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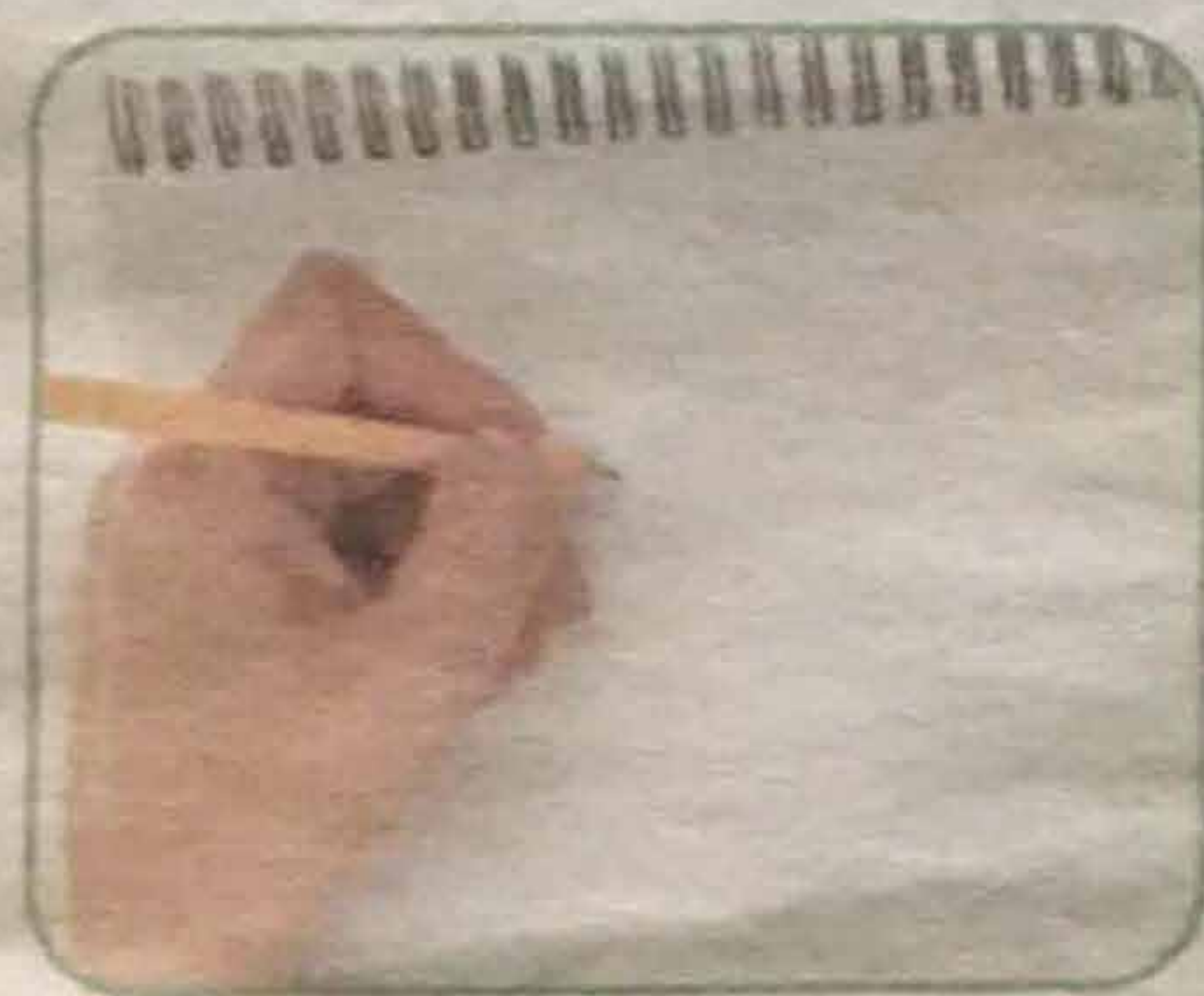
Milestones™

