



Aid For Friends

Annual Report

Fiscal Year Ending July 31, 2015



Mission Statement

Aid For Friends' mission is to serve needy, isolated homebound persons, primarily the frail elderly, in the five-county Greater Philadelphia Region, with seven free home cooked meals delivered weekly by empathetic volunteer visitors, and also to provide them with free outreach services. The goal is to help our homebound “client/friends” maintain their cherished independence by supporting their determination to remain in their own homes for as long as possible and to enhance their quality of life.

Message from the Executive Director

Aid For Friends is primarily a church-based organization. Nearly all of our freezer sites and volunteers are church based. While we saw significant increases in Bucks and Delaware counties, we saw the effect of the declining number of churches over the past few years and the graying of our volunteer base. One of our most productive cooking groups retired after the sudden death of their leader. This group was a consistent meal production leader for more than 35 years. Other very productive, long-serving volunteers have retired. Meal production has dropped from 365,000 to 343,075, a six percent drop. The number of people served has dropped from 2,243 to 2,057, an eight percent drop. All most all of that decrease, 180 out of 186, has occurred in Philadelphia. Philadelphia now accounts for a touch less than half (49%) of our client/friend base. Montgomery County dropped by 7%, from 446 to 415. Delaware County, increased 77 %, from 60 to 106. Bucks County also increased, up 14 % from 346 to 394. Our Philadelphia numbers seem to be in a general, slow decline. We rely heavily on reliable, church-going volunteers. The opportunities for recruitment of such people has decreased significantly in Philadelphia. All of the other counties fluctuate. We expect our suburban operations to generally remain steady or grow a little for the foreseeable future.

This year we received a grant for capital improvements, vehicles, and maintenance items. The \$ 120,000+ sunset grant from Fourjay Foundation was used mainly to replace the roof. Operating expenditures were \$ 845,122, about \$40,000 under budget. This was due mainly to unfilled positions. United Way donations were down significantly this year. Our Community Impact grant was reduced roughly \$30,000. There seems to be a great emphasis on youth and education nonprofits. Net income (unaudited) was 87,390, due to the Fourjay grant.

Sincerely,
Steven M. Schiavone
Executive Director

Aid For Friends' History

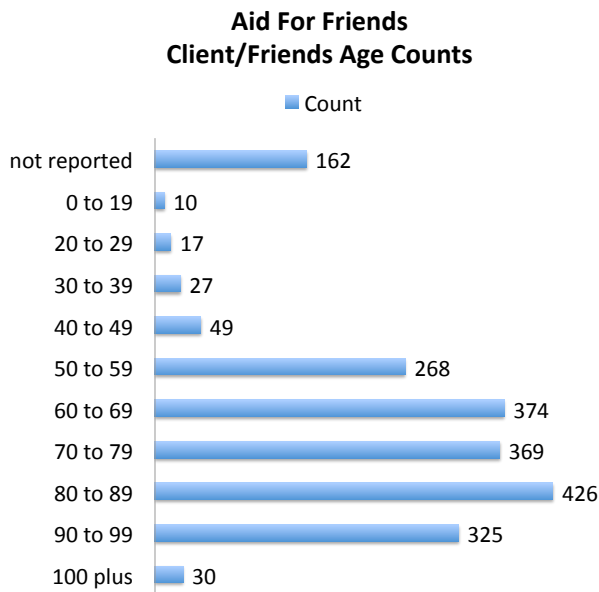
Rita Ungaro-Schiavone founded Aid For Friends in 1974 while working as a volunteer social worker at the YWCA in the Frankford section of Philadelphia. Her first caseload was 11 shut-ins, among them Minnie, who was blind and unable to walk; Dorothy, who was developmentally impaired; and Ruth, who suffered from MS, was confined to a wheelchair and also suffered from emotional illness. These people were not able to care for themselves. All their friends and relatives had moved on, passed away, or simply abandoned them. They were all alone and hungry. Rita wanted to alleviate their suffering, so she cooked meals, froze them, and brought them to the shut-ins. She would sit and talk with the shut-ins for a while because they were so troubled and desperately lonely.

A truly grassroots non-profit, Rita grew Aid For Friends by enlisting the help of her friends in the Christian Family Movement, her parish, St. Jerome's, and the Frankford YWCA. Under her leadership, they provided meals and friendship to more and more people who were isolated and unable to care for themselves. As Aid For Friends gained support of additional volunteers and raised more funds, we expanded into a regional program, serving the five-county Greater Philadelphia Region.

