



Strong House Adult Day Center

February 2020 Newsletter

DEAR FRIENDS

"I am a little fellow, though I'm always up to date. The days I hold within my hand are only 28

But I just save my moments up and count them o'er and o'er, til in four years I've saved

enough to make up one day more."

- Pauline Francis Camp, February 1906

Dear Friends,

Happy Spring...almost, only 49 days to go! We have one extra day until March 20- remember Leap Year.

Every season has it's blessings, including winter. Maybe because it gives us a reason to slow down a bit and take a break from the whirlwind of activities during the other seasons.

We should take the time to wrap up in a cozy blanket and sip a hot beverage, watch a favorite movie, listen to music you love, read a book, thumb through a magazine or seed catalog. Do whatever you enjoy for just a little while longer. The idea is to spend some down time to re-charge. This is time well invested come spring!

February is Heart Health month, so finding time to de-stress even for a few minutes a day is worth every second.

Love is in the air this month and we have a lot to celebrate. Please send in wedding pictures/portraits to share. We love to see the beautiful vintage wedding attire and our beautiful brides and handsome grooms!

Happy Valentine's Day,

Kate Blais, RN

PERSON OF THE MONTH: LOCHLIN SYME

Loch was born in New York City on July 24, 1933, the first of two sons. With concerns for the family's safety when WWII seemed imminent, Loch's father moved the family to a house on the Connecticut River in 1941. Loch and his brother Duncan spent their childhood at this house.



Ever since he was four years old, Loch has had an intimate relationship with waterways. At an early age, he was racing small sailboats called Rhodes 18's. Later he participated in several Off Soundings races and frequently placed first, second or third. His truly shining moment was when he became the international champion in his class at the Nonsuch Rendezvous in Newport in 2008. He enjoyed working on his boats and cruising to various ports in New York, Rhode Island and Connecticut.

Loch attended Loomis- Chaffee High School and Union College. As a soldier in the army, he served in post WWII Germany from 1953-1956. Professionally, Loch was a sales representative--first for Sea-Trac boating shoes and then with Vermont Castings. Much of his success can be attributed to his ability to listen and take interest in his customers.

Loch met Jane when he moved to Chester in 1980, where she already lived. They were married at the Fishtown Chapel at the Mystic Seaport in 1986. They have had a happy and fulfilling marriage. Loch has a son who lives in New London, Ct and a daughter who resides in Chester. Owning a cabin at Crescent Lake in New Hampshire was a wonderful adventure for Loch and Jane. Loch used his engineering skills and well developed carpentry skills to improve the cabin which needed a lot of renovation. They made wonderful friends and fantastic memories during their 13 years at the lake!

In addition to sailing, Loch has a keen interest in architecture which is evident in his projects to restore older homes and boats. He also delights in learning more about trains and creating elaborate set-ups for his model train set. He also enjoys reading about maritime history.

Loch and Jane enjoy life with their Westie dog, Bonnie Lass, in Ivoryton. It is obvious that Loch enjoys his time with new friends at the Strong House.

HAPPY BIRTHDAY

Nina Wilner	2/8
Adrienne Patrella	2/12
Charlotte Cole	2/13
Gerd Nelson	2/19
Ann Hennessey	2/23
Georgia Ambulos	2/23
Maureen Talarczyk	2/23
Terry Megargee	2/25
Beth	2/27
Danielle Prescott	2/28

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

WELCOME NEW FRIENDS

Viola Skeper of Old Saybrook
Ann Hennessey of West Hartford
Doug Morse of Westbrook



RECREATION CORNER

February is a month for romance! We are looking forward to a display of wedding gowns and photos for show and tell! We'll be resuming our community outings with a trip to Madison House on the 11th. Haircuts can be scheduled with Jackie on the 17th, still only \$12.00. Linda, our massage therapist, will resume her monthly schedule the last Friday of the month on the 28th for \$12.00. Please let staff know if interested, as she needs a minimum of 4 clients to come. We have live music scheduled weekly for our clients' enjoyment. We are currently looking for someone to do recreation programs with our clients, one day a week. If you or someone you know might be interested, please contact us. All those interested are welcome to submit a resume.

REMINDER

Strong House will be OPEN on Presidents' Day, February 17.

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.



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.



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StrongHouseCT.org