



EXPANDING
OUR MISSION
TO **INSPIRE,
GROW AND
MENTOR**
RESPITE
VOLUNTEER
COMMUNITIES.



RESPITE FOR ALL FOUNDATION

2024 ANNUAL REPORT



DAPHNE JOHNSTON



"IT'S A WONDERFUL THING"

"I loved them from the first day, and it's fun," Terry Stansell told us as he summed up his experiences as a participant in the Respite Ministry in Dothan, Alabama. We were there to record interviews for a new promotional video that we released in May, and his words were pure gold.

"My mind used to be great, but it's not anymore," he said, speaking for so many people around the country living with dementia. "But it helps when I come here because it brings that back to me. It's a wonderful thing that these people have done."

Terry reminded us of who we serve – and why it is so important to keep the wonderful Respite for All movement growing and expanding. The year 2024 has accelerated this growth and expansion beyond our wildest expectations, and we hope you will be as amazed as we are by the communities who are investing in the true hope being created through the Respite for All model.

Thank you for your continuing support and encouragement. Together we are:

- ♥ Bringing rest and support for care partners
- ♥ Restoring lives with purpose and friendship for those living with dementia
- ♥ Invigorating local churches and organizations as community assets

It truly is a wonderful thing to have you a part of this journey!

Daphne Johnston

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 2019 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.

RECLAIMING JOY TOGETHER

Respite for All began 2024 with a network that included 32 existing respite ministries in nine states. By the end of this year, we will have helped launch an additional 19 respite ministries – for a total of 51 programs in 15 states. More than a dozen other ministries are in serious preparation stages. These smiles are from the hundreds taking place across our network as we live out our motto of reclaiming joy together!



2024 AT A GLANCE

ANNUAL TRAINING CONFERENCE

In early February, 180 attendees representing RFA respite ministries in 26 cities and nine states—from Washington to central Florida—filled FUMC-Montgomery's Fellowship Hall prepared to learn and to be inspired during Respite for All's 5th annual training conference for respite directors and volunteers.

AARP RECOGNITION

The Respite for All Foundation was highlighted in AARP's January 2024 publication, *"Respite Services: A Critical Support for Family Caregivers."*

NEW VIDEO RELEASED

In May, RFA released an updated 5-minute promotional video, which included interviews and scenes from ministries in Birmingham, Dothan and Montgomery. Find the link at RespiteforAll.org.

DIRECTOR CALLS

RFA's network of respite directors gathered for monthly Zoom calls on topics that are useful to operating respite ministries. The calls are led by Susanna Whitsett, director of Founders Place Respite Ministry at St. Luke's Episcopal Church in Birmingham, and have focused on planning, grant-writing, movement and more.

WELCOME TO THE RESPITE FAMILY!

♥ Vitality Respite Center

St. Andrew's United Methodist
Brandon, FL – February

♥ Side by Side Respite Ministry

John Knox Presbyterian
Greenville, SC – March

♥ The Friends Place

Dungeness Community Church
Sequim, WA – April

♥ Anchor Place

St. Patrick's Episcopal
Dunwoody, GA – May

♥ REST Respite Ministry

Trinity United Methodist
Paris, TN – July

♥ Restore Respite Ministry

Vestavia Hills Methodist
Vestavia Hills, AL – August

♥ Rainier Respite Program

Calvary Presbyterian Church
Seattle, WA – September

♥ Nelson Enrichment Center

Rockfish Presbyterian Church
Nellysford, VA – September

♥ Renew Refresh Restore

Scioto Ridge UMC
Hilliard, OH – September

♥ Hands of Hope

Bethesda United Methodist
Middletown, DE – September

♥ The Memory Connection

Woodland United Methodist
Rock Hill, SC – October

♥ Living Well Respite

Tabernacle Praise Church
McDonough, GA – October

♥ Friends Place

First Christian Church
Madisonville, KY – October

♥ A Time for Joy

Immanuel Lutheran Church
Viroqua, WI – October

♥ Friends at the Lake

Lake St. United Methodist
Eau Claire, WI – October

BY THE END OF 2024, THE RFA NETWORK WILL INCLUDE LOCATIONS IN:

