A hand holding a purple ribbon against a background of a forest and a winding road.

# Hope and Light ...

*...for the Alzheimer's Journey*



**Wesley Memorial United Methodist Church**

1225 Chestnut Drive • High Point, North Carolina • 27262

October, 2020

Alzheimer's Disease has taken no hiatus during the 2020 pandemic, and currently affects 6 million Americans. If you do not know someone personally who has the disease, chances are that you know a caregiver or a close friend who is dealing with dementia firsthand. It is heartbreaking.

We thank you for your love and compassion. YOU have already reached out with a Tribute Donation. YOUR GIFT continues the important work of providing Alzheimer's care for those diagnosed with this disease, as well as supportive programs for their caregivers. YOUR GIFT accelerates the research towards the vision of a world without Alzheimer's.

Jesus said, ***"I am the light of the world."***

***Whoever follows me will not walk in darkness,***

***but will have the light of life."*** (John 8:12)

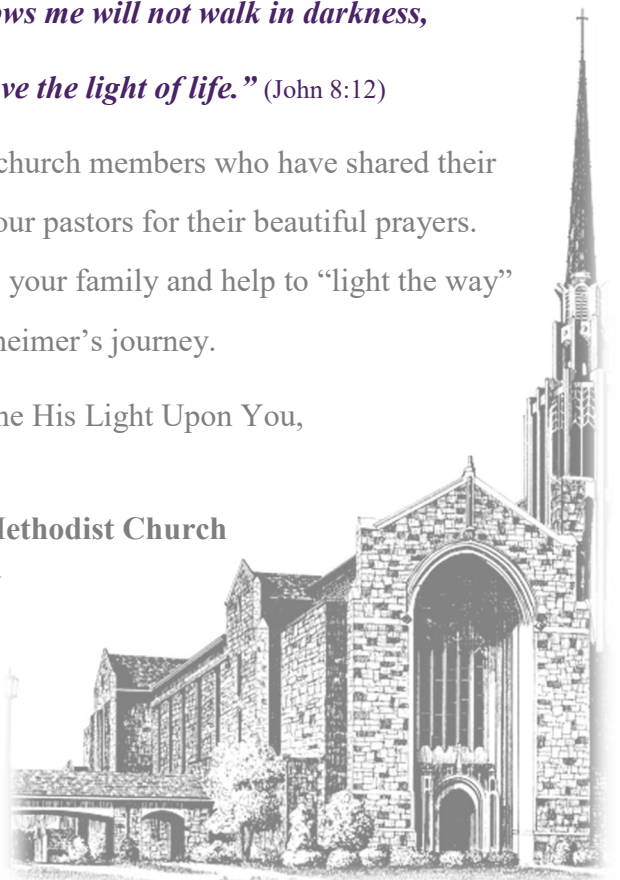
A very special thanks to our church members who have shared their personal stories here, and to our pastors for their beautiful prayers. We hope that these will bless your family and help to "light the way" for those who are on the Alzheimer's journey.

May God Bless You and Shine His Light Upon You,

**2020 Senior Adult Council  
Wesley Memorial United Methodist Church  
High Point, North Carolina**



**Susan Sumpter**  
Senior Adult Council, Chair





## A Prayer for Those Suffering with Alzheimer's Disease



**Jeff Patterson**  
Senior Pastor

Lord Christ, great is your love for us. You are our rock, our refuge, our shelter, and our deliverer. You bring light into all darkness and fill our lives with the radiance of your presence. Look with mercy upon all those who suffer from Alzheimer's Disease and Dementia. Grant them comfort, peace, and dignity. Fill their minds with memories of your goodness. Surround them with an understanding, patient network of friends and family. In the midst of great loss, give us greater confidence in your love. As our Gentle Shepherd, tend the sick, give rest to the weary, soothe the anxious, and bless the dying. As One well-acquainted with suffering, enter our suffering with your transforming presence. Surround us all with the love and strength of our communion with the Body of Christ. **Amen.**

