

# Sharing the Caring

*In Huntsville and Madison County*



## Executive Director

Jan Brewer

## Volunteer Coordinator

Sherry Bryant

## Volunteer Staff

Currently 88

Dedicated Volunteers

## Board Members

### **President**

Betsy Estopinal

### **Vice - President**

Darlene Duerr

### **Secretary**

Tina Greer

### **Treasurer**

Greg Burgess

Susan Bowen

Debbie Chandler

Jim Daniel

Joel Dineen

Sallie Estes

Paulette Hamblin

Debbie Harriman

Carmen Maynard

Tiffany Noel

Jim Vann

Talitha Yokley

Franklin D. Roosevelt said, "Never before have we had so little time in which to do so much". If that was true in his time, then what about now? My fast-paced world sometimes overwhelms me. I catch myself multitasking with emails, text messaging, facebook, phone calls; and all while grocery shopping! We live in a fast-paced world where we look for the express lane, drive thru, microwaves, DSL, and fast food. So much of the time I feel like my foot is on the gas pedal and have I no brakes! I think it is time to get away and find a place of solitude and relaxation and spend time with my Father in heaven and my family. I think our spirits need these times of refreshment to relax, commune with God, reconnect with family, and just be still. If you know me, I have a hard time slowing down for anything. Have you ever seen a hummingbird be still for very long? Well, call me a HUMMER!

Now, I have to say that does not apply to my volunteers. They are slowing down and taking time out of their schedules to provide one on one time with our clients to help ease the every day-to-day things we take for granted; such as going to the store or hopping in the car to go to the doctor or dentist when needed. They are sitting in the surgery waiting room or doctor's office with someone other than a family member. They are patiently assisting the elderly or blind with grocery shopping. And the list goes on. I just wanted to slow down long enough to say THANK YOU, VOLUNTEERS, for giving of yourselves. And THANK YOU, DONORS, for allowing this support service to continue providing for those in need.

Lastly, I want to take this time to encourage you to be on the look out for your personal invitation to Autumn Evening. This will be an "all new" venue that will be sure to bring lots of fun and excitement. I hope to see you there!

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



*Jan Brewer*



**THANK YOU  
VENTURI  
BRIGHTER DAY  
FOUNDATION!**

*Friends, Inc. Board of Directors and Staff would like to say a very special  
Thank You to You!*

## *Sherry Bryant, Volunteer Coordinator*

Did you know that it is wrong to think that as we age falling is inevitable, unavoidable, and a natural part of the aging process? After enjoying grilled hamburgers and all the trimmings, Kim Davis and staff members from **The Center For Aging Balance Studio** joined us for a fun and most informative presentation at our recent Volunteer In-Service. I wish you could have seen us all, standing on one foot, the opposite knee raised, arms outstretched to our sides wavering precariously for balance; a room full of hope and encouragement as we learned that the aging effects on balance can be reversed through proper exercise regimens. We also had the privilege of being delightfully entertained and led in song at this In-Service by some very special and talented friends, Jim Vann and Gary Wicks. Their pickin' and grinnin' put a big smile on every face present and I have high hopes of hearing them pickin' and a grinnin' for us again soon!

"To the world you may be only one person, but to one person, you may be the world." These words are especially true of our volunteers who, for many different reasons, provide support, skills, talents, and abilities that give our patients hope, strength, and the courage to face another day. Our volunteers give the gift of their heart and their time to make contact and provide encouragement, and perhaps even humor, to make another person's day a little brighter without ever any expectation of reward. It is true, each of us may only be one person, but as a Friends, Inc. volunteer one can have a profound effect on another person's life and change that person's world.

We genuinely appreciate and value the commitment of our volunteers and are always in need of more volunteers just like them. If you are interested in learning more about the opportunities available as a Friends, Inc. volunteer, please do not hesitate to contact our office!

*Sherry Bryant*



Volunteer, Bill Greer



Volunteer, Mike Voisin

## *In-Service*



Pickin' and grinnin' provided by Jim Vann and Gary Wicks



*In Loving Memory Of*  
**Mr. Bobby Boston and Mrs. Ellen Frasier**  
*Thank you for allowing Friends, Inc. to be a part of their lives.*

