

# AID FOR FRIENDS

Founded 1974



With Trust in God

Jesus teaches us in the parable of the Last Judgment that we will be judged by how we respond to the needs of the poor and lonely. "Aid For Friends" is a free frozen dinner program for isolated, frail, elderly and disabled homebound people. Volunteers are needed to prepare and deliver meals in the Norristown area. "Aid For Friends" homebound shut-ins rely heavily on the kindness of volunteers to help them. Presently "Aid For Friends" serve over 2,000 people each week. They need your help to serve these people—the least of our brothers and sisters. Without you, the shut-ins will be alone and hungry. Please respond to God's call to serve the sick by offering your meals and/or your time. For more info—call Ms. Robin Costa, Montgomery County Volunteer Coordinator at 215-572-7169. "Aid For Friends" main office 215-464-2224.

## Will you volunteer to:

**Cook**—We ask volunteers to cook one or more extra servings each week while preparing the dinner meal for their families. Meals are frozen in aluminum trays provided by "Aid For Friends" (AFF). Menu sheets and plastic bags are also provided. Some volunteers also make soup. After the dinners and/or soups are frozen, they should be brought to the rectory during regular business hours (Monday through Friday from 8:00 am until 12:00 noon, and from 1:00 pm until 7:30 pm; Saturday from 9:00 am until 5:00 pm; Sunday from 9:00 am until 3:00 pm).

**Group Cook**—AFF encourages groups or congregate cooking within churches, synagogues and organizations. As these group cooks prepare meals in quantities of 50 or more, they reap the benefits of meaningful fellowship. Some raw food is available at the AFF Center for group cooking in our commercial kitchen.

**Visitor**—Each week our volunteer visitors pick up seven frozen dinners (prepared by our cook volunteers) from the freezer in the rectory, and deliver them to the client/friend they have volunteered to visit, spending at least one hour with their client/friend. Visitors may also pick up juice, breakfast bags, "goodies", etc. if they are available.

**Driver**—Drivers work closely with the coordinators. He/she moves meals between freezer sites or picks up supplies at the main office in Northeast Philadelphia, as needed. Drivers also help the Outreach Staff at the AFF Frail Elderly Outreach Center—delivering meals to shut-ins when the regular visitor volunteers are unable to, because of illness, vacation, etc. Call Ann Glanville 215-464-2224.