

HANDOUT H2

Question: What did this grant funding allow you to accomplish?

1. Mental health, I am also a staff youth director, and the grant allowed me to pay someone for a week to stay with mother while I attended the national Baptist congress in Jackson, MS.
2. Two Dr. Appt., also I had surgery, I was in the hospital from 3/14 – 3/17 2023 had part of my colon taken out from cancer.
3. It took a ton of pressure off my mind and gave me a small break.
4. Get away from the everyday of you having to be there! Health test back MRI probably back shots, back surgery from lifting!
5. Husbands dr. appt – Help with cleaning out her living quarters after Mrs. Simkins passed away.
6. We were able to take a vacation which was a big relief on our mental health.
7. It allowed me to take a vacation and help unwind and clear my mind.
8. Vacation for me and my husband.
9. Grocery shopping, business, and personal errands, plus helping neighbors.
10. Wow! With the grant I was able to complete “spring cleaning” – I got my yard in order and was able to enjoy planting in my flower beds. Grocery shopping got done – I got to do birthday shopping for my family April birthdays. I also updated some wall art. I got Bill some pants that are easier to get on/off/up/down and shoes! Bill came home happy and tired. Please Hill is WONDERFUL! There are activities! People from the community came to visit and with activities. School students came to play games. There is nutritious food and fun snacks. Please Hill has been perfect for Bill.
 - a. Dear Ms. Wallace, Thank you again for the Respite Grant for my husband William Riley. He enjoys his time at Pleasant Hill very much! I use my time to do chores and run errands. I also put in some time doing things I enjoy, but Bill does not. This grant helped both of us and our budget, too! Thank you again for your kind generosity.
11. Ministry work, shopping, visit my friends, thank you so much.
12. Attend church, which helped with mental health, grocery shopping and running other errands.
13. Study, rest, regroup, peace of mind.
14. For myself to make it to my doctor appointment that I have been moving around, eye appointment. I am happy that you guys are helping me because I couldn't keep up with my own things to do around the house, you ladies are a God sent. Thank you so much. Some time and go to my appointments. I had an appointment on 4-20-23 at 4:00pm/time away for myself, peace of mind.
15. It allowed me to attend my grand daughters' wedding and the reception and go shopping for myself, visit with my parents. But most of all it allowed me to attend church again.
16. This funding allowed me to go to work.
17. Mental/physical health by resuming a good yoga class and knowing I had help for other things that come up in the future. I used it for a dr. appt. for myself, and for groceries. Thank you so much.
18. Time to go see my grandson play baseball, rest, mental health.
19. We had a bad car accident on 2/8. This helped me have time/peace to make decisions about another used care, make my own doctor appointments. Sometimes stress is high when caring for loved one with dementia plus stress of injuries from accident and decision that had to be made are tough. Thanks for helping to lower stress in my life. Much appreciated.
20. Able to go and have time to continue going on work events. Thank you! I was able to attend and present at the American Association of Suicidology Conference.
21. Funeral attendance and vacation.
22. Went to my granddaughters' ball game.
23. Fulfill part-time work hours.
24. Stress relief, time to take daughter to work without worry of mom. Overall time to take care of home. Ability to do any errands needed while help is here.
25. To attend my own doctor appointments, help with taking my wife to her numerous doctor appointments. Time to mow my yard and grocery shop, help with bathing and cooking. She also would give me short breaks while my wife was in hospice care in the end stages of her severe dementia.

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26. Doctor appointments after husbands' hospital stay and short get away.
27. Day trips - visits with friends and relatives, personal solitude.
28. Mental health improvement, above all! Grocery shopping alone (another huge one). Mini vacations (day trips) and opportunity to work from home on Tuesdays while she's at Pulaski heights.
29. I had to travel for my job, I was stressed about how to make sure someone was there for him. This was a blessing to have to travel two times a year.
30. Doctor appointments and test procedures, grocery shopping and vehicle maintenance appointment.
31. Mental health, less stress, I simply cannot keep up with everything. Thank you.
32. Self-care a massage and spa day. Paid Terri Ard to take care of my wife. A break to help with my mental and physical self-care.
33. Short vacation, less stress, also were able to attend a religious convention.
34. Thank you from the bottom of my heart for this grant. Because of it, I was able to go to doctor appointment, dentist appointment, take my car in for repairs, grocery shopping, go to a restaurant and have lunch with a friend, and have some mental health time. Thank you so very much.
35. This grant was a blessing most of all, giving me the opportunity to get out of the house to just rest and clear my head of all the demands on me.
36. The grant allows me to breathe as my husband and I are with my aunt most of the time. Respite care is needed because even caregivers need a mental health day.
37. This grant is nothing short of a God send. For brief periods of time, it allows me time away knowing Tully will be taken care of. I was able to do some shopping as well as medical appointments for myself. I always have an attitude of gratitude! Thank you for all the help Alzheimer's Arkansas has given to me! So, appreciated! Once again may I say, thank you from the depth of my heart for all you have done to assure me of a little time of taking care of me! Trust me when I say you're appreciated. We have been blessed with the grant 3 times but will never take you for granted!
38. Thanks to this grant, I was able to take a vacation one weekend. Spent the weekend with my grands the next weekend.
39. I was able to relax without the added stress of worry of is my mom alright and visiting my grandchildren.
40. Me time!
41. More time to do family chores and errands. Also gave me reprieve from constant care. Thank you so much!
42. Hair and Dr appointments, grocery store, various errands, time spent with friends and a little alone time.
43. My sister's apartment flooded, and she had to move out. The grant allowed me to help take her apartment down since she wasn't going to be able to return to it. My sister was very ill, and my husband stayed with her while I attended to other pressing chores.
44. In October the grant funding allowed me to attend our DHS AHSEA conference. In April I was able to attend my Omega Phi Fraternity District meeting in Tulsa, OK. The caregivers were amazing with my wife. They kept me informed of her actions/behaviors the entire time on both occasions.
45. day out, anniversary, attend church outing mission day, graduation day.
46. I got to go to dr. appts, grocery shopping, and just take some mental health time for myself. Not enough thanks can be given. I needed the mental health breaks. A Big Thank you again.
47. More mental health knowing I had coverage and help.