



## What Participants Have To Say About PFE In Their Own Words

### Students

- Matthew, 4th Grade - *"My mentor helps me with the difficult of reading. She really cares about how I do."*
- Sarah, 7th Grade - *"I've enjoyed every visit with Bera. She has taught me so much about living way back when, cooking, baking, and her love of family and God. I can't wait to see her every week to see what we get into."*
- Julitza, 8th Grade - *"It is so nice to spend time with someone who is not your family, but they come to be like family."*
- Camden, 5th Grade - *"I have had several mentors over the past three years that I have participated in the PFE program. I learned about science and how things work; I have learned about pottery, how to make things, fire them, and paint them. Mr. Carl is on the quieter side. I feel that I have been able to teach him new games and talked about books with him. The PFE program has been a great experience for me, and I hope to be able to continue in it."*
- Rachel, 3rd Grade - *"I like to help her with everything she asks me to do. And I like to play with her. And I like to read Bible stories with her. And I like to help her decorate her Christmas tree. And I like to pet her cats. And I like to help her in her backyard. I like being in PFE."*
- Keith, 10th Grade - *"I think Assist is a great way for teenagers to get to know adults and learn how to help others. It teaches teenagers to be selfless and more caring for others."*
- Quintin, 10th Grade - *"Assist is a wonderful program for students to help others, and it helps us to be selfless and show love for others."*

## Mentors

- *"Since my last fall this year I have been in bed all day, every day after coming home from the hospital. Some weeks I get so lonely and bored, but I just hang on until Abby visits on Friday. Then we talk and tell stories. She is such a dear person and I love her very much."*
- *"I enjoy kids and recently lost my daughter to an accident. This seemed like a way to still know what is going on in the life of a young girl; to see how she views the world and be able to help her learn things not only about life skills but also about the powerful care of our heavenly Father."*

## Past PFE and Assist Students

- *"Assist is an amazing program that I think more student should be a part of. I became very close to my Senior; sadly though, she died right in the end of my senior year of high school. I cherish the time that I shared with her. We both had a strong impact on each other's lives. I grew to love that woman; I am different because of this job."*
- *"My senior mentor has been through a lot in her life but she talks little about it. Over the years, I gathered bits and pieces of her past and was amazed how positive she was about life and that she never complained. That has really helped me to handle current struggles in my own life. Shortly before she moved away, she showed me a bunch of family pictures, one of which was her 1947 wedding photo of her and her husband when they married after the war. I really enjoyed that window into her life. We still communicate occasionally through cards; I really like to keep in touch with her."*
- *"My senior mentor was the most amazing woman I could have ever met. Because she was paralyzed, I believe I helped her do many things that other girls may not have been able to do for their other mentors. Although my mentor passed away, I have memories with her that I will never, ever forget. She taught me how to bake, cook, clean, and do things that will stick with me for years."*
- *"One of my mentors is a neighbor of mine. She has no family and my family made friends with her during our time in the same neighborhood. Because of Assist, I met with her frequently and continue to maintain our relationship. This means a great deal to her and we still invite her over for holidays and sometimes for dinner."*
- *"My favorite memory is also my biggest regret. For two years, I worked Assist in two separate nursing homes. During my first year, I developed a relationship with an extremely sweet lady named Linda. On my last day of work, I discovered that Linda was forced to move across the hall to another room the day before. She was extremely upset and distressed over the fact that she was uprooted. She was crying and making quite a fuss. I entered her new room and just sat with her until I had to go home. During that time we talked, I prayed with her, and I was simply there listening. She calmed down after a while, but then started to cry again. So I sat there and we hugged each other as she cried. I eventually broke the news to her that today was my last day. She*

became so sad. She asked me if I was leaving her and I assured her that I wasn't. I promised that I would return and visit her, even though I wasn't going to be working there anymore. That promise put a relieved smile on her face. When I was about to leave, I made the promise again, and I walked out the door. I fully intended on going back to visit her, but I was an inexperienced 14-year-old girl with no real sense of responsibility yet. I forgot about my promise and moved on with my life. A few years later, I remembered my promise and guilt flooded over me. I tried calling the nursing home to see if she was still alive, but I never got an answer. To this day, I don't know if she is alive or dead. If she's alive, does she still remember me? Or has she forgotten me? And if she died, did she die living with the hope that I would walk through the door? Or did she die hating me for never returning? I will have to live with that for the rest of my life. I made a childish mistake as a child, but regardless of age, your choices have consequences. My experience with Linda taught me that lesson. Realizing my mistake shocked me into learning that I needed to uphold my promises, regardless of my own situation. If I make a promise, I am going to fulfill it. Assist helped me grow into the woman I am today. Lessons I learned and mistakes I made helped shape me into a better person. The job forced me to mature and it made me respect the elderly so much more than I had. So many treat them as if they are children, and that is infuriating to me. Much of the time they are mentally just as capable as you and me, if not more so. Their bodies have simply begun to deteriorate, but we treat them like their minds have deteriorated as well. It is extremely insulting and rude. Instead of looking down on them we should be looking up to them in order to learn something that only a lifetime could learn."