



### DEAR FRIENDS

*“May the sun ignite a thousand fires in your heart to give you strength for the day ahead.”*

*-Anthony T. Hincks*

Dear friends,

May could not have come any sooner. We’ve all endured a long and seemingly endless winter. We can now enjoy sunshine, blue skies, fluffy clouds, flowers, birds singing and everything else that we’ve been missing!

May also brings many occasions for both celebrating and reflection. This is Older American’s Month and this year’s theme is “Engage at Every Age.” This emphasizes that we are never too old (or young) to take part in activities that can enrich our physical and emotional health. Hmm...we know just the place for this!

We would like to recognize our dedicated Strong House nurses during Nurses’ Week, May 6 – 12. Helen Brown RN, Connie Ross RN, Deb Kling- Morawski RN and Patrice Gray RN provide exceptional care. They lovingly promote the health and well-being for all each day. Thank you Ladies!

We will be celebrating Mother’s Day with two special tea parties this month. Shirley “Mrs. D.” will host a “High Tea,” made all the more special with her lovely British accent. We’ll be visiting the Madison House for a Mothers’ Day Tea on May 11.

Armed Forces Day is Saturday, May 19. This is a day to honor military members from all branches who serve or have served. We will be paying tribute to our Veteran’s on May 18.

On May 22, we’ll be going to Bradley Point Park in West Haven for a picnic and to visit the Veterans Walk of Honor Memorial.

Happy and healthy spring!

Kate Blais, RN

### PERSON OF THE MONTH

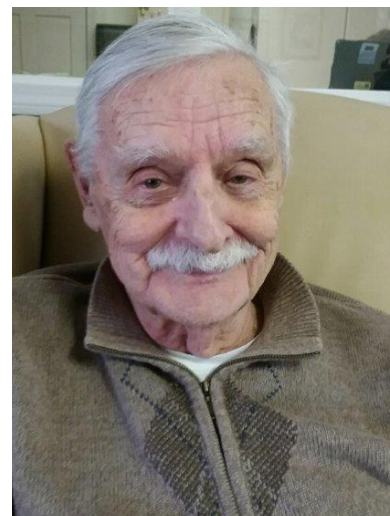
This month we would like to pay tribute to all of our Strong House Veterans:

Fred Farnsworth: US Navy  
Frank Cavallaro: US Army  
George Lott: US Navy  
Jeff Lincoln: US Army  
Dr. Martin Sklaire: US Air Force  
Bob Bagley: US Army  
Barney Caggiano: US Army  
Carl Weis: US Navy (R.I.P.)

We are forever grateful for your Bravery, Dedication and Self Sacrifice!

### IN MEMORY OF CARL WEIS

We express our deepest sympathy to the family of our beloved client Carl Weis. Carl passed away last month at the age of 88. He was a proud Navy Veteran who joined at age 17 and served on 3 ships. Carl deeply loved his family and time spent at the shore with them.



We thank Carl's family and friends who chose to honor him by designating Strong House as recipient for donations made in his memory. We will most certainly miss Officer Carl.

---

## REMINDER

Strong House will be **CLOSED** on Monday, May 28 in observance of Memorial Day.

---

## FALL RISK SCREENINGS

VNA Community Healthcare & Hospice will be doing Balance Screenings at the Strong House on Wednesday, May 9. This will take place during our regularly scheduled exercise program. This screening is funded by the CT Collaboration for Fall Prevention at Yale University School of Medicine through the CT State Department of Aging.



---

## RECREATION CORNER

We are looking forward to all that this month has in store for us. We'll be enjoying our many exercise, music, cognitive, trivia, and art programs among other activities. Please see our calendar for special events and out trips. Our hairdresser, Jackie, is here on May 7. Linda, our massage therapist, will be here on May 4 and May 25. The cost is \$12.00 each, please let staff know if you are interested.

---

## HAPPY BIRTHDAY

Florence Maciolek 5/11

Betty Williams 5/13

Liz Stopa 5/18

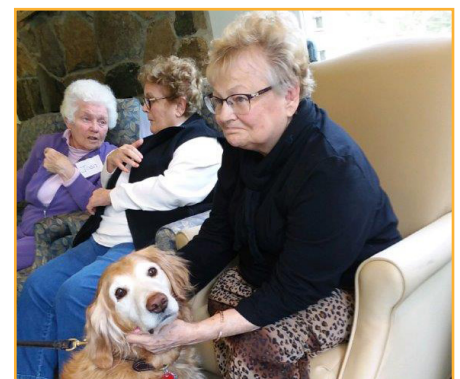
We encourage you to send in a cake for the celebration!

---

## WELCOME NEW FRIENDS

Eileen Paul of Killingworth

Tom Harrick of Old Saybrook



**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