

Join Us to Help Older Adults Access the Internet

Ralston Center is partnering with Generations on Line, a nonprofit organization, to overcome barriers to internet and tablet use by older adults through a Mayor's Digital Literacy Alliance Award. Please join us!

This partnership will expand the Generations on Line - PCA Sip & Swipe Cafes® tablet training program in West Philadelphia and enable caregivers and families to use Sip & Swipe tablet training at community partner locations and at their homes. It includes:

- Unlimited use of the Generations on Line simple app that guides a new user step-by-step on every screen to help them access to the internet, email and more
- A limited number of tablets for public use at community partner locations
- Coaching guides to help volunteers, families, caregivers and professionals set up the app and motivate older users, supporting them with encouragement and guidance
- A complete kit of promotion, set up, monthly newsletters and ongoing tech support for community partners



This proven program has helped more than 100,000 seniors across the country get online by reducing the barriers of access, skill, and intimidation, particularly for low and moderate income seniors.

Reach out to Jennifer Russell at jrussell@ralstoncenter.org to partner with us and share this opportunity with the older adults you work with and serve. We are also seeking volunteer coaches to help guide new users. It's fun and easy to learn.



If your organization has interest in seeking funding to obtain tablets for seniors, reach out to Generations on Line's CEO, Tobey Dichter at tobeydichter@gmail.com - many groups have been successful in securing tablets when they describe the turnkey training program and the support of a Generations on Line partnership.

- www.generationsonline.org
- <https://ralstoncenter.org/press-release/ralston-center-joins-generations-line-help-older-adults-become-tech-savvy>
- <https://www.youtube.com/watch?v=EhbLoGDsMr4>

Become an Age-Friendly West Philadelphia Ambassador

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

- Friendly visits to those who are living alone
- Help accessing community supports and services
- Assistance with getting 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.

Fresh Produce at Ralston Center

Every Wednesday at Ralston Center local seniors pick up their weekly share of fresh produce grown by students at Sayre and Paul Robeson high schools, thanks to a partnership with the Agatston Urban Nutrition Initiative's Good Food Bag program.

This community supported agriculture program connects students and seniors as they share fresh food, nutritional tips, skills-building experiences, and fun and engaging connections across the generations.

For more information:
www.urbannutrition.org



Ralston Center's garden beds are also producing delicious vegetables and herbs. Our first harvests were shared with local older adult residents, and we look forward to using the produce in upcoming [Food & Company](#) recipes.

Other News

We've been busy with many other Age-Friendly West Philadelphia activities this spring:

- Community education workshops for older adults on caring for someone with dementia, self-care, housing options, medications and healthy aging, and safe banking tips
- An awards reception honoring those who provide excellence in care for older adults
- Intergenerational community cooking sessions bringing together new friends to make delicious food for those in need
- New art and fitness programming, providing creative spaces to learn, grow and stay healthy together



What are you working on? We want to know!

Email us to share your age-friendly activities in the August Age-Friendly West Philadelphia newsletter.

Age-Friendly West Philadelphia - Next Meeting

Thanks to everyone for your helpful feedback after our last meeting. We are looking forward to reconvening in early fall to focus on specific areas of need and action. Have a safe, healthy and happy summer!

Training for Volunteers 55+ to Lead Groups for Successful Aging

Touching Lives Over 55, a program of Journey's Way, is seeking dynamic volunteers to lead peer discussion groups about health and wellness, life after retirement, and successful aging. Volunteers must be at least 55 and enjoy working with people, have excellent listening skills, and provide their own transportation. Discussion groups meet weekly in senior community centers throughout Philadelphia. Peer Leaders learn new skills, meet new people, and enrich lives!

The next training starts on July 25 and runs through August 22 at Journey's Way, 403 Rector Street in Roxborough. To apply to become a Volunteer Peer Leader and begin writing your next chapter, contact Jan Zacharjasz at 215- 487-1750 ext. 1214 or email: jzacharjasz@intercommunityaction.org.

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 August 2017 issue is July 31st.

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

