

# Testimonial

*What The Good Companions means to me*

*"When I started to come to The Good Companions in 1997, I came to help my mother. The Doctor said she needed to exercise with weights to help with her osteoporosis. I used to sit in the lobby until my mother finished her exercises.*

*I was able to join in 2003 as they lowered the age to join. I exercised with my mother and I also went with the walking group. We always attended the Walk of Ages and the Birthday Parties.*

*Mom had vascular dementia and Alzheimer's. She required constant help and supervision that I provided. Mom died January 6th, 2009. After that, I was lost. I was tired from care giving and lonely from being alone. Coming to The Good Companions, I met such good people who welcomed me.*

*I have fun at the Bingo games and I won nearly every two weeks. This is inexpensive and so much fun, as are the birthday parties, teas and other social events. The entertainment is excellent and fun. I'm going to continue with the exercises and other programs. I encourage others to join The Good Companions for support, exercise and just plain fun."*

*Linda Tennant (member and volunteer)  
July 24th, 2011*