

Donate to SOWN today, for Better Health For Seniors!

Promoting Healthy Living and Well-being



Dear Friend of SOWN,

Imagine your life as Viola. Once an energetic grandmother of four, she has become frail and withdrawn at 80 after learning she is pre-diabetic. Her doctor warned her to alter her lifestyle, but said privately to her daughter, "She's 80 years old, she probably won't change." Depressed, Viola rarely left her apartment, with favorite foods like chocolate being her only daily comfort.

Will you help SOWN so that Viola can take control of her health and change the quality of her life?

SOWN staff first met Viola by knocking on her door to invite her to try out a healthy dining workshop on nutritious recipes and planning meals for pre-diabetics. Hearing Viola's concerns about her health, SOWN connected her to neighbors with similar problems. "SOWN staff talked about chair yoga and how it was a good way to exercise for people like me, and Jack, my neighbor, showed me what he learned at SOWN. I had to try it with him!"

Viola, who rarely left her apartment, now attends the SOWN workshop every Wednesday morning. "SOWN has become so valuable to us, and they remind us, and we remind each other, of what we're supposed to be doing, even if I still like my chocolate!" Viola says. Viola no longer feels alone in facing her chronic health issues.

This is why we ask you to give a donation today. Your investment of \$25 or \$50 will help pay for healthy foods, healthy living instructors, and educational workshops on a weekly basis so that hundreds of people like Viola can continue to benefit from SOWN.

To make your gift, simply click on [Donate](#), or visit www.sown.org/donate.html.

Together we can ensure that your gift today continues to bring the gift of healthy living for more adults like Viola.

Sincerely,

Merle Drake,
Executive Director

Denise Gargan,
Chair, SOWN Board of Directors

P.S. Your gift will save lives by promoting healthy living and wellbeing for older adults in Philadelphia. Please donate today!

The Supportive Older Women's Network (SOWN) supports adults, primarily women 50+, through life transitions.

SOWN supports over 1,000 individuals and families who are:

Frail, homebound older women

Grandparents raising children

Older adults "aging in place" in their communities

SOWN has been providing weekly support groups, resources, and workshops on complex aging issues since 1984. SOWN's programs help improve quality of life and save lives by enhancing an older adults' abilities to function independently, avoid isolation, and help maintain their roles with families and communities.

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