PURPOSE.
MEANING.
HOPE.

The Respite Ministry at First United Methodist Church

ANNUAL REPORT 2018

The Respite Ministry
AT FIRST UNITED METHODIST CHURCH

WITH COMMUNITY PARTNERS

FIRST BAPTIST
CHRIST CHURCH

CHURCH OF THE ASCENSION

ST. JOHN’S EPISCOPAL

TEMPLE BETH OR
In 2018, we served over **80 INDIVIDUALS** living with dementia ranging from ages 52 - 95 through our day program.

Each day our team led classes that included:
- Cognitive
- Weight training
- Yoga
- Hand eye coordination activities
- Intergenerational concerts and visits
- Creative writing
- Spiritual services

Highlights include Side by Side Chorus Concerts, community service projects including flood kits and packing food for the pets of Meals on Wheels recipients, and community projects and performances by Montgomery’s arts organizations.
All of these are important, but the most important part of Respite are the **countless numbers of relationships** formed, for which there is no measure.

**IN 2018, 199 VOLUNTEERS**
donated their time and talents for over **14,000 HOURS LOGGED**

The volunteers range from high school and college students to seasoned retirees, and their **ages range from 16 - 94.**

The value of their volunteer hours to the Respite Ministry is **in excess of $340,000¹.**

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¹(WASHINGTON, APRIL 19, 2018) – TODAY, INDEPENDENT SECTOR, IN PARTNERSHIP WITH IMPLAN, ANNOUNCES THAT THE LATEST VALUE OF A VOLUNTEER HOUR IS $24.69 – UP 2.2 PERCENT FROM THE PREVIOUS YEAR. THAT FIGURE, ESTIMATED FROM DATA COLLECTED IN 2017, SHOWS THE INCREDIBLE CONTRIBUTIONS VOLUNTEERS MAKE TO OUR COMMUNITIES AND OUR COUNTRY. CURRENTLY, 63 MILLION AMERICANS VOLUNTEER ABOUT 8 BILLION HOURS OF THEIR TIME AND TALENT TO IMPROVE PEOPLE’S LIVES AND THE NATURAL WORLD. WITH THE NEW VALUE OF VOLUNTEER TIME, THESE AMERICANS ARE CONTRIBUTING APPROXIMATELY $197.5 BILLION TO OUR NATION.
COMMUNITY EDUCATION

In 2018, we reached close to 250 individuals through

- support groups
- professional Alzheimer’s education classes
- community organizations
- national conferences

We continue to help educate the River Region on best practices while living with Alzheimer’s and related dementia, and share the message that there is still quality of life after diagnosis. This information is provided free of charge.

INSPIRED MINISTRIES

The Respite Ministry in Montgomery has helped inspire 11 ministries total across the Southeast and New York.

- IPC Presbyterian, Birmingham, AL
- Canterbury United Methodist, Birmingham, AL
- St. Luke’s Episcopal, Birmingham, AL
- The Jewish Services of Birmingham, AL
- Inverness, New York
- Dothan, AL
- Guntersville, AL
- Fairhope, AL
- Savannah, GA
- Atlanta, GA
- Cullman, AL
FOR PARTICIPANTS, VOLUNTEERS AND EDUCATIONAL LUNCHEONS FOR THE COMMUNITY

SCHOLARSHIPS FOR PARTICIPANTS
There is a $40.00 fee to attend Respite for the day but no one is turned away. There is no sliding scale or formula to see who qualifies; it is simply a matter of helping families in need.

$50,000+ SCHOLARSHIPS PROVIDED BY RESPITE IN 2018

SPOTLIGHTS
The Side by Side (SBS) Chorus was recently highlighted by the Maria Shriver Foundation to bring awareness to Alzheimer’s disease and will be featured on PBS and a national social media campaign.

The Respite Ministry hosted its first National Directors Training on “How to Build a Respite Ministry.” Participants in the training span from Squim, Washington to Orlando, Florida. 16 participants joined in the training and were entertained with radical hospitality at the home of Ms. Theda Tankersley and a team of volunteers. The participant group represented over 10 new programs that could launch across the country in 2019.