News and Possibilities for Seniors

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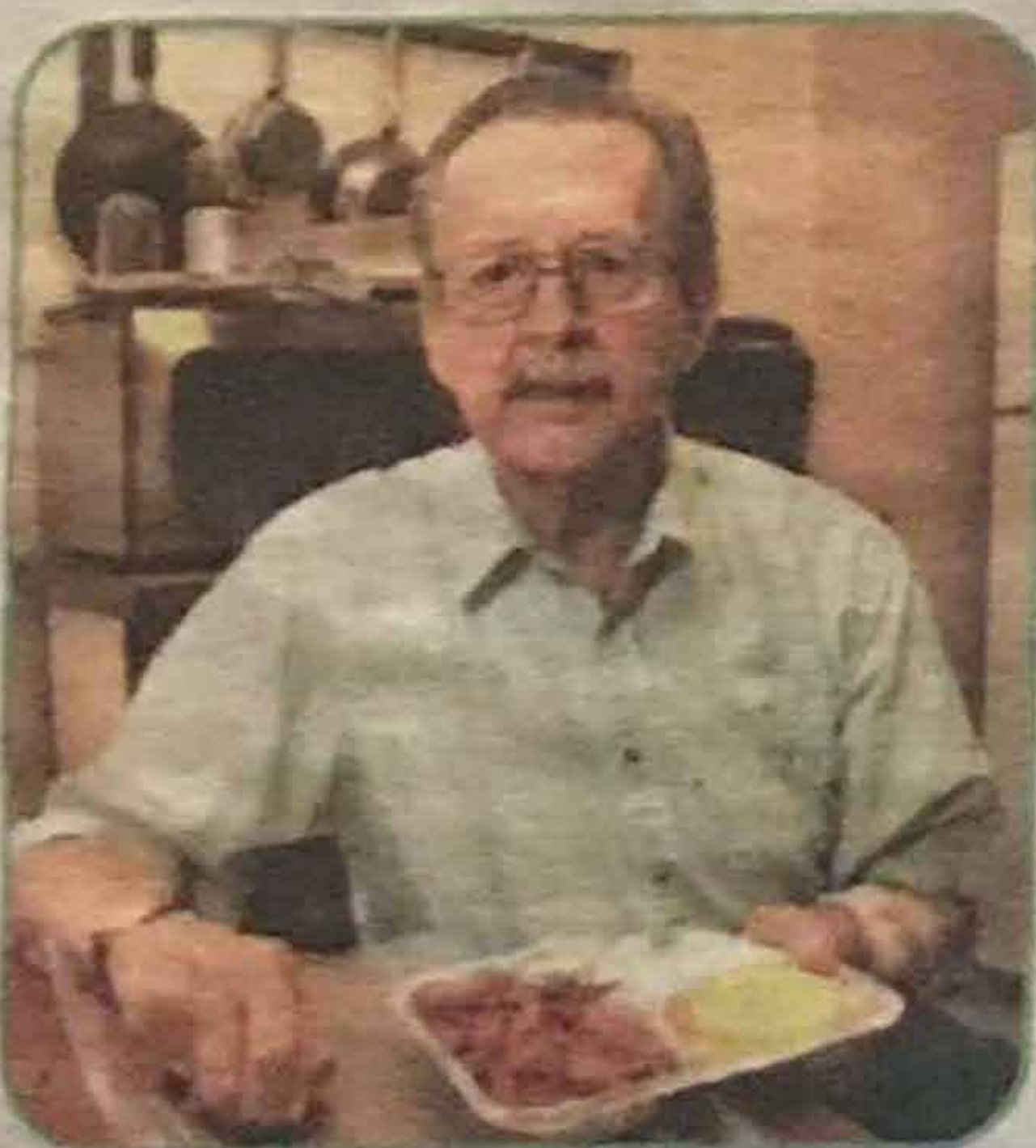
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Both community and shopping draw members to join Weavers Way co-op



Photo by Raymond W. Holman, Jr.

