

CLIENT TESTIMONIAL

***“It’s not just the
about the food
-- it’s also about
the friendship.”***

Ann C., 73, Philadelphia

Ann is a 73-year-old single mom taking care of her 43-year-old daughter. Unfortunately, Ann has a few medical ailments, and also doesn’t have a car -- both of which make getting to the store difficult. Luckily, she has neighbors who check on her, and she has Caring for Friends.

“There are days when it’s hectic or I’m really tired, and the meals come in handy. And you bringing them here is a BIG help.”

She also values the friendship that her visitor brings. “I look forward to her coming every week. **It’s nice to know someone cares, especially as an older person.”**

Even the caring notes in Ann's breakfast bags make a difference. One moved her to tears.

“The notes are so nice. This one says ‘always remember that you are loved.’ That is very important for an older person to hear.”

To those considering getting involved, Ann says: **“People who work with seniors like me and special people like my daughter – you’ll be blessed.”**

Sign up to deliver meals to friends like Ann at <https://caringforfriends.org/volunteer/visiting/>

