



SUMMER 2017



Currently 100 Dedicated Volunteers

Executive Director, *Jan Brewer*

Volunteer Coordinator, *Sherry Bryant*

Board Members

President, *Chris Allen*

Vice-President, *Don Dukemineer*

Secretary, *Shari Poteat*

Treasurer, *Greg Burgess*

Jim Daniel | Lori-Ellen Hudnall

Kavitha Hitchkad | Jean Loux

Tiffany Noel | Shannon Siegel

PROVIDING FRIENDS FOR THOSE IN NEED

In Huntsville and Madison County

What fills you up? I know this probably sounds like a vague question because it could be a number of things that gives you that feel-good sensation. But have you ever been walking around and felt like something is missing in your life? If so, that something could be YOU, because the more you fill yourself up, the more of you there will be.

I recently heard a speaker talking about the Dead Sea and how the Dead Sea has been rapidly deteriorating by about three feet every year because water no longer flows into it, and what is there just sits. He said the water that once flowed into the Dead Sea has been diverted into other areas for irrigation purposes. For those of you who are scientists, I may not be recalling this with 100% accuracy, but with instead, my simple understanding. Still, the truth remains the same. When I heard this about the Dead Sea, it made me think of Friends, Inc. So much of the time when we ask someone why they want to volunteer, they tell us that they do so mainly because of their faith, a life experience, or to give back to our community. I recently had a patient share, "The other day I answered my door and there stood one of your volunteers with a goody basket and a big smile. It made my day!" Afterwards, the volunteer she was speaking of shared, "Thank you for allowing me the opportunity to make that friendly visit and delivery. It always makes me feel good every time I go see her." You see, when we help others and do acts of kindness, it causes our brain to release endorphins, the chemicals that give us a sense of enthusiasm and lifts up our spirits. Doing something nice for someone also gives the brain a serotonin boost, the chemical that gives us that feeling of satisfaction and well-being. You can benefit your heart, reduce anxiety, lower blood pressure, and simply be a happier human being by giving back. Studies show that when people donated to charity, the mesolimbic system, the portion of the brain responsible for feelings of reward, was triggered. Helping someone out can leave you feeling rewarded and fulfilled. It has also been shown that people who participate in volunteer work or donate to charity feel more empowered and have a greater sense of purpose.

So what are you filling yourself up with? Do you sometimes feel like the Dead Sea that has nothing good coming in? If so, donate of yourself, or your means, so that you can feel full and overflowing and then there will be more of YOU to go around!

May you always have love to share, health to spare, and Friends that care.
Jan Brewer



Jan Brewer, Executive Director

Sometimes it really is about the small stuff. When it comes to being joyful and bringing joy to others, so often it's the little things that make a big difference. One small, thoughtful gesture can immediately make another's day brighter. Delivering fresh vegetables from a summer garden, a handmade valentine card from a child, a plate of home-cooked food, a bowl of southern-cooked collard greens, warm blueberry muffins, or a patient's favorite chocolate candy can all be counted on to bring sincere joy and big smiles. Being read aloud to when your eyes have become weak; receiving a walker when your legs suddenly need assistance, food from Friends, Inc.'s pantry when you are hungry, or much needed medical supplies when you cannot afford to purchase them all result in great joy, happiness, gratefulness, and even peace of mind. Can you imagine what a friendly phone call or visit means to someone who lives alone and has no family or friends to care about them; the realization that someone truly cares when you thought you were all alone? Taking someone shopping for their first new blouse in years, for some badly needed new shoes, or even for a flapper for a leaking commode are all simple gestures that can bring huge joy to those who have no one in their life to help them. As vital as all of our support services are, I think it important that we sometimes stop and recognize that our small acts of kindness also make a profound impact on the lives of others, and on ourselves. Sometimes big things really do come in small packages. Be the reason someone smiles today.

Grace and peace,
Sherry Bryant

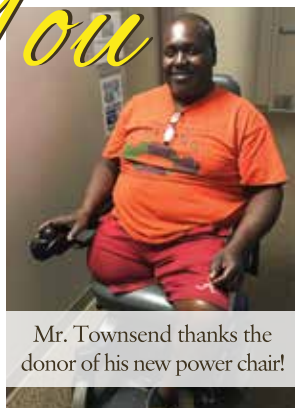
Sherry Bryant, Volunteer Coordinator



Thank You



Leadership of Social Services for believing in the mission of Friends, Inc.!



Mr. Townsend thanks the donor of his new power chair!



Central School for brightening Mrs. Culver's day!

