



SPRING 2020 NEWSLETTER

CARING FOR FRIENDS™ WE NEED YOUR HELP

Chairman's Message

DEAR VALUED VOLUNTEERS AND SUPPORTERS

For 45 years we have been caring and sharing, never do I remember a time where we need the help of our volunteers and supporters more. We hope you and your family are well in these extraordinary times.

If you didn't receive any emails from us recently please send us your contact information at info@caringforfriends.org and "like" our Facebook page. News regarding our COVID-19 response is developing too quickly for our newsletter to be timely enough.

I'm writing to share that Caring for Friends is working hard to gather and share shelf stable food and thousands of ready-to-heat meals for seniors, kids and families at this time of urgent need. Children are out of school, adults are out of work and our senior client friends are high risk. Caring for Friends will continue sharing food in the coming weeks. We have adopted contact-free delivery, social distancing, and enhanced food safety precautions. We ask that volunteers and pantry partners stay home if sick and follow CDC guidelines for personal safety.

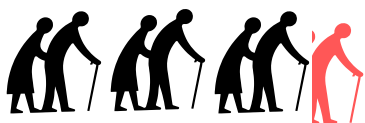
At this time we need financial support to help us meet our sudden increased demands of food, gas, hygiene products in order to keep our volunteers safe and our operations running. Thank you for all you do and will continue to do in the weeks to come.

Sincerely,

V. Schiavone

Vincent Schiavone

Executive Chair of the Board



**1 in 7 People are
Hungry**



**1/3 of Food is
Wasted**

Urgent Need!



63% of senior households were forced to choose between food & medical care before COVID.

They need us now more than ever!

You can help!

Visit
[CaringforFriends.org](https://www.caringforfriends.org)
to learn more

Stories to enjoy in the days ahead!

An Actress's Story, Feb 2020

Narissa is a Caring for Friends client, a vivacious senior with an acting background who has fallen on hard times and has outlived her family caregivers. She is a great performer who looks gorgeous on camera with a confidence that only 9 decades can bring. She was kind enough to sit with us and share some of her story. She mentions riding a motorcycle when she was 16 and going on a date with Steve McQueen while they were both training as actors in New York.

When we asked Narissa about her health, and if the food and friendship Caring for Friends provides was good she answered, "I have my problems health wise, four stents now, but I am not going to moon over it because it is what it is...I love the meals. Your dinners are gourmet, really gourmet..." and turning to her volunteer visitor, she continues, "they send these messages which I love. You are kind, you are blessed. And I take them seriously. Really."



Jan. 2020-10,000 Meals Made

RECORD NUMEBR OF MEALS MADE IN ONE DAY!

On Martin Luther King, Jr Day volunteers from St. Martin of Tours in New Hope, PA gathered to make nearly 10,000 meals for seniors, families and homeless in need. A record breaking effort by organizer and long-time Caring for Friends volunteer, Terri Mockaitis. The day brought dozens of people from the parish community and neighborhood together to help others.

Caring for Friends is deeply grateful. Our team was thrilled to receive all of the boxes filled with individual, ready-to-heat meals. Those meals are more vital than ever now, when we can on longer serve congregate meals.

 Sharing and Caring for 45 Years! 

Partner Testimonial

PHILABUNDANCE

"Caring for Friends has been a Philabundance member for 22 years, providing direct outreach to food insecure clients in Bucks, Chester, Delaware, Montgomery, and Philadelphia counties.

Caring for Friends is one of our highest performing members. Last year, they received and distributed over 420,000 pounds [of food] through participation in multiple Philabundance programs.

Over the last 7th months, they have surpassed last year's numbers by receiving over 558,000 pounds [of food]."

Glenn Bergman,
Executive Director,
PHILABUNDANCE

Four Generations

FIGHTING HUNGER TOGETHER

Four generations of Dolores Urban's family have embraced fighting hunger and loneliness as their family's mission, and the numbers are staggering. 30 years of volunteering and 720,000 meals--Wow. "It all began with Mom," Dolores shared. "Yes, we all have participated at some point, one of the girls comes home with dozens of meals from college." One member donates from his movie set, Filmmaker "M. Night" Shyamalan.

