

The Future is Bright



Congratulations to Three of Our Recent Discretionary Grant Recipients!



Philadelphia Bicycle Coalition Youth Cycling Program

BCYC supports youth on and off the bike and is part of the solution to providing safe and cost-free opportunities for youth to engage in regular physical activity, develop leadership skills, and foster positive peer and adult relationships.



Cradle of Hope

COH helps single mothers and children who are experiencing homelessness through education, housing, life skills classes, and surrounding moms with a support system that continues long after they move on.



Community Enrichment Fitness Network

CEFN brings together seniors in the Philadelphia community through the promotion of healthy eating, exercise, and living an overall healthy lifestyle.

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A Letter From Our Executive Director

Dear Neighbors,

I hope you are warm and well wherever this letter finds you!

As the weather is quite changeable, please check in on the seniors in your life. We are especially concerned for the seniors in our community who are isolated and are more challenged in cold weather. Being on a fixed income while life costs remain high forces our senior friends and neighbors to make difficult choices, like whether to pay for medication or heat. Assistance with heat costs is available and we would be happy to link you to the program.

I hope you enjoy this brief newsletter that explains a new area of grantmaking for the Foundation. There are many grassroots organizations in NW Philadelphia and we really do want to give them a chance to improve health access and equity in their neighborhoods. If you want further information or want to apply, please feel free to reach out to us at any time on the website (f4he.org) or call the office (215-438-8102). We would love to hear more!

Be on the lookout for announcements about upcoming convenings and events. We can't wait to see people in person soon!

Warm wishes,



441 E. High Street, Unit 8B
Philadelphia, PA 19144
215-438-8102 | f4he.org

Staff & Board List

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Did You Know F4HE Awards Discretionary Grants?

Discretionary Grants are awarded to nonprofits that do not meet all criteria for F4HE Food Insecurity or Community Health grants but are still doing impactful work in our community! To qualify, organizations need to align with F4HE's mission to advance health equity and provide services to residents of NW Philadelphia. We accept applications at any time and award them on a rolling basis. In addition to our grantees on the cover, recent Discretionary Grant recipients include: Yoga4Philly, The Philadelphia Goat Project, Bebashi Transition to Hope, Covenant House, and Philadelphia Youth Football Academy.

55 Years at Center in the Park!

By David Griffith
CIP Director of Development

For the past 55 years, Center in the Park (CIP) has provided a place for adults age 55+ to learn, grow, improve their health, make their voices heard, and give back to their community. Located in Germantown's Vernon Park and free for members 55 and over, CIP's mission is to promote positive aging and foster community connections for older adults whose voices are critical instruments in shaping its activities and direction. Community members come to CIP to engage in arts programs, fitness classes, health education initiatives, congregate meals, volunteer-led projects, and housing and energy counseling. Over 1,700 older adults participated in programs and classes at CIP in 2023, with another 900+ receiving services from CIP's HUD-certified Housing Counselors, In-Home Support Program, Neighborhood Energy Center, and Long-Term Care Ombudsman Program.

CIP continually seeks to push the boundaries of what a senior community center can be. There are many ageist notions of senior centers as places where older adults just sit around playing bingo and watching TV. At CIP, though, members are taking theater classes, performing original poetry, practicing Qigong, making TikTok videos, and working up a sweat in an Enhance® Fitness class. Senior Environment Corps volunteers are wading into the Wissahickon Creek collecting water samples to test for contaminants. An LGBTQ+ advisory committee is planning innovative programs for LGBTQ+ older adults. Older adults are facilitating peer-led curricula on managing chronic illnesses.



CIP also centers the voices and experiences of older Philadelphians in advocating for local, city, and state policies that are age-friendly and responsive to community concerns. In the past year, CIP has hosted a mayoral candidates forum, a City Council debate, a visit from the Pennsylvania Secretary of Aging, a bill signing with Governor Shapiro, and community listening sessions to inform Pennsylvania's 10-year Master Plan for Older Adults. Additionally, CIP collaborates with elected officials, neighborhood groups, and local community organizations to address issues that matter to the broader Germantown community, thereby acting as a hub not only for aging issues but for intergenerational efforts to create a stronger Germantown for people of all ages.





10 East Springfield Avenue,
Philadelphia, PA 19118

Return Service Requested

Congratulations to Our 2023 Food Insecurity Grantees!



Share Food Program

With a variety of hunger fighting programs such as Food for Kids, Home Delivery, Pantries & Distribution, and Philly Food Rescue, Share works around the clock to fight food insecurity in Philadelphia.



Small Things Philly

Small Things distributes food, hygiene items, and household goods to a network of local community centers, food pantries, and churches in and around Philadelphia.



Northwest Mutual Aid Collective, Inc.

NWMA believes that people at a transitional point in their lives need a hand-up and not a handout and aims to combat food insecurity by supplying nutritious and healthy food to seniors, disabled residents, cancer patients and low-income families in NW Philadelphia.