



DEAR FRIENDS

"I'm so glad I live in a world where there are Octobers."

~ L.M. Montgomery, Anne of Green Gables

Fall is the season which, for many of us, is our favorite. Who doesn't love all this glorious time of year brings...brilliant colors, apple cider, pumpkins, cozy sweaters and Indian Summer! We'll be celebrating autumn at the Strong House with time spent together with old and new friends, fall crafts and of course Halloween.

Speaking of time spent together, the weather was perfect for our Second Annual Sunday FUND -DAY fundraiser. Thanks to our generous sponsors: The Branford Group as our presenting sponsor; Pasta Avest of Guilford and La Cuisine of Branford-courtesy of Artis Senior Living for the delicious food; Gelato Giuliana of New Haven for the yummy dessert. One Hope Wines provided the wine for tasting. The party tent was donated by Taylor Rental of Branford.

Laura Funk and her dad Chris entertained us with their awesome musical talent. The raffle prizes, that were so generously donated, were terrific. We were all envious of the lucky winners!

What a lovely way to spend a perfect end of summer Sunday afternoon. It was so heartwarming to see all the on-going support for the Strong House. Each and every donation is so greatly appreciated and goes a long way towards continuing our mission, soon going into our 25th year!

Our sincerest gratitude,

Kate, Diane, Maureen, Wendy, Danielle, Judy, Helen, Deb, Liz and Mike

PERSON OF THE MONTH: PATRICIA RUSSELL

I was born in Nacogdoches, Texas on September 4, 1937. I was the 5th child born out of 8 children. My family moved to Connecticut when I was 4 years old.

I graduated from Branford High School and attended the University of Connecticut, where

I received my Bachelor's Degree in Child Development. I met my husband, Peter, while we were students at UCONN and married in 1959.

We moved to Lansdale, Pennsylvania where we lived for 38 years. I worked as an Elementary school teacher. We raised 4 wonderful daughters-Krista, Julie, Betsy and Sara. We have 8 terrific grandchildren! I love spending time with them whenever we can.

Peter and I moved back to Connecticut in 2005. Since retiring, I enjoy spending time reading, swimming and exercising. We especially enjoy going to see musicals, especially at the Goodspeed Opera House in East Haddam. It was interesting learning about the history of the Goodspeed as we passed by it, when we went on the River Quest Boat trip recently.

When I was turning 60 years old, I decided I wanted to do something different. So...I decided to parachute from an airplane. My sister had just done this and I was determined to do the same, so I did! It was both fun and scary! It's been a great thing to brag about!



THANK YOU

We would like to thank the Women's Club of Madison for their generous donation! We were able to purchase a custom wheelchair accessible raised garden bed as well as some lovely lavender plants. This new garden bed and the plants are a beautiful addition to our garden area. We'll be enjoying the fragrance of lavender next spring and summer!

REMINDER

Strong House will be OPEN Columbus Day on Monday, October 8.

HEALTH ALERT

It's that time of year. Please plan on getting your flu vaccination ASAP! There has already been at least one confirmed case of influenza in our area of Connecticut. Many local pharmacies, your doctor's office and our VNA Community Healthcare & Hospice Flu Clinics are administering the vaccine. Please let us know when you have received the vaccine.

RECREATION CORNER

Strong House will be busy this month making a scarecrow to enter in the annual Madison contest! We will enjoy the fall season with a trip to Roses Orchard for pumpkins on October 12. A fall foliage ride is scheduled for October 24, with a stop to have cider and donuts along the way. On October 22, we'll visit our friends at the Madison House for a social hour. We will finish up October with a costume parade and Halloween party! Linda, our massage therapist, will be here on October 26. The cost is \$12, please let staff know if interested. Check our activity calendar for all the fun programs that we have scheduled this month.

HAPPY BIRTHDAY

Alice Imrich 10/8

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

WELCOME NEW FRIENDS

Anna Marie Okoniewski of Guilford



**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