



**pennsylvania**

**CARE PARTNERSHIP**

DEVELOPING SYSTEMS THAT CARE

**Black Urban Gardeners  
and Farmers of  
Pittsburgh Co-Op (BUGs):  
Therapeutic Gardening  
for Youth Healing**

*Featuring ...*

**Raqueeb Bey  
and  
Christina  
Flewellen-Howze**

**September 10, 2020  
PA Care Partnership**

# Kelsey Leonard

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Care Partnership [leonardkt@upmc.edu](mailto:leonardkt@upmc.edu)



# Black Urban Farmers of Pittsburgh

○ <https://vimeo.com/453067169>

A Solution for Sustainability to Take  
Food Sovereignty Into Our Own Hands



**HOMewood URBAN FARM**  
***Black Urban Gardeners and  
Farmers of Pittsburgh CO-OP***

Black Urban Gardeners &  
Farmers Coop of Pittsburgh

# MAGS

2011 THE HILL-2015  
HOMEWOOD

GROWING FOOD

GROWING MINDS

GROWING LEADERS

GROWING BLACK FARMERS



# AN INCREASING WEALTH GAP

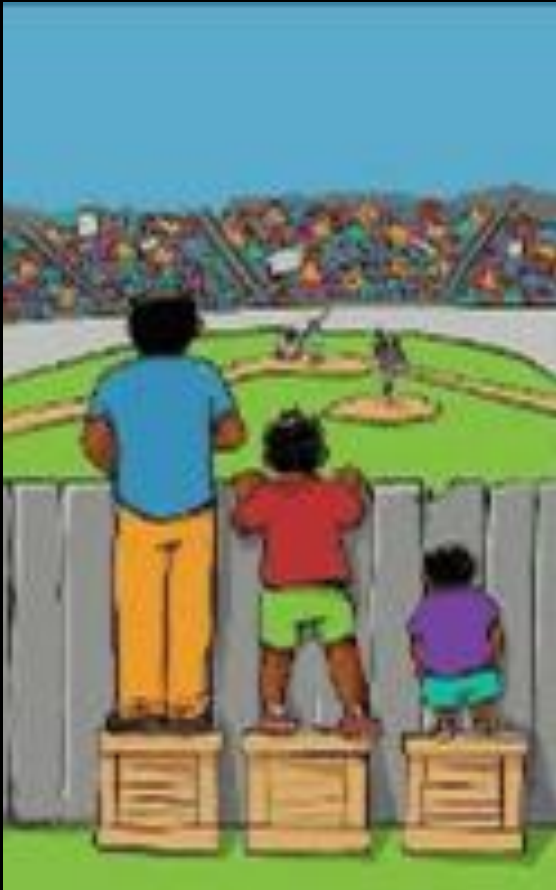
**Reality**



48% of Homewood residents worry whether their food will run out before they have money to buy more.

# ADDRESSING FOOD ACCESS

## Equality



While many are enrolled in food supplement programs, there are too few local healthy options for residents.

# CREATING AN URBAN FARM

## Equity



BUGFPC recognizes the power of community outreach and partnerships to ensure everyone's success

# B.U.G.S. Is Turning Blighted Spaces Into

- A source of food for the community
- A creative common
- A festive environment to learn, grow and interact with the community



# A Solution

- Hoop houses are great for year round growing
- Many plants, vegetables and herbs can be grown to limit lack of access to healthy food/options

