



WE'RE ON MISSION TO

INSPIRE, GROW AND MENTOR

RESPITE VOLUNTEER COMMUNITIES.

RESPITE FOR ALL FOUNDATION

2023 ANNUAL REPORT



"WE ARE ON TO SOMETHING!"

What a year it's been! I transitioned to full-time with the Respite for All Foundation in January, and our team has been going full speed to spread volunteer-run respite ministry for our friends living with dementia-related diseases.



During the year, I conducted volunteer **training for new communities** all over the country:

- ♥ Selma, AL
- Chattanooga, TN
- ♥ Chapel Hill, NC
- ♥ Atlanta, GA
- ♥ Appleton, WI

New RFA Communities were also trained remotely and launched in:

- V Lawrence, KS
- ♥ Pleasant Grove, AL
- ♥ Greenville, SC

Defining Our Mission

While some of this expansion has happened organically, we've also begun to create structure for future growth. In April, as Respite for All's wonderful board of directors started work on a strategic plan, we settled on three key words for RFA's mission:

INSPIRE, GROW AND MENTOR.

Our call to "inspire" faith communities and organizations to launch respite ministries in their local areas took me in person to Canada,

Wisconsin and New York and online to Washington state and numerous other locations to promote our sustainable model.

We've built connections through a United Methodist Church network of dementia care ministries and with an Episcopal diocese in Washington, D.C. We're also working with Alter, a network of 60-plus African-American churches in 14 states.

Support for Our Communities

The growth in our network has given us a huge knowledge base in running local respite ministries. I learned a lot by launching and running the Respite Ministry at First United Methodist Church in **Montgomery** for 10 years, and I'm grateful to be able to share our best practices from this rich experience.

Yet we also have very talented directors who have run respite ministries (by now for three to nine years) in **Birmingham**, **Dothan**, **Eufaula**, **Atlanta** and beyond. This

year we tapped into this tremendous resource to help mentor new and current directors and share ideas as they navigate challenges.

As our board member Bishop Lawson Bryan likes to say, "We are on to something!" And you can tell it when you see what's happening in the growth and strength of these ministries in multiple areas; they are:

- Bringing rest and community to caregivers
- Restoring lives with purpose and friendship for those living with dementia
- Invigorating local churches as community assets

THANK YOU FOR YOUR SUPPORT!

Let's keep going!

Daphne Johnston
Co-Founder and Executive Director

ABOUT RESPITE FOR ALL

In 2012, Respite for All co-founder Daphne Johnston launched a Respite Ministry at First United Methodist Church in Montgomery, AL. At the time, the senior minister, Dr. Lawson Bryan, and the congregation were praying for a way that the church could provide a response to a growing community issue, which was support needed for those living with dementia, their care partners, and their families.

Over time, the program began operating four days a week, from 10am to 2pm, for people living with dementia and trained volunteers to come together for games, art, music, exercise, shared meals, and community service projects. Worship services were also offered during the month for participants, care partners, and volunteers.

The aim was to build a no-label environment, blurring lines between volunteers and those being served. The ministry created

an atmosphere of service for everyone involved so those living with memory issues could still find meaning in their day-to-day lives, and volunteers could find renewed purpose in meaningful service.

Daphne and caregiver Warren Barrow founded The Respite for All Foundation in 2018 to spread this volunteer model of care across the country. At the end of 2022, Daphne stepped down from the local ministry to lead RFA full time.





2023 AT A GLANCE

A GROWING NETWORK

By the start of 2024, the RFA network will have grown to 34 Volunteer Communities in 11 states – with more in the works!

ANNUAL TRAINING SUCCESS

In February, Respite for All welcomed 150 attendees from 24 cities in seven states to our annual training conference held in Montgomery.

WEBSITE LAUNCH

In April, we launched a new website at **RespiteforAll.org** that contains tons of resources for people to learn about Respite Volunteer Ministries.

DIRECTORS ONLY

RespiteforAll.org/DirectorsOnly is a special section on our website that provides resources and support for local directors.

