

THE COMPASSION CHRONICKLES

THE TURN-A-FROWN AROUND (TAF) FOUNDATION, INC.

VOLUME 1: ISSUE 2

In This Issue:

**The Pizza Party to End
Loneliness**

Ed Johns

The Admin Side of Things

Cosmic Conscientiousness

A President's Perspective

Friendship Favorites

Smile Station Central

Get Involved!



The Pizza Party to End Loneliness

April 23, 2013, Wayne, NJ - The Turn-A-Frown Around (TAF) Foundation held its first fundraiser of the year at the California Pizza Kitchen at the Willowbrook Mall.

The FUNdraiser, as the Pizza Kitchen calls it, was a great way to enjoy some great food, company, and have 20% of the proceeds donated to the organization.

“It was great to see so many new and old friendly faces come out for the event,” Sweet A remarked, administrator of the foundation. “I’ve only been the administrator for about a year so it was a great event to see everyone who is passionate about the cause to end loneliness.”

The event lasted the entire day, from 11:00 in the morning to 10:00 in the evening, allowing for anyone to come and go at a time that suited them.

The menu was amazing as well, ranging beyond simply delicious pizza to great drinks, pastas, and salads. There was something for everyone and TAF couldn’t ask for a better way to raise money to end loneliness.

“I was really looking forward to the event, especially to see how the organization was thriving,” said Allen Teplitsky. Allen is former president of the Montclair State University Smile Station. “It was a great way to reconnect with the organization,” he added.

The Turn-A-Frown Around Foundation is excited to plan more fundraising events in the near future. Of course, none of the success of this fundraiser would have been made possible without the help and attendees of those who truly want to see TAF succeed.

With summer right around the corner, Sweet A explained that it would be a great opportunity to take advantage of gorgeous weather and possibly have more innovative fundraising events. The future for TAF is bright and with the support of all those affiliated, the foundation cannot falter in its mission to end loneliness. •

To share your thoughts on future fundraising ideas, email tafafoundation@gmail.com!



Ed Johns

Photography by Michael Greene

Ed Johns

By Michael Greene

In the fight to end loneliness it is not unusual to come across stories of strength and perseverance. Ed was losing motor control and his ability to do the things that he wanted. At the age of 30 with a diagnosis of Multiple Sclerosis and a desire for greater meaning in his life, Ed turned to prayer. On a 2005 trip to Lourdes, France, Ed found the meaning he had been looking for.

Ed, who hails from Alpha New Jersey, had befriended another traveler, a woman who had ALS. Upon his return to the states Ed started to visit his new friend at her nursing home in Nazareth, PA. On his visits, Ed developed friendships with many of the other residents. After his friend passed away, Ed asked the head nurse if he could continue visiting. The nurse told Ed that the patients on the Alzheimer's floor "...have trouble remembering anything, but they always remember you." Soon after, Ed started making his visits and just prior to Christmas, Ed's wife left him. "When I left home on Christmas day to deliver presents, I was so bummed out and depressed, that going up in the elevator I almost started to cry," Ed said. "But then I started to pray, and when the doors on the elevator opened I was suddenly filled with such joy and happiness. Everyone was so grateful for the little gifts that I had for them, and just happy to have someone care. I knew that this was

something I had to do."

Since that Christmas seven years ago, Ed has expanded his visits to two other nursing homes in the Phillipsburg area. During the holidays, Ed's grandchildren, Phoebe (age six) and Dante (ten) join him to help distribute gifts. In addition, through Ed's church affiliations, he enlists the help of other volunteers who help with gift-giving, knitting blankets, and spending time visiting.

A mutual friend of TAFAs Drew Horn and Ed introduced them to each other. Drew says that one of the reasons he and Ed connected was because of Ed's passion. "On his own and out of his own pocket, this man is ending loneliness," Drew added. "He didn't say there were just too many lonely people or my MS makes this too difficult; he just did it."

Ed added, "The way I look at this whole thing is that everything happens for a reason... If it weren't for my illness and the path it, or rather He put me on, these people would have no one."

Through Ed's affiliation with TAFAs he has set up a Smile Station through his church in Alpha, New Jersey. They have a partnership with a local nursing home that now depends on the Smile Station to provide Forever Friends for their residents who receive little to no visitors. Drew Horn said, "This guy did it. He ended loneliness in that nursing home. I am looking forward to seeing what further opportunities we can grow together." •

The Admin Side of Things

By Afshan Ladha (aka Sweet A)

Wait, so not every little girl grows up dreaming of becoming the administrator of a nonprofit organization?!

Ok, well, neither did I. But I did hope to be part of something bigger than myself, something that I could still call my own. My mission is to help TAFAs end loneliness for as many people in this world as we can. Every day, my optimism level changes, but one thing is for sure: I know we will end loneliness because we're already ending it.

Being the administrator of TAFAs for the past year has been a blast. I gained so much experience in the nonprofit sector and have met the most amazing people. I'm lucky that TAFAs has a full network of people anxious to see the organization's continued success.

