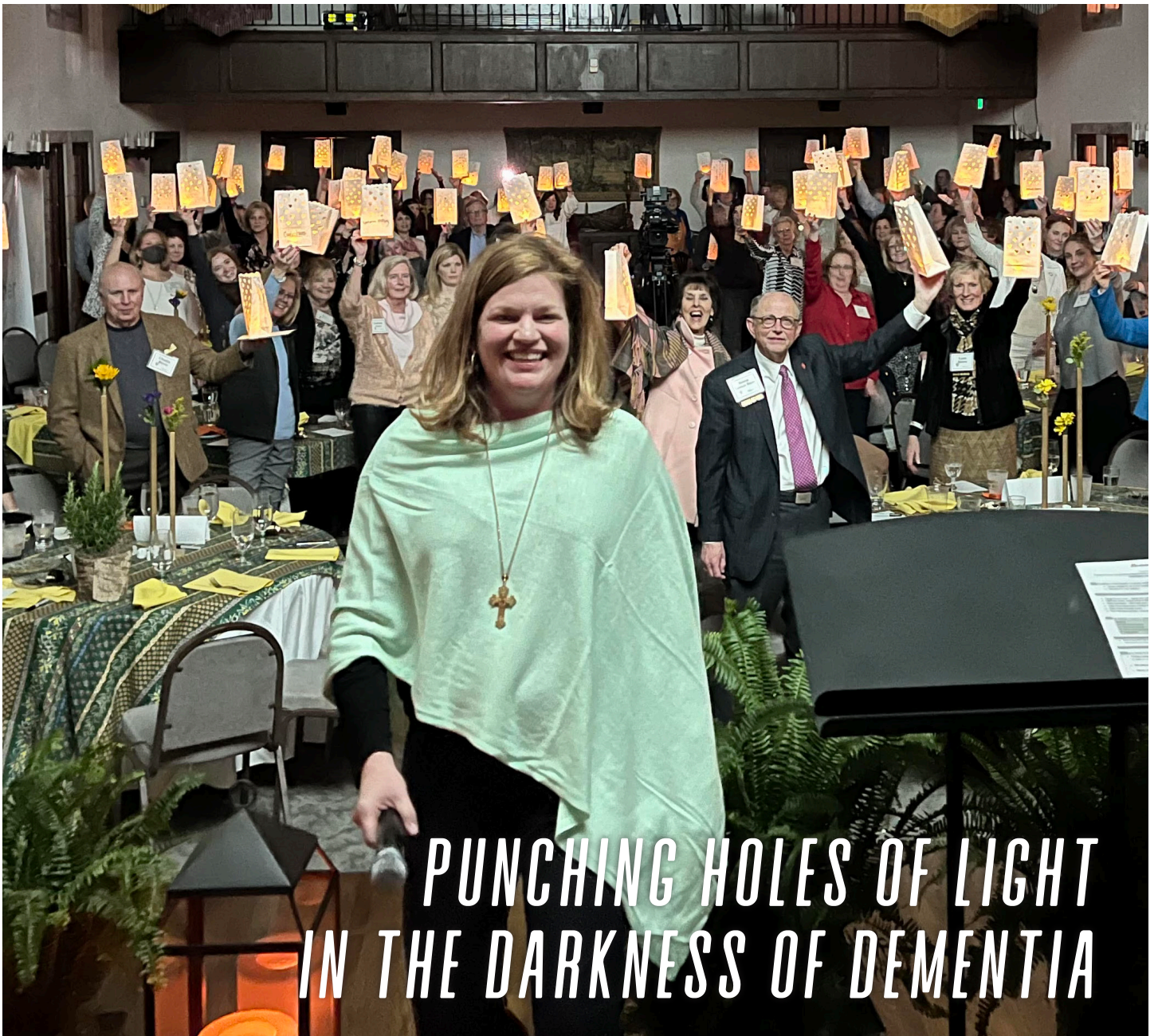


# RESPIRE FOR ALL FOUNDATION

## 2022 ANNUAL REPORT



*PUNCHING HOLES OF LIGHT  
IN THE DARKNESS OF DEMENTIA*



As we move toward the close of 2022, I can't help but marvel at how much has happened at Respite for All and within our RFA communities. It has truly been a whirlwind of goodness!