DELAWARE

Middletown

FLORIDA

Brandon
Fruitland Park
Pensacola
Shalimar
Sun City Center
Wildwood

GEORGIA

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

KANSAS

Lawrence/Topeka

KENTUCKY

Madisonville

MISSISSIPPI

Gulfport
Long Beach

NEW YORK

Watertown/Clayton

NORTH CAROLINA

Chapel Hill

OHIO

Hilliard

SOUTH CAROLINA

Greenville
Rock Hill

TENNESSEE

Chattanooga
Paris

VIRGINIA

Nellysford

WASHINGTON

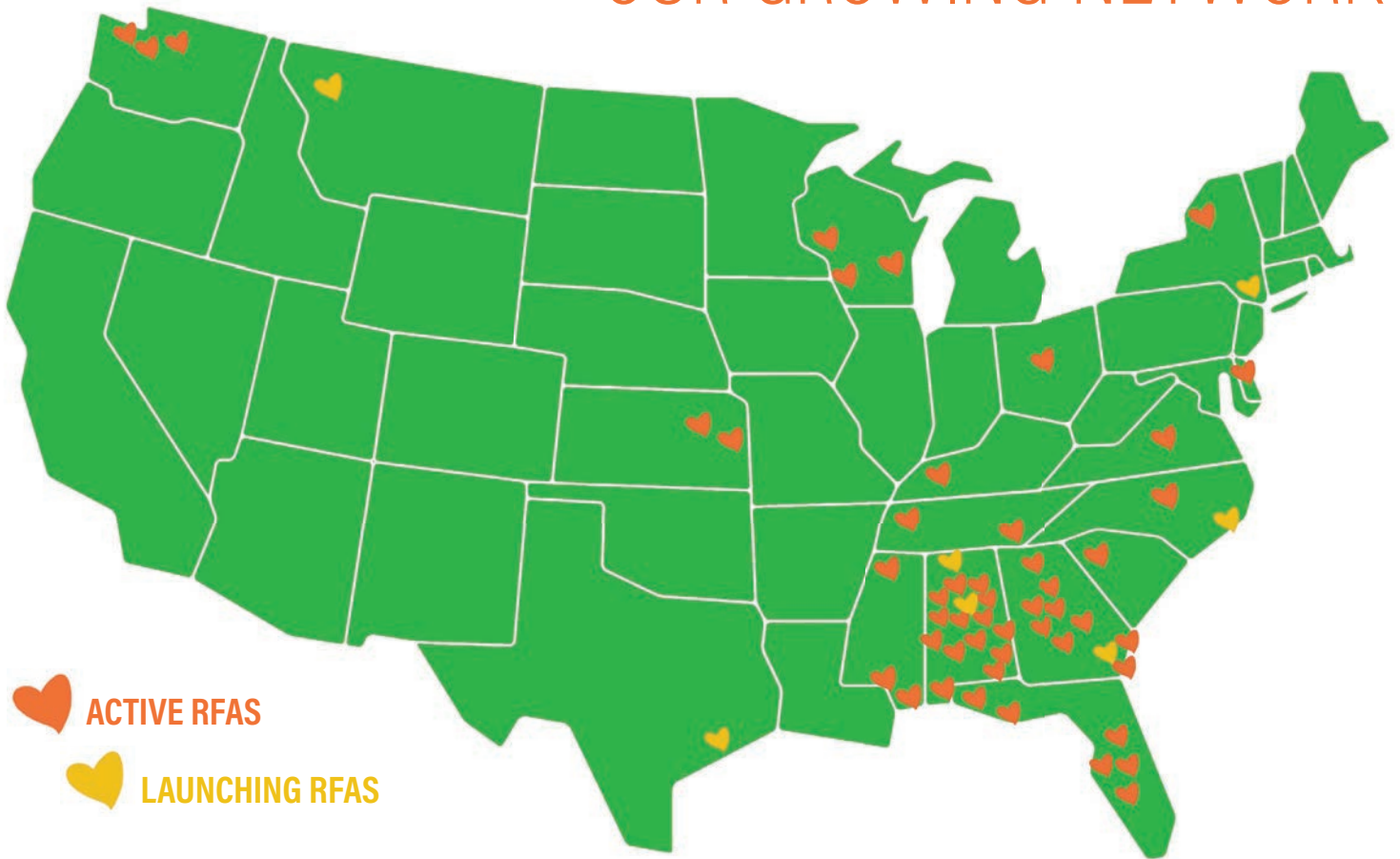
Seattle
Sequim (2)

