



SOWN
Supportive Older Women's Network
Because no woman should have to age alone



“SOWN saved my life!” Sara exclaims during her SOWN telephone support group. “I am not sure where I would be if you all weren’t here for me.”

Confined to a wheelchair, Sara spends her day staring quietly out her window. Eighty-two years old and living alone in senior housing, Sara copes with diabetes, heart disease and is a cancer survivor. Recently her cancer symptoms returned and she is anxious.

Sara believes she is no one’s priority, rather **invisible** to her doctors, her neighbors, and most importantly, her children. But there is a place where Sara is not invisible. Each Monday afternoon, she patiently waits for her phone to ring – eager to hear the voices of her SOWN telephone group members: Elizabeth, Helen, Rose, and Betty.

Hesitantly, Sara shares her fear of going to the hospital for a needed procedure. The support group facilitated by a SOWN professional makes Sara their priority that Monday afternoon, encouraging her to talk about her fears.

Betty said, “Oh Sara, that procedure is a little scary but it’s really nothing to worry about. I just had one done.” “Me too!” Rose offered. Sara felt so relieved as her SOWN telephone group explained to her each step of the procedure; they comforted, consoled and encouraged her. Their message to her was, **“You are important, you need to take care of this, and you need to take care of yourself.”**

Sara heard the message and consulted with her doctor. Unfortunately, her cancer returned, and Sara now supported by her SOWN telephone group overcomes her fears and undergoes surgery.

Sara’s SOWN group is her way to connect to the rest of the world. Although she never met her SOWN telephone group members in person, Helen, Betty, Elizabeth and Rose are her closest friends, confidants and supports.

SOWN connects over 800 older women each week who, like Sara, feel isolated and forgotten because of chronic health problems and limited mobility. And there are so many more women like her in different but equally precarious circumstances. SOWN offers more than 40 support groups that bring together homebound seniors, grandparents raising grandchildren, isolated caregivers, and other vulnerable older women.

Today, you can make an immediate difference in the life of an older woman. Please send the most generous gift you can, so SOWN can continue to help women like Sara discover the power of mutual support as they age-- Because No Woman Should Age Alone.

With grateful appreciation,

Merle Drake, Executive Director and Linda Cutler, Chair, Board of Directors