COACHING CALLS

RFA conducts regular coaching calls with our directors to share tips and best practices around specific themes (volunteers, holiday planning, communication, etc.).

DEMENTIA CARE MINISTRIES

RFA helped organize a November meeting at Lake Junaluska, NC, for ministerial teams involved in dementia care ministries across the United Methodist Church.

JOIN OUR LIST

Be sure to join our email list at **RespiteforAll.org** and keep up with all the goodness that is happening!

WELCOME TO THE RESPITE FAMILY!

♥ Abide Respite Ministry

First-Centenary United Methodist Church Chattanooga, Tennessee Opened April 2023

♥ WINGS Respite Ministry

St. Paul's Episcopal Church Selma, Alabama Opened April 2023

Hope Community Respite Care

First Baptist of Pleasant Grove Pleasant Grove, Alabama Opened August 2023

Jayhawk Area Agency on Aging

Grace Evangelical Church Lawrence, Kansas Opened September 2023

R Place

Orange County Dept of Aging Chapel Hill, North Carolina Opened September 2023

Pleasant PlaceA Caring Ministry

Pleasant Word Christian Center International Atlanta, Georgia Opening November 2023

Living Spirit Dementia Respite Center

First English Lutheran Church Appleton, Wisconsin Opening December 2023

Side by Side Respite Ministry

John Knox Presbyterian Church Greenville, South Carolina Opening January 2024









OUR GROWING NETWORK





Respite Ministries inspired by the RFA Volunteer Model are located in:

ALABAMA

Auburn
Birmingham (4)
Demopolis
Dothan
Eufaula
Fairhope
Montgomery
Pleasant Grove
Selma

FLORIDA

Tuscaloosa

Fruitland Park Shalimar Sun City Center Tampa (Fall '23) Wildwood

GEORGIA

Atlanta (3) Dunwoody Lawrenceville Macon Savannah St. Simon's Island

KANSAS

Lawrence

MISSISSIPPI

Gulfport Long Beach

NEW YORK

Watertown/Clayton

NORTH CAROLINA

Chapel Hill

SOUTH CAROLINA

Greenville (Jan. '24)

TENNESSEE

Chattanooga

WASHINGTON

Sequim

WISCONSIN

Appleton (Dec. '23)

SPREADING THE VOLUNTEER MESSAGE

JUNF

In June, Daphne conducted a half-day workshop on the Respite for All model during the 10th International Conference on Ageing and Spirituality in Waterloo, Ontario, Canada.

JULY

Daphne was the keynote speaker at the New York State Caregiving and Respite Coalition 2023 Conference held in Utica, New York, in July.



AUGUST

In August, Daphne presented the Respite for All model during an online "meet and greet" with Alter, a network made up of 63 African-American churches in 14 states that is focused on support for families affected by dementia.

SEPTEMBER

On September 20, Daphne led a session during a virtual conference organized by the University of Washington Memory and Brain Wellness Center on building dementia-friendly communities in the state of Washington.



RFA HELPS HOST STATEWIDE WISCONSIN WORKSHOP

In September, Respite for All partnered with the Dementia Care Specialists Network of Wisconsin and members of the faith community to host a statewide educational program based on



the theme "Creating Hope: Confronting Dementia with Meaningful Action." Daphne led a full-day workshop on the Respite for All model at Jacob's Well Church in Chippewa Falls, Wisconsin, where she shared the need for dementia-friendly communities and explained how to begin a volunteer respite program in local areas.



ROSEMARY HOUSE OPENS IN DOTHAN

The Respite Care Ministry of First United Methodist Church in Dothan (AL) opened Rosemary House in late October. A dementia caregiver center located in a renovated house next to the church, Rosemary House is open four days a week, from 9:30-4:30, to provide caregiver resources for anyone in the community – not just people involved in the respite program. It's also a place for Respite caregivers to land while their loved ones are participating in the ministry. The name is a tribute to the herb that shows benefits for brain health that is part of the Respite for All logo.

THE GOOD NEWS CONTINUES



DAUGHTERS OF PARTICIPANTS BECOME CHAMPIONS OF VOLUNTEER RESPITE MINISTRY

To launch a respite ministry, it takes someone from a local community who champions the cause and says, "We need this. We want to do this."

