



The Sarah Ralston Foundation March 2025 Newsletter

A Message from the Team

Dear Friends,

We're excited to bring you the latest updates from the Sarah Ralston Foundation as we continue working to support and strengthen nonprofit organizations serving vulnerable, underserved older adults in Philadelphia.



Our new Executive Director, Heather Finnegan, is off to a great start, meeting with nonprofit leaders across the city and deepening SRF's commitment to supporting and enhancing their work. Her leadership and engagement are already making an impact, and we look forward to all that's ahead under her guidance.

We're also pleased to announce that the 2025 General Operating Support Grant application process is underway. This funding provides unrestricted financial

support to nonprofit organizations, allowing them to allocate resources where they are needed most—whether that’s expanding programs, strengthening operations, or responding to urgent community needs. We look forward to supporting both new and existing nonprofit partners in 2025.

This month’s newsletter is packed with valuable resources, events, and opportunities from across our nonprofit partner network. Inside, you’ll find:

- Spotlights on Council for Relationships, Caring for Friends, and Broad Street Love, showcasing their missions, leadership, greatest needs, and success stories.
- Upcoming programs, open houses, clinics, and galas—many of which are open to all.
- A wealth of resources from our 50 nonprofit partners, designed to support organizations, staff, and the communities they serve.

We encourage you to explore, engage, and take advantage of these incredible opportunities. Whether you’re looking for ways to support local organizations or resources for yourself or family, this newsletter is here to help.

Thank you for being part of this journey with us. Your support, engagement, and passion help drive the work we do.

With gratitude,

The Sarah Ralston Foundation Team
Heather, Allison, and Claire

Event Recap

Immigrant Rights: Tools for Nonprofits:

On February 20, the Sarah Ralston Foundation, in partnership with the Foundation for Health Equity, hosted Immigrant Rights: Tools for Nonprofits as part of our Stronger Together: Nonprofit Learning Series. With nearly 50 attendees, this virtual session fostered an engaging and insightful discussion on the challenges facing immigrant communities and the ways nonprofit organizations can provide critical support.

We were honored to welcome expert speakers Heidi Roux and Ricardo Zapata, who shared valuable knowledge on navigating legal rights, advocacy strategies, and community resources. Their insights equipped nonprofit leaders with tools to better serve and empower immigrant populations.

We look forward to our next session, which will focus on best practices for conducting a needs assessment—a critical tool for nonprofits seeking to maximize their impact. Our Stronger Together series continues to foster collaboration and learning across the nonprofit sector.

Article: Programs for Seniors Provide Relief from

Loneliness and Social Isolation

The Sarah Ralston Foundation (SRF) provides funding for nonprofit organizations that support vulnerable, underserved seniors throughout Philadelphia. These organizations focus on vital areas like food support, housing stability, advocacy, and programming for seniors. Programs such as technology training, peer counseling, and art classes are not only beneficial in their specific areas of focus but also provide essential opportunities for socialization—a key component of overall health and well-being.



The Foundation's nonprofit partners focusing on socialization include **ARTZ Philadelphia**, **Generations Online**, and **Connectedly** (formerly SOWN). While their approaches to combating loneliness and isolation differ, each plays a critical role in enriching the lives of the seniors they serve.

[Blog Article: Read More](#)

Our Unwavering Commitment to DEIA

The Sarah Ralston Foundation is proud to share our Diversity, Equity, Inclusion, and Access (DEIA) Commitment, developed in collaboration with our DEIA committee and ratified by our Board of Directors on February 13th, 2025.



[DEIA Statement: Read More](#)

Nonprofit Partner Spotlights

Council for Relationships

MISSION: Council for Relationships is a nonprofit organization that strengthens interpersonal connections through accessible, specialized, and expert individual, relationship, and family therapy, clinical training, and research.



Leadership: Jason Anhorn brings over 25 years of leadership experience across higher education, nonprofit management, fundraising, and the fitness industry to his role as CEO of Council for Relationships (CFR). His career began in higher education, where he held positions at Lehigh University, Coastal Carolina University, the University of North Carolina, and Elon University. There, he focused on leadership development, student support, crisis management, and alcohol and drug counseling, shaping his empathetic and inclusive leadership style. Jason joined CFR in 2020 as Director of Advancement and became CEO in 2025.