## A Prayer for Research

*Almighty God*, we beseech You today on behalf of all medical researchers and personnel who are working towards discoveries to support our brain health, the eradication of Alzheimer's disease, and related medical health concerns. We pray that you would give the researchers wisdom and depth of insight beyond even their own human understanding. Provide the resources needed for the ending of this brain disease. *Creator*, we look to You this day and every day for knowledge. Grant the researchers and medical personnel a clear path for the success of their research, that they would know where to look and what pieces fit together in their studies for the ending of this great affliction. *Jesus*, we pray that all barriers to the discovery of a solution for the ending of Alzheimer's and dementia would be removed from the path of those conducting the research. Like a great tapestry woven together, we pray that You would enable the researchers to know how the elements of the brain are connected with all other aspects of the body, that we would experience brain health around the world. Holy Spirit, teach us the way we are to go that we might know truth and experience wholeness. **Amen.**



**Melissa Lowe**  
Associate Pastor for  
Congregational Care &  
Missions

## **Prayer For Care Partners**



**Ken Lyon**

**Associate Pastor for Generosity  
& Church Vitality**

O God in the shelter of your embrace I seek refuge for my soul. I am often lost, conflicted, grieving, angry and overwhelmed even as I try to be loving, tender, forgiving, understanding and compassionate.

My heart is heavy as the mountains and valleys of this awful disease grow steeper and deeper as I watch the one I love slip away.

My soul cries out in lament like the ancient Psalmist cried out to you in distress. His words and mine become plea and offering to you the one to whom I turn and in whom I trust.

Take then the tears of my sorrow and count them as precious to you. Keep my heart tender even when wounded and full of resentment.

As my faith is stalked by doubt, whisper to me that you have not abandoned me or the one I love. When I am tempted to turn away and fall away come to me with quiet strong assurance of the good shepherd whose voice I follow through the dark valleys.

Help me to treasure the moments that come unexpectedly when I glimpse again if only for a moment the person with whom I have shared life so richly. May those times flood my soul with life-giving memories of love and life that have blessed us both. Comfort me with knowing what has been will always be mine.

Help me to forgive myself when the disease has made me resentful, upset, impatient, weary, feeling guilty and inadequate. You know my heart and who I want to be.

May I seize the opportunities to speak my love and appreciation and forgiveness to the person I love even if they don't seem to receive it. It is more for me than for them. It is a gift for both of us to receive.

Now I offer myself and the one I love to you in trust and hope for the time beyond this life when all tears shall be wiped away. In that glad reunion may I see the prison of this disease broken and vanquished by the power of your eternal promise. In the fullness of your presence we will then both be free. **Amen.**



### Prayer for Medical and Healthcare Personnel

*at doctor offices, hospitals, and dementia care facilities, who are caring for patients*



**Clark Chilton**  
Associate Pastor for  
Contemporary Worship &  
Evangelism

Gracious God,

We thank you for the sacrifice of our healthcare personnel who personify with their actions the greatest love, to lay down one's life for their friends.

We thank you for their selfless calling and pray for comfort and peace during these trying times. We pray your rich blessings on our local hospitals, care facilities, dementia care units and doctor offices. We pray for wisdom for future treatment breakthroughs that will bless and heal your people.

Through their hands, may You continue to heal, bless and bring wholeness to our land. In all things, God, do these things and more for your glory. For those who are physically ill, use our caregivers to continue to bring healing. For those who don't know Christ as Savior, open hearts to your amazing love and forgiveness.

In the name of the Father, Son & Holy Spirit we pray. **Amen.**



## Alzheimer's Promise Garden Flower Colors



**BLUE -** Someone living with Alzheimer's or dementia.



**YELLOW—**Someone who is currently supporting or caring for a person living with Alzheimer's or dementia.

Do you have a particular date that sticks in your mind? An anniversary, a birthday, birth of a child? These are memorable dates to remember. The dates that sticks in my mind is March 29, 2018. That is the date I placed my husband Vaughn in a memory facility because he has Alzheimer's.