Sometimes this champion has learned about Respite Ministry from personal experience. In fact, this year we noticed a sweet connection to several champions. The new communities started in 2023 in Lawrence, KS, and in Greenville, SC, were started by the daughters of participants in the Respite Ministry of FUMC Montgomery. What a great testimony to the impact of Respite!

Not only that – the very first time the RFA model was replicated occurred in 2014 when another daughter of a participant in Montgomery put the groundwork in place to open CJFS CARES at Collat Jewish Family Services in Birmingham. Then in 2022, a daughter of a Montgomery participant worked to open Connect Respite Ministry at Christ Episcopal Church in Tuscaloosa. We are so thankful to these "Daughters of Respite!"



PAT SUMMITT FOUNDATION AWARDS GRANTS TO RFA COMMUNITIES

In September, the Pat Summitt Foundation awarded three RFA-inspired respite communities grants of \$5,000 to support scholarships for individuals attending their programs.

Daphne Johnston was on hand for the presentations to two Birmingham programs: CJFS CARES by Collat Jewish Family Services and Anchor Respite Ministry. An additional award was made to Abide Respite Ministry in Chattanooga. Summitt, a renowned women's basketball coach, was diagnosed at age 64 with early onset Alzheimer's disease.

ALTER COLLABORATION

RFA has begun working with the Alter Program as we seek to expand our model into more diverse communities. Alter was founded by Fayron Epps, PhD, RN, an associate professor with Emory University, with the mission of inspiring and equipping faith-based organizations anchored in African American communities to better support families affected by dementia. In keeping with this commitment, in July, the RFA Board voted to add Dr. Epps to our board of directors.



RESPITE FOR ALL FOUNDATION BOARD OF DIRECTORS 2023



Lynn Beshear

President

Scott Bamman
Vice President

Tricia Seay
Treasurer

Elizabeth Crum Secretary

Bishop Lawson Bryan Anne Elizabeth McGowin Jenny Ives Daniel Lindsey Andrea McCain Bill Newton Tom Watson

Warren Barrow
Co-Founder and
Emeritus Board Member

Daphne Johnston
Co-Founder and
Executive Director

Projects DirectorMinnie Lamberth

New Board Members for 2024

Fayron Epps Susu Millsap Bill Parker Anne Warren

THANK YOU!

LYNN BESHEAR GUIDES RFA THROUGH PIVOTAL YEAR

The Respite for All Foundation has been fortunate to have Lynn Beshear serve as president of our Board of Directors during 2023. During her term, she guided the organization in the creation of foundational structural elements. For example,



the board began the development of a national strategic plan, a review of the bylaws, development of an employee handbook, review of financial policies, as well as the engagement of legal services where needed to prepare the organization for future national growth.

Lynn said that she has enjoyed "the opportunity to use my experiences, skills and connections in collaboration with our highly motivated and highly competent executive director and board to further solidify the position of RFA as leading the national movement in a public health challenge in a way that provides hope and a greatly improved quality of life for care-recipients and caregivers alike."

A long-time community leader, Lynn is well-suited for this organizational guidance. In July 2017, Gov. Kay Ivey appointed Lynn to serve as Commissioner of the Alabama Department of Mental Health, and she did so until her retirement in December 2020. From 2000 to 2017, Lynn served as the only executive director of Envision 2020, a community strategic planning effort to address challenges and opportunities in central Alabama.

Originally from Durham, N.C., Lynn is a graduate of the North Carolina Baptist School of Nursing, an affiliate of Wake Forest University. She began her career at the Duke University Medical Center, which is where she met her husband, Bob. They settled in Montgomery in the late 1970s, and she has been active in numerous community organizations ever since.

Respite for All appreciates the leadership Lynn has provided on behalf of our friends living with dementia and their families.



CONGRATS!

RFA DIRECTOR APPOINTED TO STATE ALZHEIMER'S TASK FORCE

Alabama Governor Kay Ivey has appointed RFA's Daphne Johnston to serve on the state's Alzheimer's Disease Task Force. Daphne's appointment was effective September 28, 2023.