Greatest Needs: At Council for Relationships (CFR), we are deeply passionate about serving the elder population in the Philadelphia region by providing high-quality mental health services. Our clinicians are specially trained to offer individual, couples, family, and group therapy, designed to enhance the lives of older adults, strengthen family connections, and alleviate the isolation that can come with aging in today's society. However, one of our greatest needs is to connect with community organizations, senior living communities, retirement communities, and other supports to increase awareness and bolster access to these essential services. We believe that therapy can help elders change patterns of living that no longer serve them and significantly improve their quality of life.

Success Story: Thanks to support from the Sarah Ralston Foundation, the Council for Relationships is offering a free 3-CE workshop on *"Therapeutic Considerations and Approaches for Working with Men Over 60."* Led by Robert Heasley, PhD, LMFT, this workshop explores the aging process for men, the factors that bring them into therapy, and effective approaches for therapists working with men, whether in individual or couples therapy.

The virtual format allows CFR to offer 85 free spots. Interested individuals can register through the following

link: <https://councilforrelationships.org/professional-development/>

Caring for Friends

MISSION: Caring for Friends was founded in 1974 with the belief that "no one should be hungry or alone in a world of caring people" Our



Caring
for Friends™

founder, Rita Ungaro-Schiavone, wanted to reach the hidden hungry, the homebound seniors and disabled who cannot get to food cupboards and have

no one to help them shop. These individuals are often living lives of quiet desperation with little money or human contact. [Caring for Friends](#) is a volunteer organization with a mission to provide both food and friendship to our neighbors in need, with a focus on the elderly.

CEO: Vincent Schiavone is currently the proud Chair and CEO of Caring for Friends and has been a volunteer of the organization since his mother founded it at their kitchen table 48 years ago. Before holding this role, Vince was a serial entrepreneur who created, built, and sold myriad technology companies specializing in privacy, computer security, business intelligence, and search. He also created and taught a course at Wharton on crisis management, and is the author of two books, as well as a former blogger for the Wall Street Journal. Throughout his career, Vince secured 12 patents in data analytics and was also a founding Board Member of the International Association of Privacy Professionals (IAPP). Vince lives in Berwyn with his wife in the home where they raised their two children.

Greatest Needs: Our greatest need is always nonrestricted operating funds to support our mission and volunteers. Prices of fuel, electricity, salaries and insurance, and maintenance of our facilities have increased dramatically in the last 4 years of COVID-19 and slow recovery. Our second greatest need is the equipment and infrastructure needed to acquire & prepare, transport, and keep our food frozen at our food cupboard and senior center distribution points.

Success Story: Using elected officials to identify areas of need, we have been able to establish relationships with several West Philadelphia Senior Centers. These facilities house low-income seniors with anywhere from 50 to 400 residents in each location. A few of the locations we work with are: University Square Apartments, Riverside Presbyterian Apartments, and Holmes Apartments.

We deliver meals for seniors to stock a Community Freezer within the facility. We visit centers, usually accompanied by the elected official who introduced them, to serve a holiday or special community meal several times a year. The program often includes social activities such as bingo or health fairs. These programs bring the isolated residents, even in large buildings, out of their small apartments to mix with each other and our volunteers. Frequently, we are also able to bring area high school students and adult volunteers to deliver freshly baked cookies and play bingo with the residents. Each time we visit, we include a truckload of fresh produce, fruit, and bread (and usually Tastycakes) for residents to use on their own for meals.

The fresh food promotes healthy eating, which is often impossible on a tight budget. The human touch, especially from young people, brings them the joy of friendship.

We hope to expand this pilot across our five county region of over 100 senior housing units. We are collecting a list of facilities that need our special touch... food and friendship.

Mission: **Broad Street Love** (BSL) is an organization that helps people experiencing deep poverty to stabilize their lives through various social services that address their immediate basic needs, including—but not limited to—a weekday meal service and a



hygiene distribution program collocated with an on-site federally qualified health center and non-traditional case management. At BSL, we are guided by the practice of "Radical Hospitality," which means that, without barriers, all neighbors are welcomed at BSL and treated as our guests. By offering Radical Hospitality to our neighbors in need, BSL creates connection and community, restores hope and dignity, and increases security and self-sufficiency. Guided by a vision that we can transform our city, our institutions, and ourselves when we embrace the individual needs of our most vulnerable neighbors, BSL seeks to not only meaningfully reduce the trauma and suffering caused by scarcity for Philadelphia's most vulnerable populations but—in collaboration with our best in class social service and government partners—to break the cycle of poverty, homelessness, and hunger faced by thousands of Philadelphians each year.