How many times did I question my decision? Could I care for him properly at home? I can't watch him 24 hours a day. If I am in the shower will he go outside and wander off? He loves to go outside and pick up sticks. The grass is so short because he has mowed the grass every day. He is packing his clothes because he thinks we have built a home in Asheboro and are moving. I get no sleep because he is up every 45 minutes wanting to take a shower because he thinks he just got home from playing golf.

Vaughn has been in the facility for 2 ½ years. At night when time for bed there is no one to snuggle. So many times, I think I hear him coming in the door. Various pictures of him bring back special memories which bring tears. Our favorite song comes on the radio and I sing it by myself.

How do I survive this loneliness? I have a wonderful support group in my Suzanna Wesley Sunday School class. I have a church that continually prays for me and Vaughn. I have friends that allow me to cry on their shoulders. And above all I have my faith and God who gives me strength.

The memories of our life together have been wonderful. When I visit him at the memory facility he smiles and gives me hugs. Sometimes I am me and other times I am his sister or his mother. But throughout this journey he has kept his sense of humor. One of his favorite expressions is "It's been a H and a D" which means a highlight and a delight. I can honestly say that our marriage of 49 years has been a "H and a D." I love you Vaughn.





### Alzheimer's Promise Garden Flower Colors



**ORANGE** - Someone who is supporting the cause and vision of a world without Alzheimer's.



**PURPLE** - Someone who has lost a loved one to Alzheimer's.

When I first heard that my friend Pete had early Alzheimer's disease, I immediately rejected that idea because it could not possibly be happening to Pete. He is too young to have something like Alzheimer's. It is something that happens to really old people and besides Pete is in great physical shape. I have never heard him stumble on word retrieval or not remembering things. No, it could not be happening to my friend Pete.

Well that was a couple of years ago and it was happening to Pete as we all now realize. Back then (a couple of years ago) it was "moderate early Alzheimer's" for Pete but now it has progressed to a much more severe diagnosis. As a friend I questioned myself as to what was my role in this unwanted turn of events to Pete, his family and all those who love him. He did not deserve this fate and yet here it was. After some serious prayer, a bit of deep soul searching and even a small bit of guilt I concluded my role was to be a friend, yes to be Pete's friend. Someone you can count on, someone you can cry and laugh with, someone who understands with a simple nod of the head, and someone who is there when the chips are down.

What I discovered on this journey that I am on with my friend Pete is I thought that I was going to be the one helping but in fact I have been the one who has been helped. Pete has shown me courage in the presence of fear. Pete has taught me how to accept our life reality and do it with a smile on your face. Pete has taught me what it is to fight the good fight in the face of really poor odds. Most importantly, Pete has taught me to have faith in God and that He has a plan for each of us and we need to lead our lives in appreciation of each day we are given. Pete loves God our Father and I love my friend Pete.



*...for the Alzheimer's Journey*

## Two Fathers, Two Journeys...



### By Jerry & Kay Tucker

Jerry and Kay Tucker have been volunteers on the planning committee for the Walk to End Alzheimer's for more than 4 years. They have seen their walk event grow from a crowd that barely filled a small part at High Point University to overflowing LeBauer Park in downtown Greensboro. They have grown their understanding of just how many in their community need the support of the Alzheimer's Association and learned to expand their reach. They have repeatedly blown past fundraising goals. To say their experience with Walk planning has taught them the flexibility to dream big would be an understatement, but their journey started many years ago as they both watched their fathers fight Alzheimer's disease.