WISCONSIN

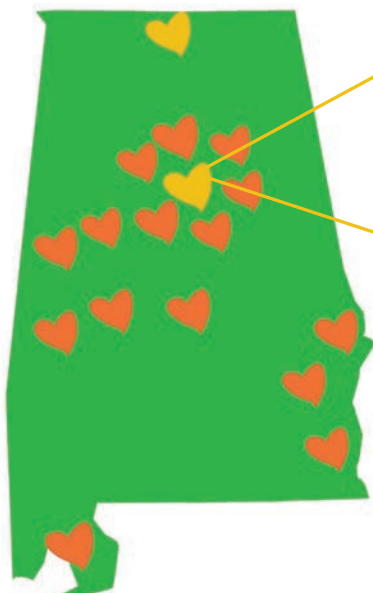
Appleton
Eau Claire
Viroqua



OUR GROWING NETWORK



RFA *Model State* ALABAMA



RFA *Model City* BIRMINGHAM, AL

RFA NATIONAL NETWORK

51 COMMUNITIES / 11 DENOMINATIONS

ALABAMA

Auburn
Birmingham (6)
Montgomery
Fairhope
Demopolis
Dothan
Eufaula
Pleasant Grove
Selma
Tuscaloosa

THE SUSTAINABILITY OF THE RFA MODEL

Ten ministries that Daphne Johnston helped launch based on the respite ministry she began at First United Methodist Church in Montgomery, AL, have been in operation for more than five years.

MINISTRY	YEARS
Connections, FUMC of Eufaula, AL (2019)	5 ♥ ♥ ♥ ♥ ♥
Founders Place, St. Luke's Episcopal, Birmingham, AL (2019)	5 ♥ ♥ ♥ ♥ ♥
Anchor, Asbury UMC, Birmingham, AL (2019)	5 ♥ ♥ ♥ ♥ ♥
Breakaway, UMC of Sun City Center, FL (2019)	5 ♥ ♥ ♥ ♥ ♥
SALT, FUMC of Demopolis, AL (2018)	6 ♥ ♥ ♥ ♥ ♥ ♥
Tim's Place, Sequim, WA (2017)	7 ♥ ♥ ♥ ♥ ♥ ♥ ♥
REACH, Auburn UMC, Auburn, AL (2016)	8 ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥
Encore, Canterbury UMC, Birmingham, AL (2016)	8 ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥
Respite Care, FUMC-Dothan, AL (2016)	8 ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥
CJFS CARES, Birmingham, AL (2015)	9 ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥
Respite Ministry, FUMC-Montgomery, AL (2012)	12 ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

The Respite for All model is a sustainable model that draws on the principles of free space to operate (donated by a church), the support of trained volunteers from the church and community, and a modest tuition to offset costs. (Because of generous local support, ministries do not typically turn away anyone for inability to pay.)

MENTORING AND SUPPORT

Respite for All not only helps new respite ministries launch, but we also support them so that they can continue to serve their communities well. Training events, such as the annual conference, are great opportunities to share best practices. This

past year, we hosted three legendary trailblazers of dementia community and connection – Dr. Susan McFadden, Ph.D., Elizabeth “Like” Lokon, Ph.D., MGS, and Donna Newman-Bluestein. We also meet with directors regularly



through Zoom, giving them an opportunity to ask questions and share tips. In addition, RFA directors support each other, sharing ideas on art and other activities through a private Facebook group.

A WHIRLWIND OF LEADERSHIP, CREATIVITY AND INSPIRATION

RESPITE FOR ALL'S 6TH ANNUAL TRAINING CONFERENCE

SUN., MARCH 2 - TUES., MARCH 4, 2025

Canterbury United Methodist Church, Birmingham, AL

Respite for All has invited a star-studded cast of presenters to keynote our 6th annual training conference, March 2-4, for a Whirlwind of Leadership, Creativity and Inspiration.