The Respite Ministry currently has two employees. Therefore, much of the needed effort is provided voluntarily by so many in the community. Only half of our annual budget is covered by our daily fees, and the ministry relies on local donations for the rest. Please consider Respite when you are looking for an organization to sponsor in 2019.

THE MONTGOMERY RESPITE
PREPARED ALMOST 7,000 MEALS
FOR PARTICIPANTS, VOLUNTEERS AND EDUCATIONAL LUNCHEONS FOR THE COMMUNITY

PREPARED ALMOST 7,000 MEALS
$50,000+ SCHOLARSHIPS PROVIDED BY RESPITE IN 2018
SIDE-BY-SIDE SINGERS & MARIA SHRIVER PRODUCTION DAY

Tuesday, February 12, 2019, will live in infamy. It was the day producers, managers, sound guys, lighting specialist, assistants, and a representative from the Alzheimer’s Association descended on Montgomery, Alabama to film a public service announcement that will be aired online later in the spring along with a full national social media campaign. The Alzheimer’s Association, in collaboration with the Women’s Alzheimer’s Movement, founded by Maria Shriver, is trying to bring awareness of research that shows Alzheimer’s disproportionately affects women. In a recent interview, Shriver said she wanted to help people begin to connect their brain health to their body’s health long before their 60’s and 70’s.

Some of the stats from her website, thewomensalzheimersmovement.org report:

• EVERY 65 SECONDS SOMEONE IN THE UNITED STATES DEVELOPS ALZHEIMER’S.

• WOMEN MAKE UP 2/3 OF ALL THE CAREGIVERS CARING FOR THOSE WITH AD OR DEMENTIA.

• AFTER 60, A WOMAN HAS A 1 IN 5 CHANCE OF DEVELOPING ALZHEIMER’S.

• A WOMAN IN HER 60’S IS TWICE AS LIKELY TO DEVELOP ALZHEIMER’S OVER THE COURSE OF HER LIFE TIME THAN BREAST CANCER.

• IF ALZHEIMER’S RUNS IN YOUR FAMILY THAT DOES NOT NECESSARILY MEAN YOU WILL GET IT.

• CONVERSELY, IF IT DOES NOT RUN IN YOU ARE STILL AT RISK.

• $226 BILLION IS THE DIRECT COST TO THE AMERICAN ECONOMY FROM CARING FOR THOSE WITH ALZHEIMER’S.
The Women’s Alzheimer’s Movement chose four Alzheimer’s choirs from across the country to participate in the announcement. They are from New York, Milwaukee, Chicago, and Montgomery. Laura Bridger, daughter of Hettye Sue Bridger, was inspired by her mother’s participation in the Side By Side Choir of the Montgomery. She invited the advertising team of the Movement to look at the Montgomery choir as a candidate to be in the mix of choirs to be highlighted across the country. They were blown away with the Side by Side Choir numbers, spirit and enthusiasm and asked if the women of SBS would form a women’s chorus to take part in the National campaign.

Led by Dr. Jack Horner, Mickey McInnish and coordinated by Ms. Laura Selby of the Respite program, the Side by Side Chorus was comprised of 40 women living with Alzheimer’s, their care partners, and Respite volunteers.

Three trucks rolled into the parking lot from Birmingham with their own lighting, sound equipment and camera crews. The Chorus, as testament to its power, had a great impact on the production crew. Many were overwhelmed with the hospitality and kindness of the program. One cameraman, dressed in black, with tattoos and spikey blond hair, had tears streaming down his face as the Chorus really got into the Ben King classic, “Stand by Me.”

He saw what we all have known for a long time—that you can’t make it through this disease alone.

EVERY 66 seconds someone in the United States develops Alzheimer’s disease.

More than 5 million Americans are living with Alzheimer’s.

BY 2050, THIS NUMBER COULD RISE AS HIGH AS 16 MILLION.