

Next Stakeholder's Meeting - Save the Date!

The next Age-Friendly West Philadelphia stakeholders meeting will be held on **Tuesday, June 6, from 9:00am - 10:30am**. Light breakfast provided!

Join us for updates on Age-Friendly West Philadelphia programs and partnerships, hear from Philadelphia's Deputy Managing Director for Aging, Lydia Hernández-Vélez, on the City's age-friendly status, share updates from your organization and explore opportunities for collaboration.

Please RSVP by Thursday, June 1, to Alicia Anwar at aanwar@ralstoncenter.org

Walk Age-Friendly Mantua wins AARP Livable Communities Award



Ralston Center was honored to receive an AARP Livable Communities award at the Philadelphia Flower Show for its Walk Age-Friendly Mantua project.

Walk Age-Friendly Mantua is an intergenerational community project adding specially-designed and built benches and wayfinding signs in Mantua with partners Mantua Civic Association, Tiny WPA and Traction Company.

For more information visit <https://ralstoncenter.org/press-release/ralston-center-receive-award-making-philadelphia-livable-community>

Ralston Garden Beds Opened

Local high school students participating in the Agatston Urban Nutrition Initiative's Youth Empowerment Program and Dance for Health senior participants came together in April to open Ralston Center's garden beds! Beets, bok choy, broccoli, kale, spinach, Swiss chard, rosemary, mint, sage and thyme were planted and everyone left with a personal planter of lettuce to enjoy at home.





All vegetables and herbs planted will be used for Ralston's Food & Company program - where seniors come together to prepare healthy soups and stews for themselves, senior friends and neighbors and local seniors in need.

Food & Company Partnerships

During the last two months, Food & Company engaged over 80 volunteers to prepare 625 servings of soup for older West Philadelphians!



Cooking teams included volunteers from GenPhilly, the West Philadelphia Senior Community Center, the Netter Center for Community Partnerships, Philadelphia Episcopal Cathedral, the Joseph J. Hill Ralston Mercy-Douglass House, Dance for Health participants (through a Penn Memory Center / Ralston Center collaboration), Repair the World and Penn Nursing students at six communal cooking sessions. Soups shared with older West Philadelphians included a potato leek and black bean, pasta e fagioli, lentil, and a creamy cauliflower.



We are always looking for opportunities to cook with new partners! Please reach out to join us!

Become an Age-Friendly West Philadelphia Ambassador

The Age-Friendly Resource Network is looking for volunteers to help older adults in West Philadelphia! Age-Friendly Ambassadors can help older West Philadelphians in a variety of ways:

- Make friendly visits to those who are living alone
- Help older adults access community supports and services
- Assist with transportation to get groceries or other errands

All volunteers receive training and the full support of Ralston Center staff. Contact Greta McKnight at gmcknight@ralstoncenter.org or call (215) 386-2984 to learn about the benefits of becoming an Age-Friendly Volunteer!

Free Educational Workshop on Housing Options for Older Adults

Join us for an expert discussion on housing options available and learn about continuing care retirement communities, independent senior housing, assisted living facilities, skilled nursing facilities and home care options. Get information on what choice is best for you or your loved one, and how to evaluate the quality of a facility or service. Light breakfast will be provided.

**Tuesday, May 9, 2017
9:00 AM to 11:00 AM
Oxford Presbyterian Church**

8501 Stenton Avenue
Philadelphia, PA 19150

Program and Breakfast are free. Registration is required. To register, contact Alicia Anwar at 215-386-2984 or email aanwar@ralstoncenter.org

Free Educational Workshop on Caring for an Older Adult with Dementia

Join our expert discussion to learn how to best care for someone who has dementia or another cognitive impairment. Listen to real world case examples and strategies to cope with increasingly difficult, confused, or erratic behavior. Discover resources available to help your loved one and provide greater peace of mind for yourself. Lunch will be provided.

Wednesday, May 24, 2017
10:00 AM to 1:00 PM
Pinn Memorial Baptist Church
2251 N. 54th Street
Philadelphia, PA 19131

Program and Lunch are free. Registration is required. To register, contact Alicia Anwar at 215-386-2984 or email aanwar@ralstoncenter.org

SOWN offers Parkinson's Caregivers Support Group

The Supportive Older Women's Network (SOWN) is offering a Parkinson's Caregivers Support Group that uses a telephone conference call format to offer participants the opportunity to share experiences, resource information and coping mechanisms and connect with other caregivers. Join the 8 week caregiver phone series:

- Share caregiving advice
- Learn tips
- Meet other caregivers like you
- Participate easily by phone (no need to leave your home)
- Whatever is discussed over the phone is confidential

The next group will begin May 2017.

For more information, contact Patty Davis at 215-487-3000 Ext: 25 or visit: <http://sown.org/parkinson.html>

Interested in partnering with Ralston Center?

Please contact Jennifer Russell at 215-386-3541 or jrussell@ralstoncenter.org for more information about partnering with Ralston Center on any age-friendly or other programming.

Want to share your events, news or updates?

We are happy to include your news, events or updates focused on older adults in West Philadelphia in this newsletter. The deadline for submitting information to be included in the June 2017 issue is May 31st.

Please send your information, photos and questions to Jean Papaj, Director of Communications and Marketing, at jpapaj@ralstoncenter.org

