



# SOWN Together:

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

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

October 2010

Valerie, a 75-year old woman, suffering from emphysema sits in her wheelchair in her room, looking out her window, alone and struggling to breathe. She hears about an innovative program for women focusing on health and wellness but she is worried about participating with her limited mobility. SOWN's Growing Healthy Lives staff reach out to her and with their support for the first time in 5 years she joins other residents in her building for a chair yoga workshop. Valerie, energized after the chair yoga, says, "I never imagined that I could exercise with the other people. I feel so alive!"

## Dear SOWN Supporters,

Thank you to our generous donors who gave to SOWN during our Mid-Year Fundraising Campaign. Your generosity brought us to 91% of our campaign goal! These funds will provide support for 2 older adults for a year of integrated emotional support and healthy living services through the Growing Healthy Lives Together program.

Fall starts the launch of many workplace campaigns. This is an easy way to support SOWN through automated payroll deductions. You can make a significant impact by helping a homebound older adult remain independent with a gift of \$20/month. We participate in the following campaigns:

Combined Federal Campaign - Code: 40041

State Employee Combined Campaign (SECA) - Code: 4101-6829

## You can donate now!

through

[Network for Good](#)

or

**United Way of Southeastern Pennsylvania - Giving #5721**

Find us on Facebook 

Visit SOWN's Facebook page [here!](#)

## SOWN selected as winning charity on Facebook

Thank you to Sarah McLachlan, the Lilith Fair staff, and our Facebook voters for selecting SOWN as the winning charity for the Lilith Fair concert tour Facebook contest! We are honored to have received \$1/ticket sold in Philadelphia

Supportive Older Women's  
Network  
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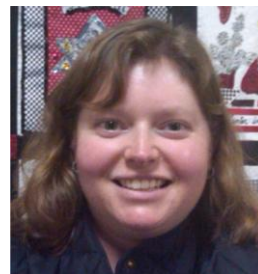
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SOWN Executive Director, Merle Drake (left), joins Lilith Fair performers in a press conference.

Congratulations to Kathy Jupin, winner of SOWN's raffle held at Lilith Fair festival!

**Welcome to our newest staff member, Debra Weigl!**



Debra Weigl

Debra is SOWN's new GrandFamily Resource Center social worker. With an MSW from Widener University and an MS in Criminal Justice, she has experience working with diverse individuals and groups through her work in domestic abuse and with students at the University of Pennsylvania's Counseling Center. Her interests include reading, cooking, and biking. She recently completed the Bike MS: City to Shore 77.5 mile ride in support of the National Multiple Sclerosis Society.



SOWN is a WOMEN'S WAY Member Agency

