

I had heard good things about St. John's Adult Day from a friend who had used the services for her loved one. I knew I needed help; it's an extremely hard job to care for someone on your own and keep them safe. I am Annie's younger sister and have been caring for her for several years now. I work and so I needed to find a place where Annie could stay and be safe while I was working. St. John's is such a blessing.

I know that Annie has lots of friends there and she really enjoys the activities like balloon volleyball. They are good people caring for her at St. John's and I know she is safe. Sometimes while Annie is at St. John's, I have time to go exercise or catch up on things I need to do for myself.

If I had to leave her at home while I worked, I would be worried about her falling or being around people who would not have her best interest in mind -- on top of the being alone! Which is not good for her mind. At St. John's I know she is talking and having a good time with people who really care about her!

My sister Annie comes to the program 3 days a week. I wish that her benefits would allow her to come every day!!

Felicia Watt