There are no labels; both the volunteers and those participating in Respite have a longing for meaning and growth. We work together to support each other. The volunteers support participants to be independent, and we all enable each other to contribute to decisions and choices made throughout the day. Autonomy is crucial to well-being and the Respite atmosphere empowers our friends to be in control of their actions.

Daphne Johnston,
Director of Respite Ministry

Contact Us
For questions regarding building a Respite Community in your area or attend a Respite for All Community training contact Daphne Johnston at djohnston@fumcmontgomery.org or 334-440-9911.

Find Us
Facebook.com/RespiteMinistry | fumcmontgomery.org/respite (Foundation Website Under Construction)

The Respite for All Foundation is a tax exempt organization under section 501(c)(3) of the Internal Revenue Code and does not discriminate on the basis of race, color, religion, sex, age, national origin, or disability in its employment, programs or activities.
The Story of Rosemary: 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!

Respite Area Map: Where Our Communities Live

Who would participate in a Respite Community?

• A Friend: A person living with established dementia, Alzheimer’s, Parkinson’s, or related memory loss condition in the early to moderate stage. However, there are many friends who can that no longer verbally communicate that find great joy and benefit from the group dynamics.

• A Volunteer: A person willing to undergo training and share his/her enthusiasm, love, and companionship with those challenged by dementia.

Why is the faith-based volunteer model so successful?

Body language is most common at Respite, whether in activities, bags at the door, the enjoyment of music, or the intimacy of a friendly conversation in a small group. Respite creates the space for these moments of love to occur all through the day.

Barbara Fredrickson, professor of Psychology at the University of N.C., states that love infuses a person; love expands his/her outlook on life and creates a space in which trust is built. Her theory is that there are small moments of positivity that add up to reshape a person’s life for the better. As John Swinton has said, “You need children to be father, you need a wife to be a husband, and you need friends to be friend.” We must be intentional about new opportunities to share time and elevate one another.

Respite provides a place of energy, meaning, and hope through an atmosphere of continuing education and a “cocktail party” atmosphere. Everyone involved is constantly learning and excelling to be among friends!

Respite communities provide the time it takes to develop genuine relationships where these moments can be shared and accumulate. The time shared leaves people craving more genuine connections with their neighbors.

Respite is like a passage way to experience the type love we will have in Heaven.

Rick Gassenheimer

Volunteer Impact

Each day our team led classes that included:

• Cognitive stimulation
• Exercise & weight training
• Yoga
• Community service projects
• Inter-generational concerts and visits
• Creative writing
• Spiritual services

Volunteer Facts

In 2018 alone, approximately 200 volunteers donated their time and talents for over 14,000 hours.

What makes Respite Communities sustainable?

1. No Overhead | Communities are housed in churches where space is available during the week for no cost.

2. Minimal Paid Staff | Churches have armies of volunteers willing to serve if given the vision.

3. Social Program | A medical staff is not needed because no medical care or meds are dispensed during four hour time of gathering.

4. Revenue of $40.00 a day from those participating greatly offsets costs.

5. Insurance is typically covered under umbrella policy of church because this is a social model.

6. A faith-based volunteer model invites community partners, such as local churches, businesses, and private donors willingness to support Alzheimer’s.