



RECLAIMING
Joy
TOGETHER
RESPIRE FOR ALL 2020



LETTER FROM EXECUTIVE DIRECTOR AND FOUNDER OF RESPITE FOR ALL FOUNDATION, DAPHNE JOHNSTON



Dear friends,

What a year 2020 has turned out to be! There are 18 active volunteer programs around the country that have been inspired by the Respite for All Foundation, and before the pandemic hit in March, five more were scheduled to open in four cities in the Southeast:

Tuscaloosa, AL | Columbus, GA | St. Simons, GA | Orlando, FL | Gulfport, MS

Everything was hitting on all cylinders! Local respites were growing and thriving, support groups were budding, and those living with dementia were enjoying purpose and fellowship.

Then the world came to a halt. As we all stood frozen for a couple of weeks, the Respite directors went into overdrive to create new ways to check on our families and keep them connected. They were on a mission to help fight the isolation that dementia and Alzheimer's bring, but especially in a quarantined pandemic era.

It is evident that the heart of these programs are the leaders and volunteers who will never let the Respite spirit be stifled. These programs are the backbone of care and connection for the hundreds of families they serve, and they remind our friends that love never forgets.

DAPHNE JOHNSTON

Executive Director & Respite For All Founder



Respite for All's founder **Daphne Johnston** published her book, *Reclaiming Joy Together*, this spring describing the "why and how" of building volunteer respite communities.

FIND IT ON AMAZON OR
CLICK HERE FOR A COPY



FIRST ANNUAL RESPITE FOR ALL TRAINING CONFERENCE

In mid-February 2020, the **Respite for All Foundation** hosted a two-day conference at First United Methodist Church in Montgomery, Alabama, to train directors and lead volunteers. The training was packed with speakers offering new creative ideas for serving those living with dementia and guidance on how to put them into place. Speaker highlights included Pattie Williams from Canterbury United Methodist, who discussed the formula for creating engaging programming, and Carrie May Ezell, PhD, who gave tips from her work as an art therapist at UAB Counseling Center. Congregational Respite Director Robin Dill presented on Montessori techniques used for supporting those with dementia. Forty-two participants attended the first conference!





THE DRIVE TO SPREAD THE RESPITE MODEL

Warren Barrow was at the top of his game in 2014. As Executive Vice President of Caddell Construction Company, he had achieved national stature as one of the industry's top construction professionals. He oversaw all operations, estimating, and support for major construction projects all over the world. Most importantly, Warren and the love of his life, Dolores, had carefully planned for his coming retirement with dreams of travel, volunteering, and simply spending more precious time together.

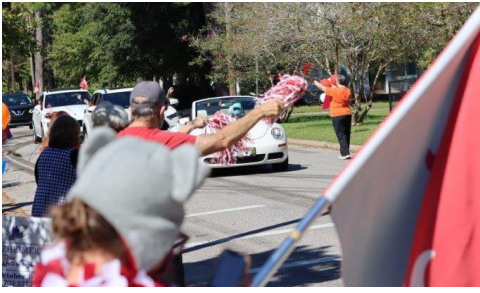
Then suddenly, their world was shaken to its core and their plans rudely interrupted. The concept of "precious time together" was redefined by a change in Dolores' health. Warren's beloved wife began exhibiting strange symptoms that were finally diagnosed as Frontotemporal Lobe Dementia—a rare form of early onset dementia that typically strikes people ages 45-65.

His wife's diagnosis would prove to be the greatest challenge of Warren Barrow's life as he mobilized to support Dolores and manage her care. The Respite Ministry soon became Warren's anchor in ever changing circumstances. The relationships developed with the Respite community were by far the most important source of support and fellowship as Warren and Dolores faced this staggering challenge together but not alone.

While living with FTD, Dolores' favorite pastime was to take carefree rides in Warren's antique '55 Chevy – a cherry-red hot rod. After her death, Warren sold the valuable car and used the proceeds to co-found the Respite for All Foundation with Respite Director Daphne Johnston in 2018.

After a lifetime of overseeing major construction projects all around the world, Warren Barrow has made it his personal mission to spread the volunteer model of purpose and hope for those living with dementia. Warren's commitment to the Respite for All Foundation is the legacy of his devotion to his wife Dolores and a source of encouragement and real-time help for people who find themselves in similar deeply stressful situations. Like the people helped by the Respite for All Foundation, we, who serve at Respite, couldn't be more grateful for Warren Barrow's gifts and his leadership.

The driving passion you find in all the RFA communities is steered by the power of two people and their undying love for one another.



RESPITE CARE MINISTRY FIRST UNITED METHODIST CHURCH DOTHAN DOTHAN, ALABAMA

It was a perfect day in October for the “Respite Caravan of Fellowship” at **FUMC Dothan**. Using a FM transmitter the church had just purchased, cars were lined up and dialed in to the same radio station to hear the beloved voice of Respite Director Katie Holland. They chanted fight songs for the schools represented and shook shakers of color. They also sang the *National Anthem*, *God Bless America* and *You are my Sunshine*; all in unison. It was such a fun way to be together while apart! The ministry has also provided catered meals to care partners and their loved ones living with memory loss. Katie Holland’s creativity and dedication has helped continue connecting and supporting her participants and caregivers!



ISLE OF HOPE, HOPE ARBOR COMMUNITY RESPITE SAVANNAH, GEORGIA

Brooke Chambers and Donna Dickert were serious when they began to think outside the box. They purchased 25 electronic picture frames that did not require wifi to pass out to all their **Hope Arbor** participants at the beginning of Covid. The dynamic duo then created content such as exercise, dementia friendly discussion, sing-a-longs and art projects to do at home on jump drives. Then a team of Hope Arbor volunteers would deliver the jump drives around town to every participant weekly so their participants and care partners would have familiar faces to keep everyone connected!