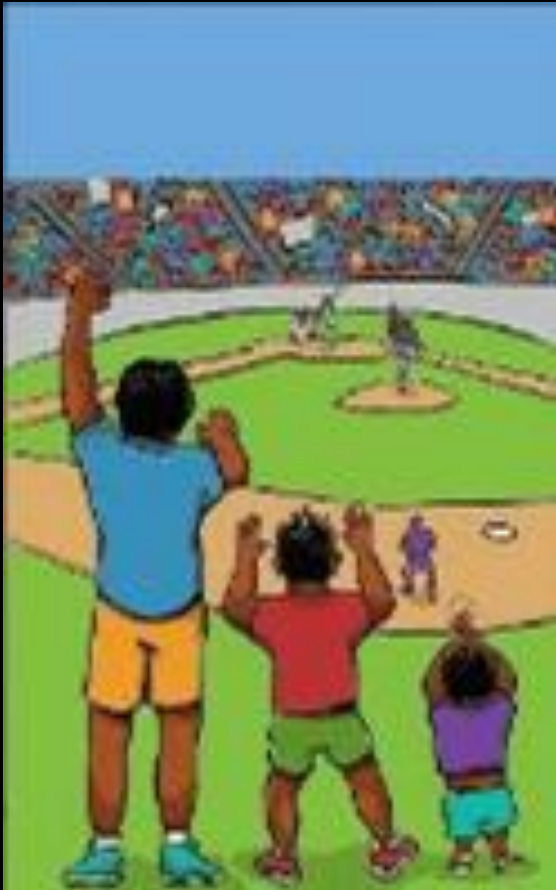


# HOOP HOUSE IN THE HOOD!



# AGRICULTURE+EMPOWERMENT

## Liberation



Social innovation is  
emancipation for all!

END WHITE  
SUPREMACY

# BLACK FACES ON BLACK LAND



# The Farmer's Market

- B.U.G.S. will be able to supply fresh produce for all seasons
- Our hoop houses will supply the farmer's markets, the community, and restaurants
- 72% of consumers say they would support restaurants that buy local





# HOMEWOOD FARMERS MARKET

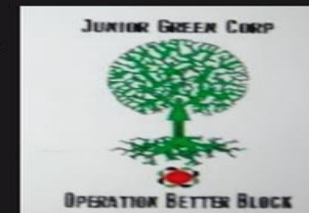
GET FRESH PRODUCE FROM LOCAL HOMEWOOD FARMERS

**EVERY SATURDAY 10AM-2PM**

**JUNE 13TH - OCT 31ST**

LOCATION: HOUSE OF MANNA

7240 FRANKSTOWN AVENUE PITTSBURGH PA 15208







# Our Motto

"BUGFPC has green print to take food justice into our own hands for our community."

# #BlackFarmersMatter

# #BlackLandMatter

# #FoodJusticeForAll





GOT

WE DO!

<https://www.facebook.com/blackurbangardener>

<https://bugfpc.com/>

RAQUEEB BEY-  
blackfarmerscoop@gmail.com

# HEALING THROUGH THE 5 SENSES

By Christina Flewellen-Howze, Post 9/11 Military Veteran  
No Hero Left Behind, CEO & Trauma-informed Suicide Prevention Specialist  
Painting with Purpose, Owner & Creative Arts Coach  
Cooking with Love, Owner & Culinary Educator  
2019 YWCA Tribute Awardee for Creative Arts  
2018 Pittsburgh Courier FAB 40 Honoree

A horizontal band of dark blue watercolor paint, with some lighter blue and white areas visible at the top and bottom edges, creating a textured, painterly effect.

WHAT ARE THE 5 SENSES?