All year long, I've had phone calls, emails, and Zoom meetings with new connections in such places as Colorado, California, Minnesota, Texas, North Carolina, Iowa, Washington D.C., Georgia, Florida and even Canada with people eager to hear about how Respite Communities change the lives of caregivers, participants and volunteers. I've talked in churches and with ministerial leaders. I've presented webinars and workshops to professionals in the aging industry. I've talked to educators, health care leaders and foundations.

After each conversation where I have a chance to explain the volunteer model of care, I come back more excited than ever – and more convinced than ever that Respite is world-changing.

Just think about it. Respite changes the world of care partners and their loved ones. It changes the world of a volunteer finding renewed purpose. And it changes how churches of any denomination can respond to a growing need in their communities that is truly a worldwide concern.

How do we care for individuals living with Alzheimer's and dementia? How do we support exhausted care partners? How do we give opportunities for volunteers to provide life-enriching ministry by simply sitting at a table and enjoying a game with a friend?

Respite is an affordable, sustainable model for churches to operate. We've got plenty of resources to answer any question new respite communities might have. And we're here to keep providing support as new communities move from dreaming to launch to growth.

All of this is happening – not because of me – but because of the generous support RFA has received from our donors, the tremendous enthusiasm local directors and volunteers bring to their own programs, and the prayerful wisdom provided by our RFA board of directors.

On behalf of thousands of caregivers and their loved ones whose lives have been enriched through Respite, I want to thank each of you who has joined in this world-changing mission.



*Daphne Johnston*

Daphne Johnston  
**EXECUTIVE DIRECTOR**  
 Respite for All Foundation

*The Respite for All Foundation is dedicated to helping family care partners in a variety of ways while simultaneously providing, for people living with dementia, the possibility of new friendships, and a sense of belonging in the local community outside the home.*



# RESPITE BY THE NUMBERS

# 27 ACTIVE COMMUNITIES IN THE RFA NETWORK



# 6 STATES NOW HAVE RFA-INSPIRED RESPITE COMMUNITIES

# 600 ESTIMATED PARTICIPANTS IN 2022

CARE PARTNERS  
SERVED IN 2022

# 600



# CHOIRS ORGANIZED BY RFA COMMUNITIES

# 4

# 17

# SUPPORT GROUPS OFFERED BY RFA COMMUNITIES

# 109,900 ESTIMATED VOLUNTEER HOURS SERVED IN 2022\*



# 1200 ← ESTIMATED VOLUNTEERS CURRENTLY SERVING



# 92,800 ESTIMATED NUMBER OF MEALS SERVED IN 2022\*

(\*based on 36 weeks due to pandemic)

## DIRECTORS & VOLUNTEERS GATHER ANNUAL CONFERENCE 2022

In February, we hosted an inspiring and informative annual conference in Montgomery, Alabama, that was attended by 78 directors and volunteers from all over the RFA network. This was our second conference, and it was wonderful to be back together to learn with each other and from each other.

It's our belief that continuing education is very important for all of us, and we were so excited to have Angel Duncan as our keynote speaker. Angel has an extensive background in psychiatric and neurological disorders, art psychotherapy and Alzheimer's disease clinical research, and she speaks globally on neurocognitive disease, mental health and the importance of creativity. She was able to talk with us from a deeply professional perspective on why and how art activities in our respite communities make such a difference. We heard as well from RFA communities when directors shared tips on running support groups, operating a Respite store, leading exercise, and much more.

During this conference, we also took time to recognize some dear people who have been supportive of Respite for All from the beginning. To make this recognition official, we inducted them into the new Rosemary Society! The Rosemary Society will be an ongoing way to express our gratitude and appreciation to very generous supporters.





# Respite for All Presents: Transform 2023 Conference

RFA directors from all over, and their key volunteers, will be participating in the third annual RFA conference February 5-7 at First United Methodist Church in Montgomery.

## Keynote Speakers, Karen Stobbe & Mondy Carter

These improv artists and husband and wife duo are known for using the rules of improvisation to break through conventional caregiving techniques to open new worlds for our friends with dementia. They will be teaching us ways to transform our style of care through various activities, interactions, and creativity.



