

OFFERING HOPE • PROVIDING OPPORTUNITY • CONFIRMING DIGNITY • ENSURING SAFETY • ESTABLISHING COMMUNITY • DEMONSTRATING HOSPITALITY

**Community First Recipient**

America's First Federal Credit has "CHOSEN" First Light as one of its Community First recipients for THE YEAR! Community First is an employee driven initiative through which the Credit Union is able to recognize "organizations that employees have identified as being passionate about, connected with, and feel are making an impact in our community and our area of membership".

Community First, recognizes the "amazing work" that First Light is doing in our community. Thank you, America's First, for this awesome recognition and for choosing First Light!



**COMMUNITY WORKING TOGETHER**



**UAB Dental**

Poor oral health is very common among persons experiencing homelessness. People experiencing homelessness have a difficult time accessing dental services due to the lack of money, insurance coverage and lack of resources to get to appointments. UAB Dental CARES Program is helping ease the overwhelming task of getting dental care. UAB has partnered with First Light to provide dental services to the guests of First Light. This program provides dental x-rays, cleanings, fillings and extractions. Guests needing dental care can complete an application and get transported to their appointment while in shelter. This has been a valuable resource for the guests in shelter and has proven to be beneficial to their physical health as well. Thank you UAB for the services provided to the guests of First Light.

**Alabama Regional Medical Services**

First Light is committed to establishing and strengthening its community efforts to serve vulnerable communities. We are excited that Alabama Regional Medical Services (ARMS) has become a partner with First Light. ARMS is a FQHC (Federally Qualified Health Center) that provides primary care, pediatric care, foot care, eye care, OBGYN care, and mental health care with seven sites around Birmingham as well as a mobile health unit.



Every Wednesday for four hours, ARMS mobile clinic provides curbside services to the guests of First Light. Guests have the opportunity to be seen by a physician for basic exams, labs, wellness checkups, and prescription refills. These services are offered free to our guests without prerequisites such as health insurance or a state ID. The ARMS mobile health clinic provides exams and allows those with disabilities or travel challenges to see a medical doctor.



**Milo's Tea**

We are so thrilled that Milo's Tea Company is partnering with First Light and has committed to providing Milo's Tea for all of 2023! We are so grateful for this new partnership and support. Thank you, Milo's Tea Company!



**Thank you for allowing us to be part of your journey and for being a part of ours.**

At Milo's, we've been serving our loyal fans the best tasting all natural beverages since 1946, and throughout that time, we've always felt responsible for our people and the planet. Now, more than ever, Milo's is committed to growing responsibly and making a difference during this exciting chapter of growth in our family business.

**We are grateful for our partnership with First Light and for the opportunity to serve together.**

*As a certified woman-owned business, we believe that providing pathways to prosperity for women not only has the power to change one life, but transform communities.*

- Tricia Wallwork  
CEO and Granddaughter of  
founders Milo + Bea Carlton



**2021-2022 FIRST LIGHT BOARD OF DIRECTORS**

<b>Heather Nelms</b> PRESIDENT	<b>Blair W. Sandford</b> VICE PRESIDENT	<b>Davis Goodson</b> TREASURER	<b>Andrew Alexander</b> SECRETARY
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**FIRST LIGHT STAFF**

<b>Sherry Bray, LGSW, MPA</b> Executive Director	<b>April Graham</b> Shelter Manager	<b>Penny Stock, BSW</b> Social Worker
<b>Lani Powell, CFRE</b> Development Director	<b>Chaquita Pendleton, BSW</b> Social Worker	<b>Stephanie Williams</b> Shelter Assistant
<b>Byanca Underwood, BA, MS</b> Director of Social Services	<b>Dorothy Ravizee, BS</b> Case Manger	<b>Rebecca Cleckley</b> Shelter Assistant
<b>Camilla Jones</b> Volunteer Coordinator	<b>Kaylyn Kennibrew, BSW</b> Social Worker	<b>Carmen Taylor</b> Weekend Manager
<b>Leighann Johnson</b> Finance	<b>Shulette Prince, BSW</b> Social Worker	<b>Pauline Woods</b> Weekend Manager



# APRIL IS NATIONAL VOLUNTEER MONTH

## Thank you, Volunteers!

From the very beginning, volunteers have been the heartbeat of First Light. Every day, selfless individuals and groups do extraordinary acts of kindness and provide the guests of First Light with meals, activities, smiles, and encouragement. These everyday HEROES give their time, energy, and resources to tackle one of society's greatest challenges-homelessness. We would like to take this time to shine a light on those who inspire us to serve and actively support our community. Thank you, First Light volunteers, for being an invaluable resource! We see you, we appreciate you, and we LOVE you!