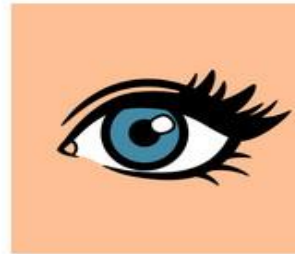
# 5 SENSES



TASTE



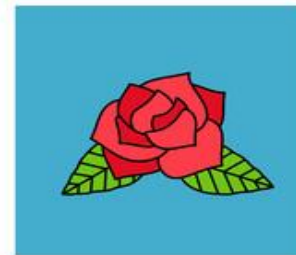
HEARING



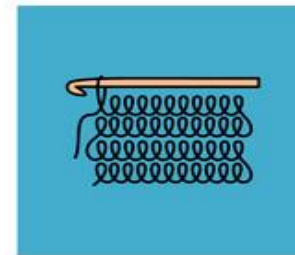
SIGHT



SMELL



TOUCH

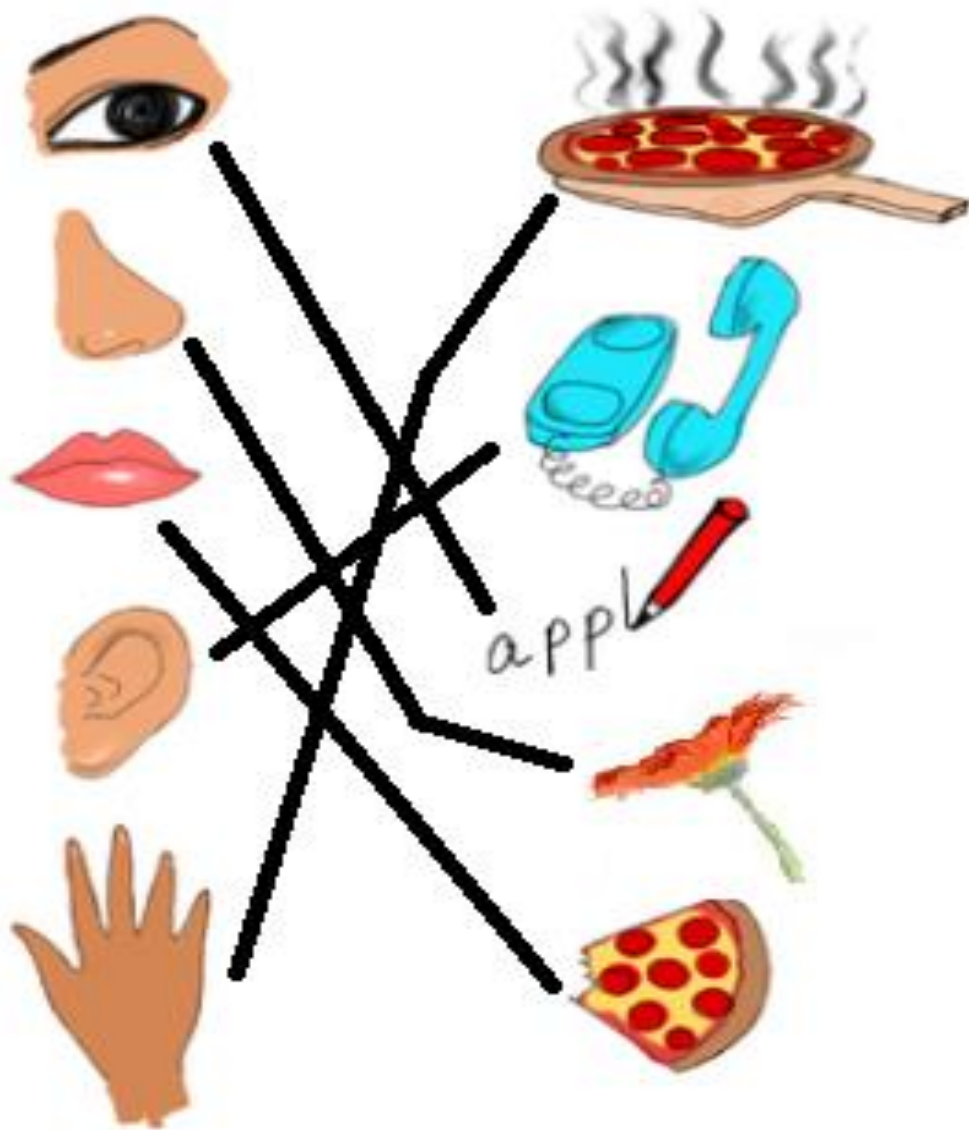


A horizontal band of dark blue watercolor paint, with some lighter blue and white areas visible at the top and bottom edges, creating a textured, painterly effect.

WHAT IS 5 SENSE THERAPY?

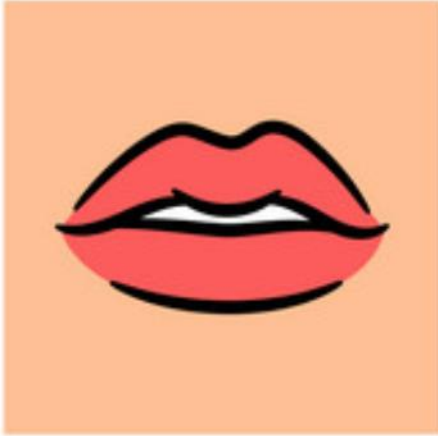


- 1) Sensory Impressions are as critical to health, just as food we eat creates tissues, our senses determine the quality of thought emotions, actions, and interactions.
- 2) Altogether, the 5 senses are tools in which we use to help navigate human experiences.



- 3) Just how trauma can be received through our five human senses; Healing can also be absorbed in the same manner.
- 4) So, just as our bodies can feel trauma, we can feel healing by touching something soft or warm. Watching a love story, listening to your favorite song, or eating a meal that reminds you of home.

