



# THE Michael James Cotton FOUNDATION

Newsletter Volume 1, Issue 3

December 2024

## ONE HEART TOUCHING MANY

### On December 18th We Celebrated One Year As a 501(c)3 Non-Profit

The Michael James Cotton Foundation turned **ONE** year old as a 501(c) (3) on December 18th. Through the hard work and dedication of countless friends, family and supporters, we had an amazing and successful first year.

On June 1st, we held our first “One Heart Touching Many” gala with over 200 attendees. Through their generosity during our silent and live auctions, we raised over \$70,000 to positively affect and financially support young men and women on their sobriety or mental health journey.

As of December 30th, the Michael James Cotton Foundation has awarded 20 grants in Georgia, 2 in Texas and 1 in North Carolina. It is our goal to cast a wider net and award grants all across the United States in this coming year.

In November, two of our Board members (Beth and Emily) visited Stepping Stones Sober Living in Atlanta, and had an opportunity to meet with recent grant recipients and tour the facility. Stepping Stones is doing great work out there!

We are very proud of all that the foundation has accomplished in its first year and look forward to what year two will bring.



Beth, Emily & Susan  
visiting with grant  
recipients in Atlanta,  
GA at Stepping Stones  
Sober Living.  
(November 2024)

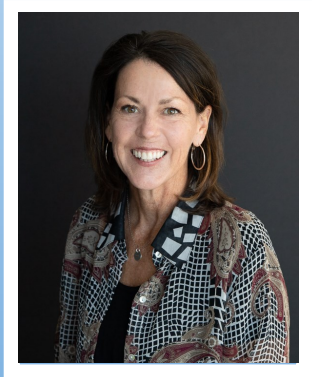


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## Meet two of our wonderful volunteers:



**Kristen Palmer,** Administrative Assistant Volunteer

Kristen spent her career as an elementary Physical Education and Health Teacher. In her retirement, she enjoys working part-time, having experience as an Administrative Assistant in a small law office and currently as a Front Desk Coordinator at a local Spa and Resort.

Kristen felt the call to action when she heard about Beth and Casey starting The Michael James Cotton Foundation. Addiction is something that members of her family have struggled with, so the mission of the Foundation resonates. She assists in an administrative capacity in an effort to free up time for the board to focus on the bigger task of growing the foundation.

**Alexis Farinacci,** Social Media Volunteer

Alexis Farinacci is our newest Social Media volunteer. She chose to volunteer with The Michael James Cotton Foundation because supporting those struggling with mental health is near and dear to her heart and is an opportunity for her to contribute to something so important to her.

Alexis received her Bachelor's degree in Public Relations from Florida Gulf Coast University in 2015 and her Master's degree in Mass Communication from the University of Florida in 2017. She has since worked for two Minor League baseball teams and now works full time as a functional fitness Coach and media manager for a gym in south Florida. She also competes in the sport of Olympic Weightlifting, most recently competing in a National Meet in Texas!



Thank you for helping make 2024 an amazing first year for the foundation!! We want to wish you and yours a very Happy, Healthy and Prosperous New Year!! May 2025 bring you much joy and happiness!!

Here are a few highlights to look forward to in 2025:

- We will profile some of the grant recipients and their success stories in the coming issues of the newsletter.
- In March, Board members Don Crook and Casey Cotton will travel to Atlanta to meet with grant recipients and visit other sober living facilities.
- June 7, 2025 is our Second Annual "One Heart Touching Many" Gala. Registration to attend and opportunities to contribute will open in January. Stay tuned for more information.