CEO: Laure Biron joined BSL in May 2019 as Chief Operating Officer. She holds an MFA from the Pennsylvania Academy of the Fine Arts and master's degrees in Social Work and Social Research and Legal and Social Policy from Bryn Mawr College. Laure previously served as Program Director of Mural Arts' Porch Light program, a partnership with the City's Department of Behavioral Health and Intellectual disAbility Services. During her tenure, she oversaw operations of two new commercial corridor storefronts, in Kensington and Northeast Philadelphia, serving the needs of vulnerable neighborhood constituencies, layering the arts with social services to promote individual health and neighborhood wellness. She played a pivotal role in the quick adjustments BSL made to our operations to ensure continued services throughout the pandemic, providing sound leadership within our organization and with program partners. In April 2021, Laure was promoted to Chief Executive Officer.

Greatest Needs: Each year, BSL addresses the immediate needs of 7,000+ guests through our non-traditional social services. In 2024:

- We served 86,580 meals.
- We opened 4,211 new mailboxes at BSL, enabling thousands of guests to receive mail securely.
- We distributed 14,745 pieces of clothing to 3,247 guests.
- We distributed 67,103 personal care items to 7,223 individuals through on- and off-site community hygiene services.
- 2,377 guests worked closely with our clinical staff to receive help accessing benefits, medical and behavioral healthcare, housing assistance, and other stabilizing supports.
- Guests obtained state-issued 271 ID documents through BSL.

BSL's largest challenge has been expanding our services to meet our guests'

growing and changing needs. As a result, our budget has grown by nearly \$1.5 million over the last several years; in 2019, our budget was \$2,618,645, and in 2025, it is \$4,089,395. We face the challenge of managing significant inflation, supply chain issues, and a potential decrease in donations due to inflation, the end of pandemic emergency funding programs, and uncertainty around the current political landscape. BSL aims to meet the immediate needs of hundreds of Philadelphians experiencing scarcity every day, helping them to progress to a more stable state and improve their quality of life. Investments into our mission not only nourish guests' bodies but also their spirits, community, and hope.

Success story: The numbers and accomplishments outlined above can perhaps best be understood by looking at the incredible impact they have on the individual guests we serve. One such guest is Pam. Pam was still a new face at BSL when she let out a cheer at our mail table, waving an envelope over her head in celebration. The check she'd been waiting for had finally arrived, and just days before she needed to put down a deposit for her first apartment in years. Her demeanor changed, however, as she opened the envelope to find a check instead of the debit card she'd requested. "I can't cash this without any ID," she vented to our Mail Manager.

All too often even basic needs such as housing, income, ID, or banking are inaccessible due to the many barriers our guests face. At BSL, we know that providing basics such as a nutritious meal, a mailing address, and clothing creates opportunities for our guests to obtain support towards their broader goals. What began as a simple complaint became a conversation about some of the other services BSL provides. Pam was able to visit a PennDOT branch office the very next morning and replace her lost driver's license free of charge thanks to our ID procurement service. That afternoon, after lunch in our dining room, Pam met with one of our Concierges and was relieved to learn how she could open a new bank account just a few blocks away.

Our restorative services invite guests into our programming where we help them access critical basic needs and prepare them for downstream services. For Pam, a mail folder at BSL had evolved into her first checking account and getting an apartment of her own.

Thank you, [Council for Relationships](#), and [Caring for Friends](#), and [Broad Street Love](#) for sharing your stories!

Check out all of The Sarah Ralston Foundation's Nonprofit Partners by visiting our Nonprofit Partner Directories:

- [General Operating Support Grantees](#)
- [Innovative Project Support Grantees](#)

Vision Link Opens Low Vision Resource Center

With the opening of their Low Vision Resource Center, their highly-trained vision rehabilitation staff is working directly with clients on the use of various assistive technology tools, such as reading glasses, magnifiers, screen readers, large-font writing equipment and writing guides, safety cooking and cutting utensils, currency identifiers, smart home devices, and much more!



