



October 2009

Sharing the Caring In Huntsville and Madison County

P.O. Box 608
Huntsville, AL 35804
Voice Mail 880-1672
Office 534-4079
www.friendsinc.net

Executive Director
Jan Brewer

**Volunteer
Coordinator**
Sherry Bryant

Volunteer Staff
Currently 78
dedicated volunteers

Board Members

President
Sallie Estes

Vice President
Debbie Chandler

Secretary
Pam Patrick

Treasurer
Greg Burgess

Valerie Chandler
Barbara Daniel
Betsy Estopinal
Janice Fowler
Julie Fowler
Pat Golley
Debbie Harriman
Karen Madison

Don't you just love this time of year; the coolness in the air, fall leaves, pumpkins, mums, football, and most of all, time with family and friends? November is the month we take time to gather together to reflect and give thanks for all of our many blessings. What better time to express thanks to our Friends, Inc. benefactors? Thanksgiving is my all-time favorite holiday, providing plenty of good food, family gatherings, and being thankful for the rich, blessed life that we all enjoy. As the gift-giving season draws near, and the end of the year quickly approaches, I would like to encourage you to remember Friends, Inc., an organization that continues to benefit those who are seriously ill or disabled. Remember, your neighbor's independence could depend on you!

Autumn Evening 2009 was a great success with over two hundred in attendance and benefiting over twenty thousand dollars. All funds raised by "Autumn Evening" will provide training, coordination, and support for the eighty volunteers of Friends, Inc.

Guests enjoyed a huge silent auction that included over one hundred twenty-five items, live music by Hott Mixx, and delicious hors d'oeuvres provided by volunteer Chris Farber. Lovely floral arrangements helped set the tone for the evening and were provided by Wholesale Florist and designed by Jan Parker. Ron and Mark of In Bloom Five Points always do an amazing job with tablescapes and mantle pieces, while Bennetts Nursery and Ayers Farmers Market provided mums to brighten the lodge. Throughout the night guests enjoyed an assortment of tasty desserts provided by Mrs. Liz Smith.

I would like to take this time to say a very special thank you to our sponsors of the Evening: The Fowler Family, Patricia McCoy MD, AVIAGEN, Chandler/May, Inc., Steve and Debbie Chandler, Dr. Noel Estopinal, Dr. Jeremy Hon, Tom and Kim Huskey, and SAIC. We would also like to say thank you to our volunteers who gave of their time to help make this the perfect "Autumn Evening". Without Friends, Inc., many older adults would not be able to travel for life-sustaining or life-enriching purposes. Our volunteers receive satisfaction in knowing that they are helpful to those who need it, and often refer to our patients as part of their extended family.

Please feel free to call the office at 534-4079, or email us at friends@friendsinc.net if you have any questions. May you always have love to share, health to spare, and Friends that care.

Blessings,

Jan Brewer, Executive Director



Friends, Inc. Board and Staff

Barbara Daniel, Sallie Estes, Greg Burgess,
Janice Fowler, Pat Golley, Betsy Estopinal,
Julie Fowler, Pam Patrick, Karen Madison,
Jan Brewer, and Sherry Bryant
(not pictured: Valerie Chandler and
Debbie Harriman)



Autumn Evening & 2009



The season of Thanksgiving is upon us and I am once again reminded how truly thankful we are for our amazing Friends, Inc. volunteers. It is our volunteers' caring hearts, helping hands, overwhelming compassion, and endless energy that truly make the difference in our patients' lives. Time and again our volunteers have gone the extra mile to make certain our patients know they are valued and loved. I am reminded of the warm-hearted volunteer who noticed the chilled temperature of a patient's bedroom and personally took the necessary steps to ensure that our patient had heat. I smile as I recall the numerous volunteers who selflessly committed to provide transportation five days a week for nine weeks to a young breast cancer patient who was new to the city with no money, family, or friends. In addition to providing a ride to radiation and chemotherapy treatments, our volunteers also extended their hand of friendship while listening to stories of life and hope over light lunches and warm cups of coffee; soon becoming "family" when before this patient had none.