Children's  
of Alabama

We're proud to welcome **Lou Lacey, Director of Emotional Wellness at Children's of Alabama**. She will be joining us to discuss compassion fatigue and offer strategies to help Respite Directors and volunteers cope while in service to others.

## Transformative Topics to Lift the Hearts, Vision, and Service of the Respite Community:

- Finding Significance in Service
- Multiple Dementia Activity Workshops
- Intentional and Purposeful Engagement in Dementia
- Compassion Fatigue
- Top Five Dementias in Respite Programs



## RECLAIMING JOY TOGETHER.

[www.respiteforall.org](http://www.respiteforall.org) | For Details, Please Email: [mlamberth@respiteforall.org](mailto:mlamberth@respiteforall.org)

# ONLINE RESPITE TRAINING PROGRAM NOW AVAILABLE

This summer, the RFA team completed the development of a training series that will provide new Respite Communities with the information and resources they need to launch, staff and operate their programs.

Through the six instructional modules of the Respite for All Roadmap, new respite communities can learn strategies for launching a respite ministry, becoming a community-based asset, hiring the right director, operating the business model, understanding different types of dementia, and training their volunteer team.

As RFA Executive Director Daphne Johnston said, "I didn't have any of this when I started." But now she's providing ten years' worth of knowledge and experience to shorten the timeframe and learning curve for new ministries to get up and running. This will enable the RFA to spread the model beyond word of mouth – and will provide valuable training for local leadership teams, especially decision makers who aren't able to travel to training events.

The RFA Roadmap also includes a PowerPoint presentation, video clips and downloadable handouts that new communities can adapt for their own use as they prepare their local volunteer teams.

Support for this project was provided by the Arthur N. Rupe Foundation in addition to the Alzheimer's Foundation of America.



## GRANT FUNDS AWARDED TO INCREASE TRAINING OPPORTUNITIES

The Respite for All Foundation was notified in November 2021 that we were awarded a \$50,000 grant from the Arthur N. Rupe Foundation to fund the development of an online training series that can be accessed by new directors anywhere, anytime. Then, in March 2022, we were notified that would be receiving another sizeable grant from Rupe to further support the RFA's goal of spreading the volunteer-based model of care to more communities across the country. With these funds, we have been able to accelerate our efforts to promote the online training series, the Respite for All Roadmap, in addition to securing project-management assistance in carrying out our priorities.

In addition, in the latter part of 2021, RFA learned that we had been awarded an innovation grant of \$25,000 from The Alzheimer's Foundation of America, which is also being used to support new community training initiatives.







## RESPIRE CHOIRS INSPIRE WELL-BEING

In July, Daphne Johnston traveled to Minneapolis, Minnesota, to participate in the 4th annual Giving Voice National Gathering. The Giving Voice Initiative inspires and equips organizations to help people with Alzheimer's and their care partners live better lives through singing together. Daphne was one of the workshop leaders highlighting "The Power of Music" and its impact on well-being for people living with dementia. She not only told them about the Side by Side Choir led by Laura Selby at First United Methodist Church in Montgomery, but also delivered the message of establishing respite communities to a very interested audience that was captivated by the possibilities. Currently, four Respite Communities offer choirs for their participants.



**Side by Side Chorus at Encore Community Respite**



**"Side by Side Community Inclusion Choir" at Founder's Place at St. Luke's Episcopal**



**Heart to Heart Singers at Respite Care at FUMC Dothan**





# NEW COMMUNITIES LAUNCHED

## JOYFUL PLACE OPENS IN SHALIMAR, FLORIDA

On March 22, Joyful Place opened at Shalimar (FL) United Methodist Church. Major General Donald P. Litke, USAF, Ret., a 26-year member of the church, was instrumental in the creation of this new ministry in honor of his late wife Kay. He said that he and his family have established scholarships and funded other building projects in her honor, but Joyful Place is the most important of all for how it is enlightening the lives of those living with Alzheimer's disease and dementia.

Litke had been serving as deputy director, Defense Logistics Agency in Cameron Station, Virginia, prior to his retirement from the military in the mid-1980s. He then ran an international consulting business for ten years until he "got tired of shoveling snow."