## Memorials, Honor Gifts, and Donations

*In Memory of Mrs. Betty A. Jenkins  
Given By: Mr. and Mrs. James Adams*

*In Memory of Mr. Charles Cowart  
Given By: Mr. and Mrs. Ken Barfield*

*In Honor of Jan Brewer  
Given By: Mr. and Mrs. Bill Bodden*

*In Honor of Mrs. Sherry Bryant  
Given By: Mr. and Mrs. Bill Bodden*

*In Honor of Mrs. Eloise Boon  
Given By: Ms. Hannah Boon*

*In Memory of Mrs. Kathy Hicks  
Given By: Mrs. Jan Brewer*

*In Memory of Mrs. Margaret Berry Harris  
Given By: Mr. and Mrs. Dudley Brewer*

*In Memory of Mr. Mike De Maioribus  
Given By: Mrs. Bebe Brown*

*In Memory of Mr. Richard O'Brien  
Given By: Mrs. Bebe Brown*

*In Memory of Mr. Charles (Bud) Harris  
Given By: Mrs. Jean Harris*

*In Honor of Laura Binger  
Given By: Ms. Yvonne Hawkins*

*In Memory of Mrs. Allene O. Howell  
Given By: Mr. James Howell*

*In Memory of Mrs. Betty Dinwiddie  
Given By: Mrs. Greta Inglis*

*In Memory of Mr. Conley Langford Sr.  
Given By: Mrs. Barbara Langford*

*In Memory of Mrs. Mildred Levy  
Given By: Mrs. Barbara Langford*

*In Memory of Mr. Christopher Griggs  
Given By: Dr. and Mrs. James McMurray*

*In Honor of Mr. Mike Ragoza  
Given By: Mrs. Maryanne Miller*

*In Honor of Mrs. Kerry Holder  
Given By: Mrs. Pam Patrick*

*In Memory of Mr. Wallace R. Phillips  
Given By: Mrs. Doris Phillips*

*In Memory of Mr. Christopher Griggs  
Given By: Mr. and Mrs. Stanley Rodgers*

*In Honor of Mrs. Laura Binger  
Given By: Mr. and Mrs. Pat Vallely*

*In Memory of Mr. Christopher Griggs  
Given By: Mr. and Mrs. Jim Vann*

*In Honor of Dr. and Mrs. Thomas Griggs  
Given By: Their Children*

*Donations: Mrs. Joyce Adams, Mr. and Mrs. James Adams, Mrs. Sidney Bailey, Mr. Carl Barton, Mr. and Mrs. Boyce Bazzell, Mr. and Mrs. James Bilbro, Mrs. Wilma Caughran, Mr. and Mrs. Butch Damson, Mr. and Mrs. Jonathan Duerr, Dr. Don Evans, Mr. and Mrs. William Greer, Mrs. Beth Griggs, Mr. and Mrs. Walter Grundy, Mr. and Mrs. George Harsh, Mrs. Carolyn Holt, Mr. Eugene Hutchens, Mrs. Norma June Jones, Mrs. Kathryn Lane, Mr. and Mrs. Stephen May, Mr. and Mrs. David Milly, Monte Sano Methodist Church, Mr. and Mrs. James Reeder, Mrs. Helen Rushing, Mr. and Mrs. Gerald Scheiman, Dr. and Mrs. William Shasteen, Mr. and Mrs. Denny Sissom, Mr. and Mrs. William Taylor, Ms. Edith Toney, Mrs. Josephine Traylor, Mrs. Sara Welch*

## Advisory Board Luncheon



**The Friends, Inc.  
Advisory Board  
enjoyed a lovely  
luncheon prepared  
by Betsy Estopinal  
in her home.**



Those attending were Anne Walker, Pat Golley, Becky Heffelfinger, Sallie Estes, Laura Binger, Janice Fowler, Mary McQuinn, Karen Madison, Sandra Vallely, Betsy Estopinal, Sherry Bryant, and Jan Brewer

*We want to say thank you to all of our supporters.*

*Your gifts do make a difference!*



**SHARING THE CARING  
IN HUNTSVILLE AND  
MADISON COUNTY**

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



Friends, Inc.  
P.O. Box 608  
Huntsville AL 35804  
www.friendsinc.net

RETURN SERVICES REQUESTED

CFC # 40931



# Autumn EVENING

October 12, 2012  
6:30 PM - 10:00 PM  
The Ledges Country Club  
Social Hour 6:30 PM - 7:30 PM  
Presenting a Ballroom Dance Lesson  
at 7:00 PM with The Kinesthetic  
Cue Dance Club



**WE WOULD LIKE TO THANK OUR SPONSORS:**

Clearview Cancer Institute \* Bentley Automotive \* Center For Cancer Care \* COLSA Corporation  
Conversant Bio \* Dr. and Mrs. George Harriman \* Fowler Family  
Maynor, Mitchell & Lee Eye Center \* Park Supply Company, Inc. \* Regions Bank