Not long ago we had a patient express her desire to celebrate her upcoming birthday differently this year. Instead of being alone, as she has for so many years, she wanted to celebrate this birthday with someone. Two of our volunteers, with smiles on their faces and party hats and horns in hand, helped this patient celebrate her 80th birthday by gifting her with her favorite meal, a personalized birthday cake, and a beautiful bouquet of flowers. Our patient shared that it had been over 40 years since she had received flowers, and was moved to tears to have "friends" come help her celebrate her special day.

Recently we have had several patients express their need to get their "affairs" in order as they begin to face the reality of their health situations. I find it a huge compliment that our patients think us "friend" enough to share their concerns and desires with us in this area, and then take the next step to ask for help. I truly believe that this trust in Friends, Inc. was first founded in the relationships between those patients and our kind and understanding volunteers. It was our volunteers' recent privilege to assist one of our patients by packing those items that were of great value to her, and in doing so, easing our patient's mind as to what would happen to her "things" after she was no longer here to care for them.

It has been said that the heart of a volunteer is not measured in size, but by the depth of their commitment to make a difference in the lives of others. Our volunteers have huge hearts, and their earnest desire to make a difference runs deep. This is evident not only at Thanksgiving, but every single day of the year. How exceedingly thankful we are for our Friends, Inc. volunteers!

Grace and Peace,

Sherry Bryant, Volunteer Coordinator

Happy Birthday Volunteers!

August

Richard Bevis
Eloise Boon
Brian Burkhardt
Janice Fowler
Suzie Roberson
Linda Wallace

September

Laura Binger
Regina Kelley
Jean Loux
Doreen Nard
Bob Reynolds
Angie Stafford

October

Kathy Albers
Jonathan Criswell
Julie Fowler
Beth Griggs
Fannie Rooks
Nita West

**Welcome New Volunteers
Marcy Lawton & Meg Tilden**



Volunteer Allison Lewis and Ms. Thompson



Volunteer Bernadette Gross and Ms. Burcham



Volunteer Barbara Daniel and Ms. Holliday



Volunteer Bill Bodden and Mr. Spain



Volunteer Karin Mills and Ms. Traylor

*"You can do it. I'll show you how."
"You need it when? I'll do it now."
"If you need anything, I'm right here."
Who am I? A volunteer!
by Joan Perry*

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



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

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.**

Friends, Inc. serves the Huntsville/Madison County community by providing support services such as:

- **Transportation to medical and cancer treatment appointments**
- **Respite care for caregivers of patients**
- **Running errands-grocery shopping, RX pickup, etc.**
- **Emotional support through friendly visits and phone calls**
- **Access to community resources and spiritual support as needed**

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Donation, Memorial, & Honor Gifts

**Memorial Gifts and Honor Gifts are ideal ways to remember a
loved one's legacy, or special occasions. At the same time,
your gift is used to provide volunteer support to patients with
serious illnesses or disabilities, and to their families.**

**Upon receipt of your gift, an appropriate letter of acknowledgement
will be sent naming the honoree, and you, as the thoughtful donor.**