If you are interested in being a part of our wonderful volunteer community or would like more information on current volunteer opportunities, please contact Volunteer Coordinator, Camilla Jones at [camilla@firstlightshelter.org](mailto:camilla@firstlightshelter.org) or 205-323-4277.



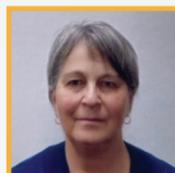
## Volunteer Spotlights



**Samantha Goldfarb** was a member of Alpha Chi Omega at Birmingham Southern College from 2004-2008 and remembered volunteering and absolutely loving the mission of First Light. After relocating back to Birmingham, it was important to her to reconnect as a volunteer. Samantha now serves as a facilitator for the Round Table Talk, which is a weekly, hour-long session where the women of First Light can gather and support one another in a safe, confidential, and judgement-free space. Dr. Samantha Goldfarb, Assistant Professor at Florida State University College of Medicine, and Camilla Jones, Volunteer Coordinator at First Light, serve to facilitate conversations that strengthen the bonds between the women and allow them to speak about issues of importance to them. The goal of each session is for the women to leave feeling heard, supported, and empowered.



**Rosie Montgomery** When the Granada Hotel had a fire and was renovated to become the First Light emergency shelter, Rosie Montgomery's pastor, James Dansby, suggested they come do a Bible study one evening. That was in 2000 and Rosie has been a volunteer now for 23 years. Rosie says her favorite part of volunteering at First Light is "seeing the power of the Holy Spirit change a life as we are given the opportunity to share God's Word and His resources with others." Rosie says she has had many special moments at First Light. She would go to the day room every Sunday evening and invite the ladies to come up to Bible study. One day, a particular woman who had never accepted the invitation before decided to join Bible study. It would be her last Sunday at the shelter. She presented Rosie with a beautiful single flower and told her how much it meant to her that she had never failed to invite her to Bible study. Rosie loves being a volunteer and says, "your greatest investment is what you contribute to the life of another person."



**Nancy Heck** started volunteering at First Light 10 years ago through her church Cathedral of St. Paul. Shortly after Nancy and her husband began volunteering, the First Light liaison from the Cathedral moved away and she was asked to take on that responsibility." It was a natural transition for me as I loved both being involved at First Light and our parish community." Nancy currently helps coordinate meals within the same small group of wonderful people that began serving a decade ago. Nancy basks in the love, gratitude and joy that serving the women and children at First Light brings. Nancy says "the bond of love that has formed among our meal team, the overwhelming gratitude and welcome we experience from the women and children, and the joy we receive through our service are a blessing beyond measure."

## Light Up the Night!

Let's celebrate by coming together to make First Light shine. There will be free parking, great music, beer/wine, delicious food, and silent and live auctions.

**Tickets — \$150 each**  
**Table of Eight — \$1,000**

**Saturday, May 6, 2023 | 6:00 p.m. to 9:30 p.m.**

**Vestavia Hills Civic Center**  
1090 Montgomery Highway  
Vestavia, Alabama 35216

### Questions?

Contact Lani Powell, CFRE at  
[Lani.powell@firstlightshelter.org](mailto:Lani.powell@firstlightshelter.org) or 205-323-4277

For tickets, information, and to learn more about sponsorship opportunities visit [firstlight2023.givesmart.com](http://firstlight2023.givesmart.com) or scan this QR Code with your smartphone or tablet.



**SATURDAY**  
**MAY 6**  
**6:00 PM**



## SANDRA'S STORY

"Never in a hundred years would I have dreamed that I would be in this position. I have always taken care of my responsibilities and had my own place" recounted Sandra, an emergency shelter guest. But a few months ago, Sandra found herself homeless after getting sick and unable to return to work. As a result, she lost her apartment and for two months Sandra slept on a friend's couch before coming into shelter. Sandra did her best to keep her space clean while with her friend, but she soon felt unwelcome and resorted to sleeping wherever she could. Her medical conditions made it impossible for her to continue to do this.

"I did not know what to expect and was scared to come to a shelter but I had no other resources or help. When I got to the shelter, it was not what I thought it would be. I felt welcomed. I felt a sense of hope was being restored. First Light gave me hope, a roof over my head and food that was prepared by volunteers." Sandra found another job and was able to save money for an apartment.

With the help of First Light's social service professionals, Sandra was able to get keys to her new home. The shelter provided Sandra structure and a chance to pull her life back together. Having a place to call her own has given Sandra the stability, security and peace she needs to better her health and to stay on the right track.

We could not have helped Sandra and others like her without your support.

