



One Woman, Seven Years of Commitment: Volunteer as Leader

Rosalie Dickerson, at 86 years old, has de-voted the last 7 years as a group leader for SOWN's community support group at Center in the Park. "The SOWN group talks a lot about values and about having a positive attitude," which Rosalie sees as one of many reasons that keeps her connected to her SOWN group. Her volunteering as a group leader is just one more part of how Rosalie gives back to her community. Up until she turned 80 she also tutored children in reading at a local public school for 6 years. Although Rosalie is retiring as SOWN's peer group leader this year, her time and her commitment empowered older women to build strong support networks to help them address aging issues. Marcia Jenkins, Rosalie's daughter, re-marks, "SOWN really adds value to my mother's life." The value that Rosalie added to her group weekly will be greatly missed.

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SOWN Grandparents Go to Washington

On a cloudy September morning, Mary Aggie Smith got up earlier than usual to send her grandson off to school before getting ready for a day in D.C. "We went on this trip to Grand Rally to let legislators know our purpose is to keep our families together, so continue to give us the support we need." Richelle Phillips, GrandFamily Resource Center coordinator, and grandparent ambassadors Mary Aggie Smith, Genetta Yates, Shelia Johnson, and Aquilla Allen (left to right, in photo), along with 21 other SOWN grandparent ambassadors went to be part of the 4th Annual GrandRally in Washington D.C. to advocate for services to grandparent-headed families.

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A New Look for SOWN

SOWN has grown in more than two decades from its first support group for older women that met in a library to a respected, innovative agency helping any older adult 50+ find new ways to address aging issues. To better reflect SOWN's modern approach to positive aging the logo will be changing. Check out the new logo as makes its first public appearance at the top of this newsletter.

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Peer leaders, guided by SOWN staff, facilitate group meetings, refresh their knowledge on available resources with yearly trainings, and handle conflict and group dynamics. There are annually hundreds of older adults meeting in 25 locations throughout Philadelphia who are getting the support they need to address complex issues related to aging.

SOWN Grandparents Go to Washington

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Grandparents raising children focus daily on maintaining stable homes for these children. Each week they meet with other older grandparents caring for children to discuss a range of topics from discipline to court petitions through SOWN's GrandFamily Resource Center. Some of these grandparents decided to become ambassadors after seeing the need to give back to their communities. Grandparent ambassadors offer one-on-one mentoring to other grandparents and advocate for issues that affect grandparent-headed families.

Yvonne Friend of Generations United and national coordinator for the 4th annual GrandRally generously provided SOWN grandparent ambassadors with a bus to D.C. Grandparent ambassadors participated in rally activities, walked the halls of Congress, visited with PA Congressmen, Chaka Fattah and Bob Brady, before getting back on the bus—taking pictures as they passed the new Martin Luther King memorial—to head back to Philadelphia to finish the remainder of the day with their grandchildren.

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