



Friends, Inc.

SPRING 2024

Currently 87 Dedicated Volunteers
Executive Director, Jan Brewer
Volunteer Coordinator, Debbie Davis

Board Members

President, Rusty Stiles
Vice President, Jane Diamantis
Secretary, Stacey Condron
Treasurer, Greg Burgess
Sam Barnes, Afton DeLucca,
Beth Griggs, Kavitha Hichkad,
James Starks, Elaine Wales,
Judy Wilson

When thinking about the newsletter this quarter, I began to read the many thank-you notes from those receiving our services. **Gratitude** is a gift you can give at anytime and is a way of seeing the world. Having an attitude of gratitude is good for you, and you will find greater joy in life. I have found that grateful people are more optimistic and forgiving, can overcome adversity, and are more generous with their time and money. Wikipedia says that gratitude is thankfulness, or gratefulness, a feeling of appreciation by a recipient of another's kindness. One of my favorite definitions of gratitude is recognizing that we have not done everything for ourselves but depend on others (especially God) and must appreciate what they do for us. Being grateful, in its simplest form, is saying "thank you." We acknowledge that something kind has been done for us. We did nothing to earn it. Practicing gratitude helps us have positive emotions, improve our health, deal with adversity, and build strong relationships.

On behalf of Friends, Inc., I want to take a moment to express our deepest gratitude to our volunteers and donors. Your belief in our mission and your selfless contributions are what make our work possible. We are truly blessed to have you as part of our Friends, Inc. family.

To our volunteers, your time, energy, and talents are invaluable to us. Your selfless contributions have a profound, personal impact on the lives of those we serve, and we are truly grateful for your dedication.

To our donors, your contributions have directly and significantly improved the lives of those we serve. Your kindness and generosity have enabled us to provide friends for those in need of our support services. We are deeply grateful for your belief in and support of our mission. In closing, what better way to show gratitude than using the words of our patients?

"I don't know how I (we) would have made it this far without Friends, Inc. All of you have made our bad days worth the tears and pain because God always showed up with what we needed most. Joy - Courage - Mercy, and just one more day."

Mr. Cole - Friends, Inc. patient

"I'm deeply grateful for your ongoing kindness and generosity. The volunteers are so friendly! 'In everything, give thanks.' 1 Thess. 5:15 With a grateful heart."

Margaret Kelly - Friends, Inc. patient

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

Providing Friends FOR THOSE IN NEED



Jan Brewer
Executive Director

*"Alone, we can do so little.
Together, we can do so much."
-Helen Keller*

Growing up in what is now commonly known as "The Shoals", Helen Keller's name and story left an indelible impression on me. Even as a child, I hated the cruel jokes people told about her. I have never been able to imagine what it must have been like to live a life unable to see or hear. Yet, she overcame obstacles to become one of our country's most notable figures, and she did so with much help from others.

Every week, Friends, Inc. has the opportunity to help people in our community. Some of these people face situations that feel all too familiar due to our own or those of family or friends. Others face things that we can only hope and pray we never face. One thing is certain: Our patients' situations are made so much better...easier to face..., and even manageable with the help of our volunteers.

The gratitude that I feel for all of you who help is immeasurable. Many of you rearrange your schedules to assist patients, only to find out that the patient canceled their appointment. You rise to the occasion when we receive those last-minute pleas for help getting to a doctor's appointment. You organize the lending closet of much-needed supplies, food, and toiletries and lend a hand in the office.

You work as a team, with one volunteer driving a patient to an appointment and another taking the patient home after a long cancer treatment or a shopping trip to purchase their monthly groceries.

I began this message with a quote. I'll end with another from Martin Luther King, Jr.

"Life's most persistent and urgent question is, 'What are you doing for others?'"

I know what Friends, Inc.'s volunteers are doing, and I am grateful.



Debbie Davis
Volunteer Coordinator

FRIENDSHIP WRAPS ITSELF AROUND THE HEART LIKE A WARM BLANKET OF CARE.



Walt and Jeri Miller

*A special thank you to all who
made this such a special project.*

"Thank you so much for the heated throw, dinner items, and all you have done for me. You all truly have been a God send to me."

Judy Smith - patient

"I want to thank you for your kindness and thinking of me. I love the electric throw. You guys are the best! May God bless you for what you do for others."

