SOWN Together:

Supporting Adults, especially Women 50+, through Life's Transitions

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

March 2011

"I wish there were two Wednesdays in a week."
- Ann, on connecting weekly with her SOWN group, still meeting in its 5th year.

Wellness Center without Walls — SOWN's newest initiative

Part of SOWN's mission is to find new ways to improve how we grow old together. Our newest initiative, **Wellness Center without Walls,** brings older adults as volunteer health navigators together with their peers. These peer health navigators go to the places – in the homes and neighborhoods of older people – where problems of access and coordination of care are most acute.

SOWN's Wellness Center without Walls helps older adults access health care, increase compliance and continuity of medical care, and is instrumental in prevention.

We thank the Barra Foundation for their generous funding of this project.

SOWN goes to Washington

Growing Healthy Lives Together program staff promoted its integration of health/wellness workshops with social support networks as part of a two-day conference sponsored by the Administration on Aging's Community Innovations for Aging in Place (CIAIP). As one of the 13 CIAIP grantees, SOWN was part of discussions on program evaluations, implementation, and partnership building.

Photo: Growing Healthy Lives Together *poster presented at the Administration on Aging's Community Innovations for Aging in Place (CIAIP) conference, January 2011.*

Like One-click to help SOWN reach "100 and Beyond" fans on Facebook during April!