My Volunteer Story



I am a volunteer and a board member for Friends, Inc. I have been honored to serve a number of patients in the form of friendly visits, hospital visits, the delivery of holiday meals, and transportation to medical appointments. I have always been drawn to those with significant medical needs, and Friends, Inc. provides the opportunity for me to be a part of this very heartfelt and important ministry. Friends, Inc. does a beautiful job of building friendships that go far beyond the needs of transportation and meals. Everyone has a story, and I have been privileged to get a glimpse into a few of those wonderful stories and the precious lives that have lived them.

Shari Poteat



Memorials, Honor Gifts, and Donations

In memory of Mrs. Laura Binger
Given By: Ms. Joan Bennett

In memory of Mr. George Smith
Given By: Mr. and Mrs. David Blankenship

In memory of Mrs. Monty Kilpatrick
Given By: Mrs. Jan Brewer

In memory of Mrs. Margaret Yarbrough
Given By: Mr. and Mrs. Duffy Boles

In memory of Mrs. Margaret Essner
Given By: Mr. and Mrs. Duffy Boles

In honor of Mr. Jim Vann
Given By: Ms. Alleen Bray

In honor of Mr. and Mrs. Jim Daniel
Given By: Mrs. Bebe Brown

In memory of Mrs. Laura Binger
Given By: Mrs. Bebe Brown

In memory of Dr. and Mrs. Richard Binger
Given By: Ms. Nancy Campbell

In honor of Mr. Walter Fletcher
Given By: Ms. Rosie Carter

In memory of Mr. Bill Malcolm
Given By: Mrs. Joyce Egedy

In memory of Mrs. Ruth Brigham
Given By: Mr. and Mrs. Joe Estes

In honor of Mrs. Mary Ann Ezell
Given By: Mr. Ben Ezell

In memory of Mrs. Johanna Fux
Given By: Mr. and Mrs. Armand Fux

In memory of Mr. Monte Fux
Given By: Mr. and Mrs. Armand Fux

In honor of all U.S. Soldiers and
First Responders
Given By: Mr. Robert Gibbs

In memory of Mr. Rickey Michael
Given By: Ms. Renee Graham

In memory of Mrs. Agnes McGee
Given By: Ms. Renee Graham

In memory of Mr. Chris Griggs
Given By: Mrs. Beth Griggs

In memory of Mrs. Virginia Cornelison
Given By: Mr. and Mrs. Roger Jones

In memory of Mrs. Monty Kilpatrick
Given By: Mrs. Susan Kelly

In honor of Mrs. Jan Brewer &
Mrs. Sherry Bryant
Given By: Mrs. Wilma Langford

In memory of Mrs. Mildred Langford Levy
Given By: Mrs. Barbara Langford

In memory of Mrs. Robbie Rene Slaughter
Given By: Mrs. Barbara Langford

In memory of Mini Singer
Given By: Mr. and Mrs. Donald Lewter

In memory of Mrs. Margaret Essner
Given By: Mr. and Mrs. Clifton Mann

In honor of Mr. and Mrs. Jerry Reynolds
Given By: Mr. and Mrs. Clifton Mann

In memory of Mr. and Mrs. David Hess
Given By: Mrs. Mary McDonald

In memory of Mrs. Maxine Tuggle
Given By: Mrs. Susan Moquin

In memory of Ms. Elizabeth Tuggle
Given By: Mrs. Susan Moquin

In memory of Mr. Chris Griggs
Given By: Mr. and Mrs. John Newton

In memory of Ms. Elizabeth Ford
Given By: Mr. Thomas Robinson

In memory of Mr. Jack Ray
Given By: Mr. Thomas Robinson

In memory of Mrs. Lois Joritz
Given By: Mr. Thomas Robinson

In memory of Mr. Harvey Duncan
Given By: Mr. Thomas Robinson

In memory of Mr. Billy M. Duncan
Given By: Mr. Thomas Robinson

In memory of Joseph F. Robinson
Given By: Mr. Thomas Robinson

In memory of Mr. J.R. Ray
Given By: Mr. Thomas Robinson

In memory of Ms. Sue Thompson
Given By: Mrs. Charlotte Schlittler

In memory of Ms. Annabelle Aust
Given By: Mrs. Charlotte Schlittler

In honor of Mrs. Kitty Gibson