Brenda Nichols - patient

Memorials, Honor Gifts, and Donations

In memory of Mr. Don Anselm
Given by Mrs. Judith Anselm

In memory of Mrs. Linda Doreen Bearden
Given by Ms. Joan Arnold

In honor of Mrs. Patricia Richard
Given by Mrs. Suzanne Barnes

In memory of Ms. June Smith
Given by Mr. and Mrs. Phil Bentley

In memory of Ms. Kate Gerbitz
Given by Mr. and Mrs. Phil Bentley

In memory of Mrs. Irene Gist
Given by Mr. and Mrs. Phil Bentley

In memory of Mrs. Irene Gist
Given by Mr. and Mrs. Dudley Brewer

In memory of Mr. and Mrs. Jerry Kilpatrick
Given by Mrs. Jan Brewer

In honor of Mr. Walter Fletcher
Given by Ms. Rosie Carter

In memory of Mr. Hosea Chaney
Given by Mr. and Mrs. Ron Carter

In honor of Mrs. Margaret Kelly
Given by Ms. Mary Cotton

In memory of Mrs. Butch Damson
Given by Mr. Jerry Damson

In memory of Dyke and Beverly McCulloch
Given by Mr. and Mrs. Rusty Dinwiddie

In memory of Ms. Jean Keyes
Given by Ms. Carol Doyle

In honor of Mrs. Mary Anne Enlow
Given by Dunnagan Yates and Allison

In memory of Mrs. Kathy Albers
Given by Mr. and Mrs. Wilford Weiman Geibhart

In memory of Mr. Rex Graben
Given by Mrs. Linda Graben

In memory of Ms. Sarah Irons
Given by Ms. Renee Graham

In memory of Mrs. Mackie Bethay
Given by Ms. Beth Griggs

In memory of Mrs. Trudy King
Given by Mr. and Mrs. David Guy

In memory of Mrs. Kathy Albers
Given by Ms. Joy Hall

In honor of Ms. Beth Griggs
Given by Mrs. Laura Hamilton

In memory of Mrs. Kathy Albers
Given by Mr. and Mrs. Raymond Hendrix

In memory of Mrs. Kathy Albers
Given by Mr. and Mrs. Robert Mahan

In memory of Mrs. Trudy King
Given by Mr. and Mrs. Clifton Mann

In memory of Mr. John R. Matras
Given by Ms. Catherine Matras

In memory of Mr. Christopher Griggs
Given by Dr. and Mrs. James McMurray

In honor of Mr. and Mrs. Jim Vann
Given by Mr. and Mrs. James Miller

In honor of Mr. Luke Spears
Given by Mr. and Mrs. James Miller

In memory of Mrs. Carol "Peaches" Spears
Given by Mr. and Mrs. James Miller

In memory of Mr. Tom Mills
Given by Mr. and Mrs. Rex Mills

In memory of Mrs. Kathy Albers
Given by MITRE Huntsville Sunshine Club

In memory of Mr. Don Kimery
Given by Mr. Bobby Noblitt

In honor of Mrs. Nell McWhorter
Given by Mrs. Bobbie Norville

In memory of Mrs. Kathrine Self
Given by Mrs. Shari Poteat

In memory of Mrs. Kathy Albers
Given by Ms. Judy Post

In memory of Mrs. Kathy Albers
Given by Mrs. Glenda Powell

In memory of Mr. Gerald Babe
Given by Mrs. Glenda Powell

In memory of Mr. John Tuley
Given by Mr. and Mrs. Dane Richardson

In honor of Jan Brewer and Debbie Davis
Given by Mr. Thomas Robinson

In memory of Ms. Lizzie Duncan, Ms. Elizabeth Ford, Mrs. Eleanor Maguire, Mr. Fred Maguire, Mr. Jack Ray, and Mrs. Joan Robinson
Given by Mr. Thomas Robinson

In memory of Mrs. Patsy Golley
Given by Mr. Mark Russell

In memory of Mrs. Camille Solley
Given by Mr. Steve Solley

In honor of Mr. James Hoffman
Given by Ms. Patricia Sowder

In honor of Mr. and Mrs. Dwayne Duke
Given by Mr. Luke Spears

In memory of Mrs. Kathy Albers
Given by Mr. Nathan Spell

In memory of Mrs. JoAnn Malcolm
Given by Ms. Edith Toney

In honor of Sherry Bryant and Jan Brewer
Given by Ms. Edith Toney

In memory of Mrs. Lynda Roncker Beason, Mr. Jim Bridges, Mrs. Butch Kohler Damson, Ms. Maryella Owens Clarke, Mrs. Helen Daniels, and Mr. Kenneth Sanders
Given by Mr. and Mrs. Jim Vann

