

200th Anniversary Celebration Kickoff - You're Invited!

Join Ralston Center in celebrating our work as
Champions of Aging for 200 years and counting!

Tuesday, January 10, 2017

(Snow date - January 17, 2017)

3:00pm to 5:00pm

Ralston House

3615 Chestnut Street

Philadelphia, PA 19104

RSVP to Alicia Anwar by January 4, 2017
at 215-386-2984 or email aanwar@ralstoncenter.org

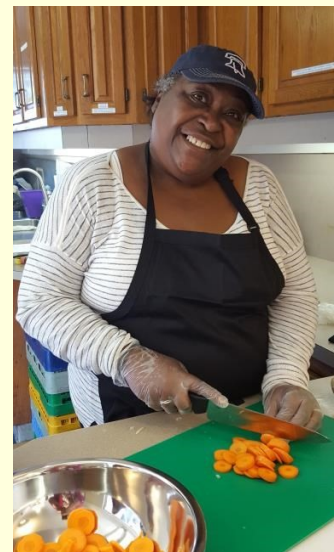
Food & Company - Cook with Us!



Food & Company hosts communal cooking sessions at community locations where senior (and intergenerational!) participants gather to prepare delicious, healthy soups and stews such as carrot ginger soup, kale & chickpea stew, and roasted butternut squash soup!

Senior volunteers can take soup home for themselves or share with friends/neighbors in need and the rest is donated to local seniors in need through community partner organizations. We are always looking for new community partners, volunteer cooks (all skill levels welcome!) and partners in need of delicious donations! Join us for one of our upcoming cooking sessions:

- Monday, Dec 19, at University Lutheran Church with City Life Neighborhood Clinics
- Wednesday, Dec 21, at the West Philadelphia Senior Community Center
- Wednesday, Jan 4, at the West Philadelphia Senior Community Center
- Monday, Jan 16, at Philadelphia Episcopal Cathedral for Martin Luther King Jr. Day of Service



- Wednesday, Jan 18, at the West Philadelphia Senior Community Center

Age-Friendly Places - Pop-Up Park Partnerships!



Our first Age-Friendly Pop-Up Park debuted in October to great reviews from attendees and was featured in both print and electronic news media.

(See below for local TV coverage!)

Following this success, Age-Friendly Places is now developing plans to create an age-friendly park in West Philadelphia (location TBD) and make public spaces in West Philadelphia neighborhoods more age-friendly. We are seeking collaborators to join us at all stages in this fun and important endeavor!



https://www.youtube.com/watch?v=E0P_gjPmbWQ

<https://www.youtube.com/watch?v=Pe9NkOW4QhM>

Age-Friendly Resource Network - Call for Volunteers!

The Age-Friendly Resource Network will match trained, committed volunteers with older adults in West Philadelphia to help older West Philadelphians stay socially connected and independent in their homes and communities as they age.



Ralston is looking for volunteers to check in on and provide companionship to older West Philadelphians, or assist with simple tasks such as getting to the grocery store or to a doctor's appointment, or helping them access needed community services.

We welcome everyone's ideas and suggestions on how to maximize this program's impact and success, and how we can use it to support the good work that your organizations do!

Next Steps!

Please contact Jennifer Russell at jrussell@ralstoncenter.org about your interest in any of the above projects! We will reach out to everyone in early 2017 with upcoming meetings and events, and we hope everyone has a wonderful, safe and happy holiday season!

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 February 2017 issue is January 31st.

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

Ralston Center | 215-386-2984 | contact@ralstoncenter.org
<http://www.ralstoncenter.org>

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