[Vision Link Program Schedule](#)

Supporting Elder Justice: SRF Partners Awarded Grant Funding

Congratulations to our nonprofit partners who have been awarded funding from the Philadelphia District Attorney's Office and the Philadelphia Foundation to support elder victims of crime:

- Center for Advocacy for the Rights and Interests of the Elderly (CARIE)
- Face to Face
- Overbrook West Neighbors
- SeniorLAW Center
- Southeast Asian Mutual Assistance Association Coalition (SEAMAAC)

This funding is part of a \$370,000 initiative to support community-based organizations that assist Philadelphia seniors impacted by crime. We are so proud to see our partners recognized for their commitment to serving older adults in our community!

[Read More](#)

Generations On Line Internet Safety Tutorial

Help older adults with online safety



Generations on Line (GoL), a 24-year-old national nonprofit, provides a no-cost interactive **Internet Safety tutorial.**

Share the link with current internet users, or if you'd like to host a workshop, GoL offers free supportive materials to help you organize and run the workshop.

Enable older adults to better protect themselves online.

Try for yourself and see how you do!

golhelp.org/internetsafety

INTERNET SAFETY - Introduction

Pick your Path to Safety on the Internet:

OPTION ONE:
Spend 5 minutes learning the top 5 "dos" and "don'ts" when it comes to staying safe on the Internet. Tap the "SAFETY TOP FIVE" button below.

OPTION TWO:
Take a 10 minute quiz to see how "safety savvy" you are on the Internet (with links to learning more). Tap the "SAFETY QUIZ" button below.

OPTION THREE:
Get cozy and spend a little time exploring how to stay safe when you are doing your favorite Internet activities like shopping, banking, dating. Tap the "CONTENTS PAGE" button below.

SAFETY TOP FIVE **SAFETY QUIZ** **CONTENTS PAGE**

Questions - contact us at 215-222-6400 or kburke.gol@comcast.net

Tutorial created with funding support from the Sarah Ralston Foundation

Internet Safety
Tutorial

Events and Opportunities

Northwest Mutual Aid Collective Open House



Please join us!

Friday, March 7, 2025

Northwest Mutual Aid Collective, Inc.
4647 Stenton Avenue, Unit #18 & 20
Philadelphia, PA 19144
(Near Wayne Junction)

Please join us for our Annual Meet and Greet. Come enjoy light refreshments, meet our new board members, and learn about what we're doing in 2025.

RSVP for NWMAC Open House

Face to Face Germantown: Birth Certificate Clinic

DO YOU NEED A BIRTH CERTIFICATE?

In-Person Free Birth Certificate Clinics

April 5, 2025

***10:00 am**

FREE

Next Clinic:
May 3, 2025

*Clinics are first come, first serve for the first 40 participants. Identification NOT required.



Face to Face
123 East Price Street
Philadelphia, PA 19144
www.facetofacegermantown.org

Questions?

✉ John.Winicov@facetofacegermantown.org

☎ Call the Legal Clinic (215) 403-4431



Clinic supported by
 **VILLANOVA UNIVERSITY**
Charles Widger School of Law



Reasons you need a Birth Certificate

- ✓ Housing Access
- ✓ Job Opportunities
- ✓ School Enrollment
- ✓ Access to other essential documents like SS card, ID, etc.

This clinic is for those with no income or low income based on federal poverty guidelines.

ARTZ Philadelphia:
Cafe for Care Partners and Creative Connections



Discover Café for Care Partners & Creative Connections

Launching May 2025



At ARTZ Philadelphia, we are dedicated to enhancing the well-being of people living with dementia and their care partners through meaningful interactions around art, music, and culture. We are developing a unique program in which care partners (caregivers) can focus on self-care and connect with others while their loved ones enjoy creative and engaging activities, all in the same welcoming location.

A Space for Care, Connection, and Creativity!

- **Care for Care Partners:** Self-care, connection, and recharge, all while staying close to loved ones.
- **Creative Connections:** Engaging, creative experiences facilitated by trained professionals in a supportive setting for people living with dementia.
- **Convenience:** No need for extra arrangements—everything happens in one space.
- **Community-Centered:** Shaped by feedback to meet the needs and priorities of local caregivers and participants.
- **Connection-Focused:** Building meaningful relationships and support for both care partners and loved ones.

In February and March 2025, join our Meet & Greet sessions to learn more, share your thoughts, and help shape these exciting programs. Then, in May 2025, the program officially launches at local community organizations! This is your chance to be part of something innovative and meaningful, creating lasting connections and support for care partners and their loved ones.