Because of the significant growth in the number of respite communities in our network, the conference has been moved for the first time to Canterbury United Methodist Church in Birmingham, AL, to accommodate more attendees. We can't wait to see an ever-growing group of directors and volunteers there. Featured speakers include:



Dr. Daniel Potts

A neurologist, caregiver and advocate from Tuscaloosa, AL, Daniel C. Potts, MD, FAAN, has been designated an Architect of Change by Maria Shriver for his advocacy for persons living with Alzheimer's disease and other dementias and their care partners. Inspired by his father's transformation from saw miller to watercolor artist in the throes of dementia through person-centered care and the expressive arts,

Dr. Potts seeks to make these therapies more widely available through his foundation, Cognitive Dynamics.



Dr. David Geldmacher

A UAB professor of neurology widely respected in the field of memory disorders, David Geldmacher, MD, is 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. He leads UAB's Memory Disorder Clinics, which focus on the interdisciplinary care of people with Alzheimer's

disease and related dementia. He has been listed in The Best Doctors in America since 1998.



Brodie Croyle

Executive Director of Big Oak Ranch, a Christian home for abused, neglected, orphaned and abandoned children, Brodie Croyle operates by a philosophy that is a perfect fit for respite ministry: "We can't always change our situation, but we can always be changed in our situation." He, his family and the staff at Big Oak are grounded in one purpose – to relieve the suffering of children. The former standout player with the University of Alabama also played with the Kansas City Chiefs.

OUR PRESENTERS



Dr. Anne Basting

A writer, artist and advocate for the power of creativity to transform our lives, Dr. Anne Basting is Emerita Professor of English at the University of Wisconsin Milwaukee and founder of the award-winning non-profit TimeSlips.org, which guides, inspires, and supports care systems to infuse creativity and meaning-making into care. A published author of numerous books and internationally recognized for her speaking and her innovative work, Dr. Basting is the recipient of a MacArthur "Genius" Fellowship, and other major awards and grants.

The annual training conference will be an action-packed, inspiring 72 hours of ideas that will equip and fortify our service to friends living with Alzheimer's and dementia across the country.

Get more details at RespiteforAll.org or email minnie@respiteforall.org with any questions.

RESPITE FOR ALL FOUNDATION BOARD OF DIRECTORS 2024

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Vice President

Tricia Seay
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Lynn Beshear
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Daniel Lindsey
Andrea McCain
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Anne Warren
Tom Watson

Warren Barrow
*Co-Founder and Emeritus
Board Member*

Daphne Johnston
Co-Founder and Executive Director

Projects Director
Minnie Lamberth

Resource Director
Rev. June Jernigan

**Development
Coordinator**
Jennifer Trott

*Thank you to Rushton
Stakely for hosting our
board meetings.*

THANK YOU!

SCOTT BAMMAN LEADS RFA THROUGH 2024

Thank you to Scott Bamman for his service as president of the Respite for All board of directors during 2024. Scott is president of Thornton Farish, Inc., the oldest independently owned investment banking firm in Alabama. He has worked with the firm for more than 47 years.

Scott has been instrumental this year in moving RFA toward the creation of an endowment and enacting policies that will serve us well as we continue to become a national leader in launching respite ministries in communities across the country.

Scott and his wife, Pat, are members of the Church of the Ascension, which has been a strong partner to the Respite Ministry at FUMC-Montgomery, where Pat was one of the founding volunteers. She has continued to volunteer for 12 years.



**Bill Newton and
Scott Bamman**



communications. Bishop Lawson Bryan conducted a special research project this year (more below), and Daphne Johnston leads the team inspiring growth of the model across the country.

WORKING TO SPREAD THE MODEL

Rev. June Jernigan (left) joined the Respite for All Foundation as Resource Director in January of this year and is working with new and prospective communities to help them through the process of launching. Minnie Lamberth (second from left) oversees special projects and

RESPITE MINISTRY VOLUNTEERS GROW IN CHRISTIAN DISCIPLESHIP

During the spring, Bishop Lawson Bryan, an RFA board member, and Dr. John Bell, a volunteer with FUMC-Montgomery's Respite Ministry, conducted a research project on how volunteers grow in discipleship through their participation in Respite Ministry. To do so, they led several long-time volunteers in the Montgomery ministry through a weekly study of Bishop Ken Carder's book, *Ministry with the Forgotten*, and asked about the impact serving as a volunteer has had on them.