BRAIN SCIENCE LUNCHEON 2023

RFA'S 2ND ANNUAL BRAIN SCIENCE LUNCHEON SHARES **BEST PRACTICES ON BRAIN HEALTH** WITH ATTENTIVE AUDIENCE

Respite for All hosted its second annual Brain Science Luncheon on October 24, and we were thankful to have a packed house for our gathering at the Renaissance Hotel and Convention Center in downtown Montgomery. Dr. Marc Milstein, a brain science expert and bestselling author, was our featured speaker this year, and he gave an engaging and informative presentation with action tips for maintaining brain health and lowering the risk of dementia. He concluded by answering great questions from our attentive audience.

RFA began this event last year as an opportunity to bring experts to the River Region to discuss the latest advancements in maintaining brain health, and we were honored that Dr. Milstein could join us in this effort. Dr. Milstein specializes in taking the leading scientific research on health and happiness and presenting it in a way that entertains, educates, and empowers his audience to live better – and he certainly proved that ability during our luncheon.

Dr. Milstein's new book, "The Age-Proof Brain," has been nominated for "The Next Big Idea Award" for best non-fiction work and has been a #1 best seller on Amazon in several categories, including Aging, Longevity, and Neuroscience.

Our favorite takeaways from his presentation were:



- ▼ Work for quality sleep it's the secret weapon for brain health
- Learn new things and be socially engaged
- Manage stress/practice mindfulness stay in the moment
- Get moderate exercise, such as walking
- Treat underlying conditions
- ▼ Eat real food avoiding processed foods and consuming less preservatives

















BRAIN SCIENCE LUNCHEON 2023 CONTINUED

SPECIAL RECOGNITIONS

Our Brain Science Luncheon was made possible with the help of generous sponsors, including Platinum Sponsor Baptist Health, and supportive table hosts who invited their friends. In keeping with the Respite for All model, most of the luncheon was organized by a team of wonderful volunteers who devoted their time to this cause. Special thanks to Pat Moorehouse, Ethel Dozier Boykin, Bud Chambers, The Respite Ministry at FUMC, Elizabeth Crum, Theda Tankersley Ocheltree, and Tricia Seay for planning, decorating and implementing.

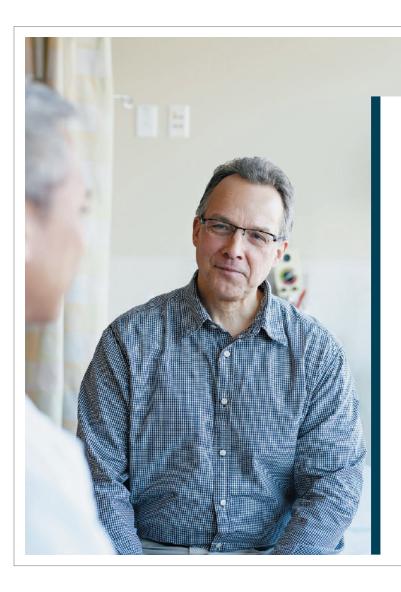
Warren Barrow Named Emeritus Board Member

As part of the Brain Science Luncheon festivities, RFA Board President Lynn Beshear recognized co-founder Warren Barrow, citing a quote from Theodore Roosevelt's famous Man in the Arena speech.

"You have been the 'Man in the Arena', and your generosity of love, treasure and time are your unselfish legacy to this very worthy cause that will continue to bless thousands of families across this city, country and the world," Lynn said. "There is no way that we can properly thank you, but the RFA Board and I want you to know that we have created a whole new category on our board that is an Emeritus Board Member so that we will benefit from your wisdom and advice for as long as you wish."



During the announcement, Warren was presented a bowl made of Alabama marble that had been crafted by his son, Brooks Barrow.



The providers you know. The health system you trust.

Our mission is to provide comprehensive treatment for individuals seeking stabilization and improved quality of life through the best mental health treatment available. We ensure a safe, comfortable environment that encourages positive change and growth in our patient's behavioral and mental wellness.