For more information, contact us today!



(267) 780-9033



smalls@artphilly.org



www.artzphilly.org

Center in the Park:
Guardianship for Older Adults Hybrid Event

GUARDIANSHIP FOR OLDER ADULTS:

KEY FACTS YOU NEED TO KNOW

HYBRID EVENT

Learn about guardianship, a legal process for managing an adult's personal and financial affairs when they can no longer do so themselves. Our guest speaker will also discuss alternative options like healthcare agents and power of attorney for added support and protection.



Pam Walz, J.D
Supervising Attorney,
Health and Independence Unit

11:30AM to 12:30PM
on March 13th, 2025

In Person

Address:
5818 Germantown Ave
Philadelphia, PA 19144

Virtual



Penn Medicine

Center in the Park

Community Legal Services



Center in the Park: Opioid Reversal Training

OPIOID OVERDOSE REVERSAL TRAINING



*Presented by the
Philadelphia Office of
Community
Empowerment and
Opportunity!*

GET TRAINED. SAVE A LIFE.

MARCH 19, 2025 | 6:00 PM

Join Center in the Park and the office of Community Empowerment and Opportunity for a free 60 minute training, open to the Germantown community! Learn how to recognize an overdose, how to administer Narcan, and what we can do to keep our community healthy!

You must preregister to attend, call the number below or scan the QR code with your phone camera and complete the form:



5818 Germantown Ave
Philadelphia PA 19144



215-848-7722 ext. 310

SeniorLAW Center Gala 2025



SeniorLAW Center

Seeking Justice for Older People

2025
Celebration of Justice

Wednesday, March 26, 2025

The Grand Belle at the Bellevue Hotel

SeniorLAW Center is excited to welcome leaders, partners and our broader community to SeniorLAW Center's 2025 Celebration of Justice on Wednesday, March 26, 2025! We hope you can join us at The Grand Belle at the Bellevue Hotel (200 S. Broad Street) to celebrate justice and our mission to serve older people by using the power of the law, educating the community, and advocating on local, state, and national levels. Former SeniorLAW Center leader and acclaimed journalist Renée Chenault Fattah, Esq. will be joining the Celebration as our MC and host for the evening.

[Purchase Tickets, Sponsor or Donate](#)

Face to Face Spring Celebration

SAVE THE DATE



Saturday, April 5, 2025

Rotunda at Chestnut Hill College

Beer & Wine ● Food Stations ● Silent Auction

For information about the event and sponsorship opportunities visit:

www.facetofacegermantown.org/events



The Face to Face spring celebration is coming up soon. This lively occasion features the excitement and allure of luxury items alongside a variety of beautiful treasures available in our silent auction, ensuring there is something for everyone. With a stunning venue, exquisite food and beverages, and the opportunity to mingle with friends, our spring celebration and silent auction is an event you won't want to miss.

Information: Face to Face Spring Celebration

Pathways to Housing: Donate Essential Items

Donate Essential Items

TO SUPPORT PATHWAYS PANTRY



Nonperishable Foods
(canned goods, pasta, snacks)



Hygiene & Cleaning Supplies
(soap, shampoo, detergent)



Clothing & Warm Essentials
(socks, gloves, hand warmers)

Your donations keep our emergency pantry stocked.

View more items and how to donate:



pathwaystohousingpa.org/pantry

Donate Essential Items

**Connectedly Launches
Philly Families Read Together**



Join Our Free Program

PHILLY FAMILIES READ
TOGETHER

Are you caring for young Grandchildren ages 3-8?



Join our group

Connect with other Grandparents for:

- ✓Weekly Virtual or Face to Face workshops to build useful technology skills
- ✓FREE children's books for your home library
- ✓FUN learning environments
- ✓Incentives and prizes
- ✓FREE interactive literacy activities to use at home
- ✓Increase communication with your grandchild's teacher

For more information: call Dionne Chambers at 267-334-8906

Email: dwright-chambers@connectedly.org

FINDING NEW WAYS TO GROW OLDER TOGETHER
4100 Main Street | Suite 403 | Philadelphia, PA 19127

Thank you for taking the time to review the March 2025 edition of The Sarah Ralston Foundation's Newsletter! If you have feedback or suggestions, don't hesitate to contact communications manager Claire Lynch at clynch@sarahralstonfoundation.org.



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