



SOWN

Supportive Older Women's Network

Because no woman should have to age alone



SOWN At a Glance – 2010

The Mission: SOWN supports adults, especially women 50+, through life transitions.

As a pioneer in providing cutting edge supportive services dedicated primarily to serving older women as they age, the Supportive Older Women's Network (SOWN) recognizes how physical health is intrinsically tied to emotional well-being and the strength of mutual support. For more than 25 years, SOWN has found effective ways to enhance older women's ability to function independently, prevent isolation, maintain roles in their families/communities, and improve quality of life. SOWN has three core programs that serve nearly 1,000 diverse individuals and families annually:

- **Living Independently in Neighborhood Communities** – connecting frail, homebound older women; caregivers of older adults; or older adults “aging in place” with other adults in similar situations and neighborhoods through peer support groups and individual counseling.
- **GrandFamily Resource Center** – keeping vulnerable families together and enabling seriously at-risk children to live long-term in stable homes; primarily grandparents raising children who need comprehensive preventive and supportive services to help children stay out of foster care and thrive in school.
- **Growing Healthy Lives Together** – providing older adults in West Philadelphia with health and wellness initiatives to foster better health living through healthy mobile diner events, computer and health education workshops, health coaching, and peer support groups.

Prevention ❖ Family-focused ❖ Outcome Driven ❖ Community Partnership
