

## Food & Company is cookin'!



Age-Friendly Food & Company's communal cooking sessions are going strong! This past month brought together over 90 volunteers to prepare 465 servings of soup for older West Philadelphians!

In January we joined forces with the Philadelphia Episcopal Cathedral and hosted an all-day intergenerational communal cooking session to celebrate Martin Luther King Jr. Day of Service. Volunteers cooked nutritious soups, kids participated in fun arts and crafts, and everyone came together at the end of the day to prepare and serve a delicious community meal.



In February, we partnered with the Older Adult Sunshine Center and Urban Tree Connection for a Soup-er Bowl Party. Promoting healthy eating, Sunshine Center members and other volunteers cooked and shared a delicious carrot ginger soup, enjoyed an informative workshop on the medicinal benefits of herbs and took home sprigs of fresh local rosemary.

We are also excited to cook with students from Paul Robeson and Sayre High Schools through the Agatston Urban Nutrition Initiative's Youth Empowerment Program. Seniors, students (and everyone in between!) benefit from intergenerational cooking sessions that share wisdom, experience and conversation around healthy and delicious food and more.



To participate in one of our upcoming sessions, or to collaborate on a new cooking session, contact Jennifer Russell at [jrussell@ralstoncenter.org](mailto:jrussell@ralstoncenter.org)

## The Age-Friendly West Philadelphia Helpline is open!

The Age-Friendly Resource Network is committed to helping older West Philadelphians stay connected and supported in their homes and communities. If you know of an older adult living in West Philadelphia who could use a hand connecting to the programs, services and benefits that they are eligible for - let us help!

Call the **Age-Friendly West Philadelphia Helpline** at **(215) 386-0235**

## Become an Age-Friendly Ambassador!



The Ralston 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 run simple errands



All volunteers receive training and the full support of Ralston Center staff.

Contact Greta McKnight at [gmcknight@ralstoncenter.org](mailto:gmcknight@ralstoncenter.org) or call (215) 386-2984 to learn about the benefits of becoming an Age-Friendly Volunteer!

## Special Event

Join us as we celebrate Women's History Month  
**Women Visionaries and the Care of Older People**  
**1817 to the present**

Tuesday, March 28, 2017

Program at 6:00 pm, on-site check in starts at 5:30 pm

Historical Society of Pennsylvania

1300 Locust Street

Philadelphia, PA 19107

The event is free but registration is required!

To register, contact Alicia Anwar at [aanwar@ralstoncenter.org](mailto:aanwar@ralstoncenter.org)

For more information visit:

<https://ralstoncenter.org/events/women-visionaries-care-older-people-1817-present>

## Dance for Health!

Join Penn Memory Center & Ralston Center for an age-friendly partnership. Please share the following opportunity with all who may be interested!

**When:** Every Saturday from February 25 to June 3, 2017\* 11:00am - 12:30pm

**Where:** Ralston Center, 3615 Chestnut St, Philadelphia, PA 19104

Individuals 55 years of age and older who are willing to participate in a weekly dance session and monthly intergenerational activities for three months are eligible to participate.



To join us, please RSVP by February 22nd to Tigist Hailu, MPH  
Penn Memory Center Director for Diversity in Research and Education  
215-573-6095 | [tigist.hailu@uphs.upenn.edu](mailto:tigist.hailu@uphs.upenn.edu)

*\*No class will be held May 27, 2017, the Saturday of Memorial Day Weekend.*

## Next Steps!

The next Age-Friendly West Philadelphia Stakeholders Meeting will be held this spring - date to be determined! We are looking forward to updates from partner organizations and to discovering new opportunities for collaboration!

Contact Jennifer Russell at [jrussell@ralstoncenter.org](mailto:jrussell@ralstoncenter.org) for more information or if you have interest in partnering on any age-friendly programs!

## 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 April 2017 issue is March 31st.

Please send your information, photos and questions to Jean Papaj, Director of Communications and Marketing, at [jpapaj@ralstoncenter.org](mailto:jpapaj@ralstoncenter.org).

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