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December 2012

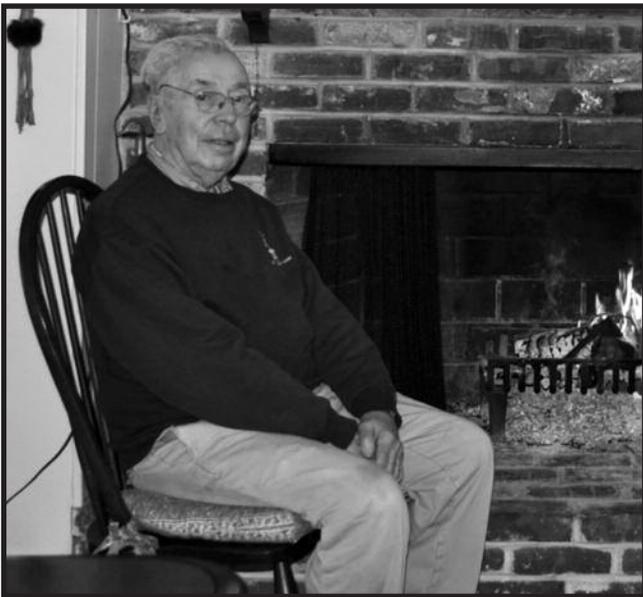
AID FOR FRIENDS

Steven M. Schiavone, Executive Director

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Volunteers Honored

Al Clougherty first heard my mother speak about Aid For Friends' ministry at a Mass at Our Lady of Good Counsel Church in Southampton, PA 22 years ago. He immediately signed up as a visitor volunteer and has been active as such for all of those 22 years. Seventeen years ago he became a Regional Coordinator for Central Bucks County. Al remained Regional Coordinator until this year, when he turned 80 years old.

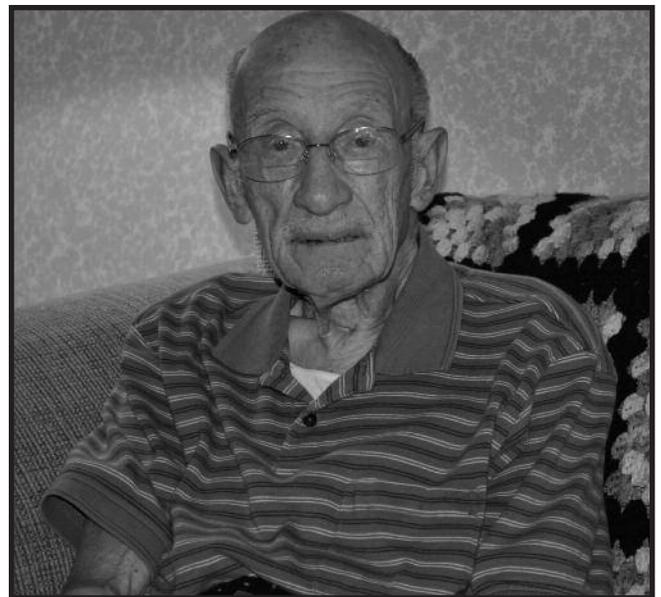


Al Clougherty, Aid For Friends Volunteer

Al had been a corporate tax accountant for an international holding company for 20 years. He said it was an excellent job and that "they owned companies everywhere". He was used to working hard and therefore after retirement he gladly volunteered an average of 20 hours each week for Aid For Friends. Al traveled to New Hope, Perkasio, Telford and throughout the Central Bucks County region to evaluate referrals. If he could not find a visitor volunteer for a new shut-in, he would just add that person to the ones he visited. Al obviously has always cared deeply about the needy homebound who called for assistance over the past 22 years; "I really miss serving, but this year it got to be too much". He said, "I feel like I am going through a grieving process...I wake up in the morning and say to myself 'What do I do now?'" Although he still visits two shut-ins each week, he really did enjoy dedicating a large part of each week to the needy homebound throughout the various townships of Central Bucks County.

