



DEAR FRIENDS

*“From every mountain side
Let Freedom ring.”*

~Samuel F. Smith, “America”

Dear Friends,

July starts off with a bang for the Strong House staff as we celebrate our nation’s birth by marching in Madison’s July 4th parade starting downtown at 11:00 am on Tuesday, July 4. Please come and cheer us on and see the beautiful banners our clients created for our van.

For the 11th consecutive year, teens from Madison Youth Services will return to conduct one of our favorite events: the Senior Olympics. On Tuesday, July 11th they will orchestrate active games such as ring toss, basketball shooting, golfing and much more. Our clients always enjoy the youth and vitality of these very special teens and it seems to bring out their own energy!

Last month the CT. Assoc. of Adult Day Services conducted our review certification required every three years. We were so proud for the inspection team to take a look at our facility and programs. I’d like to announce that we passed our review with a perfect score and were recertified once again with commendation. Congrats to the staff for their hard work, dedication and attention to detail.

Thank you for your continued support,

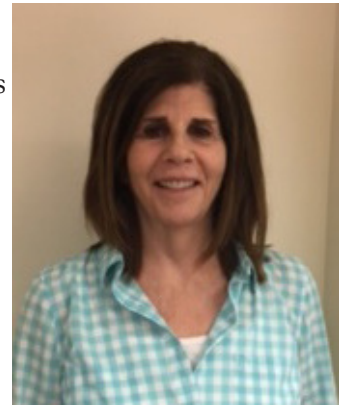
Lori Murphy, RN

MEET JUDY RASCATI, RECREATION AIDE

Hi, I’m Judy and I will be working one day a week at Strong House as a Recreation Aide. I am an energetic individual who loves to talk with people, brighten up someone’s day and put a smile on their face. I live in East Haven and love the outdoors, sunshine and working out. I recently switched careers from the corporate world of health insurance to recreation/activities and think I have found my niche in life!

Although I have no children to call my own I do have 13 nieces and nephews and 14 great nieces and nephews with the youngest just 2 weeks old!

My passion is to enhance the lives I touch and brighten their day. My favorite saying is “if you rest, you rust” so let’s keep moving our bodies and keep our minds young.



REMINDER

We will be closed in observance of Independence Day on Tuesday, July 4.

SUMMER IS HERE... WARNING REGARDING HEAT AND THE ELDERLY

Extreme heat can be very dangerous to the elderly. It is the leading cause of preventable death among seniors. As people age their bodies cannot cool down as well as when they were younger. Their skin does not produce sweat as efficiently. Even some medications can hinder the body’s ability to regulate temperature. Many elders are on diuretics which encourage fluid loss and can lead quickly to dehydration. Elderly people may not feel as hot when temperatures are very high and are less likely to feel thirsty when their bodies are near dehydration.

Some tips to prevent heat-related stress:

- Drink cool, nonalcoholic beverages. If on a water pill or fluid is limited check with doctor to determine how much to drink in hot weather.
- Rest
- Take a cool shower or bath
- Wear lightweight clothing
- Remain indoors during the hottest part of the day
- Do not engage in strenuous activities

Be Aware of Signs of Dehydration:

- Dark colored urine. May have foul smell.

- Headache, feeling tired, weak, disoriented, dizzy, muscle cramps
- Low blood pressure, rapid heartbeat, fever, sunken eyes, irritability.

When these symptoms are present fluids must be replaced immediately. Water or fluid replacement with electrolytes (Gatorade, Pedialyte, etc.) should first be attempted. Should this treatment fail, hospitalization is necessary.

At the Strong House we try to take advantage of the nice weather spending as much time as possible outdoors; but on very hot days we enjoy the coolness of the air conditioner and stay inside. Please encourage your loved one to dress in light weight clothing or at least in layers so they can adjust to indoor and outdoor temperatures.

HAPPY BIRTHDAY

Doris Kimball 7/8

Fred Farnsworth 7/20

Pat Knapp 7/20

Jeffrey Lincoln 7/20

Bill Hostnik 7/21

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

RECREATION CORNER

Although the Strong House will be closed on July 4th we are urging all to come and support the staff as we march in the Madison's Parade! Our Senior Olympics will take place on Tues., July 11. Outings this month include a visit to Saybrook Recycled Furniture Store on Wed., July 12. The store is owned by our client, Sylvia Lunden's daughter, Karen and it is a second hand resale store. They sell everything from jewelry to home goods and even have a 24 cent shelf! We will also take a trip to visit the farm owned by our Pet Therapy friend, Mary Hotchkiss and Strong House Dog Bee on Thurs., 7/27. Jackie, our hairdresser, will return August 14 and Linda, our massage therapist, will be here on Friday, 7/21 (Both are \$12. Please let staff know if interested.) Tutters Treats Ice Cream Truck will be at Strong House on Friday 7/21. 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 are always open to suggestions regarding programs and we welcome anyone with a special talent or hobby to share.

WELCOME NEW FRIENDS

Jeffrey Lincoln of Guilford

Marge Larson 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

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StrongHouseCT.org