



Rick Hedrick

October 8, 1953 - January 25, 2025

Rick Hedrick passed away suddenly on January 25, 2025 at the age of 71. He was born on October 8, 1953 in Lynchburg, Virginia. He graduated from Gretna High School in 1972 where he earned a scholarship to attend University of Lynchburg. Rick was the first of his family to attend college and he played college basketball and ran track for four years. He began his career at St. Albans Psychiatric Hospital in Radford, Virginia and later moved to Alabama to become the Director of Adjunctive Therapy at Mountain View Hospital in Gadsden. He trained with Project Adventure and became a certified ropes course instructor. He further developed his skills in cognitive based therapy to later assist other educators in creating the Fair Oaks Adventure Curriculum used at Cherokee Bend Elementary School in Mountain Brook, Alabama. Mr. Hedrick sought to challenge and develop the character of students, to learn problem solving and decision-making skills to benefit them throughout their lifetime. A beloved educator and recreational therapist, who will forever be remembered by his students. In addition to his

job at CBS, he also worked with inpatients at Mountain View Hospital and ran a ROPES Course program with Cullman Juvenile Court.

Rick leaves behind his wife, Alethea Wofford. Daughters: Alison Whittaker (Greg), Ashley Wofford and son, Jake Hedrick, grandchildren, Kaleigh and J.T. Whittaker, brother, Terry Hedrick, brother-in-law, Doug Wright and several nieces and nephews. He is preceded in death by his parents: Shirley and Alice Hedrick, brother, Ronnie Hedrick and sister, Cheryl Wright.

Rick had a love for the outdoors and enjoyed all types of hunting and fishing. He was an avid golfer and

enjoyed time on the golf course with friends. But when he was the happiest, it was learning his students made the right decisions in life. His faith was an important part of his life and a tool that he used daily.

He truly had a gift from God to help the thousands of people he encountered in his life. As we celebrate Rick's life, remember his words "You can do hard things." To honor him, help someone who needs a friend and don't be afraid to try new things.

Cemetery Details

Rainsville Memorial Park

498 McCurdy Avenue North
Rainsville, AL 35986

Previous Events

Visitation

JAN 27. 5:00 PM - 8:00 PM (CT)

Rainsville Funeral Home
498 Mccurdy Ave N
Rainsville, AL 35986
(256) 638-2122
<https://www.rainsvillefuneralhome.com>

Visitation

JAN 28. 11:00 AM - 2:00 PM (CT)

Rainsville Funeral Home
498 Mccurdy Ave N
Rainsville, AL 35986
(256) 638-2122
<https://www.rainsvillefuneralhome.com>

Service

JAN 28. 2:00 PM (CT)

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498 Mccurdy Ave N
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Tribute Wall

JL

“ *Very belatedly, I learned about Rick's death just this morning here at Tremont in the Smoky Mountains, where I work and where Cherokee Bend Elementary is currently visiting. Rick has been accompanying CBE since the late 1990s, when I first started working at Tremont, so I've known him a long time. I had the pleasure of sitting beside him on the bus ride to Cades Cove, sitting near him during meals in the dining hall, and joining him on the trails, and thus got to know him and share our mutual love of hunting and the outdoors. I was shocked and deeply saddened to know he won't be coming to Tremont anymore. But I am deeply grateful for having gotten to see him so many times "in action" while setting a high standard for students, lifting up those who needed a hand, and enjoying the natural world.*

Jeremy Lloyd - September 18, 2025 at 12:01 PM

PH

“ *Parker H. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Rick Hedrick.*

Parker H. - February 03, 2025 at 10:06 AM

SR

“ My family met Rick and Jake last year when they hunted with us for the ACA Deer Hunt Fund Raiser. However, this year we really became friends with him and loved having him around our kitchen table sharing hunting tales and life stories. Rick had a good hunt and, I bribe he had a good time.

A couple of weeks ago when Rick came down to Abbeville to pick up his deer meat, he and Jake came by to see us, but wee weren't home. That just breaks our hearts.

Rick left a deep impression on our lives; he and our son Robert had some great conversation.

We are so sorry, and will be praying for your family. Henry & Susan Reynolds

susan Reynolds - January 30, 2025 at 09:27 PM

DD

This is Jake he couldn't have asked for a better hunt thank you guys so much for making his last hunting trip amazing

Deanna Donaldson - January 31, 2025 at 06:45 AM

SR

Thank you. We think he made our weekend so memorable. Thoughts and prayers for you, Jake.

susan Reynolds - January 31, 2025 at 08:54 AM

JH

“ My name is Jonathan Hood. I met Rick when I was 17 years old through the ropes program he ran for at-risk youth. Rick found me addicted to substances slowly killing myself and in the deepest and darkest place I had ever been in my life. He taught this kid what it meant to respect and love myself. Without Rick I truly think my life would've ended. He taught me the value of a man keeping his word (even if that meant having negative consequences for me.) He came into my juvenile cell one day and told me that I could choose my path and it was all up to me. Well Rick, I did it man. I have my dream Job, Car, and that beautiful girl you told me I'd find if i just improved myself. 2 years sober too! Thank you for always believing in me. No matter how old or successful I become; I will always owe a huge part of it to you. Love ya old man. There are countless of other stories just like mine. Rick touched thousands of hearts of kids who just needed a rick in their life. RIP <3

Jonathan Hood - January 30, 2025 at 01:10 AM

AW

“ So many wonderful memories that we shared with this very special man! I love you always! If you have additional photos of your favorite memories with Rick, please share!



