

## Outstanding Alumni: Mrs. Daphne Mobley Johnston '95



### *A Conversation with Daphne Mobley Johnston - September 20, 2016*

**Q: Tell us what you do now. What does your typical day entail?**

A: I am the founder and director of The Respite Ministry, a day program for those with early to mild dementia. Our ministry has not only spread throughout Montgomery, but we have launched 5 other programs in 4 cities in Alabama. We fill 45 volunteer slots a week to run the program Monday-Thursday from 10:00-2:00pm giving Respite to care partners and purpose to those with Alzheimer's.

**Q: What projects are you currently most excited about?**

A: Recently, our program was awarded a 110K dollar grant from a family foundation with hopes of starting multiple programs across the state of Alabama. Our program is working closely with UAB Neurology to spread the volunteer model of care around the southeast. Our program was featured by the Administration on Aging this summer on a national webinar and from this presentation, The New York State Respite Coalition has highlighted our model and has asked me to speak to over 200 churches on how to build our Alzheimer's ministry in November.

**Q: How has your life journey been influenced by your time at Donoho?**

A: My athletic career at Donoho taught me all the business skills I would need to build a team and be successful. From academics to athletics, it was not the end result but the work ethic and preparation that went into the process that helped me the most.

**Q: What is the first thing that comes to mind when you think about Donoho?**

A: The teachers' love and dedication for what they do.