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THANKYOU

TO OUR BRAIN SCIENCE LUNCHEON SPONSORS





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Theda Tankersley and Chuck Ocheltree

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LEARNING FROM TRAILBLAZERS

RESPITE FOR ALL'S 2024 ANNUAL TRAINING CONFERENCE

SUN., FEB. 4 - TUES., FEB. 6, 2024

Respite for All has invited three legendary "trailblazers" of dementia community and connection to present at our annual training conference for local directors and key volunteers, and we can't wait for them to share their insights and best practices.

Attendees will learn from the best as they gather in Montgomery at the First United Methodist Church to hear **Susan McFadden**, Ph.D., **Elizabeth "Like" Lokon**, Ph.D., MGS, and **Donna Newman-Bluestein**. The program will be rounded out with other top-notch speakers that will focus on grant writing, inspiration, new activity ideas, actionable information, and lots of motivation!



Elizabeth "Like" Lokon, Ph.D., MGS

Elizabeth "Like" Lokon, Ph.D., MGS will be here to show us how to use art to create connection in Respite Ministry – and no one knows this subject better. Like founded Opening Minds through Art (OMA) in 2007 at Scripps Gerontology Center, Miami University. OMA is an intergenerational art program for people living with dementia that has been replicated in 200+ communities throughout North America. In 2023, Like implemented OMA in Indonesia as a

Fulbright Scholar. Also in 2023, with the support of the National Endowment for the Arts (NEA) and the NextFifty Initiative, she launched ScrippsAVID, a video-chat platform that connects generations to share art and seeks to reduce loneliness and ageism. (AVID stands for Arts-based, Virtual, Intergenerational, and Dementia-friendly). As an artist, gerontologist and educator, Like frequently speaks on the intersection of the arts, dementia, and intergenerational service learning and has presented her work in North America, Europe and Asia.

Donna Newman-Bluestein

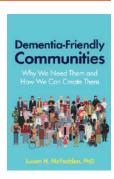
Dance/movement therapist Donna Newman-Bluestein has a passion that is two-fold: using the power of dance to inspire, uplift and heal; and transforming the culture of care for people with dementia through dance and embodied caregiving. Donna is the founder of Dance Movement Connection, and she will be here to spread the joy of movement in Respite. Donna's dance engagement is not



just fun, but a form of psychotherapy which she has been doing since 1978 with people from 3 to 109. Since 2002, her focus has been exclusively on transforming the culture of care through dance and embodied caregiving for people with dementia, and few leave her sessions without a smile and a greater sense of community, alertness and well-being. Donna is a senior lecturer in Lesley University's graduate school, a trainer, international workshop presenter and speaker, and performer with intergenerational dance company Back Pocket Dancers.

OUR PRESENTERS





Susan McFadden, Ph.D.

Susan H. McFadden, Ph.D., is Professor Emerita of Psychology, University of Wisconsin Oshkosh. With her students, she maintained an active program of research and scholarship focused on attitudes about dementia, arts and cultural programs for persons living with dementia, and expressions of religiousness and spirituality among older adults. Susan retired from the University in 2012, and now volunteers in many capacities for Fox Valley Memory Project, a nonprofit she co-founded in 2012. FVMP's programs and services aim to create a "dementia-friendly community" in northeast Wisconsin. Her most recent book is Dementia-Friendly Communities: Why We Need Them and How We Can Create Them (2021, Jessica Kingsley Publishers). An earlier book, authored with her husband, addresses friendship when dementia becomes part of people's everyday lives: Aging Together: Friendship, Dementia, and Flourishing Communities (2011, Johns Hopkins University Press). Susan's keynote address will frame our conference perfectly by reinforcing the need for Respite Communities and why we do what we do as we fulfill this vital need.

FOR REGISTRATION
DETAILS, EMAIL
MINNIE@RESPITEFORALL.ORG.