If you or anyone you know is interested in helping TAFAs fulfill its mission, feel free to contact us. We're looking for dedicated, responsible, and passionate people to introduce our mission to the world. •

Cosmic Conscientiousness

By Caitlyn “Cool Cat” Yerves

It was such a beautiful August afternoon when I met Drew, and I'm not sure if that feeling of summer has left my heart ever since. Immediately upon entering Cafe Eclectic on Bloomfield Avenue in Montclair, I knew that I had come across a kindred spirit. When I learned more about the Turn A Frown Around Foundation, it was clear to me that I had found my purpose: to tell this man's story and share his message with the world.

The virtues that Drew stands for can change history, and make the future a brighter and better place. The design of the vision is simple, which means that people can easily duplicate the system. What some people do not realize is the demand for Smile Stations is high – people need Forever Friends. My role in this operation, thus far, has been to write the book behind TAFa and put this concept on the market for mass consumption.

It's important to understand where Drew is coming from – to feel his pain and comprehend his confusion. After all, it was the darkness of his depression that gave birth to the light of his love. It is his commitment to compassion that is so compelling to me. Like an exciting puppy dog, Drew is commanding your attention! There is a reason Drew has been blessed with his colorful charisma – he has something important to say, and he needs to be heard.

That is what we are expecting to accomplish with the book “I'm So Bipolar, I Should Have Been an Elevator Operator.” The revelation of Drew's struggle demonstrates how there are no excuses for giving up and, even more importantly, we explain how the best way to get up is to help someone who is down.

The Turn-A-Frown Around Foundation, Inc. is drafting for the war against loneliness – and it is that army of World Changers that will increase the peace by bringing friends to the forgotten. •

*Keep an eye out for “I'm So Bipolar, I Should Have Been an Elevator Operator”
Being published later this year!*

A President's Perspective

By Danielle Feriolla

Changing the world, one friendship at a time has been my vision this academic year serving as the president of MSU's Smile Station. My involvement with the Smile Station and TAFa has been life-changing. Getting to know like-minded individuals who are set on ending loneliness gives me hope for the future development of Smile Stations around the nation.

As president, I collaborate with my executive board members, hear the voices of forever friends at MSU, and help connect students with nursing homes and psychiatric centers to bring positivity to those in need of a smile. Since partaking in such a compassionate organization, I have noticed how my interactions have changed in daily situations. From walking on the street to running to class, I am always greeting strangers with a smile. We never know what struggles and challenges people are facing; a simple act of kindness could brighten their day.

It is human to feel lonely sometimes, but to experience this state of being day in and day out is unimaginable for many of us. I know my participation in the Smile Station is making a difference...one friendship at a time. •

Favorite Friendship Quotes

Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend.

- Albert Camus

Friendship is not something you learn in school. But if you haven't learned the meaning of friendship, you haven't really learned anything.

- Muhammad Ali

A friend is one who knows you and loves you just the same.

- Elbert Hubbard

*To submit an article or idea to the newsletter,
email tafafoundation@gmail.com*

Smile Station Central



Daniela Castano, Drew Horn, & Chelsea Durocher
Montclair State University Smile Station

A Smile Station is a gathering of Forever Friends whose main purpose is to bring Forever Friendship to those suffering from loneliness. Smile Stations are recognizable, safe spaces where Forever Friends maintain and recruit a reservoir of other Forever Friends to help us reach every lonely person in need.

Forever Friendships are **one-on-one**. What separates a Smile Station from any other organization that visits facilities is that we're creating true friendships between two people. A friendship is a special connection that can truly end loneliness. •

To start your own Smile Station, email tafafoundation@gmail.com!

Do you need a friend right now?

Loneliness does not discriminate. TAFa wants to end your loneliness by offering compassion through the love of a Forever Friend.

To get in touch with a Forever Friend today, contact us and we'll connect you with someone as soon as possible. There is no charge to end your loneliness.

Contact us at tafafoundation@gmail.com or call (973) 746-7353.

Visit our website: turnafrownaround.org

Find us on Facebook: [TAFa Foundation](#)

Follow us on Twitter: [TAFa Foundation](#)

Get Involved

Volunteer for any of the positions below:

- Forever Friend/E-mail Friend/Phone Friend
- Ambassador to the President (Create a Smile Station)
 - The Compassion Theater Company
 - Publicity and Marketing Efforts
 - Join the Administration

We can never have too many volunteers. Make TAFa your cause. Own the mission.

The Smile Station Express

The Smile Station Express travels from town to town, setting up Smile Stations to turn your frown around.

Who will love the loveless?

Who will be a friend?

Who will seek and find the lost?

Who will bring loneliness to an end?

Will it be the worship house?

Love is what they teach.

Or the local bar and grill?

With beers within your reach.

Elk clubs, moose, and lions,
any animal will do.

Kids from grammar school to college,
it could even be your friends and you.

So climb on the Smile Station Express
as we gather each Forever Friend.

Start a Smile Station right now,
is the message that we send.

Just think about the lonely
and how they will come alive.

Just think about the forgotten
whose soul you will revive.

So will you become a Forever Friend?

Don't make us wait or guess.

Please bring your unconditional love
and join the Smile Station Express.