Walter Desher first volunteered as the AFF Coordinator at his church, Bethany United Church of Christ in 1996. In addition, he has been an AFF volun-

teer visitor for 25 years. During that time he has visited six different shut-ins. He has been visiting his current special client/friend for two years. Each week he picks up dinners from his church, and sometimes at a nearby church, St. Williams RC Church, and then drives to Ms. Smith's home. Walter is a very charming gentleman with a pleasant demeanor and it is obvious that he is a caring individual. In fact, he is really quite amazing. He just turned 88 years old last May and as he said "I am unable to walk straight because of osteoporosis". Walter doesn't let that stop him, and in fact, he belongs to a hiking club where members walk four miles every Saturday. He also takes walks in his neighborhood during the rest of the week. He told me he volunteers for Aid For Friends because he wants to help "a good cause". In addition to Aid For Friends, he volunteers for three other charities that help the disabled. He is always a positive thinker.



Walter Desher, Aid For Friends Volunteer

Walter told me he enjoys visiting Ms. Smith who, though not yet 50, has had several illnesses that have rendered her homebound. She has great difficulty in walking and breathing and sometimes needs to use oxygen. His special client/friend says that she enjoys all of the dinners, and loves the variety she receives.

I am personally honored to have the opportunity to present Al Clougherty and Walter Desher with a Rita Ungaro-Schiavone award this year.

Sincerely,

Steven M. Schiavone, Esq., Executive Director

Top cooking groups not mentioned in last newsletter; Living Word Lutheran Church, Roslyn, PA prepared 3,331 meals and soups for fiscal year ending July 31, 2012. U.M. Church of the Good Shepard, Philadelphia, PA prepared 6,371 meals in 2012.

SANDY - Power Outage at Aid For Friends

On Monday evening, October 29, 2012, at 8 pm, Aid For Friends lost their electric power due to Sandy. Steven received a call at 3 am from a staff member who had discovered the outage.

The two greatest concerns at Aid For Friends were: nine large walk-in freezers, two 40 cu. ft. freezers, and seven 20 cu. ft. freezers, all filled with your donated home cooked dinners and soups. The second concern was the telephone system. For anyone who called Aid For Friends, the phones seemed to be ringing and not being answered. The callers were not aware that the power was out. Our dedicated staff and volunteers were so concerned about the 2200 homebound we serve. I made necessary phone calls from home, trying to get some type of emergency service to the AFF building. I explained to PECO how we fed and supported 2200 frail elderly shut-ins, and needed their help. They said that they were assessing the region and then would decide whom they would help first. They did not put our needs as a priority.

AFF's power was out for four day. The meals were consolidated into freezers packed with dry ice and sealed. Steven along with Mike Pohar, Joe Wesolowski, Joe Herzig and Ernie Kohler worked in the dark and cold. Thanks be to God, we had just received funding for and purchased a previously owned refrigerator truck that was used to move many meals to a cold storage facility on Delaware Avenue.

We apologize to anyone who tried to call and was unable to get through to us. Actually, we were in the building each day. I cannot thank the staff enough for their dedication and hard work during this trying time. They did everything humanly possible and saved all the frozen meals that were stored in our facility.

Sincerely,
Steven M. Schiavone, Esq., *Executive Director*

PATHMARK SCRIP HELPS AID FOR FRIENDS

Support Aid For Friends by using your Pathmark Advatage Club Card or Pathmark Perks Card. Path mark will donate 1% of your total purchase every time you shop. Its easy . . . call Escrip at 1-800-931-6258 and tell them you want to register your card for Aid For Friends or register online at ESCRIP.COM and click on "Sign-up".

**Want to
help out during
the holidays?**

Enclosed is a postage paid return envelope for a Christmas/Holiday donation - if you are able to do so without hardship



Holiday / HANUKKAH Gifts for the Homebound It's never too late

It is not too late to get a gift for our homebound friends. When our visitor volunteers stop by the Kelly Graham Memorial Gift Room, they choose special holiday gifts they know their client/friend needs or would enjoy receiving. When the homebound receive not only free home cooked meals but gifts that were specifically chosen for them, they realize they are not forgotten, but loved. They often say "thank-you" with tears in their eyes.

All donated gifts must be NEW. Items that are needed are gifts of warmth: men's and women's sweat-suits, pajamas, warm robes, sweaters, fleece tops, (especially size Large to 4 XL), slippers, bath towels and washcloths, sheets, blankets, toiletries, personal care products including soft facial and toilet tissues and adult wipes.

