



SOWN

Supportive Older Women's Network

For every older woman and her family

FINDING NEW WAYS TO GROW OLDER TOGETHER

THE E-NEWSLETTER OF THE SUPPORTIVE OLDER WOMEN'S NETWORK

Summer Training at SOWN

July/August 2011



SOWN Peer Training Session Empowers Volunteers as Leaders

"I am thrilled to be back for another peer training session. I learn new and interesting things that I take back and share with my group," remarks Sandy.

The introductions continue around the room at SOWN's main office in Manayunk where Sandy and other peer support group leaders gather from over 25 different locations across Philadelphia to attend SOWN's annual peer training in June.

Peer leaders, guided by SOWN staff, learn ways to facilitate group meetings, refresh their knowledge on available resources, handle conflict and group dynamics. These women, though their experiences at SOWN, are empowered to help others build a strong support network.

Peer leaders look forward to this annual peer training session and the opportunity to

A SOWN peer leader lights candles to honor deceased group members as part of the peer training session. Peer leaders often use this ritual to address loss and grief in the group.

meet like-minded leaders with whom they can share the joys and challenges of leading a community of older women.

They also experience feeling part of the larger SOWN support network and return home to share what they've learned.



SOWN peer leaders share common challenges they face during support group meetings

SOWN Launches Wellness Center without Walls

"I'm more familiar with the health system because of the trainings at SOWN and am proactive for myself," says Sharon, a 60-year-old West Philadelphia resident, who is waiting to be partnered with someone who will need her knowledge and skill as a volunteer peer health navigator, part of SOWN's newest initiative, Wellness Center without Walls. Volunteers entered into a two-session workshop in July and August, and will attend training workshops throughout the year as be partnered with other older adults in their communities.

The Wellness Center without Walls program trains volunteers to become peer health navigators who provide emotional and practical support to other older adults in their communities dealing with illness and/or chronic health conditions.

Training includes learning ways to:

- Support someone over the phone
- Help with questions to ask your doctor
- Be an extra set of ears at healthcare appointments
- Help find information about health or other social services

Interested in becoming a volunteer or learning more about Wellness Center without Walls?

Contact Arlene Segal, 215.487.3000 ext 11 or asegal@sown.org

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