His family had lived in the Niceville, Florida, area earlier in his career, liked it and decided to move back to that area in the mid-1990s. Kay, who'd lived with dementia in her later years, passed away in 2017.

Don continued to be active in his church, and during one of the meetings he attended, he explained, "We were looking for ways to increase discipleship. I noted, we have a lot of opportunity for young folks. There was really not that much for older folks."

As part of his desire to increase opportunities for older members to serve and contribute, he was referred to Respite for All's Daphne Johnston. After an enthusiastic phone call, he arranged for a site visit. "We took a church bus to Montgomery with ten folks, observed the local program Daphne was running, spent a



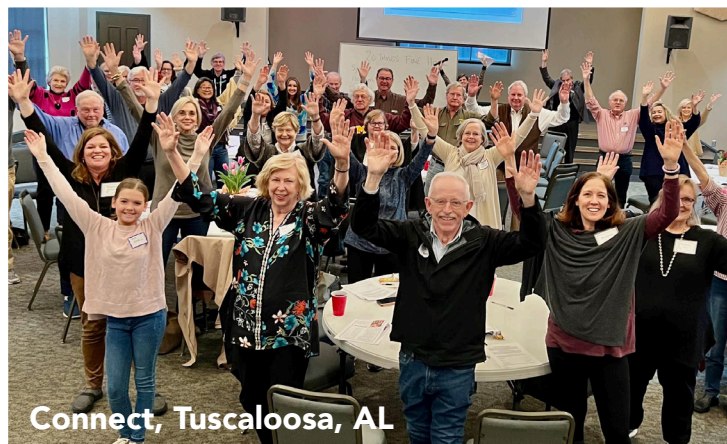
day there, came back and said, ‘We’ve got to make that happen here,’” Don explained.

It didn’t happen fast – but it did happen. First, they had an issue with space being maxed out during the week. They were eventually able to purchase a property across the street that was a former Presbyterian church and, once renovated, created a “perfect venue for

respite activity.” The pandemic also created a delay, but the church kept persevering – and more than three years after that initial conversation, Joyful Place opened and began serving friends with dementia.

### **TUSCALOOSA, AL**

Connect, a community respite ministry in Tuscaloosa, Alabama, also opened on March 22 at Christ Episcopal Church, and the room was filled with smiling faces among participants and volunteers.



Connect, Tuscaloosa, AL

### **GULFPORT, MS**

First United Methodist Church of Gulfport, Mississippi, launched its new respite ministry, Home Under the Dome, on August 2. In July, they brought together their future volunteers to share with them the RFA-based volunteer training. So many people were interested in the volunteer training, they spread their attendees out over two days.



Home Under the Dome

### **ST. SIMONS ISLAND, GA**

To prepare for a fall opening, Daphne traveled to St. Simons Island, Georgia, this past April to help launch Wesley Arbor, a new respite at Wesley United Methodist Church at Frederica. She spoke during the church’s morning service and trained 33 volunteers the next day.



St. Simons Island



# RFA'S INAUGURAL BRAIN SCIENCE LUNCHEON HIGHLIGHTS ADVANCEMENTS IN ALZHEIMER'S DISEASE



Much progress has been made in knowing what Alzheimer's disease is and how to diagnose it, according to Dr. David Geldmacher, who was the inaugural speaker for Respite for All's Brain Science luncheon, which was held in Montgomery on October 26. RFA launched the annual event as an opportunity for attendees to learn the latest on maintaining brain health from leading experts.

Though people often use the terms "dementia" and "Alzheimer's Disease" as synonyms, saying "dementia" is like saying "back pain," Dr. Geldmacher explained. It describes the symptoms, not the cause. Alzheimer's disease is the most common cause of dementia in older people, accounting for 70-75% of late-life dementia.

Dr. Geldmacher cited statistics that reveal there are almost six million active cases of Alzheimer's disease in the United States, creating a U.S. economic burden of \$305 billion a year. For individual families, that cost can average more than \$235,000. The number of cases is exploding and is expected to reach more than 13 million by 2050.

Research funding from the NIH has been increased six-fold since 2011, with a funding goal for effective treatments by 2025. Treatment development is a slow process that balances safety, effectiveness and cost and is delicate and technically difficult. Future treatments, as they are developed, will likely be different and be used before symptoms of memory loss appear.