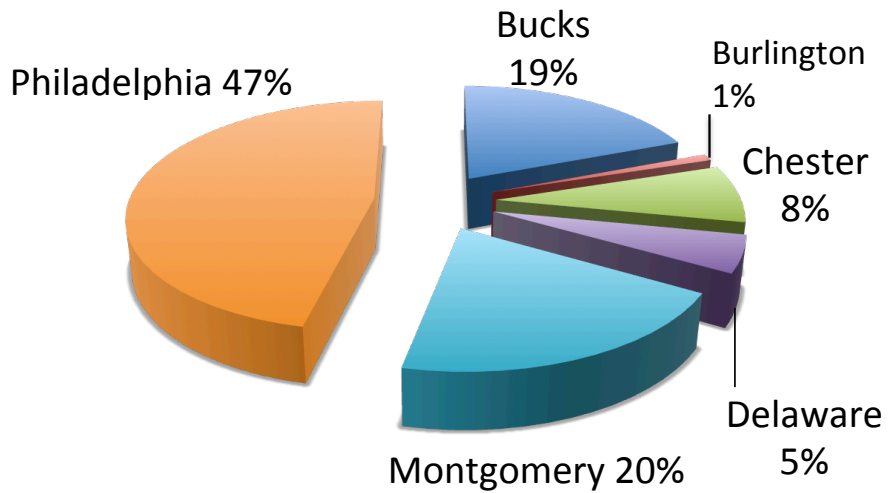
Our headquarters were in the Frankford YWCA; then St. Jerome Mobile Units; followed by Holme Circle Shopping Center, and now the Aid For Friends Frail Elderly Outreach Center in NE Philadelphia. We are located in a 30,000 sq. ft. office/warehouse in Philadelphia. Aid For Friends has delivered more than 15.7 million free meals to almost 14,300 homebound individuals during its forty-one year history.

Volunteer visitors have logged more than 1.8 million hours of providing compassionate support to those individuals who are unable to leave their homes. All of our meals and services have been, and still are, FREE to our shut-in client/friends.

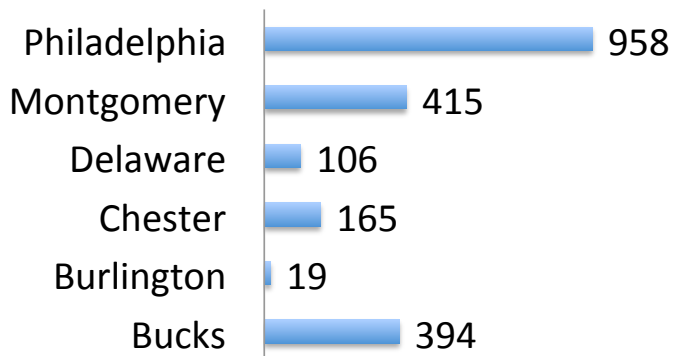
Today we have an adult volunteer network of 15,000 – cooks, drivers, visitors, coordinators, and office and maintenance personnel. Also, youngsters from many schools and youth organizations volunteer throughout the year. There are now 230 Catholic and Protestant churches, 7 synagogues and many civic groups that actively



Aid For Friends Percentage of Client/Friend Count by County



Client/Friend Count by County Total 2,057



For Fiscal Year Ending July 31, 2015

participate in our network of volunteers, by collecting and distributing frozen home cooked dinners to the homebound.

FOR FISCAL YEAR ENDING JULY 31, 2015:

Number of Client/friends Served: 2,057

Number of Meals: 343,075

Number of Soups: 65,000

Number of Breakfast Bags: 34,102

In-Kind Value of Donated Meals and Food: \$ 1,876,283

Monetary Budget: \$ 885,028

Monetary Actual Operating Expenses: \$ 845,122

Capital Expenses (additional):

Roof 97,920

Freezers 9,368

Monetary Income, including gifts for capital: \$ 932,513

Monetary Budget for FYE July 31, 2016: \$ 897,750

Programs and Services

Since the population we serve is frail and vulnerable by nature, we need to provide other aid and advocacy to help them survive and maintain their independence. As a result of formal and informal feedback from our shut-in client/friends and volunteer visitors, Aid For Friends has developed support projects and programs over the years. All of these projects are on going and free to our 2,057 shut-ins. The programs are listed below in four categories with the year they were started:

1. Bringing Food and Friendship to the Homebound

Food and Friendship (1974). Since 1974, Aid For Friends has provided seven free frozen home-cooked dinners weekly delivered by a compassionate Visitor Volunteer to the isolated disabled and frail elderly homebound. This is the heart of the program.

AFF Inner-City Meal Centers (1978). We collaborate with Catholic Social Services, Episcopal Community Services, Deliverance Evangelistic Church, nondenominational and ethnic churches, Salvation Army sites and others to respond to the special needs of the poor, infirm elderly and disabled in urban low-income areas. We provide the resources of free meals, freezers, orange juice, gifts of warmth, safety products, Ensure and training of volunteers. They provide us with their valuable connection to those in hard-to-serve areas.

Operation Quick Serve (2000). Operation Quick Serve was started in 2000 to provide Aid For Friends' free meals and outreach services to the shut-ins and caregivers on our waiting list, who are waiting to be matched with a volunteer visitor.