*Thank You
For Your Memorials, Honor Gifts, and Donations*

**In Memory of Mr. Gene Cox
Given By: Mrs. T.C. Yarbrough**

**In Memory of Mr. Jay Fryman
Given By: Mrs. T.C. Yarbrough**

**In Memory of James Mefford
Given By: Mr. and Mrs. Ted Randolph**

**In Memory of Mr. David Leon Hall
Given By: Mrs. Kathy Albers**

**In Memory of Mr. Herb Gingras
Given By: Mr. and Mrs. Bob Brown**

**In Memory of Carmen Gum
Given By: Dr. Gregory Gum**

**In Memory of Mr. Bob Parsons
Given By: Mr. and Mrs. Bob Brown**

**In Memory of Mr. Tony Keltner
Given By: Mr. and Mrs. Bob Brown**

**In Honor of Mrs. Era Collins
Given By: Mr. and Mrs. Vernon Cramer**

**In Memory of Mr. Luther Krewson
Given By: Mr. and Mrs. Vernon Cramer**

**In Memory of Mr. Chris Griggs
Given By: Mr. and Mrs. John Cotton**

**In Honor of Mrs. Pauline Precise
Given By: Mr. and Mrs. Julia Sutton**

**In Memory of Mrs. Martha Clemons
Given By: Panther Booster Club**

**In Memory of Mr. Ted Nicolini
Given By: Mr. and Mrs. Billy Gray**

**In Honor of Mrs. Julie Fowler
Given By: Mrs. Susan Jordan**

**In Memory of Mr. Chris Griggs
Given By: Mr. and Mrs. Wynn Rodgers**

**In Memory of Mr. Don Langford
Given By: Mrs. Wilma Langford**

**In Honor of Mrs. Laura Binger
Given By: Mr. and Mrs. Vernon Hutchens**

**In Memory of Mr. Paul Chandler
Given By: Mr. and Mrs. Ted Randolph**

**In Memory of Mrs. Merrilynn Carpenter
Given By: Mr. and Mrs. Vernon Cramer**

Donations: Mr. and Mrs. James Adams, Mr. and Mrs. Robert Akenhead, Mr. and Mrs. Ken Barfield, Mr. and Mrs. Richard Barnes, Ms. Penelope Bashore, Mr. and Mrs. Boyce Bazzell, Mrs. Joan Bennett, Mr. and Mrs. Bill Bethune, Mrs. Claudine Bowen, Mr. and Mrs. Alan Bragg, Ms. Jana Brazelton, Mr. and Mrs. J.R. Brooks, Dr. and Mrs. Mike Brown, Mr. and Mrs. Hall Bryant, Mr. Brian Burkhardt, Mr. Joe Burson, Mr. and Mrs. Mike Byers, Dr. Amy Carter, Ms. Helen Caudle, Ms. Wilma Caughran, Century Automotive, Dr. and Mrs. Hoyt Childs, Mr. and Mrs. Earl Choate, Mr. and Mrs. Irma Cook, Dr. and Mrs. Norton Cowart, Ms. Julia Cowing, Mr. and Mrs. Henry Crosby, Ms. Gayla Dean, First Christian Church, Mrs. Mary Louise Ford, Mr. and Mrs. Matt Fowler, Ms. Kathleen Gardner, Mr. and Mrs. Robert Gipson, Mr. and Mrs. Hayden Glenn, Mr. and Mrs. Gary Grace, Mrs. Renee Graham, Dr. and Mrs. Parker Griffith, Ms. Barbara Handba, Mr. and Mrs. Cletus Harper, Dr. and Mrs. George Harriman, Mr. and Mrs. Charles Harris, Dr. and Mrs. Leroy Harris, Mr. and Mrs. Howard Heffelfinger, Mr. and Mrs. Charles Helms, Ms. Patty Henritz, Mr. and Mrs. William Herrin, Mr. and Mrs. Jane Hill, Mrs. Carolyn Holt, Dr. and Mrs. Louis Horn, Ms. Judy Howard, Mr. James Howell, Mrs. Janie Huffman, Mr. Gregory Hutcherson, Mrs. Frances Jones, Mr. and Mrs. George Jones, Ms. Sandra Moon, Mr. and Mrs. Mark Moshier, Ms. Sandra Newby, Mr. Albert Ordway, Mr. and Mrs. George Painter, Mr. and Mrs. James Park, Dr. and Mrs. Rajesh Patel, Ms. Sherry Patrick, Mr. and Mrs. Ronald Pidgeon, Dr. and Mrs. Robert Reynolds, Mr. and Mrs. Stanley Rodgers, Mr. and Mrs. Phil Roth, Ms. Helen Rushing, Ms. Jane Rutenberg, Mr. and Mrs. Molly Sanders, Dr. and Mrs. Calame Sammons, Dr. and Mrs. Marshall Schreeder, Mrs. Lynn Jones, Mr. and Mrs. Greg Kemp, Mr. Wendell Kestle, Ms. Jane Koyler, Ms. Lynn Krome, Ms. Elizabeth Kuehn, Mr. and Mrs. Troy Layton, Mr. and Mrs. Robert Lockwood, Mattress King, Mr. and Mrs. Roy McCorkle, Mr. and Mrs. William McDonald, Mr. and Mrs. Walker McGinnis, Mr. and Mrs. J. M. McMillion, Mr. and Mrs. Jack McQuinn, Mr. and Mrs. David Milly, Monte Sano Methodist, Mr. and Mrs. Ralph Segler, Mr. and Mrs. Denny Sissom, Mr. and Mrs. Bob Smith, Mr. and Mrs. Guy Spencer, Mrs. Loretta Spencer, Ms. Sally Stockton, Ms. Linda Struck, Ms. Kathi Sutton, Mr. and Mrs. Philip Taylor, Ms. Anne Ticker, Mr. and Mrs. Pat Vallely, Mr. and Mrs. Mack Vann, Mr. and Mrs. Samuel Vickroy, Mr. and Mrs. Rex Watson, Dr. and Mrs. Don Wheeler, Mrs. Debbie Whitaker, Mr. and Mrs. Keith Worsham, Mr. and Mrs. Robert Wynn, and Mrs. Margaret Yarbrough