Dr. Geldmacher, a UAB professor of neurology widely respected in the field of memory disorders, leads UAB's Memory Disorder Clinics which focuses on the interdisciplinary care of people with Alzheimer's disease and related dementia. He serves as the Warren Family Endowed Chair in Neurology and Director of the Division of Memory Disorders and Behavioral Neurology in the Department of Neurology at the UAB School of Medicine.





# SPREADING THE WORD ABOUT RFA

Daphne Johnston, co-founder and executive director of the Respite for All Foundation, has been sharing the message of respite online and in-person this year. These events include presenting for:

- Florida Conference on Aging in Orlando, Florida
- 4th Annual Giving Voice National Gathering in Minneapolis, Minnesota
- Caregivers Conference in Atlanta, Georgia
- National Alzheimer’s and Dementia Resource Center (NADRC) and American Society on Aging (ASA)
- DeWolf Family Innovation Center for Aging & Dementia at Mercy Medical Center, Cedar Rapids, Iowa
- Presenting one session of a three-part series on “Public Health & Faith” with the BOLD Public Health Center of Excellence on Dementia Caregiving

## Public Health and Faith: Part 3

This is the last installment of the “Public Health and Faith” webinar series. This session will showcase the leading work of the Jewish Family Service of St. Paul, Minnesota, the Arkansas Department of Health, and the Respite for All Foundation of Alabama.

This webinar will feature more examples of ways in which public health can partner with faith institutions in their dementia caregiving efforts, and highlight the work faith-based organizations (FBOs) do to support people living with dementia, their families and caregivers.

**October 12th, 2022 | 12:00pm-1:30pmET | Zoom**



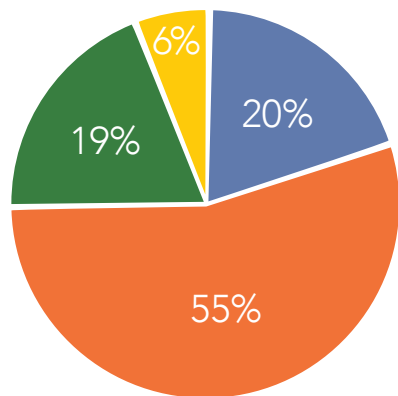
**REGISTER:**  
[https://bit.ly/PublicHealthandFaith-Part\\_3](https://bit.ly/PublicHealthandFaith-Part_3)



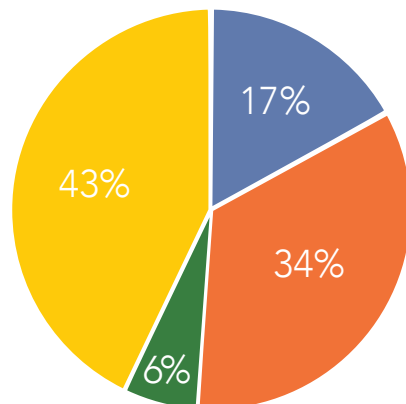


## FINANCIALS OF THE RESPITE FOR ALL FOUNDATION

January - October 2022



- SUPPORT INCOME**
- Individuals: **\$80,612** (20%)
  - Foundation Grants: **\$216,317** (55%)
  - Private Grants: **\$74,771** (19%)
  - Program Income: **\$25,027** (6%)



- EXPENSES**
- General & Administrative: **\$32,173** (17%)
  - Compensation: **\$66,112** (34%)
  - Fund Raising: **\$10,746** (6%)
  - Program: **\$83,407** (43%)

## RESPITE FOR ALL BOARD MEMBERS 2022

Warren Barrow (President)  
Lynn Beshear (Vice Chair)  
Tricia Seay (Treasurer)  
Theda Tankersley Ocheltree (Secretary)  
Scott Bamman  
Rick Blanton  
Bishop Lawson Bryan  
Elizabeth Crum  
Charlotte Goodwyn  
Jenny Ives  
Anne Elizabeth McGowin

### New Board Members for 2023

Daniel Lindsey  
Tom Watson



## 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?



## ROSEMARY SOCIETY

The Rosemary Society is a special recognition for those who have made visionary gifts to further the mission of the Respite for All Foundation.