In memory of Mr. Christopher Griggs
Given by Mrs. Margaret Vann

In memory of Mr. and Mrs. Bill Bearden
Given by Ms. Jan Vencill

In memory of Mr. Reek Wilson
Given by Mrs. Wanda Wilson

No Show Opala: Mrs. Shirley Ashburn, Ms. Louise Baird, Mr. and Mrs. Ralph Barnes, Ms. Margaret Batson, Mrs. Marilyn Bethune, Mr. and Mrs. Richard Bevis, Mr. and Mrs. Hugh Brady, Mr. and Mrs. Charles Bryant, Mrs. Ana Byrne, Mrs. Rebecca Carstens, Mr. and Mrs. Ron Carter, Mrs. Rita Casey, Ms. Mary Cotton, Mrs. Debbie Davis, Mrs. Lynn Defourneaux, Ms. Afton DeLuca, Mr. and Mrs. Joe Estes, Mr. and Mrs. Gene Ezell, Mrs. Carole Finch, Mrs. Carolyn Francisco, Mrs. Peggy Galloway, Mrs. Jo Gray, Mrs. Mary Gray, Mr. and Mrs. Cecil Green, Mr. Daniel Halcomb, Ms. Tami Harvell, Mrs. Carolyn Holt, Mrs. Joanne Horn, Mrs. Cynthia Hughes, Mrs. Sandra Ingalls, Mrs. Debbie Ivey, Mr. and Mrs. Roger Jones, Mr. and Mrs. Andy Kimbrough, Mrs. Kayla Kinzer, Dr. and Mrs. Troy Layton, Ms. Jean Lee, Mr. and Mrs. George McCannless, Mrs. Henri McDaniel, Mrs. Mary Miller, Mr. and Mrs. Walt Miller, Mag. and Mrs. Rex Mills, Mrs. Phyliss Morris, Mrs. Martha Norris, Mr. and Mrs. Michael Ragoza, Mr. and Mrs. Robert Reynolds, Mr. and Mrs. Eugene Sapp, Mr. Michael Scarborough, Mrs. Sarah Scheiman, Dr. and Mrs. Marshall Schreeder, Mr. Dan Shedroff, Mr. and Mrs. Denny Sissom, Mr. and Mrs. Chris Smith, Mr. and Mrs. Rodney Steger, Ms. Sue Underwood, Mrs. Sandra Vallely, Ms. Elaine Wales

Donations: Mrs. Sidney Bailey, Mr. and Mrs. Ken Barfield, Mr. Sam Barnes, Mrs. Betty Bentley, Mrs. Marilyn Bethune, Blackbaud Giving Fund, Mr. David Blankenship, Ms. Doris Briggins, Mr. and Mrs. J.R. Brooks, Mr. and Mrs. Charles Bryant, Mr. and Mrs. David Carstens, Mr. and Mrs. Ron Carter, Mrs. Brooke Chandler, Mrs. Stacy Condron, Mrs. Mary Cramer, Mrs. Barbara Daniel, Ms. Afton DeLuca, Mrs. Jane Diamantis, Mrs. Mary Duerr, Mr. and Mrs. Carter England, Mrs. Maryanne Enlow, Mrs. Carolyn Francisco, Freisen & Friends LLC., Mr. and Mrs. Armand Fux, Mrs. Pearl Goforth, Ms. Renee Graham, Ms. Beth Griggs, H.C. Blake Co., Ms. Carolyn Holt, Ms. Joanne Horn, Mrs. Cynthia Hughes, Mrs. Debbie Ivey, Mr. Roman Jennings, Mr. and Mrs. Danny Kilpatrick, Mrs. Lynde Kriese, Mrs. Mildred Lancaster, Mrs. Doris Levinson, Dr. and Mrs. Peter Loux, Ms. Lydia McDonald, Mr. and Mrs. Ron Mitchell, Ms. Lisy More, Murphy Homes, Mr. and Mrs. Al Nunley, Mrs. Martha Porter, Mr. and Mrs. William Schrenk, Ms. Naomi Seeman, Mr. and Mrs. Denny Sissom, Mrs. Margie Smith, Mrs. Kim Spencer, Mrs. Kathy Sutton, Ms. Jeanie Tauss, Mr. and Mrs. Mike Tilley, Tinker Murdock Family Fund, Mr. and Mrs. David Wilson

In Loving Memory

**Mrs. Kathy Albers, Mr. Sherman Cottrell, Mr. Tyrone Grant,
Mrs. Teresa Hughes, Mrs. Inez Lewis, Mr. Mark Lynch,
Mrs. Barbara Moore, Ms. Patsy Nayman, Mrs. Cora Sanders,
Mr. James Stone, Mrs. Linda Townsend, Mrs. Nita West**



In loving memory of our longtime volunteer and friend of Friends, Inc., Kathy Albers. I found several articles in her file, and I would like to share a quote from one of her stories: *"Good friends are hard to find, harder to leave, and impossible to forget."* This quote holds so much truth.

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

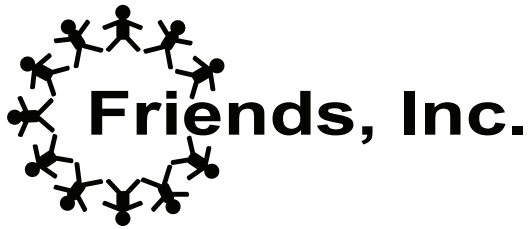
Special Thanks:

Cosmopolitan Club
Good Sheperd Catholic Church
H.C. Blake Co. • Murphy Homes

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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.

Save the Date!

AUTUMN
with Friends, Inc.
EVENING

NOVEMBER 16, 2024

THE JACKSON CENTER
6001 MOQUIN DRIVE NW

SOCIAL HOUR 6:00PM • DINNER 7:00PM

WITH PATTON JAMES & THE SYNCHROMATICS