Given By: Mrs. Kay Scott

In memory of Mr. Randy Lacaze
Given By: Mrs. Linda Smith

In memory of Mrs. Margaret Essner
Given By: Mr. and Mrs. George Smith II

In honor of Dr. Barbara Anthony
Given By: Mrs. Evangeline Spillman

In honor of Mrs. Mary McQuinn
Given By: Mrs. Sandra Vallely

In memory of Mr. Chris Griggs
Given By: Mr. and Mrs. Mack Vann

In memory of Mr. Chris Griggs
Given By: Mr. and Mrs. Jim Vann

In memory of Mr. Young West
Given By: Mrs. Nita West

In memory of Mr. Chris Griggs
Given By: Mrs. Wendy Wilson

Donations: Mr. Randy Allen, Mr. and Mrs. Bill Ashburn, Mr. and Mrs. Robert Baird, Mrs. Marilyn Bethune, Mr. Dennis Botts, Ms. Barbara Bozeman, Mrs. Gloria Bragg, Mr. and Mrs. Charles Bryant, Mr. and Mrs. Greg Butcke, Mr. and Mrs. David Carstens, Mr. and Mrs. Steve Chandler, Church of the Nativity, Mrs. Barbara Cook, Mrs. Leslie Crosby, Mr. and Mrs. Charlie Crowe, Mr. and Mrs. Jerry Damson, Dr. and Mrs. Paul Dang, Mr. and Mrs. Jim Daniel, Mr. San Denham, Mr. and Mrs. Russell Dinwiddie, Donor of United Way of Madison County, Mr. Don Dukemineer, Mrs. Joyce Egedy, First Christian Church, Dr. and Mrs. Jim Goldbach, Mrs. Pat Golley, Ms. Renee Graham, Dr. and Mrs. Thomas Griggs, Mrs. Betty Harrison, Mr. John Haskell, Mrs. Marla Hayden, Mrs. Kavitha Hitchkad, Mrs. Molly Holaway, Mrs. Carolyn Holt, Mrs. Mildred Howard, Dr. Eugene Hutchens, Mr. Greg Hutcherson, Mr. and Mrs. Lew Ingalls, Mr. and Mrs. Paul Israel, Mr. and Mrs. Alfred Johnson, Mrs. Maya Kambeyanda, Mr. and Mrs. Larry Knothe, Mr. John Ledbetter, Mrs. Doris Levinson, Mrs. Beverly Linam, Mr. and Mrs. James Link, Ms. Linda Lockhart, Mrs. Marilyn Lorch, Dr. and Mrs. Peter Loux, Mrs. Pat Lummus, Mr. and Mrs. Doug Madison, Mr. and Mrs. Steve Massey, Mr. and Mrs. A.O. Maynard, Mr. and Mrs. George McCannless, Mrs. Mary McQuinn, Mr. and Mrs. Rex Mills, Ms. Beth Moring, Mr. and Mrs. Wm. Loch Neely, Ms. Julie Ogles, Ms. Charlotte Park, Mr. and Mrs. James Patterson, Mr. and Mrs. Richard Peck, Mr. and Mrs. Steve Peterson, Ms. Lindsay Rees, Dr. and Mrs. Ed Rice, Mrs. Helen Rushing, Mr. Michael Scarborough, Mrs. Peggy Schlemmer, Ms. Sue Ellen Seward, Mrs. Eudare Shuey, Mr. and Mrs. Denny Sissom, Mr. and Mrs. Chris Smith, Mrs. Julie Smith, Mr. and Mrs. Brent Smith, Mr. and Mrs. Danny Spencer, Mrs. Brenda Stroud, Mr. and Mrs. Noel Tallon, Mr. and Mrs. Jim Temple, Tilley Family Gift Fund, Tinker Family Fund, Ms. Edith Toney, Mr. Lloyd Unfred and Mrs. Cathy Rosol, Dr. Vinay Yadla, and Mr. and Mrs. Russell Yokley

-Please contact us with information regarding unintentional omissions or misspelled names on these lists.

In Loving Memory

Ms. Lois Bruce, Mr. Larry Culver, Mr. Barnett Gamble, Mrs. Carmen Hook, Mrs. Marie Powell, and Miss Pazel Semel

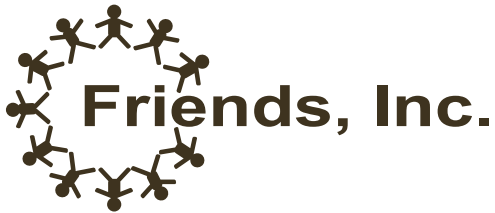
Thank you for allowing Friends, Inc. to be a part of their lives.



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RETURN SERVICES REQUESTED



It is our mission to provide support to patients with serious illnesses or disabilities, enabling them to maintain their independence through caring volunteers.

Autumn EVENING WITH FRIENDS, INC.

FRIDAY, OCTOBER 27, 2017
6:30 PM - 10:00 PM

MEADOW CREEK FARM

ENTERTAINMENT BY - THE FLASHBACKS SHOW BAND

CATERING BY - MAIN EVENT

SOCIAL HOUR 6:30 PM | DINNER 7:30 PM

\$75 PER PERSON

\$750 TABLE FOR TEN

COUNTRY CASUAL ATTIRE