# 4 Points of Taste/ Culinary Therapy

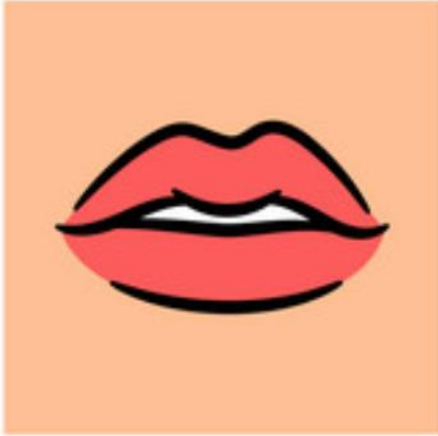


TASTE



- 1) Foods have different neurochemical properties i.e. different foods effect the body different ways.
- 2) Food or taste can become associated with calming nerves and/or energizing.

Above Pic: Christina providing culinary therapy for local organization.



TASTE



- 3) Food is categorized into six tastes, with each taste having a unique effect on the mind/body physiology.
- 4) Including these six tastes in each meal, not only provides daily nutrients needed to maintain health, but also promotes feelings of satisfaction.

Above Pic: Christina providing culinary therapy for local organization.

# 4 Points of Smell/ Aroma Therapy



- 1) Smell is the most primitive of the senses connected directly to the body's central nervous system making the sense of smell the strongest human sense.
- 2) The process of smell is an absorbance of molecules which promotes various feelings based on the scent.

Above Pic: Christina providing aroma therapy using mason jar hydroponics.



SMELL



- 3) Embracing various scents, promotes grounding while, distracting from negative stimulus.
- 4) Scents are connected directly to your memories, emotions and instincts.

Above Pic: Christina providing aroma therapy using mason jar hydroponics.

# 5 Points of Sight/ Visual Therapy



SIGHT



- 1) Visual aids are used to influence the mind, and body connection.
- 2) Visual images you perceive have a profound effect on your mind, body and emotions.
- 3) Images of peace, and serenity are associated with reducing activity.

Above Pic: Christina providing sight therapy for local youth group.



SIGHT



- 4) Surrounding yourself with positive or pleasuring images uplift your spirit and is important for your health.
- 5) Witnessing negative images can cause a traumatic effects on endorphins in the human body.

Above Pic: Christina providing sight therapy for local youth group.

# 4 Points of Sound/ Audio Therapy



- 1) Every Sound heard has a physiological effect. However, personal preferences differ.
- 2) Upon hearing certain sound, brain waves switch modes and are passively brought into a relaxation state.

Above Pic: Christina providing sound therapy for local senior group.



HEARING



- 3) When sounds of empowering or relaxing tones are heard, a cascade of pleasure producing endorphins course through the body.
- 4) In contrast, noise pollution is associated with increased stress and decreased immune functions.

Above Pic: Christina providing sound therapy for local senior group.

# 4 Points of Touch/ Textile Therapy



TOUCH



- 1) Skin is the largest organ and the calming stimulus registers quickly upon contact, releasing chemicals that enhance immune functions, respiratory and blood circulation as well as promoting sleep.
- 2) Utilizing various forms of touching can help the nervous system calm.

Above Pic: Christina providing touch therapy for woman veteran group.



TOUCH



- 3) Various texture can promote emotion, memories and fears.
- 4) Alternative surfaces or textures are used more in child settings but benefit all ages.

Above Pic: Christina providing touch therapy for woman veteran group.

QUESTIONS, COMMENTS, OR CONCERNS????



TO BOOK SESSION AND/OR FOR MORE  
INFORMATION:

- VISIT [PAINTINGWITHPURPOSE.ART](http://PAINTINGWITHPURPOSE.ART)
- EMAIL [PWP412@GMAIL.COM](mailto:PWP412@GMAIL.COM)
- CONTACT (412) 712-3407

THANK YOU FOR YOUR TIME. WALK IN  
LOVE BELOVED.



**Cultural competence  
and linguistic competence  
are a life's journey ...  
not a destination**

**Safe travels!**

# Thank You

- Please contact Kelsey Leonard, CLC Coordinator for the Pennsylvania Care Partnership at [leonardkt@upmc.edu](mailto:leonardkt@upmc.edu) with any questions, comments and/or for additional resources.