



Strong House Adult Day Center

August 2017 Newsletter

DEAR FRIENDS

"Don't cry because it's over, smile because it happened"

~Dr. Seuss

Dear Friends,

On behalf of the entire staff, thank you to all our "cheerleaders" who came to root us on as we marched in Madison's July 4th Parade. We felt like rock stars walking alongside our colorfully decorated van (artwork courtesy of our clients!). We gave out approximately 2,200 lollipops (more than doubling the amount we gave out last year) and still ran out before the end of the parade! Thanks to our great staff, volunteers and Bee, our Strong House Dog, who volunteered their time.

Another highlight of the month was our Senior Olympics. For the 11th consecutive year teen volunteers from Madison Youth Services (under the direction of Erin Corbett and Derek Cornwell) conduct games such as bean bag throw, basketball, and ring toss with our clients. The festivities culminate in a very competitive water balloon toss. The enthusiasm these wonderful teens demonstrate is contagious!

Thanks for your support,

Lori Murphy, RN

PERSON OF THE MONTH: JEFFERY LINCOLN

Jeff Lincoln was born in West Hartford in 1946 where he grew up with his parents and two brothers, Tony and Russ. He attended Kingswood Academy and then went on to attend and graduate from Wesleyan University with a BA in Biology.



While working at Wesleyan during the summer he went on a blind date with Pam, who later became his wife. She was working in Middletown at Long Lane School for delinquent girls. After the summer Pam went back to her home state

of Oregon to finish her college education and then returned to Hartford, Ct. to work.

After graduating in 1968 Jeff and Pam married and headed to Durham, North Carolina so he could attend graduate school. In January of that year Jeff was drafted and then enlisted in the Army. He was stationed in Huntsville, Alabama and then in Albuquerque, New Mexico as an electronics instructor. During his time in the service the couple took the opportunity to explore parts of the South and South West by camping and hiking as much as possible.

In 1972, Jeff left the service and returned to Connecticut with his wife and cat. He worked at Zygo Corporation and then Picker Corporation for some years while also returning to school (University of New Haven) to obtain an MBA in Business. Around 1987 Jeff went to work for Yale as an auditor and then as a manager of an IT department. He retired in 2007, not too long after he was diagnosed with Parkinson's.

Jeff and Pam have two children, Jonathan and Catherine. Jonathan lives with his wife and three children in Burlington, CT and Catherine and her husband and two girls live in Lowell, Massachusetts.

The Lincolns have resided in Guilford since 1976 and spend summers on Groton Long Point. Jeff spent many happy hours sailing, swimming, snorkeling and kayaking in Fishers Island Sound.

A man of many interests and talents, Jeff was able to build a family room onto his home in Guilford. When his son became interested in scouting he signed on as a leader for many years. He was also one of the founders of Guilford Community Television. Until his Parkinson's became too advanced, he loved to bicycle, play guitar, challenge his mother at scrabble, play bridge, bird watch, and swim. He still enjoys taking a dip in Fishers Island Sound.

Jeff joins his friends at Strong House twice a week where he enthusiastically takes part in the exercise program, singing and is excellent at trivia.

REMINDER

We will be CLOSED for Labor Day on Monday September 4th.

“Like” us on Facebook

WELCOME MIKE CLARK

Hi, my name is Michael Clark. I'll be a part time van driver at the Strong House. My wife and I have lived in Madison for the last 6 ½ years, and I'm originally from Milford, Connecticut. We both decided to live in a quieter area with a small town feeling and Madison fits that bill perfectly. I have a son who lives in Texas with his wife and my three beautiful grandchildren. I also have a nephew and two nieces. My wife and I love going to the Surf club and walking downtown with our dog Ally, lounging at home, and taking mini vacations. I also love gardening, little photography, and local history. Last year I became an author. I wrote a history book about my hometown called “Milford Then & Now” that was released in December of 2016. I'm currently researching a West Haven Then & Now and in the middle of writing my first novel.



I'm also a loan officer with East Shore Mortgage Services LLC, located in downtown Madison since 1998. I look forward to working with Lori, Diane, staff, and all the clients at the Strong House.

RECREATION CORNER

We will enjoy a trip to Clinton Beach on Tues., 7/22 for lunch and musical entertainment. On Friday, 8/11 we will travel to Down the Lane Bee Farm in Killingworth. Jackie, the hairdresser, will be here on Mon. 8/14 and Linda the massage therapist will visit on Fri. 8/25. Both are \$12. Please let staff know if interested. Tutters Treats Ice Cream Truck will be at Strong House on Friday 8/25. They specialize in delicious soft serve organic ice cream. The cost to purchase is \$3. Please send in money if your loved one is interested in purchasing. We suggest putting all money for trips, treats and services in an envelope with the client's name and giving it to the van driver or a staff member for safe keeping.

WELCOME NEW FRIENDS

Cynthia Farace of Clinton
Antoinette Shine of Madison

HAPPY BIRTHDAY

Shirley Walker 8/4
Nancy Charnitski 8/31
Howard Hathaway 8/31

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

PIANO HELP NEEDED

Our upright piano is in very poor condition. Our piano playing entertainers tell us that they can use their own keyboard to perform. Therefore we would like to have it removed or donate it. If you know anyone who would like it or has the capability of removing it from the Strong House please call Lori at 203 245 0524. It says on it: George Steck & Co., New York Patent. Sherman Clay & Co.



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

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StrongHouseCT.org