



DEAR FRIENDS

“There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be a caregiver and those who will need a caregiver.”

- *Rosalyn Carter*

November is National Family Caregivers Month, as well as National Alzheimer’s Disease Awareness Month.

As the above quote states, at some point each of us is destined to fall into one or more or all of these categories during our lifetime.

The health consequences are well-known, as family caregivers are more likely to experience depression, anxiety and chronic illness than non-caregivers.

Every day, 40+ million family caregivers provide assistance with the activities of daily living. In 2015, the dollar amount of this unpaid care was valued at \$470 billion per year! About 16 million family caregivers care for someone who has Alzheimer’s Disease or other dementia related illness.

Our Strong House family caregivers are the most caring, dedicated and selfless folks you will ever know. We are so very grateful! As a small token of our gratitude and to honor you, we will be sending home a rose, courtesy of VNA Community Healthcare and Hospice.

As many of you know, the Alzheimer’s Association is an extremely valuable resource for education and support. The Helpline is 1-800-272-3900. There are also many support groups in the area, please ask us.

The following is a list of caregiving books that you may find helpful:

*The 36 Hour Day – Mace and Rabins

*Learning to Speak Alzheimer’s – Coste

*Creating Moments of Joy along the Alzheimer’s Journey – Brackey

Surviving Alzheimer’s: Practical Tips and Soul-Saving Wisdom for Caregiver – Scott

*Chicken Soup for the Soul: Living with Alzheimer’s and Other Dementias: 101 Stories of Caregiving, Coping and Compassion – Newmark

*Caring for a Person with Alzheimer’s Disease – National Institute on Aging

*A Pocket Guide for the Alzheimer’s Caregiver – Potts

*At the Heart of Alzheimer’s – Simpson

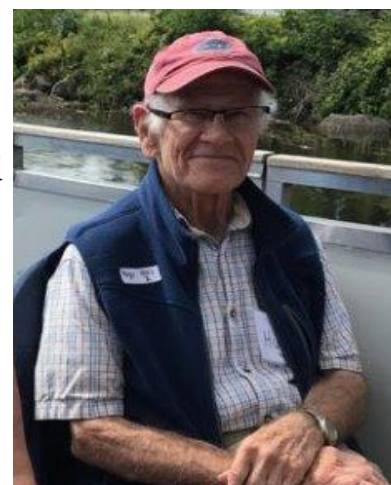
We have the books marked with an * in our library and would be happy to lend them out.

Have a wonderful Thanksgiving!

Kate Blais, RN

PERSON OF THE MONTH: HUGO NICKSIE

I was born the eldest of four children on Maple Avenue in Hartford on March 20, 1931. I joined the National Guard while I was attending Buckley High School, class of 1949. I attended UCONN where I obtained my Pharmacy degree.



I spent four years in the Army. My last stint was as an instructor at Fort Bliss in El Paso, which was not too painful!

After the army, I then joined my parents in Ivoryton, Ct and opened the Ivoryton Pharmacy. I married and had four children- three sons and a daughter. I

operated the pharmacy for 30 years. I then went on to become a Pharmacist at St. Raphael Hospital for 17 years.

Fast forward, I have always enjoyed boats and the water. I have had a couple of sailboats and enjoyed sailing on Long Island Sound and up the Connecticut River. I love traveling! The best adventure I had was a ten day trip through the Grand Canyon, it was fabulous! Visiting the Greek Islands and Delphi was great, too. I live in Clinton with Corrie. I still enjoy being near the water. I also enjoy a good walk and spending time at Hammonasset.

INCLEMENT WEATHER

Weather related closings will be posted on WTNH Channel 8 by 6:30am. You may also call the Strong House for messages regarding our status (203) 245-0524. Please remember to shovel/de-ice walkways and driveways to enable safe transport.

DAYLIGHT SAVINGS TIME ENDS

It's time to FALL back! Don't forget to set your clocks back by one hour before going to bed Saturday night, November 3.

WELCOME NEW FRIENDS

Doug Morse of Westbrook
Marge Franson of Clinton



**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

RECREATION CORNER

We had a busy month in October with leaf peeping, fall crafts, pumpkin decorating and our Halloween Party! Please take a look at our November calendar for all of the wonderful activities. We have lots of music, exercise, movement, craft and brain booster programs planned. On Veteran's Day, November 12th, we'll be honoring our Veterans. We are fortunate to have several Veterans from the Army, Navy and Air Force. Linda, our massage therapist will be here on November 30. The cost is \$12.00, please let staff know if interested.

HAPPY BIRTHDAY

Diane Gauthier 11/15

Elsie Rielly 11/30

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

REMINDER

The Strong House will be OPEN on Veteran's Day Monday, November 12. We will be CLOSED for Thanksgiving Thursday, November 22. The Strong House is OPEN on Friday, November 23.