



May 2025 Newsletter

Dear Friends,

As we move through spring and into summer, the Sarah Ralston Foundation continues to listen, learn, and build alongside our incredible community of nonprofit partners.

In this issue, we're excited to share highlights from our new Stronger Together Nonprofit Learning Series, including a recap of our April session on Needs Assessment Best Practices and a preview of the upcoming Meet the Funders panel happening in June. Plus a spotlight on recent collaborations among grantee partners that are expanding impact in real time.

You'll also find an interview with our Executive Director, Heather Finnegan, reflecting on her first few months at SRF and the values guiding our path forward.

As we celebrate Older Americans Month, we invite you to flip the script on aging by making a donation to the Sarah Ralston Foundation. Your gift directly supports programs that uplift and empower older adults across Philadelphia.

Thank you, as always, for being part of this work.

With gratitude,

The Sarah Ralston Foundation Team

Stronger Together: Nonprofit Learning Series

At the Sarah Ralston Foundation, we believe that a strong community of nonprofits leads to stronger outcomes for older adults. That's why we launched the Stronger Together Nonprofit Learning Series — a new initiative designed to provide nonprofit leaders with tools, knowledge, and connections to amplify their impact.

The series was developed in response to a survey of our nonprofit partners, who shared what topics matter most to their growth, sustainability, and effectiveness. In response, we're hosting a mix of in-person and hybrid workshops throughout the year focused on real-world challenges and practical strategies for organizations serving older Philadelphians.

In April, we hosted Needs Assessment Best Practices, where more than 40 participants joined us to explore how nonprofits can better understand and respond to the communities they serve. Panelists included John Chin (Philadelphia Chinatown Development Corporation), Sarah Yeung (Sojourner Consulting), and SRF Board Member Therese



Narzikul, who together offered powerful insights into collaborative planning, stakeholder engagement, and asset-based assessment. It was an energizing start to the series — full of conversation, connection, and inspiration.

Next up is our Meet the Funders Panel on Thursday, June 12, hosted in partnership with NewCourtland Germantown. This event will feature four regional funders sharing their priorities, application tips, and advice for building strong relationships with grantmakers. The session will be moderated by Dr. Jerry Johnson, Emeritus Professor of Medicine at the University of Pennsylvania and a national leader in geriatrics and health equity.

Future sessions will explore topics such as grant writing and anti-ageism for advocates, continuing our mission to foster learning and collaboration among the organizations working tirelessly to support Philadelphia's aging population. Together, we're building a stronger network of care — and we're excited for what's ahead.

May is Older Americans Month: Flip the Script on Aging!

As we celebrate Older Americans
Month this May, The Sarah Ralston

Foundation invites you to join our annual fundraiser in support of Philadelphia's older adult population.

Our mission is simple yet vital: to enhance the quality of life for vulnerable, underserved older adults living in Philadelphia County.

Every day, older adults in our community face growing challenges — from food and housing insecurity to limited access to quality healthcare, and the very real impacts of loneliness and social isolation. These issues are often compounded by behavioral health challenges, cognitive decline, and a lack of coordinated care.

That's where you come in.

By supporting our May Fundraiser, you'll help fund community-based organizations that provide essential services — from nutritious meals and housing assistance to wellness programs, advocacy, and opportunities for meaningful connection.

Whether it's ensuring a safe place to live, supporting caregivers, improving health access, or simply offering companionship, your gift makes a direct and lasting impact in the lives of our city's older adults.

This May, join us in flipping the script on aging. Together, we can affirm the dignity of aging, celebrate the contributions of older adults, and build a more equitable future — one where every senior can thrive.

**Make a
Gift**



JOIN US IN CELEBRATING!

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

Connecting Nonprofits: Stories of Collaboration

At The Sarah Ralston Foundation, we believe that powerful change happens when nonprofits come together with a shared purpose. In our newest storytelling series, [Connecting Nonprofits: Stories of Collaboration](#), we're highlighting three inspiring collaborations that show how partnerships can expand reach, strengthen services, and better support older adults and their communities across Philadelphia.

Empowering Aging in Place: The Home Strong Partnership
UUH Outreach, Face to Face, URDC, and GACM are aligning services—legal, home repair, social work—to help older adults remain safely and securely in their homes.



[Home Strong - Read More](#)

Threads of Support: A Cross-Community Collaboration to Meet Families' Needs

A conversation between Philadelphia Aging People in Prison Human Rights Campaign and the African Family Health Organization sparked a partnership that brought essential clothing—and a sense of dignity—to newly arrived immigrant families.



[Threads of Support - Read More](#)

From Surplus to Support: A Collaborative Effort to Feed Families in Need

Northwest Mutual Aid Collective and Grand Central Kinship Care joined forces to bring nutritious food directly to families—bridging gaps with care, trust, and community education.



[Surplus to Support - Read More](#)

Listening, Learning and Building Together: A Progress Report with SRF's Executive Director

As the Sarah Ralston Foundation enters its third year

of grantmaking, we took a moment to sit down with Executive Director Heather Finnegan for a candid Q&A. In the conversation below, Heather reflects on the powerful work being done by SRF's nonprofit partners, the lessons learned through ongoing check-ins, and how the Foundation is continuing to evolve its approach to meet the needs of Philadelphia's aging population. From grassroots efforts to systemic change, this progress report highlights the heart of SRF's mission: building meaningful, trust-based partnerships that prioritize both immediate impact and long-term sustainability.



[Read the Full Article](#)

News, Events and Opportunities

Program: A Matter of Balance

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone Sixty (60) years of age and older
- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



VisionLink®

Connecting people with vision loss
to resources for life.

VisionLink
123 South Broad Street
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Classes are held once a week
for 8 weeks for 2 hours each.

For more information please call:

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A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

VisionLink in the News

53,000 adults experience vision loss in Philadelphia. VisionLink works with people with vision loss to help them live independently and with dignity.

**Video: VisionLink on Good Day
Philadelphia**

Generations On Line: Internet Safety Tips



INTERNET SAFETY TIPS TO SHARE WITH OLDER ADULTS



USE STRONG PASSWORDS



AVOID PUBLIC WIFI



**MAINTAIN SOFTWARE
UPDATES**



**AUTHENTICATION SHOULD
BE TWO-FACTOR OR
MULTI-FACTOR.**



**UNDERSTAND PHISHING
SCAMS**

**LEARN MORE ABOUT THESE AND TEST
YOUR KNOWLEDGE (AT NO COST) AT
[GOLHELP.ORG/INTERNETSAFETY](https://golhelp.org/internetsafety)**



**Internet
Safety**

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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