ANCHOR RESPITE MINISTRY, ASBURY UNITED METHODIST CHURCH BIRMINGHAM, ALABAMA

Gina McIntyre and the volunteer team at **Anchor Respite** won the prize for beating the heat this summer. The Good Vibes Ice Cream truck was on the move to deliver ice cream and BEAUTIFUL lap quilts to Anchor friends! The biggest thanks goes to Lynda Everman and Don Wendorf for the quilts. Lots of good vibes! Gina has also been busy creating a weekly video of history, gardening and dementia-friendly content all families can enjoy on YouTube, earning double creative points!



COLLAT JEWISH FAMILY SERVICES BIRMINGHAM, ALABAMA

Due to the pandemic, the CJFS CARES (focused on dementia) program shifted from providing in-person respite care to providing three virtual CARES sessions each week. The program is also providing virtual art, exercise, and music opportunities through our website at cjfsbham.org.



SALT OF DEMOPOLIS RESPITE PROGRAM DEMOPOLIS, ALABAMA

The name of the Demopolis respite ministry SALT stands for **Senior Adults Living Triumphantly**, and they’re still triumphing even during a pandemic. SALT volunteers, Demopolis High School cheerleaders, the DHS Tiger Mascot, athletic teams, community members and First United Methodist Church staff participated in a “surprise parade” to their special friends’ homes. The care partners were given a packet of resources along with some fun printed activities for their loved one. The participants received a white flower, a bag of goodies, puzzles, and a meal. The SALT volunteers will continue with the meal delivery twice month until this pandemic passes!



RESPIRE CARE ATLANTA BUCKHEAD, GA

Volunteers have delivered pumpkin kits, dressed in full patriotic attire for 4th of July parade, and created 16 Zoom educational classes for families. Wendy Liverant helped facilitate "Project Gratitude" which helped participant families write inspiring letters to service men and women providing purpose from home!



ENCORE RESPITE MINISTRY, CANTERBURY UNITED METHODIST CHURCH BIRMINGHAM, ALABAMA

The **Encore Respite Ministry** at Canterbury UMC in Birmingham, AL, celebrated their 4-year anniversary this spring and did not let COVID stop the party! Long, winding lines filled the parking lot for a parade in the rain with volunteers lining the street. With over 75 in attendance, the crowd celebrated the leadership of Patti Williams, Valerie Boyd and Kristen Snell for their innovative engagement for those living with dementia. Patti also created a true stadium effect at the Canterbury tailgate.



FOUNDERS PLACE ST. LUKE'S EPISCOPAL BIRMINGHAM, ALABAMA

Founders Place is now Founders Place AT HOME! The crew at St. Luke's Episcopal decided to take their respite program on the road. Staff and volunteers have found safe ways of serving people with memory loss and their caregivers at home during the time of COVID. A variety of activities and interactions are offered in people's home that are dementia friendly.



SANCTUARY RESPITE, FOREST HILLS UNITED METHODIST CHURCH MACON, GEORGIA

Lee Hinton has led the charge to create a safe atmosphere for the **Sanctuary Respite** community in Macon. She and volunteers hosted the first "indoor respite parade" inside their sanctuary. It was packed with kids in costumes singing and games that could be played at a distance. Wheel of Fortune is an RFA favorite activity!



BREAKAWAY RESPITE SUN CITY CENTER, FLORIDA

Volunteer teams have enjoyed drive by birthday parties for friends and Veterans, picnic food for holidays and activity packs mailed to respite families.



CONNECTIONS RESPITE, FIRST UNITED METHODIST CHURCH EUFAULA, ALABAMA

Connections Respite volunteers were not be deterred by weather as a caravan of volunteers met to sing in the rain to their friends on their front porch!





FRIENDSHIP PLACE RESPITE MINISTRY, ST. SIMON PETER EPISCOPAL CHURCH PELL CITY, ALABAMA

Despite the inability to be together due to Covid-19, compassion, purpose and friendship have endured at Friendship Place for those living with dementia. Here is an example a beautiful mosaic and a fun sculpture that the ministry has been able to create together in weekly ZOOM classes (pictured left).



REACH COMMUNITY RESPITE MINISTRY, AUBURN UNITED METHODIST CHURCH AUBURN, ALABAMA

In addition to weekly REACH Zoom sessions and bi-monthly Zoom support groups, director Christine Browdy found a way to partner with the Lee-Russell Council of Governments Area Agency on Aging to bring interactive animals to their friends living with dementia. Leisa Askew, Alabama Cares program director, helped solidify the grant.



THE RESPITE MINISTRY AT FIRST UNITED METHODIST CHURCH MONTGOMERY, ALABAMA



Care partners, those living with dementia and volunteers combined to put on the 2nd Annual Respite Dog Show. The day was complete with 65 attending distanced with masks, 16 dogs and 2 Girl Scouts! Everyone was ready for a good bark! Respite Ministry at FUMC has also fed and delivered 1400 meals during the pandemic.



GRACE ARBOR A COMMUNITY RESPITE FIRST UNITED METHODIST CHURCH LAWRENCEVILLE, GA

Director Lisa Hale has been busy creating activity boxes where participants and care partners can make these beautiful projects together. Lisa's volunteer team delivers these kits weekly to their friends' homes.



respite for all
FOUNDATION
Reclaiming joy. Together.

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?