We will also gladly accept gift certificates for local stores; e.g. CVS, Target, Wal-Mart, or supermarkets. AFF will then purchase items not received but needed by our shut-ins, including adult Depends underwear and other personal care products, and nutritional supplements (for those shut-ins whose physicians recommend they use due to malnourishment). **Please deliver all gifts to the Aid For Friends Frail Elderly Outreach Center.**

Monday through Friday, 9am to 5pm or Saturday, 10am to 1pm.

Special Note: Gift certificates are used throughout the year for our shut-ins' special needs.



FOUNDERS COLUMN

\$10,000 CHALLENGE FOR MATCHING FUNDS



“For it is in giving that we receive”

The above line from the prayer of St. Francis of Assisi (13th Century) is often on my mind – actually, always on my mind - since the 1960’s when my husband Mike and I began service to the needy, hungry and sick in the community. Please let me explain... I have never believed that if I gave my time, service or funds, I would therefore receive a commensurate return... or when I scrubbed a shut-in’s bathroom or changed her bed sheets, that someday when I was a shut-in myself, some kind soul would do the same for me (or offer assistance). From my experience with 38 years of interacting with thousands of AFF volunteers, I know that the majority of them do not expect any kind of return, but serve out of the goodness of their hearts.

In my memory bank, I think of Al who visited a frail elderly retired salesman who lived in a small room with just a bed, card table and folding chair that served as his kitchen set. One day Al told me how deplorable his new friend’s living conditions were and that he had decided the least he could do for this poor man, in addition to bringing him meals and visiting and socializing with him once a week, was to take the man’s personal laundry and bedding home to wash each week. Al generously performed this service for many years, until the shut-in went home to God.

I also remember Nora who visited and delivered meals to a frail elderly bedridden woman in Frankford. This shut-in had to rely on cut up old sheets that she used as adult diapers for herself. But her life changed when Nora visited her each week, and lovingly bathed her and took home her laundry. Nora brought back the clean diapers when she visited the following week.

I remember as well the young couple who, after visiting a frail elderly woman for many years, took her to their home to live with them, their three year old and newborn child, after she had become critically ill. They all lived together, as a family, until the beloved AFF client friend passed away. The doctor who came to treat this dying woman could not believe that this young family embraced the frail elderly stranger as one of their own.

These three families and thousands of volunteers and donors, who shared their stories with me over the years, really became my role models. We were all like a fraternity of servants, joyfully helping those needy homebound men and women whom God placed before us.



Mike and I celebrated our 58th wedding anniversary on August 21st. It has been 38 years since I first visited Minnie in the Frankford section of Philadelphia. In the last newsletter I wrote that after much prayer Mike and I decided we should do even more for the poor that Aid For Friends is able to serve. Since the recession - - Aid For Friends has been having a difficult time paying all of the expenses incurred for our free charitable nonprofit program. It has been a struggle. In fact, Aid For Friends has ended the last three fiscal years with a deficit. Mike and I therefore decided to share \$10,000 from the funds we had saved for our retirement. We have been blessed with long lives (I am 78 and Mike will be 80 on January 1) and the Lord has blessed us with 4 sons, 6 grandchildren and 2 precious great-grandchildren. We realize that the greatest gift we have received from God is our family. Our sons grew up learning to do charitable acts and now they have taught their children to do the same.

I end with a request. If any of you, individually or with your family - without hardship - are able to match our donation by giving \$1,000 each, we would be most grateful for your generosity. If so, please mark the check and the left side of your envelope “Matching Funds” so that I may respond to each of you personally.

- Rita Ungaro-Schiavone, *Founder, Aid For Friends*

On December 9th, to our Jewish friends, as you observe the Festival of Hanukkah, may you have the Blessing of God’s Light on your lives and on your hearts. To those who are Christians, as we celebrate the Birth of Christ on December 25th, may the Peace of Jesus touch the lives of all His disciples and the people of the entire world.

CHURCHES AND SYNAGOGUES

The Aid For Friends Frail Elderly Outreach Center must recruit **new** churches and synagogues to replace those that have had to close – and who were part of the AFF network. We must take new roads to continue the Aid For Friends outreach to the needy, disabled and frail elderly homebound.