Sylvia Carter, a Weavers Way member for almost 30 years, has worked to build diversity and understanding among members.

by Kathleen Harte Simone

Building community, embracing diversity and supporting local farms have been among the guiding principles of the Weavers Way Co-op since its 1973 founding in a tiny, unheated deli in the heart of Mount Airy.

"People are searching for an economic alternative that they can trust, will serve their interests, and will help build their local neighborhoods," says Margaret Lenzi, a longtime board member and past president. "Co-ops like Weavers Way do all of these things."

Until recent years, only members were permitted to shop at Weavers Way. This is no longer true; all are welcome. Members, who pay \$30 annually, (with a lifetime cap of \$400, returned when you end your membership) enjoy certain discounts and other perks that non-members do not, including low-cost home deliveries. According to Molly Ruddell,

the co-op's home delivery coordinator, the service is utilized primarily by seniors and people with serious health conditions.

"They rely on us," Ruddell says. "They have a relationship with the store and want to continue shopping with us. They have a lot of life experiences; they interact and share their perspective on things when we deliver; and it's really nice to be able to be there for them," she says.

Home deliveries are available to residents within eight miles of one of the co-op's stores in Mount Airy and Chestnut Hill (but not in Center City). The cost is \$7 per delivery or, for orders over \$75, 10% of the total.

Farming grew from diversity initiative

Roughly 30% of the foods sold at the Mount Airy and Chestnut Hill stores are locally grown or raised, some from the co-op's own two farms. These, in part, grew out

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Healthy Eating

Cooking well for one

By Alicia M. Colombo

Having the flexibility to experiment with new flavors, and not having to cater to someone else's likes and dislikes, are among the advantages of living alone. At the same time, you can too easily become lazy about preparing healthy and interesting meals for yourself; and spoilage can be a problem, since foods are often not packaged for one.

Organization is key, says Susan Gibson, R.D., L.D.N., who is the nutrition manager at Philadelphia Corporation for Aging. "Plan your week. Look at what you have coming up and count how many meals you will need to make," she suggests. "Always look at the sales and coupons from your local supermarket. Look for what's in season. In season, fresh produce is usually cheapest."

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In Season

With this issue, we are introducing "In Season," a monthly food feature that will provide recipes using fresh, seasonal produce. Tomatoes, cucumbers and lettuce are featured in this month's recipe for Greek Salad.

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Weavers Way

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of an endeavor to cultivate ties with the African-American community.

According to Sylvia Carter, a Weavers Way member for nearly 30 years, and a member of its Diversity Committee, there was a time early in its development when some thought the co-op did not allow African-Americans in the stores. This misunderstanding was a red flag for Weavers Way: it was crucial to communicate beyond any doubt that embracing diversity is an important part of the co-op's mission.

"We met with the principal and teachers at the (neighboring) C.W. Henry School

Weavers Way members. Crops were sold at the Weavers Way Marketplace and the money was given directly back to school. The first year, the students donated the funds to Heifer International in South America.

The partnership with the C.W. Henry School, Carter says, was a bridge to making the African-American community feel welcomed by Weavers Way.