Ashley Wofford - January 29, 2025 at 09:01 AM



“ *Beautiful Dreams was purchased for the family of Rick Hedrick.*



January 28, 2025 at 02:45 PM

MK

“Where do I even begin with the memories? Mr. Hedrick and FOAC were truly one of the greatest blessings to me and my kids. My friendship with Mr. Hedrick blossomed when I became a FOAC shopper and helper, and it quickly became clear how instrumental he was in helping us navigate one of the most challenging times in our lives.

Every day at CBES, I would wait for Mr. Hedrick to deliver him dinner, knowing he was working hard and then heading to Cullman to continue helping others. Those moments in the carpool line—catching up, sharing laughs, and simply being in his company—are memories I'll always treasure.

When I lost everything and had to work at a hotdog stand, Mr. Hedrick never hesitated to take time out of his day to visit me, making sure the boys and I were doing okay. Even after we left CBES, he made time to meet with us, offering encouragement and continuing to be a steady source of friendship and support.

There aren't enough words to capture the heart and soul of this amazing man. He was truly one of a kind, and his kindness, compassion, and unwavering dedication to others will never be forgotten. We loved him very much. Michelle King and boys



Michelle King - January 28, 2025 at 11:29 AM

BF

“Betsy Bell and Family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Rick Hedrick.

Betsy Bell and Family - January 28, 2025 at 10:01 AM



“ *Medium Dish Garden was purchased for the family of Rick Hedrick.*



January 27, 2025 at 10:21 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Rick Hedrick.

January 27, 2025 at 06:46 PM



“ *Loving Lilies and Roses Bouquet was purchased for the family of Rick Hedrick.*



January 27, 2025 at 06:46 PM



“ *Catherine Lee (Cherokee Bend c/o 2010) purchased the Peaceful White Lilies Basket for the family of Rick Hedrick.*



Catherine Lee (Cherokee Bend c/o 2010) - January 27, 2025 at 06:14 PM

SO

“ Ricky and I were classmates thru out elementary and high school. He was one of the nicest guys that I have ever known. Friendly, kind, hard working and very athletic. I lost track of him after high school but reading his obituary told me that he was still the same. His passing has affected me deeply and I know he will be missed. I give sincere condolences to his family.

Shirley Orrell - January 27, 2025 at 02:57 PM

LF

“ Love the Conlee family. purchased the Beautiful in Blue for the family of Rick Hedrick.



Love the Conlee family. - January 27, 2025 at 12:52 PM

NF

“ Nicky, Ronnie and family purchased the Beautiful in Blue for the family of Rick Hedrick.



Nicky, Ronnie and family - January 27, 2025 at 12:27 PM

JA

“ I am so sorry for Rick family. He was a special cousin.

Janet S Austin - January 27, 2025 at 12:11 PM

KF

“ My name is Kim Felts and Rick and I were best friends in high school. We did a lot together particularly on the football field and basketball court. Aside from being a tremendous athlete, he was just a great person to go with through my teen years. We had some wonderful times and great moments. I'm sorry we lost touch over the years but did reconnect once at our high school reunion. Rick was a great person to be around and obviously he had a great impact on many lives in his community. Please accept our deepest condolences. I will forever remember Rick.

Kim and Vickie Felts

Kim Felts - January 27, 2025 at 12:06 PM

SF

“ Shane Hedrick and family purchased the Beautiful in Blue for the family of Rick Hedrick.



Shane Hedrick and family - January 27, 2025 at 11:19 AM

JC

“ So very sorry for the loss of such a great cousin who made such a positive impact so many lives.

joan Shumate Conner - January 27, 2025 at 10:59 AM

ML

“ Martha Lytle planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Rick Hedrick.

Martha Lytle - January 27, 2025 at 10:31 AM

ML

“ *Martha Lytle purchased the Dreams From the Heart Bouquet for the family of Rick Hedrick.*



Martha Lytle - January 27, 2025 at 10:31 AM

JH

“ *Jessica H. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Rick Hedrick.*

Jessica H. - January 27, 2025 at 09:36 AM

MF

“ *Ricky was one of my younger brother's best friends growing up. He was a great friend and fantastic, versatile athlete. While we lost contact with him after his move to Alabama it's no surprise that he lived a full, impactful life. Clearly, he left this earth too soon.*

Mike Felts - January 27, 2025 at 08:40 AM

SC

“ *Rick was a special man. He knew how to problem solve any situation. He believed in every one could change their lives for the better and he would help them to do so He always saw the good in people Rest in peace. Shelia Watts Cannon*

Shelia Watts Cannon - January 26, 2025 at 11:01 PM



“ *Divine Peace Bouquet was purchased for the family of Rick Hedrick.*



January 26, 2025 at 09:15 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Rick Headrick.

January 26, 2025 at 09:15 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Rick Hedrick.

January 26, 2025 at 08:16 PM



“ *Strength & Solace Spray was purchased for the family of Rick Hedrick.*



January 26, 2025 at 08:16 PM



“ *The 4th Grade girls planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Rick Hedrick.*

The 4th Grade girls - January 26, 2025 at 07:47 PM

TG

“ *The 4th Grade girls purchased the Sentiments of Serenity Spray for the family of Rick Hedrick.*



The 4th Grade girls - January 26, 2025 at 07:47 PM