*In Loving Memory of
Mrs. Alice Gay, Mrs. Shelby Kempel, Mr. Ed Csar and Mr. Buddy McMurtrey
Thank you for allowing Friends, Inc. to be a part of their lives.*



VOLUNTEERS NEEDED



This may come as a surprise to many of you, but there are members of our community with long-term health needs who are struggling every day to maintain their independence. They are our neighbors: our mothers, fathers, sisters, brothers and friends. But all too often their simple needs are not met, and the ability to stay in their own homes is jeopardized. Friends, Inc. has an answer to meet these needs. And the answer is you!

We're looking for more volunteers to help our neighbors. Friends, Inc. is a part of *Faith in Action*, which offers interfaith volunteer caregiving nationwide through programs just like ours. Our efforts bring together volunteers of many faiths to help people with long-term health needs maintain their independence for as long as possible. How is this done? By providing non-medical assistance with daily activities, volunteers make the difference in the lives of our neighbors right here in this community. Volunteer activities may include shopping for groceries, providing rides to medical appointments, running errands, and providing companionship through visits or phoning. Volunteers also may provide respite care and relief for family caregivers to give them time to take a much-needed break.

So many of our volunteers tell us that they get more out of volunteering than the people they help. We've seen some wonderful relationships develop, and we're looking for more people to put their faith into action. Only a few hours a week can make a world of difference. We can provide you with more information about the possibilities provided through our program, and believe there is a volunteer opportunity that will fit into your busy schedule.

If you'd like more information, please contact Friends, Inc by calling 256-534-4079 or visit our Web site at www.friendsinc.net.

THANK GOD FOR VOLUNTEERS

By: Dr. Larry K. Scarbrough, M.D. Medical Director Hospice Family Care



The men and women who built our American civilization readily volunteered. The ruling class was so far removed that urgent matters demanded spontaneous local action. Farmers and merchants laid aside their plows and pencils to shoulder muskets and throw up barricades in defense of family and friend. Neighbors loaned themselves to barn raisings, quilting bees, and underground railroads where governments and bureaucracies were impotent.

In this age of multi-millionaire "public servants", it is encouraging still to see the virtues that evolved from our peculiar origins. Volunteers from the Red Cross, Habitat for Humanity, and countless church missions remind us that needs are met more quickly and economically by neighbors rolling up their sleeves than by regimented hired hands. Volunteerism is still part of America's DNA.

Hospice Family Care began 30 years ago when a group of volunteers decided to do something about a painful gap in end-of-life care. Employees here do not last long if they are not, at heart, volunteers.

When people are foolish enough to think a bureaucracy can replace a neighbor, or cynical enough to rationalize that the taxes they pay are enough to take care of that kind of thing, they rob themselves of a blessing and of being a blessing to others.

Our volunteers come as close as anyone I know to meriting the approval of the Master who said, "I was sick and you visited Me." **Thank God for volunteers.**