

FAITH
IN ACTION

Faith in Action

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of the River Cities
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Faith in Action
is a nationwide
interfaith volunteer
caregiving
program.

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Come One! Come All!

This year marks the second annual "Chocolate Celebration" to be held Saturday, April 4th at the Huntington Mall. Hours will be from 10:00 am to 2:00 pm. Volunteers will sell tickets, which can be used to purchase samples of chocolate delicacies offered by local bakers, caterers and restaurants. Themed baskets donated by individuals, groups, and organizations will be sold by silent auction.



This event proved to be great fun last year for all who participated. And it provided much-needed funds to help support our continued service. As we do not receive any federal or state funding, this type of local fund-raising event is vital and allows so many more people to support our efforts in alternative ways.

We can still use more baskets if you would like to donate one (or more). All baskets need to be in to the FIA office by Thursday, April 2, so that we can register and price them. Baskets need to be wrapped in clear cellophane and include a general list of the contents and approximate value. We ask that you include contact information so we can acknowledge your donation. If you have any questions, please call the office at 304-697-1274 or 877-367-1271.

Please come out and join in the fun: munch on "yummies" and shop for a basket for yourself or a favorite child. It's for a great cause!



From the Executive Director

“A strong positive mental attitude will create more miracles than any wonder drug.”

“Patricia Neal (actress, 1926-)



This week, as I’ve struggled to find something to write about, the word “attitude” has come up in conversation too many times to ignore. I think the quote above neatly summarizes the importance of maintaining a positive attitude. I was still fairly young when I watched Patricia Neal on the Academy Awards show as she struggled to speak after suffering a stroke. I remember asking why people were so emotional watching her. And when I had heard her story, I had to admire her determination to continue her life as “normally” as she could. I know that, over the years, it wasn’t easy, but she obviously had the right attitude.

That’s one of the things I admire so much about our volunteers: their attitudes. Every volunteer caregiver I have met talks about the desire to give back to others in gratitude for what they have received. Without exception they believe that they can make a difference in the lives of our care receivers. And they do! They not only assist with the physical needs such as transportation, but their presence and their caring affect the attitudes of the care receivers. We know from research that seniors who maintain a positive outlook live longer and suffer fewer health problems. As they spend time together and share their experiences, volunteers and care receivers strengthen each other.

If you are a volunteer, know that we and our care receivers appreciate all you do. If you are a care receiver, be assured that you are also helping our volunteers to feel helpful and maintain a positive attitude. And if you would like to know more about how to receive this “attitude booster,” call the office and talk to us about becoming a volunteer.

I hope everyone has a great Spring! (Come on sunshine!!)

Rose

Spring Open House

Tuesday, April 21, 2009

3:00—6:00 pm

Faith in Action office

848 9th Avenue

Huntington, WV

The Open House we held in November was so much fun, we decided to do it again. And what better time than during National Volunteer Week. Come out and help us thank our wonderful volunteers. Enjoy light refreshments and a time of relaxed fellowship with other volunteers, our staff and members of our Board of Directors. This event is open to the public: if you have friends who have a little extra time on their hands—bring them along!



*“We have
too many
high
sounding
words, and
too few
actions that
correspond
with them.”*

Abigail Adams (1744-1818)
letter to John Adams 1774

Prayer Breakfast

We want to take this opportunity to once again thank the administration of St. Mary’s Medical Center and the sisters of Pallottine Health Services for a wonderful Prayer Breakfast held February 13th. If you did not attend, you missed a truly uplifting time and a very good meal. Tom Miller, a volunteer since 1997, shared the importance of volunteering and the interaction with our older care receivers. We were entertained by Dale Capehart, Director of Music at First Presbyterian Church, Huntington. We also thank Rabbi David



Wucher of B’nai Sholom Congregation and Rev. Karen Humbert of St. John’s Episcopal Church for their blessings and heartfelt words of tribute for *Faith in Action*. This is always such an inspiring time and a wonderful way to start the Valentine’s Day weekend. If you have not attended this breakfast yet, mark your calendar now for next year. Again, Thank You!! to all involved.





Healthy Hearts, Helping Hands

February 14th, First Presbyterian Church of Ironton hosted “Healthy Hearts, Helping Hands.” This event helped folks learn more about their own health through screenings for blood pressure, Diabetes and cholesterol, and provided them with information on how they can help with the health needs of their neighbors. Non-perishable food items were collected throughout the day to benefit the local food bank. Health screenings were performed from 10:00 am to noon, with information provided about various health issues. Then from noon to (around) 2:00 pm, a heart healthy lunch was provided while we trained those interested in becoming *Faith in Action* volunteers. We want to thank First

Presbyterian, Ironton, and Pastor Jan Williams for hosting this event, and especially Eve Marcum-Atkinson for all her hard work! We are grateful to report that the event gave us eight new volunteers in Ironton and one for Huntington. This was a real boost for us in the Ironton area, and we’ve already put a few of the new volunteers to work. Welcome!! We look forward to working with all of you!



IT'S BACK!!

Speaking of Eve Marcum-Atkinson, we are doubly indebted to her for her work on behalf of *Faith in Action*. Eve has graciously given her time and talents to rebuilding our website and trying to teach me how to maintain it. If you have not had the opportunity, please go online and visit us at www.fiarivercities.org. The site is user-friendly and we will be keeping it updated as new events are planned. We have also opened the door for donors to make contributions electronically, as all sources report that this is the way of the future. We hope to soon have the newsletter available through the website to save a few trees. In the meantime, stop by the site and let us know what you think!

“...no matter
how big
government
gets, and no
matter how
many services
it provides, it
can never take
the place of
volunteers.”

-Ronald Reagan
40th President

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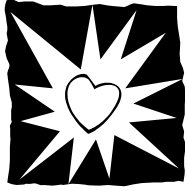
Pledge of Support

If you would like to support the ministry of *Faith in Action* of the River Cities, please return this form to us in the envelope provided. All of our services are provided free of charge, and we rely on our community for financial support. Thank You!

Name: _____

Address: _____

Phone: _____



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FAITH
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Kids say the darndest things...

What is a Grandparent?

(Taken from papers written by a class of 8 year olds)

Grandparents are a lady and a man who have no little children of their own... They like other people's.

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good when they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

(...to be continued.)