



FINDING NEW WAYS TO GROW OLDER TOGETHER

December 15, 2011

Dear SOWN Friend,

At this time of year, we are asked to dig deep into our pockets to offer support and assistance to those in need. It can be daunting to choose who to help. How to choose? Who should be at the top of the list?

Marcy and her mother Rose are at the top of our lists. Rose, who tutored school children in reading and writing until she was 80, recently faced a choice: should she, at 87, move in with her daughter Marcy? Rose is starting to feel more physically frail and worries that living on her own will be too challenging for her. She is concerned, too, about being a burden to her daughter.

Rose turns to her SOWN support group. Over the last 15 years, the women in her SOWN support group have become trusted friends and advisors to Rose as she is to them. Rose needs their help to make an appropriate decision. As she discusses the pros and cons of moving, the other group members weigh in with their advice and experiences.

Roberta tells her, *"We admire your determination to stay independent. We've faced the same challenges."*

Linda tells her, *"You and I are the same. We all struggle. We do all we can. I work to stay independent every day. I'll tell you about the resources I use."*

Rose makes peace with her fears and decides to talk with her daughter about getting extra help at home so she doesn't have to move. When Marcy gets a call from a SOWN group facilitator to see how things are going with her and Rose, Marcy is grateful that her mother has the support she needs: "SOWN really adds value to my mother's life."

With your donation, strengthening a woman's support network will improve her life and help her maintain her independence.

SOWN is unique in providing older adults with tools to face economic hardship, isolation, and health and mobility challenges that compromise their quality of life.

We want to keep more groups like Rose's going strong.

Your gift of \$50 or more will help us do just that for more families like Marcy's and Rose's. Will you help us?

With great appreciation,

Merle Drake, LCSW
Executive Director

Denise M. Gargan
Chair, Board of Directors

Supportive Older Women's Network

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