Among the takeaways, as volunteers used words like patience, love, joy, etc. to describe their experiences, Lawson and John couldn't help but recognize that these are essentially the "Fruits of the Spirit" from Galatians 5. They presented their findings at the Festival of Wisdom and Grace in August at Lake Junaluska, NC, where Lawson served as conference preacher.

BRAIN SCIENCE LUNCHEON 2024

RFA'S 3RD ANNUAL BRAIN SCIENCE LUNCHEON SHARES TIPS FROM THE "BLUE ZONES"

Nearly 650 guests attended the Respite for All Foundation's third annual Brain Science Luncheon on October 22, which featured Blue Zones VP Dan Buettner Jr. as keynote speaker. RFA began this event in 2022 as an opportunity to bring experts to our local community, Montgomery, Alabama, to discuss the latest advancements in maintaining brain health.

Jennifer Trott, who joined RFA's team as Development Coordinator this year, was instrumental in significantly expanding the sponsorships that filled our tables with people eager to learn about maintaining better brain health – while also hearing about the national expansion of the Respite for All model.

As part of the brain health awareness effort, RFA also announced that platinum sponsor Baptist Health was holding a free memory screening in November and providing sign-up information in the lobby.

This year's luncheon featured secrets from the Blue Zones, which are parts of the world known for their longevity and health made famous by the hit Netflix series. Our keynote speaker, Blue Zones VP Dan Buettner Jr., showcased nine common diet and lifestyle habits that connect the Blue Zones together in longevity and health.



BLUE ZONES POWER 9

- ♥ Move naturally
- ♥ Sense of purpose
- ♥ Reduce stress
- ♥ Stop eating at 80% full
- ♥ Eat more plants
- ♥ Drink alcohol moderately
- ♥ Belong to faith community
- ♥ Put family first
- ♥ Healthy social circles

THANK YOU TO OUR BRAIN SCIENCE LUNCHEON SPONSORS

PLATINUM



GOLD

John and Joyce Caddell Foundation

Barbara and David Mobley

Anonymous

SILVER



**BlueCross BlueShield
of Alabama**

Nancy and Lee Ellis

Laura and Barrie Harmon

Pat and John Moorehouse

Cathy Caddell and Charlie Warnke

BRONZE



Owen Aronov

Arthur Mead Britton Foundation

Theda Tankersley and Chuck Ocheltree

Ella Gaines and Frank Thomas

CORPORATE FRIENDS OF RESPITE FOR ALL

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Charlotte and George Goodwyn

Hampstead Building Company

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Linda and Todd Strange

SPECIAL RECOGNITIONS

Our Brain Science Luncheon was made possible by generous sponsors and supportive table hosts, along with a team of volunteers. We owe a big thank you to Elizabeth Crum, Theda Tankersley Ocheltree, Tori Johnston and Tricia Seay for their efforts to make this such a wonderful event. Special appreciation also goes to Amanda Vinson for the floral arrangements and to Lara Wilson and Kathie Mangum for their assistance.

FRIENDS OF RESPITE FOR ALL

Alley Station
Pat and Scott Bamman
Beasley Allen Law Firm
Lynn and Bob Beshear
Vic Biebighauser
Ethel and Raymond Boykin
Nancy Bradford
Sherrill and Lawson Bryan
Debbie and Jackie Bushman
Chapman Orthodontics
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Harriet and Frank Johnston
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Patty and Carlton King
Malcomb Massey
Andrea McCain
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Lyl and Bill Parker
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Skeeter and Slade Rhodes
The Samaritan Center
Tricia and Jimmy Seay
Southern Shutter
David Simpson
Winnie and Charlie Stakely
Trammell Periodontics
Jennifer and Bobby Trott
Anne and Mike Warren
Tom Watson
Sheila and Bobby Weil
Joy and Glenn Yates
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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.

