



Faith in Action

Spring 2025

*It's not how much we
give but how much
love we put into giving
- Mother Teresa*

***Faith in Action
of the River Cities***
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www.fiarivercities.org

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MARY'S QUILT

Mary is one of our Care Receivers who will celebrate her 99th birthday this year. She has been making quilts since childhood, when she would help her mother and grandmother cut scraps of material for hand-pieced quilts. Cross-stitch has been Mary's choice for quilt designs as an adult.

No more cutting scraps of material! Millions of tiny, colorful stitches have gone into the hundreds of beautiful quilts Mary has created through the years. The quilt pictured below has been graciously gifted to Faith in Action by Mary, in appreciation of the services she has received. She hopes lots of money will be raised and someone special will receive her beautiful quilt to love and enjoy!



Faith in Action of the River Cities is an inter-faith ministry that provides non-medical assistance to elderly and chronically disabled adults in our communities.

Faith in Action of the River Cities is a member of the National Volunteer Caregivers Network.

FIA Staff

Jennifer Plyburn,
Executive Director

Grace Simpson,
Admin. Assistant

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***Since August 2024,
Faith in Action of the
River Cities has:***

- Provided 1,422.45 hours of service to Care Receivers,
- Served 42 Care Receivers,
- Added 3 new Volunteers,
- Added 15 new Care Receivers.



A LETTER FROM OUR EXECUTIVE DIRECTOR

Jennifer Plyburn

Whether I am traveling out of state aboard a jet plane to attend a conference, or pulling a little red wagon down the street and across the campus of Marshall University, my heart and mind are focused on learning more, raising awareness, and sharing about Faith in Action.

It is always a pleasure to speak to a group, set up a display, attend area agency meetings, or share one-on-one about the difference Faith in Action is making in the lives of some very special folks in our community.



I had the opportunity to attend the National Volunteer Caregiving Network Conference in Traverse City, Michigan, last Fall. This was the 40th Anniversary Celebration of organizations like Faith in Action that were established thanks to a grant from the Robert Wood Johnson Foundation to provide services to our elderly and chronically disabled neighbors. Paul Jellinek, the author of the book *Promise to Mary - The stories of Faith in Action*, was one of our speakers. I learned that there is a “Mary” in every community. They are our neighbors. One is our Mary who made the beautiful quilt pictured on the front of this newsletter. She contacted us two years ago with a simple request. She wanted to visit her disabled son in a nearby senior living facility. They had lived together for more than 70 years until illness and Mary’s advanced age forced them to live apart. Although they spoke daily, they hadn’t seen each other in several months. One of our volunteers agreed to take Mary to visit her son and also to get a perm and “pretty hairdo” before their visit. Their joyful reunion made our hearts happy! Now, mother and son are both living in the same facility, but in separate rooms. Mary is delighted that her son has become more independent and enjoys participating in activities and outings with the other residents. She expressed her thanks to Faith in Action by gifting one of her beautiful quilts to us. **In honor of Mary and the many other neighbors we serve, won’t you please consider making a donation of \$25 or more to support Faith in Action?** Your name will be entered into a drawing to receive Mary’s quilt. The drawing will be held later this Spring. Thank you!



NEIGHBORS HELPING NEIGHBORS - The needs in our community are great. Do you have a couple of hours...once a week, once a month, or occasionally?

Faith in Action could sure use your help! Our Care Receivers may request transportation to an appointment, assistance with grocery shopping, a brief visit, help with a small household chore, or a friendly phone call. You may choose when, where, and how you volunteer. Please give us a call at **304-697-1274**

to learn more. Financial support is also greatly appreciated. *Please use the envelope included in this newsletter to send your donation to*

Faith in Action—1900 Third Avenue, Huntington, WV 25703. Thank you!

FAITH IN ACTION of the River Cities

1900 Third Avenue

Huntington, WV 25703

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HUNTINGTON, WV

PERMIT NO. 16

RETURN SERVICE REQUESTED

SPECIAL THANKS to the children and youth
of First United Methodist Church in Huntington and the
Asbury Woods Camp Winter Retreat for the sweet Valentines
made for our Care Receivers! They loved them!





Faith in Action



Our Annual Fall Fundraiser at Heritage Farm is always a delight! Plan to join us this October! See you there!



Vern provided awesome Appalachian banjo music!



Great food, fun, and fellowship on the farm!



We're thankful for our wonderful volunteers! They are the heart of FIA and shining lights in our community!



THANK YOU, BLAIR!

Best wishes with your new job!

LET YOUR LIGHT SHINE!



WELCOME, GRACE!

We're so happy to have you as part of our Faith In Action staff!



THANK YOU Tori Wucher and B'nai Sholom Sisterhood for hosting our Volunteer Appreciation Reception!

SUPPORT FAITH IN ACTION THROUGH THE KROGER COMMUNITY REWARDS PROGRAM



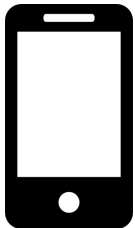
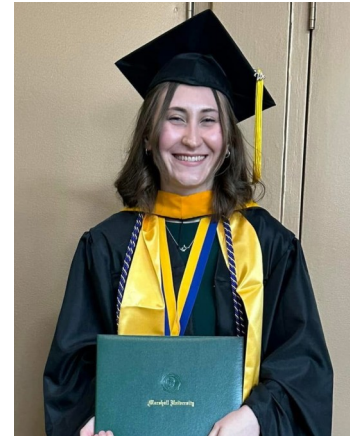
Go to the Kroger Community Rewards site and choose FAITH IN ACTION OF THE RIVER CITIES as your rewards recipient. A portion of your savings will benefit our organization whenever you shop at Kroger and use your Kroger Plus Shopper's Card. Thank you!

<https://www.kroger.com/i/community/community-rewards>



Phone & Internet Safety Tips

Grace, here! I began my role as Administrative Assistant in December 2024, and it has been so rewarding. Working with everyone involved with Faith in Action has been the greatest pleasure. I especially admire the connections and gratitude that were formed within this organization. In December, I also graduated from Marshall University with a Master of Science in Criminal Justice. With the knowledge I have cultivated over the last six years, I would like to share some phone and Internet tips to help keep you and your information safe!



- Create a passcode for your devices. This will prevent strangers from accessing your data.
- Do not provide personal or sensitive information during calls or emails to individuals, groups, or businesses you do not know.
- Provide an emergency contact on your mobile phone. If your device is lost, your emergency contact will be informed of its location.
- Create strong passwords for websites using a combination of at least 8 letters, numbers, and symbols that only you will know. Do not share passwords! Including symbols (!, @, #, *) and numbers in place of letters can help create a strong password.
- Do not click on suspicious website links, photos, videos, or online accounts. This may allow malicious individuals access to your information.
- Ensure Web browsers and other computer applications are up-to-date. The updates provided to these applications also include updates to their security. This keeps your information safer as you use applications!



We use technology everyday. It is important to review phone and safety tips often to avoid scams and attacks. Using a password book to manage your passwords and other important information will help you remember the tips above.

Looking for more information? Here are some useful websites to check out:

- <https://www.staysafeonline.org/resources/online-safety-and-privacy>
- <https://www.fbi.gov/how-we-can-help-you/scams-and-safety/on-the-internet>
- <https://wmich.edu/business/toptips-mobile>



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