

Protecting Your Delaware River Watershed

Safeguarding our Drinking water and providing water recreation

The Delaware River watershed stretches 330 miles: From headwaters in the Catskill Mountains down to the Atlantic Ocean, through 13,500 square miles, encompassing the entire city of Philadelphia and provides drinking water for more than 15 million people. That's nearly 5% of the entire United States' population!

The William Penn Foundation launched a joint initiative in September 2016 aimed at increasing awareness of the importance of the Delaware River watershed. Comprising twenty-three environmental education centers in Pennsylvania, Delaware, and New Jersey, the Alliance for Watershed Education of the Delaware River is developing shared programming with the goal of protecting and educating people about the watershed they all live in.

To that end, the centers are offering opportunities to visitors to explore, enjoy, and engage in activities on their

local waterways. In addition, each of the centers — all of which connected by the Circuit Trails, a 750-mile regional trail network — will employ two summer fellows between the ages of 18 and 24 to manage community outreach and programs. For many Fellows, this opportunity is their first foray into the environmental field, but after twelve weeks, all Fellows gain an appreciation for nature and the capability of being an ambassador for the watershed.

John Heinz National Wildlife Refuge is a proud member of this alliance and has been working to inspire individuals and communities to sustain this interconnected, natural system. The two Fellows that will be working on behalf of the refuge over this summer are both from Philadelphia and will be involved in activities from free fishing to litter clean-ups both on the refuge and in local parks and green spaces in Southwest Philadelphia over the summer. Their purpose is to help com-



Kayin Bankole (left) reluctantly holds a snakehead fish for the first time. Kayin, a first-year Fellow who served at John Heinz NWR over the summer of 2017, will be returning to the refuge for a second year supporting watershed education and community outreach.

munity members learn about where their water comes from and steps community members can help to take to improve local waterways.

To learn more about the work being done by the Alliance for Watershed Education check out <https://www.watershedalliance.org>.

Mental Health & Mental Wellness Community Workshop

JUNE 9

Southwest CDC is partnering with the Diversified Community Services and Whitman Council NACs in South Philadelphia to host a Service Area Briefing on Mental Health and Wellness on Saturday,

Ivan Juzang of MEE Production will give a presentation of Moving Beyond the Survival Mode. Several service professionals will be on-hand to distribute very important information and to answer your questions concerning mental health and wellness in addition to information about City services.

PMHARC will provide food, incen-

Dealing with Long-Term Pain

JUNE 9

On June 9, Mercy Philadelphia Hospital will continue its popular Dine with the Docs community Q&A series with a discussion about the benefits of palliative care in cases of long-term pain and its consequences for patients and their families. The discussion will focus on

event, participants will hear from Ira Smith, M.D., Medical Director of Palliative Care at Mercy Health System.

Along with Dr. Smith's lecture and interactive Q&A session, Mercy Hospital will provide a complimentary meal. The event takes place from 11 a.m. to 12 p.m. in the Mercy Philadelphia Hospital Cafeteria, located at 501 South 54th Street, Philadelphia, Pa. Registration is required for this event. To register or for more information,