Kay's dad, Hubert, managed Mayberry's ice cream shop in High Point for over 50 years. He was "really outgoing and social," shares Kay, "telling corny jokes" and "giving out free wafers to all the kids who came into his store. He was a very jovial person." The family started noticing things were changing when he started asking for directions to places he and his wife frequented, which is one of the warning signs of Alzheimer's. He also started changing his hearing aid batteries at a much higher rate. After his diagnosis, Kay helped her mom out with caregiving, seeing just how much of a toll it was taking on her as well. "She was really the rock of our family," explains Kay. "[Everything] was really hard on her. It was exhausting to watch him pace to the mailbox multiple times a day." Throughout his Alzheimer's journey, however, Kay's father continued to serve ice cream and smiles, eventually passing away in 2005.

Jerry's father, Charlie, was the president of an electric contracting company. He was "introverted, but kind." His journey with Alzheimer's could not be more different. For starters, Jerry had lost his mom in 1998, so his father did not have someone watching his decline firsthand from the beginning. Before his mom passed away, she told Jerry that "something wasn't quite right" with his Dad, but they did not even imagine Alzheimer's until he had a mild heart attack and was diagnosed in the hospital. The family started noticing driving habit changes after this and a lost ability to cook independently. After being swindled out of a "good sum" of money from a phone scam call, Jerry and Kay hired in-home care to help in caregiving. Jerry's father fixated on Walker Texas Ranger and "would have watched it 24/7 if we let him," laughs Jerry. Jerry still thinks he can recite full episodes from memory, even though his father passed in 2009.

After losing both of their fathers to Alzheimer's disease, Kay and Jerry started participating in Walking to End Alzheimer's in their memories. Their first walk was a small event where they walked with a friend who had a personal connection. Those first couple of years, they fundraised through their network of friends and family and focused on finding a



*...for the Alzheimer's Journey*

**... One Mission**

cure for this disease. Over the years, their effort has grown to a full community affair, with bake sales and a pre-walk event at Wesley Memorial United Methodist Church. They give educational presentations at their church to “give back” through the walk season.

## Wesley Memorial's Walk To End Alzheimer's, 2019





## Walk To End Alzheimer's Donations, 2020

### In memory of:

**Dorothy Adams** (mother), and **Gary Wynn** (friend) by David Adams.

**Amy Elizabeth Coberly** (mother) by Tom & Rosemary Adkisson.

**Ethel P. Andrews** (Norman's mother) by Norman & Anne Andrews.

**Gladys Beasley** (mother) by Bonnie Beasley.

**Kitty Boone** (wife) and friends **Gene Bohi, Elizabeth Mewborne, Rob Culp, Art Honeycutt, W. Vann York, Bill Blanton, Arnold Koontz, Betsy Collins, Harold Martin; David Dowdy Jr.** (brother-in-law), and **Doris Dowdy** (sister-in-law) by Donald & Lavone Boone.

**Doris Bouldin** (mother) by Eddie, Rodney & Lynn Bouldin.

**J.B. Brackett** (father), **Alston Brackett** (uncle), **Gene Brackett** (cousin) and **Dick Brackett** (cousin) by Doug & Pat Brackett.

