities.

Women also may have other symptoms, including⁵

- Nausea
- Vomiting
- Fatigue

Heart disease may be “silent” and not diagnosed until you have other symptoms or emergencies, including

Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath

Arrhythmia: Fluttering feelings in the chest (palpitations)

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins

If you have any of these symptoms, **call 9-1-1 right away.**

Risk factors for heart disease

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Having overweight or obesity
- Eating an unhealthy diet
- Physical inactivity
- Drinking too much alcohol



To lower risk of heart disease with the assistance of your primary care physician gain control of you blood pressure, diabetes, and cholesterol. Change your diet, limit the amount of alcohol consumption, and quit smoking.

STEP's Easy Cooking Corner

Baked Chicken Tacos



- Preheat oven to 400°F. Spray a 9×13 baking dish with nonstick spray
- Heat olive oil over medium heat in a medium skillet.
- Add onion to skillet and cook for 2-3 minutes, or until the onion is translucent and fragrant.
- Stir in the chicken, taco seasoning, tomatoes (FULLY DRAINED), and green chiles (FULLY DRAINED) *see note. Stir to combine fully. Reduce to simmer and allow to cook for 5-8 minutes.
- Place the taco shells in the baking dish, standing up. I was able to fit 10 taco shells in the dish by adding 2 on each side.
- Bake the taco shells for 5 minutes by themselves to allow them to crisp up. Remove from the oven.
- Spoon 1 tablespoon of beans into the bottom of each taco shell. Top with the chicken mixture, almost to the top of each shell.
- Sprinkle each shell generously with shredded cheese, the more the better!
- Bake for 7-10 minutes or until cheese is fully melted and the edges of the shells are browned.
- Remove from the oven and top with your favorite items such as jalapenos, sour cream, cilantro, and salsa.

Resources

Women's Opportunities Resource Center

"The mission of WORC is to promote social and economic self-sufficiency primarily for economically disadvantaged women and their families. WORC provides entrepreneurial training, individual business assistance, incentive savings programs, and access to business and financial resources." 2010 Chestnut St, Philadelphia, PA 19103 (215)564-5500

Women in Transition

Women In Transition (WIT) empowers people to move forward in their lives free of domestic violence (DV) and substance abuse. 718 Arch Street Suite 401N, Philadelphia, PA 19106 215.564.5301

Black Women's Health Alliance

The Philadelphia Black Women's Health Alliance works to improve health care outcomes and reduce health disparities for African American and other minority women and their families through advocacy, education, research and support services. 1324 W. Clearfield Street, Philadelphia, PA 19132 215-225-0394

Gearing Up

Gearing Up's goal is to provide women in transition from addiction, abuse, and incarceration the guidance, skills, and equipment to safely ride a bicycle for exercise, transportation, and personal growth. Gearing Up creates a safe, supportive environment through group bike rides where women, whose lives have been impacted by multiple challenges, can enhance confidence and life skills, strengthen physical fitness, and build emotional health.

718 Arch Street, Suite 401N Philadelphia, PA 19106 215-564-5301

GIRLS ON THE RUN

Trained coaches use physical activity and dynamic discussions to build social, emotional and physical skills in every girl while encouraging healthy habits for life.

40 W. EVERGREEN STREET SUITE 104 PHILADELPHIA, PA 19118 (215) 247-8598

Women's Institute for Family Health

Non-profit organization that serves men, women, children, youth and families on a wide range of health and social issues to promote physical, mental and emotional wellness. 5936 Chestnut St. 1st Floor, Philadelphia, PA 19139 (215) 747-2391

Mental Health Care:

Community Behavioral Health (CBH) (Mental Health and Addiction Services for Medicaid recipients) 1-888-545-2600

Philadelphia Crisis Hotline 215-685-6440

Department of Behavioral Health (DBH) (Mental Health and Addiction Services) 1-888-545-2600
Emergency 215-686-4420

National Suicide Hotline 1-800-273-8255