Purpose. Meaning. Hope.
The Respite Ministry
AT FIRST UNITED METHODIST CHURCH
2416 WEST CLOVERDALE PARK
MONTGOMERY, AL 36106

2019: “THE YEAR LOVE EXPANDED”

COMMUNITY PARTNERS
CHURCH OF THE ASCENSION
ST. JOHN’S EPISCOPAL
CHRIST CHURCH XP
FIRST BAPTIST CHURCH
TEMPLE BETH OR
DEAR FRIENDS,

As I look back over the past eight years, I often think there is no way Respite could possibly get better, however, I find myself in amazement of what God has expanded through all of our efforts. The new faces, the budding creativity, the growth of new volunteer communities, all continue to expand into a waterfall of love inspired by the faith community of Montgomery, Alabama. Thanks be to God!

My joy comes from sharing our volunteer team with the rest of the world as we bring new clergy, directors, and lead volunteers from all over the country to visit the Respite Ministry at First United Methodist of Montgomery. When they hear of how multiple faiths have come together to give, send volunteers, and raise money for this cause, it is a call to action for them to go home and galvanize their own city communities in the same common-sense effort to support families living with dementia and Alzheimer’s. After all, we are truly neighbors helping neighbors. There is no top-down medical system, no government support, nor magical experimental drug that can provide the benefits of Respite relationships.

As I read in the Dementia Action Alliance Newsletter, author Karen Day expressed our charge so eloquently, “The medical community often only considers medications to mitigate symptoms. For some symptoms this may be what is needed, but for the majority of symptoms medication is not the answer. Some of the best ways to address symptoms don’t require medical intervention."

She goes on to say, “Our society needs a moral and ethical imperative to cease practices that exacerbate symptoms of dementia, and focus instead on ways that enable and best support their changing abilities.”

To me, it is the Respite model of love, support, and relationships from one’s neighbor that is the best support for this Alzheimer’s. Let Respite be the compass for all of society to see how it is the faith community that can heal the greatest social disease of the 21st century.

Daphne

Here is a look back at some of 2019’s most notable highlights:
FEBRUARY - The Respite for All Foundation 501 (c) 3 was born using the Respite Ministry volunteer model to inspire, incubate and provide education for new programs across the globe.

MARCH - Dr. Rita Jablonski from UAB Neurology spoke for the 7th annual Volunteer Luncheon on innovative dementia prevention techniques.

JUNE - Stephanie Holmes was hired to the Respite staff to help support and spread the Respite model of care.

JULY - For the first time, The Side by Side Choir was asked to perform for the 7th Inning Stretch for the Montgomery Biscuits baseball team and a Sunday morning church service at First United Methodist Church along with numerous concerts in the community.

SEPTEMBER - Respite Ministry was the recipient of a community grant generated by the Church of the Ascension and their 1st annual Lobster Fest to support their outreach missions.

OCTOBER - Daphne Johnston was invited to speak at the 20th Anniversary of the International Spirituality and Dementia Conference held in Australia’s capital city, Canberra. The faith base volunteer model of care for dementia was on display for the world to see!

NOVEMBER - FUMC hosted world renown, Dr. Al Power for National Alzheimer’s Month in November to a record crowd to hear of how to provide “well-being” into our loved ones with dementia.

DECEMBER - The Side by Side Choir directed by Laura Selby and Dr. Jack Horner performed a Christmas concert with over 60 members at Oak Grove Assisted Living and John Knox Nursing Home and performed two concerts at FUMC.

RESPITE MINISTRY LEADERSHIP BOARD OF DIRECTORS 2019

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RESPIE SUPPORTER FROM DAY 1

Mary Katherine Moorhead has been a constant encourager, donor, and cheerleader of the Respite Ministry all the way from Memphis, Tennessee. In honor of her grandmother who lived with Alzheimer’s and her mother (Mary Anne Moorhead) who cared for her, she helped launch the ministry as a founding contributor. She has continued her support and enthusiasm ever since. Thank you, Mary Katherine, for believing in Respite!
The Church of the Ascension highlighted the spirit of Respite by donating half of their proceeds from their first annual Lobster Fest fundraiser for missions. The Ascension has a strong relationship with the Respite Ministry and has donated funds to support local scholarships for families needing assistance over the past eight years along with countless volunteer hours. The event also brought community awareness and support to families living with dementia and Alzheimer’s in the River Region.

Reverend Candice Frasier, rector of Church of the Ascension, envisioned “making Lobster Fest a community engagement in which we strengthen relationships with our friends and neighbors and make a little money on the side to support one another’s causes.”

She added, “I believe that liturgy is ethics. Coming to church teaches us how to be in the world. Communion doesn’t only happen at the rail, it also happens in events like Lobster Fest; taking time to sit at the table with family and friends and share a meal.

What we eat is less important than the nourishment of our bodies and spirits in fellowship with God and one another. Our cracking of claws together was an opportunity for that fellowship – a way of living out what we practice in church every Sunday as a reflection of the breaking of the bread.”

Over 600 lobsters were sold, and boundless vision and countless food prep hours were used to make the event a wild success.

Thank you, Church of Ascension, for supporting Respite’s families and letting them know their community cares about them!
VOLUNTEERS BY THE NUMBERS

15K
Hours of Volunteer time given

140
Volunteers

85
Families Served at Respite

72
Active families

40% of our tuition is supported by scholarships which are made possible by your gift. No one has been “turned away” from this program. Thank you from all the families who are beneficiaries of these gifts.

— Larry McLemore, Board President
The mission of the Respite For All Foundation seeks to inspire, incubate, and support Respite Volunteer Ministries for communities seeking to minister to persons living with Alzheimer’s and other dementia disorders through education, funding, and shared best practices.

Based on the success of The Respite Ministry (Respite) at First United Methodist Church, Montgomery, AL, in 2018, the Respite for All Foundation (RFA) was created to spread the volunteer model of care all over the world.

The local Respite Ministry at FUMC provides support groups, dementia education, respite and a community of belonging for families living with Alzheimer’s and dementia in the River Region.

THE RESPIE MINISTRY HAS ASSISTED IN INSPIRING NEW PROGRAMS AT:
- Asbury United Methodist in Birmingham, AL
- First Methodist in Eufaula, AL
- Forrest Hills UMC in Macon, Ga
- Trinity UMC in Sequim, WA
- First United Methodist in Sun City Center, FL

The HERB OF MEMORY
Rosemary has been linked to the concepts of enduring love, memory enhancement, and in the 14th Century, it was believed to restore vitality. Our three rosemary sprigs represent people living with dementia, their care partners, and community volunteers, all in need of the spirit of Respite. What better symbol to represent The Respite for All Foundation?

WHAT IS THE RESPIE FOR ALL FOUNDATION AND HOW IS IT DIFFERENT THAN THE LOCAL RESPIE MINISTRY BASED AT FIRST METHODIST?

THE FINANCIAL IMPACT

$7,680
Cost for person to attend Respite 4 days a week for a year

$3,840
Cost for person to attend Respite 2 days a week for a year

9,500 Meals Served

1/3 of Respite Participants receive scholarship assistance