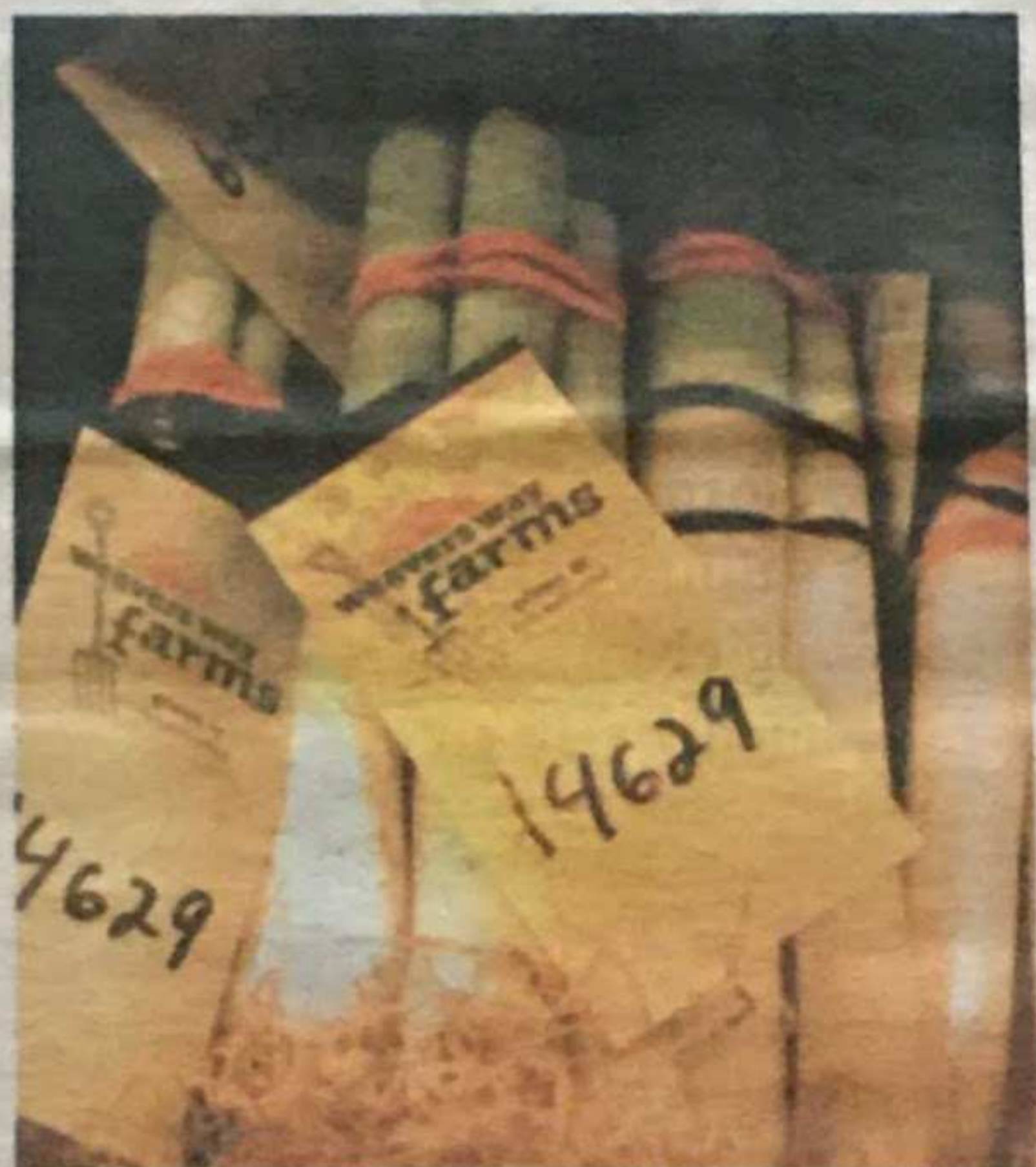
It also resulted in a broader educational program, which includes both the farm at Awbury and another, at W.B. Saul High School and the Hope Garden at the Stenton Family Manor homeless shelter. The program is an innovative partnership between Weavers Way and its nonprofit affiliate, Weavers Way Community Programs, and area schools and the shelter. It increases access to healthy food choices and awareness of locally produced options.

Talk to shoppers and particularly members, and there's no mistake that Weavers Way is about more than getting a good deal and buying quality food; it's about community. "One of the basic principles of a cooperative is concern for the community," says Lenzi. "Weavers Way takes this seriously and is a partner with many other community groups in Northwest Philadelphia. And, when you shop at the co-op, you often see your neighbors and this is an opportunity to connect with them. There is a lot of talking in the aisles!"

To find out more, visit the Weavers Way website at www.weaversway.coop

Kathleen Harte Simone is a Philadelphia freelance writer

Photo by Raymond W. Holman, Jr.



Leeks are among the vegetables grown at Weavers Way farms

and became heavily involved with the school," Carter says. "It was the fourth grade teacher who started the Kids Growing Seeds program." The Henry School students planted a small garden in the Awbury Arboretum that was tended by