



A SARATOGA GROVE TESTIMONIAL

“Having peace of mind is what matters.”

✦ Michelle and Anamae Sinka
Saratoga Grove Daughters' Respite Resident



Anamae Sinka lives with her daughter Michelle's family in Florida, but she still comes to Saratoga Grove for respite care.

A few years ago, when Anamae and Michelle still lived in nearby Lombard, Anamae came to Providence Healthcare and Rehabilitation Center in Downer's Grove for rehabilitation. That was when Michelle first learned of respite care.

“I didn't even know what that was,” Michelle says.

Michelle learned that respite care meant that Anamae could stay at Saratoga Grove while Michelle was traveling, and that Anamae would receive a private room, three meals a day, and all the assistance she needs, in addition to being offered all the social opportunities Saratoga Grove residents enjoy on a daily basis.

“The first time, right away, I felt so comfortable here,” Michelle says.

Since January of 2014, Anamae has stayed at Saratoga Grove for short respite visits 3-4 times a year. And now that they live in Florida, Michelle and Anamae fly here every time they need respite care—just for Saratoga Grove.

“People ask, ‘You can't find a place closer to home?’ and I tell them that I've tried,” Michelle says. “But it's a place where I don't have to worry. When she's here, it's the only time I'm not with her that I'm 100% at peace.”

“That peace of mind is what matters,” she says. “It's worth the trip.” ✦



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