

THE COMPASSION CHRONICKLES

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

VOLUME 2: ISSUE 1

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TAFE's Development Committee
Established in 2013, the Development Committee is excited to
take TAFE forward in the mission to end loneliness!

TAFE Initiatives

The last year has kept TAFE busy with the creation of a new Development Committee that works around the clock on the mission to end loneliness, one friendship at a time. This committee is diverse in backgrounds and is proud to officially announce TAFE's goals for moving forward.

TAFE was established to end loneliness in nursing homes, psychiatric hospitals, and related facilities. The Nursing Home Initiative will strive to end loneliness in nursing homes across the nation. The Mental Health Initiative is designed to initiate friendships in the mental health sector, specifically at self-help centers.

College campuses have proven to be successful hubs for ending loneliness and the College Campus Initiative will take lead on founding more Smile Station chapters across the nation.

The year 2014 will be spent fully outlining each initiative and following through with their respective goals. Thank you to all members of the Development Committee for taking TAFE forward! ●

Quarter Auction

TAFE's first fundraising event of the year will be hosted by Angel Ed Johns and the Almond Tree in Alpha, NJ!

Bring a few rolls of quarters and have a great night out with food and auction. Prizes include gift cards from Shop Rite, Perkins, Outback Steak House, Colonial Pizza, Hibachi Grill, Mariannas, and more! There will also be almost thirty independent vendors with more prizes too!

The Almond Tree Manor
319 East Central Avenue, Alpha, NJ 08865
Wednesday, February 5, 2014
Doors open at 5:30 PM

For more information, contact Angel Ed Johns at
(908)454-8818 or angeled.tafa@gmail.com.

If you can't make the event, please donate to TAFE by
visit our PayPal link on our [website!](#) ●

A Cosmic Calling

By Caitlyn Yerves

It took me a while to see the whole picture of TAFAs vision. Although I initially understood the mission, and the importance of our work, I did not fully understand how we were going to appeal to people. It wasn't clear to me how we would be able to reach the ultimate goal: to have more visitors than those that need to be visited. Recently it hit me - what we need to do is sell compassion.

It's almost a sickening thought - if you're resistant to capitalism - but when we can accept that money is essential, we can begin to utilize it effectively. As the underlying system of our mission is becoming an increasingly solid foundation, we are finding that we obviously need a budget in order to make transform the dreams into realities. Instead of being so concerned with where that money will come from, I've started to wonder how we would operate if we did have big funding. Where would that money go, and why?

The Montclair State University Smile Station has been on fire, and some of the masterminds behind the movement have been burning the rubber with the way their wheels are turning. The most recent endeavor for MSU is to organize a campus wide event: The World Changing Compassion Concert. The students are currently working to reach out to big acts, to attract attention, so that they can reach their goal of recruiting 1000 new Forever Friends through the event.

This whole process inspired me to start thinking about the profound impact performers have on the masses, and it reminded me of something that Drew Horn has always wanted: jelly doughnut entertainment. What the "Compassion Theater Company" has set out to become is a reservoir of artists who incorporate compassion into their work. Ultimately, these people would be able to advertise our mission through their art and in doing so, could very possibly popularize the values we represent.

When I first got involved with TAFAs, I did not really see where it was going. I had no idea what this "book project" would evolve into. I did not realize how many ways there would be to get involved. Now that I am crystal clear on our vision, I know that every person on the planet has a special place in this organization. Our job is to make the match. ●

Going Back Home

I let the music carry me,
because it brings me sanity-
I'd let the lyrics marry me.

I am feeling a pain,
and I know I'm not insane-

I just see better things beyond the mundane.

I have my own problems,
but I don't like to hold them.
I take these said problems
and I choose to remold them,

because we are co-creators
and that power is major.

Now I will tell you a story
we all need to hear-
because we're in it together
and we need to be clear.

People walk down the street looking for love,
unaware that it always rains down from above.

So those that can
must harness that joy
and spread it around
for all to enjoy.

That brings us to now,
a time where anything can happen.

It's time to wake up
from that silly nap
and
do what we can
to master the dream
of living a life
sweet as peaches and cream.

It comes from the love
that we all have inside,
and giving that love
to those who have been

Denied.

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

Student Doctor or a Friend?

By Daniela Castano

Medical Student, Medellin, Colombia

Daniela's first article entitled *To be Different* was published in the July 2013 edition of The Compassion Chronicles.

Monday morning in a hospital in Medellin, Colombia. My classmates and I are impatiently waiting for the doctor who will assign each of us a patient. He reminds us, "Thirty minutes is all you have," as we sprint to our patient's rooms with twenty-three minutes left on the clock. The race begins: What's her name? Date of birth? What brought her here? What hurts? An infinite list of questions unfolds as I enter the room. Before I initiate the tedious interview, I see a disconsolate elderly woman lying on the bed and instead of proceeding with the standard protocol I say, "Good morning, Lucy! I'm so pleased to meet you. My name is Dany, I'm a medical student and I'm here to ask you a bunch of boring questions but before that, I'd like to ask if I may sit down and talk to you for a while."

Ten minutes later, Lucy and I have engaged in a conversation where her stories appear to breathe life back to her being. Behind a curtain that separates us from another patient and another doctor, is a nurse who is observing us with her arms crossed. I look at my watch and remind her that I have a few questions for her while I examine her. "You can ask me whatever you'd like!" She responds as she lifts her arm and rolls up her sleeve for me to take her blood pressure.



Daniela Castano

As I transcribe a few notes on a piece of paper she grips my hand, pulls me close to her and whispers to my ear that she had not received a visit from anyone – not a friend nor a family member in the past three days.

My peers look uneasy from across the room because although we have seven minutes to spare, they have completed the assignment and want to present their cases to the doctor. I decide to stay with Lucy for a few minutes because although I have completed my work, we are in the middle of a very important conversation about where Lucy will be going on a trip as soon as she is able to get up from that bed.

Helping others only requires desire and a little time. After spending unforgettable times at nursing homes with Drew Horn, I have developed a new version of me. My intention is not to be a Clown Doctor to make a patient (a new friend) laugh, but to offer my company in attempt to capture a smile from those who need it the most. As I pace through the Intensive Care Unit halls on the hospital floor, I contemplate the thought that when one really cares, patients like Lucy will call your name from across the room the next morning whether it is at a nursing home or at a hospital and helps make ALL THIS worthwhile and meaningful in every way. ●

Poetry Corner

By Allen Teplitksy

Ghost of the Astronaut who fell on the Sun

"I am empty on the sun,
drifting in eternal dawn.

I burned at this infernal frontier,
caught, hoping to disappear,

studying the star I crashed into,
studying the hand I can see through,

I look for someone else there,
looking for a friend quiet or without care,

so I stare out watching heavenward,
as I wait for something going forward,

searching for someone to talk with,
searching for another kind of myth,

my reason unoriginal,
my goal nothing special,

over wasted years I have spent,
over time floating and finding what life meant,

only one essence of knowledge pure,
only a single memory was able to endure,

which I wrestle with fate to never let go,
from earth, home, and long ago,
of a winter from which I remember snow
with a friend I loved who I used to know."

Desire for Limerance

and from the rift I call another to join me on my voyage,
chaos summoning chaos, I send ringing through the void,
uneventful is a skeletal answer or maybe a soulless tone,
I'm waiting for a voice like honey to call this heart home.

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 (862)682-9830.

Visit our website: turnafrownaround.org

Find us on Facebook: [TAFAFoundation](https://www.facebook.com/TAFAFoundation)

Follow us on Twitter: [TAFAFoundation](https://twitter.com/TAFAFoundation)

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.