OUR 2023 NUMBERS

"According to the CDC, currently there are about **5.8 million people in the U.S. living with Alzheimer's disease and related dementias**, including 5.6 million aged 65 and older. Approximately 200,000 people under age 65 have early-onset Alzheimer's. The cost is estimated at \$305 billion, making it the third most costly disease in this country. In light of that reality, the necessity for the hope and loving care that are at the core of the Respite for All Foundation's social model of volunteer-driven care is going to continue to grow exponentially.

THE RFA'S GOAL IS TO HAVE AT LEAST FIFTY PROGRAMS IN OPERATION WITHIN THREE YEARS."

Lynn Beshear

PRESIDENT, BOARD OF DIRECTORS, RESPITE FOR ALL FOUNDATION





INCOME	\$404,418.52
Foundations	63%
Individuals	20%
Corporate	9%
Other	5%
In-Kind (office space)	3%

EXPENSES	\$270,669.37
Outreach	39%
Mgt/Administrative	38%
Marketing	10%
Fundraising	8%
Website	5%

Ian. 1 - Oct. 27, 2023

\$10,000 SEED GRANTS HELP LAUNCH NEW COMMUNITIES

The Arthur N. Rupe Foundation has provided tremendous support for Respite for All Foundation's mission. This year that support included a \$100,000 grant to be divided into seed grants to help launch new respite communities.



To date, through the grant awards committee established on our board of directors, RFA has awarded \$10,000 seed grants to Pleasant Word Christian Center International in Atlanta, GA; to "R Place" Respite Community hosted by the Orange County Department of Aging in Chapel Hill, NC; and to Side by Side: The Respite Ministry of John Knox Presbyterian Church in Greenville, SC.

The awards committee is preparing to distribute the remaining grant funds to other new communities.



ROSEMARY SOCIETY

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

- **♥** Anonymous
- ♥ Cathy Caddell & Charlie Warnke
- ♥ David & Barbara Mobley
- Frank & Harriett Johnston
- Chuck & Theda Ocheltree
- ♥ Roger & Faye Williams

OUR 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. This list includes gifts received from *Nov. 1, 2022 – Fri., Oct. 20, 2023.*

Ginny and Eddie Adair

Alabama Department of Public Health

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Nicky and Bubba Armstrong In memory of Grace Virginia "Jenny" Simpson

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John Knox Manor

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Daphne and Frank Johnston In honor of RFA Volunteers

Hattie Boo and Frank Johnston In memory of Taylor Dawson

Carol and Watkins Johnston, Jr. *In memory of Taylor Dawson*

In memory of Taylor Dawson
In memory of William Kendrick
Upchurch, Jr.

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GIFTS GIVEN IN MEMORY OF ILOUISE PARTLOW HILL

We are grateful to the family of Ilouise Partlow Hill for designating the Respite for All Foundation as a charity for donations in her memory and to the following donors who remembered her with their gifts.

Nicky and Bubba Armstrong Camille and Shap Ashley Vic Biebighauser Ethel Dozier Boykin Elizabeth Leigh Braun

Debbie and Jackie Bushman Merri and Lewis Chapman

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Amy Cook

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Pat and John Moorehouse

Theda Tankersley Ocheltree

Lyl and Bill Parker

The Pandora Club

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Alice Rainer

Marti and Rush Rice

Carolyn and Robert Sasser

Linda and Todd Strange

Susan and Frank Virgin

Helen Wells

Ian Weil

Laurie Weil

Lisa and Andy Weil

Polly Williamson

Angie and Philip Young

Haley Zapal



Rosemary, known as the herb of memory, is used in our logo with the three sprigs representing people living with dementia, their care partners and volunteers.

WAYS TO GIVE

Give Online at RespiteforAll.org/Donate

Donate By Check

Make checks payable to Respite for All Foundation and mail to: Respite for All Foundation P.O. Box 6178 Montgomery, Alabama 36106

Stock Donations

Please contact Caroline Warren at Morgan Stanley at caroline.warren@ms.com or 334-270-2608 with any questions regarding the transfer of stock.

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







The Respite for All Foundation P.O. Box 6178 Montgomery, AL 36106 PRESORTED FIRST CLASS U.S. POSTAGE PAID MONTGOMERY, AL PERMIT NO. 456