- **Do you belong to a church or synagogue that does not currently work with Aid For Friends but was active in the past?**
- **Do you think they may want to re-join our mission?**
- **Please call Steven Schiavone or Lynn Trombetta at 215-464-2224**

MEDITATIONS FOR CHRISTMAS AND HANUKKAH

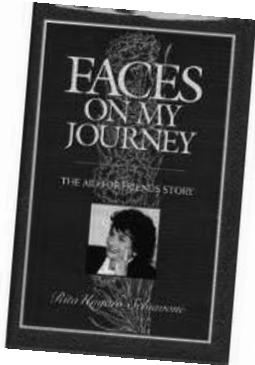


1. The Talmud: “The reward for doing one duty is the power to do another.”
2. Anonymous: “What we are is God’s gift to us; what we become is our gift to God.”
3. Ecclasticus: “Do not cast me aside in my old age. As my strength fails, do not forsake me.”

4. The first Letter from John the Apostle: Chapter 3:17-18: “If someone has enough of this world’s goods and sees one of his brothers or sisters in need yet fails to help him, how can the love of God be living in him? My children, our love is not to be just words or mere talk but something real and active.”

5. Blessed Teresa of Calcutta: “ To show great love to God and our neighbor, we need not do great things. It is how much love we put in the doing that makes our offering something beautiful for God.”

SUGGESTIONS FOR LAST MINUTE GIFT GIVING



“**Faces on My Journey**” : the Aid For Friends story (142 pages, 31 chapters)

Thirty- five years ago I lay in Jefferson Hospital with radium implants, praying and wondering. Since I did not know how things would turn out, I decided to write a book about my journey with Aid For Friends and some of the remarkable shut-ins I had become friends with. Unless you personally visited them and became aware of their lives and living conditions, you might not have realized how vitally necessary Aid For Friends was (and is) to the homebound. This book introduces the AFF mission to the needy isolated homebound and tells individual stories of our first shut-ins. This is a gift that the recipient will not only appreciate but treasure - there are thirty-one relevant quotations.



“**Please Remember Me not only as I am . . . but as I was**” (141 pages, 23 chapters, with photos of those written about, during their earlier lives) At my mother’s Mass of Christian Burial, I prayed on her life and then . . . three words – “Please remember me” came into my mind, out of nowhere. At that moment I realized I must write a book – not only about my parents’ lives but about some of the hundreds of shut-ins I had personally served who had enriched my life. In interviewing these shut-ins, they told me what **THEY** would like you to know of their lives – often starting with their childhood. So many of the stories shared with me were quite amazing, including military service during WW II, stories from the hills of Kentucky to the streets of Philadelphia, experiences of life during the Depression, post-war Germany and the Armenian genocide, as seen through the eyes of those who lived it. Learn about the severe disabilities and hardship that many of them suffered, and how they endured, overcame and sometimes triumphed. You will be impressed and inspired as you discover the

details of their lives. Marvel at the courage, determination, love and faith that carried these outstanding people through all of the adversities and vicissitudes in their lives.

Hard cover copies of “Faces On My Journey” cost \$10.00 each; soft cover books, \$6.00. If they are shipped to your home or that of the recipient, the shipping cost is \$2.50 per book. You may also come to the Aid For Friends office and pick up the copies – saving shipping charges. To pay for copies: please bring a check to the AFF office or mail it in with a notation on the envelope stating “Book”. All proceeds from the sale of these books have been donated to AFF by Rita Ungaro-Schiavone, Founder, Aid For Friends

AFF LOTTERY CALENDAR

**A GREAT GIFT IDEA!!!
AID FOR FRIENDS 2013 LOTTERY CALENDAR**

For a \$30 donation, you choose one 3-digit number and that number has a chance to win ALL YEAR LONG! You have 365 chances to win! Prizes range from \$30 to \$100. Winning numbers are based on the PA Daily Number Lottery (7 P.M.) straight. If your number is picked, you win the prize from that day. reserve your lucky number NOW!



Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____
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 Requested # (000 - 999) _____
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Special thanks to Mike Cavanaugh, R.Ph., and Willits Road Pharmacy, (215-673-9909) and Holt’s Cigar Co., O’Connell & Co., Philadelphia Federal Credit Union and all of our other sponsors.