Caregiver Support Program (1999). We provide free meals for family members who care for seriously ill loved ones. By providing meals to the caregivers and their frail elderly homebound parents or spouses, the caregivers will be less harried and free to offer more compassionate support.

2. Supplemental Foods

Orange Juice Project (1991). Many shut-ins take diuretics, so we provide orange juice to supplement their diet and supply potassium. It provides supplemental potassium, vitamins, minerals, calories and fluids.

Homemade Soups (1982). We delivered over 65,000 homemade donated soups to our shut-ins last year. The soups are greatly appreciated by many of client/friends because they tend to be easy to chew and digest.

Breakfast (1995). We recruit schools, organizations, and corporate employees to assemble breakfast bags. They put things like oatmeal packs, small cereal boxes, nonperishable juice, fruit cups and a homemade greeting card in a bag. Aid For Friends can provide the food products to those in disadvantaged areas so that resources are not an obstacle.

Demonstration / Production Kitchen (2003). Cooking groups use it to prepare dinners and soups for our shut-ins. It helps to cover any shortfall in the meal supply and enables us to add variety at times when needed.

3. Outreach Services

Essential Items and Services (1974). Aid For Friends has always provided its client/friends with essential items and services. These are the things

needed for basic survival. If a client/friend does not have a working oven or a working freezer, they cannot receive, store and reheat our meals. We also provide fans, new space heaters, bottled water, disposable adult absorbant undergarments, disposable bed pads, and Ensure. If they are going to be evicted, we try to find them housing. If they can't pay their utility bills we try to get them LIHEAP or some other funding. If they have serious pest problems, we will hire an exterminator. If they are eligible for help from another agency, we try to find it for them. We also provide for small home repairs in certain circumstances. These are some examples of the various items and services we provide to enable our client/friends live in a relatively healthy, safe and secure environment.

Emergency Financial Assistance (1977). Grants up to \$300 annually for impoverished shut-ins who have a financial emergency or special need e.g. utility bills, telephone, security deposit for apartment, moving fees for furniture, and the like.

Safety Project (1995). We conduct safety audits and provide safety products (such as smoke alarms, reflective house numbers, door sensor alarms) to our shut-ins to prevent unnecessary suffering and premature death, due to household accidents, fires and crime.

4. Tokens of Friendship: Friends Get Gifts and Birthday Cards

Gifts of Warmth (1975). Donated new afghans, sweaters, robes, underwear, slippers, etc. are delivered to our shut-in client/friends by their volunteer visitors for Christmas, Hanukkah and birthdays. Poinsettia plants are delivered at the beginning of the winter holiday season.

Birthday Greeting Card Project (2004). We send decorative birthday greeting cards to the shut-ins we serve. The response is very positive; the shut-ins are very happy that their birthdays are remembered.

Outcomes

Aid For Friends conducts periodic surveys of its client/friends to measure the effectiveness of its program. In conjunction with a major grant from the Pew Charitable Trusts, we have been conducting a two-part survey designed to measure improved nutrition as a result of receiving our meals and improved emotional well-being as a result of receiving our visits. The nutrition section had nine questions and the mental well-being section had three questions. Since May 2009 to July 31, 2011, we completed 231 surveys. More than ninety-eight percent (98.7%) of all surveyed had scores that showed a strong indication that receiving Aid For Friends' meals improved their nutrition. More than ninety-two percent (92.2%) had scores that showed a strong indication that the visits improved their mental well-being. The surveys were given to people who were relatively new to Aid For Friends (on our program between six months and one year) and were over age sixty. The average response rate in July of 2011 was 48% (at this rate, 481 people would have been contacted to complete 231 surveys).

From 2006 through 2009, as part of a major grant from the Pew Charitable Trusts, we conducted modified 15 question Geriatric Depression Scale surveys. The surveys were designed to measure any effect the Aid For Friends program might have on depression in the isolated frail elderly population. In that period, 109 Aid For Friends client/friends remained able and eligible long enough to complete two or more surveys. Only client/friends who over age 60 and just starting Aid For Friends were candidates for surveys. We measured the likelihood of depression immediately upon starting our program and six, twelve, eighteen months and twenty-four months after. Remarkably, sixty percent (60%) of all surveyed had initial scores that indicated at least a moderate likelihood of depression. This tells us that depression is prevalent in the isolated frail elderly homebound, which is not a surprise. This population is almost always in general decline, alone and often at the latter part of their twilight years. Sixty percent (60%) of all surveyed had a final score that indicated a decrease in the likelihood of depression (and 23% showed an increase). Those that initially showed a high likelihood had an average decrease of 4.1 (on a scale of 15), and those with a moderate likelihood had an average decrease of 2. Eighty percent (80%) of those indicating at least a moderate likelihood of depression showed a decrease in the likelihood of depression after receiving Aid For Friend meals and visits for six months or more.

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