Dolores has been a committed volunteer of Caring for Friends almost since her mother launched the program in her community, in an around St. Alphonsus Parish, in Ambler, PA decades ago. She made sure to engage the whole family. Dolores and ten other members of her church took over the helm after her mother passed away. Her group now organizes the freezer, group cooking events, food drives, and even prepares meals at home together with family members, all of which shared with the hungry throughout the five counties of Greater Philadelphia.

Imagine what another 30 years of volunteering will do to help the hungry in our region! Together with thousands of volunteers across the five counties of Philadelphia we are able to provide 10,000 meals a week to those seniors, veterans, kids, families and homeless who need it most.

Snacks for Seniors & Kids

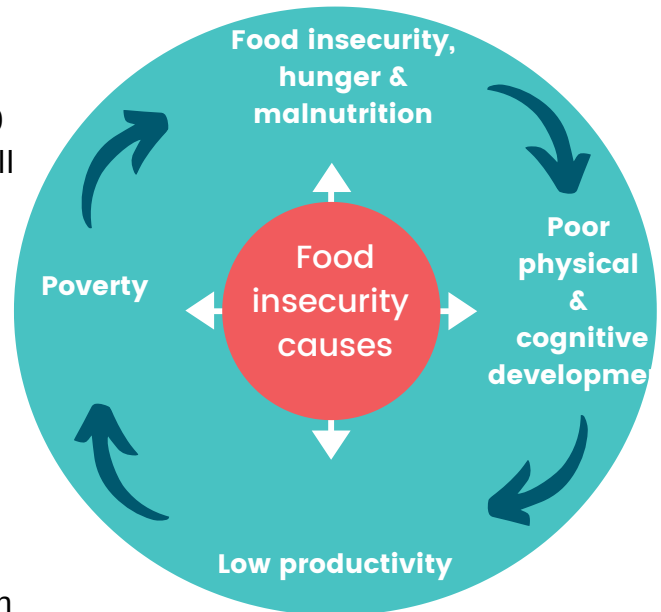
SCOUTS ASSEMBLE SNACK BAGS

On February 21st, scouts volunteered at Caring for Friends sharing center in NE Philadelphia to learn about food insecurity and make snack bags for kids and seniors experiencing food insecurity.

Every week Caring for Friends distributes more than 1,000 customized snack bags to children and seniors. Without these snack bags children and seniors would be starting and ending their days hungry, which makes earning a living, learning, and playing very hard.

Snack bags include items like an oatmeal packet, a juice box, shelf stable milk, a granola bar, a cup of fruit or fruit pouch and a treat. We hope many more groups will consider making snack bags to help our community!

According to the U.S. Dept. of Agriculture food insecurity prevents economic success & health



Please help our neighbors.

According to the Philadelphia Corporation on Aging

1 in 3

older adults admitted to hospital who are malnourished.

According to Feeding America

1 in 7

children are living in food insecure households.



We need your help!

Make a tax-deductible gift to help us serve our community in this time of incredible need!



\$250

makes it possible to deliver food to over 2500 seniors



\$150

fills freezers with 150 ready-to-heat senior meals



\$75

buys one week of groceries for 50 families



\$25

buys snack bags for 200 kids

Thank you for helping to bring food and friendship to our neighbors in need!

-----Cut Here and Mail In-----

PLEASE DONATE TODAY!

First/Last Name _____

Date _____

Address (Apt) _____

City _____ State _____ Zip _____

Phone _____ Email _____

☐ Cash ☐ Check ☐ Credit Card

Card Number _____

Expiry Date _____ Security Code (3 digits on back) _____

Signature _____

Join our Legacy Society make a Gift

Join the Caring For Friends Legacy Society, create a memory for your family, and help our volunteers provide food and friendship to seniors and homebound client friends for the next 45 years and beyond



To make a gift call Jeannette Fournier 215-464-2224 x119

Thank you for your kindness and support!

_____ \$250
_____ \$150
_____ \$75
_____ \$25
_____ Other _____

At this urgent time, your tax deductible donation helps provide meals and friendly visits to isolated seniors, homebound client friends, and other individuals in the 5-county Philadelphia region.

THANK YOU!

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www.caringforfriends.org

To sign up for our e-newsletters

12271 Townsend RD, Philadelphia PA 19154



Caring for Friends

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