Baptist Health
Behavioral Care Partners 

334-747-CARE | BaptistCarePartners.org

MORE GOOD NEWS

DEMENTIA ART TRAINING FOR RFA DIRECTORS

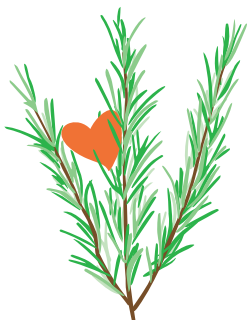
The Respite for All Foundation and Opening Minds through Art (OMA) began a groundbreaking partnership this year, thanks to a grant from the Arthur N. Rupe Foundation that enabled us to bring a group of nearly 60 directors and volunteers to Montgomery to discover techniques enabling individuals with dementia to create abstract art.

On September 30, we enjoyed a wonderful, full day of training at the Church of the Ascension, where the OMA team led members of the RFA Network through art activities and education.

OMA is an award-winning, evidence-based, intergenerational art-making program for people living with dementia that was developed at Scripps Gerontology Center, an Ohio Center of Excellence at Miami University. Thanks to the grant, OMA was able to offer the workshop for free. Additional stipends were made available to assist with travel expenses for the RFA community directors coming in from locations ranging from Sequim, WA, to Savannah, GA.



THE ROSEMARY SOCIETY

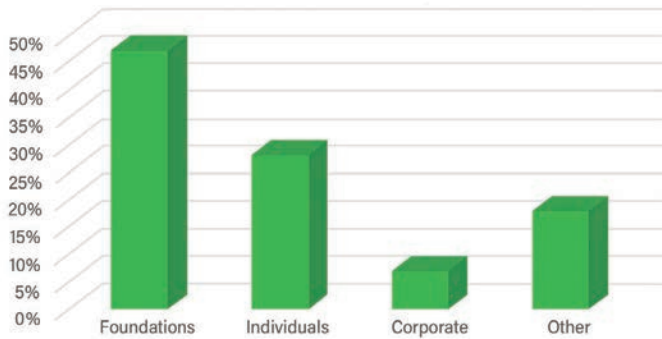


Respite for All
FOUNDATION

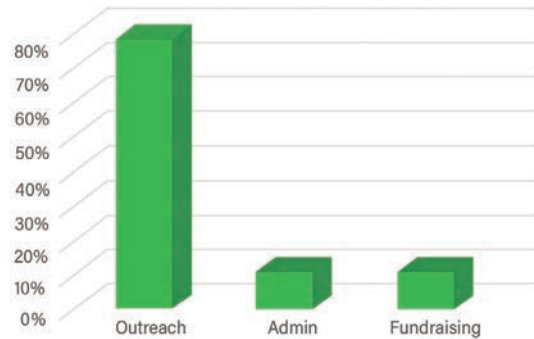
The Rosemary Society, named for the rosemary in our logo, is a special recognition for those whose volunteerism, service and support have been vital to furthering the mission of the Respite for All Foundation. This year we are grateful to recognize the following: **Ginny and Eddie Adair; John and Joyce Caddell Foundation; Sue B. and Kenneth M. Henson Charitable Foundation; the Elmore and Jim Inscoe Family; Harriet and Frank Johnston; Barbara and David Mobley; Theda Tankersley and Chuck Ocheltree; and long-time board members Warren Barrow, Elizabeth Crum and Tricia Seay.**

FINANCIALS

INCOME: \$670,995.84



EXPENSES: \$391,250.38



January 1, 2023 – December 31, 2023

RFA AWARDS SEED GRANTS TO HELP LAUNCH NEW COMMUNITIES

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

In 2024, RFA awarded three additional grants from the remaining 2023-24 funds to assist in the launch of new respite communities in **Hilliard, OH**; **Vestavia Hills, AL**; and **McDonough, GA**. With the new grant funds that came in during the spring, RFA awarded another round of seed grants to new respite communities in **Nellysford, VA**; **Viroqua, WI**; **Madisonville, KY**; **Huntsville, AL**; **Pensacola, FL**; **Savannah, GA**; **Kalispell, MT**; **Pleasantville, NY**; **Paris, TN**; **Houston, TX**; and **Eau Claire, WI**.

"We received some wonderful applications from local teams from around the country who are committed to bringing the Respite for All model to their communities, and it's exciting to see this inspiring model expand to new states," said Andrea McCain, RFA board member and chair of the Seed Grant Committee.