**Edith J. Gallimore** (mother) by Bonnie Broadwater.

**Lucy J. Kale** (Norma's mother) by Hubert and Norma Brown.

**Sandra R. Davis** (former wife & friend) by Robert & Fredericka Davis.

**Kitty Coble** (best friend) and **John Gillespie** (friend) by Shirley Duncan.

**George Clark, Jr.** (husband) by Marie Clark.

**Nick Fisher** (Karen's father) by Jim & Karen Gooding.

**Marguerite (Toni) Ritch** (mother), **Charles (Charlie) Martin** (former co-worker & father figure) by Marilyn Groome.

**Martha Collett** (aunt) by Patsy Henderson.

**Jean Holcomb** (mother) by Jim & Marti Holcomb.

**Clara Belle Lassiter** (mother) by Sandy McCaskill.

**Nancy Young** (niece) by George & Patty McLarty.

**Myrtle Weir** (step mother) by Sandy McNeil.

**Gina Milliken** (Bill's mother) and **Allen Smith** (Cindy's father) by Bill & Cindy Milliken.

**Harold Martin** and **Dick Wright** by Patricia Nash.

**Ruth Taylor** (aunt) by Ann Reece.

**Marion McInnis** (Helen's mother) by Rocky & Helen Rice.

**Hayes Baber** by Joe & Judy Needham.

**Bob Rule** (husband) by Bee Rule.



## Walk To End Alzheimer's Donations, 2020 *(cont'd)*

**Jim McGeogh** (father) by Susan Sumpter.

**Lloyd Taylor** by June Taylor.

**Hubert Leach** (Kay's father) and **Charles Tucker** (Jerry's father) by Kay & Jerry Tucker.

**Lester E. Zimmerman** (father) by Louisa Anne Zimmerman.

**W. Vann York** (husband) by Ann York.

**Doris Lyles** (cousin) by Susan Browder.

**Troy Roebuck Davis** (uncle), **Johnsie Pugh Liner** (aunt) , and **Norma June Davis** (aunt) by Phillis Pugh.

**John A. Gillespie** (husband) and **Ivy Rene Riggs** (mother) by Jackie Gillespie.

**J. Claude Kimrey** (husband) by Lillian Kimrey.

**Mrs. George C. Lyles** by Mary Lyles.

**Larry York** (brother of Vaughn York) by Debbie York.

### In honor of:

**Vaughn York** by Debbie York.

**Jim Cole and Pete Thompson** by David Adams.

**Dewey Chilton** by Mr. & Mrs. Otis Chilton.

**Jill Cooper** by Steve & Becky Condon.

**Pete Thompson** by David & Jennifer Covington.

**Lou Washburn and Margaret Lewis** by Robert & Fredericka Davis.

**Bill & Caroline McGuinn** by Marie Clark.

**Pete Thompson** by Mr. & Mrs. Augustus Elliott III.

**Lena Little** by Jeffrey Henderson.

**Mrs. Patty McCombs** by Sheri Hicks.

**Tom Gillespie, Larry Brown, and Mike Hedrick** by Jim & Marti Holcomb.

**Elizabeth Howle** by Richard Howle

**Susan Harrison, Margaret Lewis, Chris Puckett, and Pete Thompson** by Corky & Judy Hustrulid.

**Huddler Moore** by George & Patty McLarty.

**Pete Thompson, Lou Washburn, Mike Hedrick, and Faith Key** by Mary & Tom Mason.



## Walk To End Alzheimer's Donations, 2020 *(cont'd)*

**Jim Edmiston, Susan Harrison, Pete Thompson, Marcia Williams, Rita Woodruff, Vaughn York, and Skip Nash** by David & Glenda Miller.

**Jerry & Kay Tucker** and **Carolyn & Dwight Steed** by Patricia Nash.

**Eunice Spencer** by Bonnie Odom.

**Skip Nash** and **Pete Thompson** by Howard & Tamara Regan.

**Susan Harrison** by Rocky & Helen Rice.

**Royale & Michael Wiggin** and **Charlie & Patsy Surles** by Charles & Vanessa Surles.

**Harvey Lowd, David Covington, Blades Elliot, and Jim Royal** by Pete & Jo Thompson.

**Chuck Wannamaker** and **Pete Thompson** by Pam & Mike Wannamaker.

**Lou Washburn** by Jordan Washburn.

**Pete Thompson** by Jim & Sheryl Williamson.

**Vaughn York** and **J.B. Davis** by The Susanna Wesley Sunday School Class.

**Vaughn York** by Mickey Warth.

### Other donations from:

Bonnie Cashion

Lucille Duncan

Butch & Betsy Hodge

Joel & Faith Key

Joe & Diana Lorber

David & Linda McCoy

George & Julie Sanders

Anthony & Jeanne Sedberry

Vivian Penry

Eugenia & David Pruette

Brenda Bradner