*Anonymous*

*Cathy Caddell  
& Charlie Warnke*

*David & Barbara Mobley*

*Frank & Harriet Johnston*

*Chuck & Theda Ocheltree*

*Roger & Faye Williams*



# ACTIVE RFA RESPITE

## 27 COMMUNITIES (2022)

### ALABAMA (13)

**First United Methodist Church**

Respite Ministry, Montgomery

**Auburn United Methodist Church**

REACH, Auburn

**St. Luke's Episcopal Church**

Founder's Place, Birmingham

**Collat Jewish Family Services**

CARES, Birmingham

**Canterbury United Methodist Church**

Encore Program, Mountain Brook

**Asbury United Methodist Church**

Anchor, Birmingham

**First United Methodist Church**

Respite Care Ministry, Dothan

**Grace Episcopal Church**

Grace Place, Cullman

**Guntersville First United Methodist**

Marshall County Adult Day Program

**First United Methodist Church**

Connections, Eufaula

**First United Methodist Church**

SALT, Demopolis

**Fairhope United Methodist Church**

Shepherd's Place Adult Day Respite

**Christ Episcopal Church**

Connect, Tuscaloosa

### FLORIDA (3)

**Sun City Center United Methodist Church**

Break Away, Sun City Center

**Lake Deaton United Methodist Church**

Son-Rise Respite, The Villages

**Shalimar United Methodist Church**

A Joyful Place, Shalimar

### GEORGIA (6)

**Isle of Hope United Methodist Church**

Hope Arbor, Savannah

**Forest Hills United Methodist Church**

Sanctuary Respite, Macon

**Second Ponce De Leon Baptist**

Respite Care Atlanta

**First United Methodist Church**

Grace Arbor, Lawrenceville

**Peachtree Christian Church**

The Legacy Club, Atlanta

**Wesley United Methodist Church At Frederica**

Wesley Arbor, St. Simons Island

### MISSISSIPPI (2)

**First United Methodist Church**

Home Under the Dome, Gulfport

**First United Methodist Church**

Side-by-Side Respite Ministry, Long Beach

### WASHINGTON (1)

**Trinity United Methodist Church**

Tim's Place, Sequim

### NEW YORK (2)

**Trinity Episcopal Church in Watertown**

Jefferson County Office of Aging

**Church in Clayton**

Respite Haven at River Community

Additional communities are in development in **Sonoma, California, Chattanooga, Tennessee,** and **Selma, Alabama,** along with others in the dreaming stages in the **Birmingham, Alabama,** area. And we're working intentionally to expand and diversify to other denominations and faith communities.

# DONORS

Your gifts are our blessing. Every effort has been made to ensure the accuracy of this list. We acknowledge and apologize that errors or omissions sometimes occur. We are truly grateful for all the generous donors who have supported the Respite for All Foundation. Gifts received from January 1, 2021 – October 31, 2022.

## 2021 DONORS

Doug & Karen Barrow  
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Alzheimer's Foundation of America  
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The Caddell Foundation  
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# HOW CAN YOU GIVE TO THE RESPITE FOR ALL FOUNDATION?

Morgan Stanley

## STOCK DONATIONS

Respite for All Foundation uses Morgan Stanley to handle all stock donations. If you would like to make a stock donation, please share the instructions below with your investment firm.

**Respite for All Foundation**

**Account 535-033646**

**DTC# 0015 – Morgan Stanley**

**Please memo the donor's name**

Please contact Caroline Warren at 334-270-2608 or [caroline.warren@ms.com](mailto:caroline.warren@ms.com) with any questions regarding the transfer of stock.

## BY CHECK

If you would like to mail a donation, please make checks payable to:

**Respite for All Foundation**

**P.O. Box 6178**

**Montgomery, AL 36106**

## GIVE ONLINE

Visit [respiteforall.org/donate](https://respiteforall.org/donate) to give.

The Respite for All Foundation is a charitable organization under Internal Revenue Code Section 501(c)(3).

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**RECLAIMING JOY TOGETHER**  
**ONLINE!**

Did you know Daphne's book is available on Amazon?





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