Paris, TN



Vestavia Hills, AL

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. Gifts received from October 20, 2023, to October 18, 2024.

AARP Alabama
Ginny and Eddie Adair
Alabama Department of Public Health
Brenda Alexander
In Memory of Dr. Eugene Milton Howell Jr.
Gregory and Janie Alford
In Memory of Hetty Sue Bridger
Nancy Anderson
In Honor of Gloria Thompson
Answered Prayer Home Care
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*In Honor of Glenn Davenport
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Debbie and Jackie Bushman
Cathy Caddell
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Sandra and Sam Carnes
In Honor of Warren Barrow
Dottie and Jeff Castleberry

Florence M Cauthen
In Honor of Sherrill and Lawson Bryan
Sarah Chandler
*In Honor of Scott Bamman
In Honor of Daphne Johnston*
Meri and Lewis Chapman
Children's Harbor
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Vineyard Book Store
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Will Gunter
In Memory of Taylor Dawson
Richard Hanan
*In Memory of Jeanette H. Hanan
In Memory of Robert Earl Sasser*
Laura and Barrie Harmon
Haven Memory Care on Halcyon
Diane and John Henig
Rhonda J. Henson
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Isabel Thigpen Hill
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In Honor of Leita Coleman*
Sandra Hunter
In Honor of Daphne Johnston
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Jenny and Johnny Ives
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Daphne and Frank Johnston
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In Memory of Joe Frank Bear Jr.
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Ashley Ledbetter and Richard Dubose
*In Honor of Anne Elizabeth McGowin and Stephanie Stephens
In Honor of Daphne Johnston*
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Virginia Lewis
Margaret Lowder
Leo Hanson (Hans) Luquire
Bess Marks
In Memory of Lesley Massey
Malcomb Massey
Matthews United Methodist Church
In Honor of Lawson Bryan
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In Memory of Lesley Massey*
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Jane McConnell
Sue McInnish
In Memory of Mary G. Henson
Edwin McIntyre
Catherine and Charles McLemore
In Honor of Billie Claire Watson Mangum
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In Memory of Eva Mae McRae
Barbara and David Mobley
Pat and John Moorehouse
In Memory of Judy Lumpkin Rigdon
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In Memory of Norma Buffington Williamson
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In Memory of Robert Earl Sasser
 Bob, Laura, Amy, Alan, Mary, H
 Norman Snyder
In Memory of Joe Frank Bear Jr.
 Southern Shutter
 David Simpson
 Winifred Stakely
 Linda and Todd Strange
In Honor of Martha and Charles Jinright

Theda Tankersley-Ocheltree
In Memory of Dootsie Matthews
 Christie Tarantino-Dean
In Memory of Eileen Tarantino
 Henry (Frank) Franklin
 Thomas III
 Penny and Tommy Thompson
 Anne Tidmore
In Memory of James Benjamin Massey
In Memory of William Kendrick Upchurch Jr.
 Cindy Torbert
In Honor of Katie Holland
 Kyle Trammell
 Bobby Trott
 Greg Tucker
In Memory of Dr. Hayden Center
 Mildred Wakefield
In Honor of Katherine Crum
 Anne and Mike Warren
 William Thomas Watson
 Katherine Webb
 Diane Weil
In Memory of Jeanette Hill Hanan
 Lisa and Andy Weil
 Sheila and Bobby Weil
 Cristi Whitfield
 Joy and Glenn Yates

GIFTS GIVEN IN MEMORY OF O.H. "BUDDY" SHARPLESS

We are grateful to the family of O.H. "Buddy" Sharpless for designating the Respite for All Foundation as a charity for gifts in his memory and thank the following donors for their contributions.

Ryan Cardwell
 Dottie and Jeff Castleberry
 Cohens
 Marcia and David McCabe
 Gary and Nancy Fayard
 William Fordham
 Virginia Lewis

Edwin McIntyre
 Taylor, Jeff and
 Coleman Parker
 Mary Pons
 William and Shirley Rotton
 Valerie Sharpless
 Katherine Webb

Glenda Yelverton
In Memory of John Douglas Yelverton

Angie and Phillip Young
In Honor of Nancy and George Thomas

Florence and Bob Young
In Honor of Theda Tankersley and Chuck Ocheltree

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