

Ujima Friends Peace Center and Sankofa Artisan Guide
Friends Foundation on Aging Reapplication Grant – March 2024
With These Hands– Year 4
The PASHI Project (Pan-African Sisterhood Health Initiative)

Once again, it is our earnest hope that Friends Foundation on Aging will fund this amazing program for another year. This year has been extraordinary for the members of the Pan-African Sisterhood Health Initiative (PASHI) in partnership with the Ujima Friends Peace Center. This dynamic collective has grown in number, in scope and in global impact, under the leadership of our program coordinator, Mama Maisha Ongoza. In November 2023, Mama Maisha was asked to present at a conference in Zimbabwe. She in turn organized a cohort of elders from PASHI to co-present and do community-based workshops for families. For some of the elders in the delegation, it was their first passport. For some, it was their first trip to Africa. In Zimbabwe, our elders conducted workshops in various communities, teaching women and men how to make the reusable menstrual pads by hand. They also were able to take school supplies and computers collected from Philadelphia schools to schools and community organizations in Zimbabwe. Surely, this project has grown beyond our wildest dreams. Now 39 communities in 24 countries, have received reusable menstrual pads and other life changing materials made at 1701 Lehigh Avenue in the Ujima Friends Peace Center by a group of devoted, dynamic, courageous elders who are committed to making the world a better place for others. Besides the international work, the PASHI elders have expanded their work with youth and have formed partnerships with other organizations, providing school supplies to children in Philadelphia. We appreciate the support that FFA has provided us through the years and hope that it will increase its support as the project continues to expand. This year we are asking for a grant of **\$46,700.**

Changes in the problem

The problem of elders living in isolation and often not feeling as if they can contribute remains a challenge throughout our communities. Bringing elders together with youth as mentors breaks stereotypes of the elderly. Providing opportunities for elders and young people to work together on projects that are purposeful and address a global need is empowering. Building a strong sense of community among our elders, while building intergenerational communities where elders are teachers, leaders, and mentors is a win-win that increases everyone's sense of wellness and wholeness.

Change in our solution: As we build a stronger sense of community among the Ujima/PASHI collective, we are supporting elders in working on projects that they identify as important for themselves. This has led to additional projects that are done on Thursday at the center. One project was a beautiful quilt that celebrates the contributions of Black Quakers. This historic cultural artifact will be on display at the Ujima Friends Peace Center. We plan to continue to create more opportunities for our elders to use their creativity (Kuumba) and collective work

(Ujima) to express themselves and improve conditions for people in their communities locally and globally. We also are creating more opportunities for elderly people to make decisions about participating in local and global initiatives. Our PASHI group was joined by the wider Ujima community in celebrating Kwanzaa both at the Free Library and at a special evening celebration at Imhotep Institute CS. Last year we promised to continue to bring together intergenerational cohorts led by their elders. We have done just that. This year we have an average of 30 seniors who gather on Wednesday and 10-15 who gather on Thursday. We have a total of 25 children who are serviced during the school year by the elders as well as another 20 children in summer programming at PASHI. PASHI has become an international hub for community-based groups from Africa and Diaspora, so it has received visitors from Côte d'Ivoire, Haiti, and Ghana. In addition, the Mandela Fellows programs from Drexel University and University of Delaware have sent participants from Ethiopia, Egypt, Nigeria, Sudan, South Africa, Kenya, Democratic Republic of Congo, Liberia, Ghana, and Angola. Participants have been excited to fellowship and be taught by our PASHI elders at the Ujima Friends Peace Center. Imagine how transformative these experiences continue to be for our elders as they see and feel themselves touching the lives of people worldwide.

Changes in programming efforts: We continue to have 4 cycles of 12-week cycles but have doubled the program time. Our seniors can now come both on Wednesday and Thursday. On Wednesday, our seniors focus on making the pads to be distributed worldwide. Thursday is the day that the elders come and work on their own art and sewing projects. The average number of participants on Wednesday is 30 with over 90% of those gathered over 60. The average age is 70 and the grand elder is 86 years old.

Changes in funding: This year the PASHI program was honored to be invited to Zimbabwe to present at a conference on the use of art for social justice. A delegation of 7 of the PASHI elders represented the group at the conference. The youngest member of the delegation was 50. The oldest was 86. The delegation included a dual PASHI and Ujima Peace Center member, who is 75. To make this happen the group embarked upon a fundraising campaign. A total of \$ 11,000 was raised for the Zimbabwe trip. While the delegation was in Zimbabwe the other elders continued to make pads and do outreach on the project. While the PASHI program has expanded, the need for more space and repairs for the Ujima Center has also grown. Ujima Friends Peace Center has recently engaged Network for Good to get assistance in fundraising.

Sustainability: Our FFA funding has allowed us to reach so many more seniors, serve more young people, and expand our reach internationally. And while a change in funding would mean a change in the scope of our work, it would not change our commitment to continue this amazing project. We see sustaining this project as essential to our being. We seek funding to be able to expand our reach and increase our impact. To keep abreast with the work of PASHI visit the Ujima Friends Peace Center Website at www.ujimafriends.org or follow Pan African Sisterhood Health Initiative (P.A.S.H.I) on Facebook. Below please find the 2024 proposed program budget

PASHI Project 2023-24 Budget

(4X 12-week project)

	Items	Est Cost	Comments
1.	Project Director (1 part time)	\$15,000	
2.	Site Coordinator	\$10,000	
3.	Rent, Utilities, Facilities	\$22,000*	10,000 provided by Ujima – Second Pashi day
4.	Used sewing machines	\$200	To be provided by Ujima Friends Peace Center as in-kind
5.	Equipment and Repair	\$1500	Volume and thickness of pads are too much for regular servers
6.	Fabrics & Materials	\$3500	This represents a combination of materials the various materials that were listed separately in previous budgets
7.	Notions	700	
8.	Refreshments, Hospitality and Volunteer Celebration	3000	
9.	Shipping and Postage	800	
10.	Total project cost	56,700	
11.	Total in-Kind and materials	\$10,000	
12.	Total grant Request	\$46,700	

*This represents the increase in time that PASHI spends in the center and the increase in rent and utilities. Ujima still provides kind support as it houses the project and supports the project.