



DEAR FRIENDS

Dear Friends,

As many of you know I will be retiring from my position as Director of the Strong House this month. As sad as I am to leave, I am excited to be able to spend more time with my husband, my children and my grandchildren.

I have always considered working at the Strong House my dream job. The last 18 years have been the most rewarding time of my life. I feel a bond with each and every client and family member that has walked through our doors. You have all touched my heart. Words cannot convey how deeply grateful I am for your ongoing support and trust.

It has also been a privilege and honor to work beside such a kind, dedicated and fun staff. I have no doubt that they will ensure a smooth transition after my departure. I am also grateful to the management of VNA Community Healthcare and Hospice who put their trust in me 7 years ago appointing me as Director. They supported our goal to create a warm, homey environment where we could truly care for and celebrate our clients.

Strong House will always hold a special place in my heart.

“How lucky I am to have something that makes saying goodbye so hard.” ~Winnie the Pooh

Sincerely,

Lori Murphy, RN

PERSON OF THE MONTH: CYNTHIA FARACE WRITTEN BY ROBERT FARACE

Cynthia Farace was born in New Haven to Mary and Milton Harris on March 11, 1937 and grew up near the beach in West Haven on Prospect Avenue. In her late teens she met Bob Farace. Defying prevailing social mores, they eloped to Yonkers. In 1960 they moved to Clinton, where Cynthia



and Bob had three children, Robert, Jr., Lori, and Kevin, each of whom is Cynthia’s favorite.

In 1964 Cynthia took a “temporary” job at Chesebrough-Ponds, starting on the production lines and soon moving into Quality Control, where she eventually became a Senior Quality Control Technician. Cynthia retired thirty-five years later in 1999. Chesebrough-Ponds tried to soldier on without her, but eventually gave up and the plant closed a few years later.

Leisure time was spent taking the family camping around New England. Cynthia also liked to engage in ceramics, floral design, and stained glass.

Cynthia and Bob’s family blossomed, adding seven grandchildren and two great-grandchildren. Step-family adds another five grandchildren and, if I’m counting right, eleven great-grandchildren, and one great-great-grandchild.

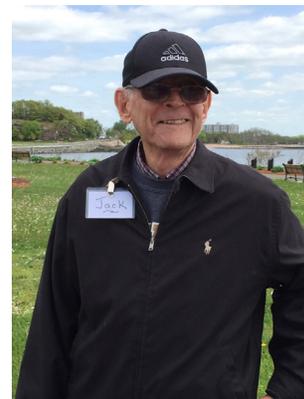
Bob passed away in 2015. Due to health concerns, Cynthia recently moved to her daughter Lori’s house where she enjoys the company of Lori’s mother-in-law Judy, several dogs, and what seems at times like an uncountable number of toddlers and infants, all keeping her young at heart.

SNOW DAYS

We will be posting closings on WTNH Channel 8 News by 6:30 am and will also put a message on our answering machine (203.245.0524). Our clients’ safety is always our main concern, so if you are unable to clear your driveway or walkway of ice or snow please notify us and we will re-schedule the day.

IN MEMORY OF JACK MEANEY

We express our deepest sympathy to the family of our beloved former client Jack Meaney. Jack passed peacefully last month at the age of 85. Jack was an active participant at the Strong House for 4 years. He was a proud navy veteran who loved his family deeply and anything to do with sports or West Haven where he was



extremely active. He will be remembered at the Strong House as a true gentleman who lived life with a positive attitude as evidenced by his favorite expression: "perfect, perfect!"

We thank Jack's family and friends who chose to honor him by designating Strong House as recipient for donations made in his memory. He will be missed.

HOLIDAY GIFTS

Please consider purchasing our Be Strong for Strong House T-Shirt as a holiday gift this year. The shirts are \$15. and all proceeds go right back into our program. If you are interested in buying just send in cash or a check and specify the size and we'll send one home to you.

Every holiday season we are touched by the generosity of our clients and their families. As you may know, our policy states that employees cannot accept individual gifts, but if you'd like to show your appreciation, please consider making a monetary donation to the Strong House (we are a nonprofit and all monetary donations are tax deductible). Gift cards to help us purchase "extra" items that help our programs (Walmart, Joanne Fabrics, Stop and Shop, etc.) are also appreciated.

Sometimes we are at a loss of what to get our elders who seem to have everything. Lately, some of our clients have been the recipient of monetary gifts from their relatives that enable them to attend the Strong House more frequently. The result is a happy caregiver who gets some much needed respite and our clients enjoy the extra social time at Strong House. If you would like to discuss, please call Diane at 203.245.0524.

RECREATION CORNER

Holiday crafts and festivities fill the month of December. On Mon., 12/4 we'll join our friends at Madison House to sing carols. Our Hanukkah celebration will take place the week of 12/12. We plan to visit The Knights of Columbus Museum on Fri., 12/8 to view their Christmas Tree Festival and Crèche Exhibit. We'll have a visit from Santa on Tues, 12/19 at our holiday party. And, we'll ring in 2018 at our New Year's Celebration on Fri., 12/29. Jackie, our hairdresser will be here on Mon., 12/4 and Linda, our massage therapist will be here twice in December: Fri., 12/1 and Fri., 12/29. Both are \$12. Please let staff know if interested.

WELCOME NEW FRIENDS

Gloria Neri of Westbrook

HAPPY BIRTHDAY

Patrice Gray 12/2
Freddie Schimanski 12/21
Martin Sklaire 12/25
Wendy Kallinich 12/27
Eloise Mester 12/29

We encourage you to send in a cake for the celebration!

REMINDER

We will be CLOSED Monday, Dec. 25th and Monday, Jan. 1st.



**Have you "liked" us on Facebook yet?
See more photos, updates on our activities and relevant healthcare news.**

This program is supported by the Senior Resources-Agency on Aging with Title III funds made available under the Older Americans Act.



Strong House Adult Day Center

546 Durham Road, Madison, CT 06443

203.245.0524

StrongHouseCT.org