



DEAR FRIENDS

"It's the most simplest of things that will always produce the biggest of smiles."

- Anthony T. Hincks

It's hard to believe the holiday season has arrived and seemingly earlier this year. We have enjoyed a terrific fall season and are looking forward (mostly) to what the winter will bring.

Please remember to pace yourself during the flurry of holiday activities. Take the time to give yourself a break, maybe enjoy a cup of tea or a glass of wine. Take a few moments to just be still. Don't hesitate to ask a neighbor or friend for help. Don't fret over what you couldn't get done, in the long run no one but you notices.

Most importantly, enjoy being with your loved ones. We so enjoy being with all of you each and every day. Happy Holidays from all of us at the Strong House.

Peace and Joy!

Kate Blais, RN

PERSON OF THE MONTH: ELSIE RIELLY

Elsie Rielly was born on November 30, 1941 in New Haven, Connecticut.

Elsie is one of six children including three sisters and two brothers. They were raised on a farm here in Connecticut, where they milked cows, raised chickens and grew vegetables. Her favorite part of her farm life was milking the cows.

Once on her own she worked for the Goodwill until she had her children. Elsie had three children, James, Margaret, and Donald. She raised them as a single mother. Elsie



did this by working as a lunch mother at Christopher Columbus School in New Haven. She then went on to be a manager at a laundromat for 15 years in New Haven and loved every minute of it.

Elsie never drove a car in her life. She did lots of walking and bike riding to get where she had to go. That would include walking from New Haven to Hamden where she would visit her parents. Elsie would love to ride her bike to the American Red Cross to donate her blood every chance she got, for as long as they could accept it. She loved to walk but her kids hated it. She would walk to every parade in downtown New Haven with her children and eventually her eight grandchildren.

Elsie has a few hobbies like reading books, watching movies on the Hallmark Channel, and playing Pokeno or Bingo. She also loves her scratch tickets and word puzzle books. She also enjoys taking bus trips to Atlantic City and Arkansas. Once she even took a bus from Connecticut to the Grand Canyon with a friend. She still takes yearly visits to West Virginia to see her family.

Elsie has always lived in Connecticut with a couple of years in Clearwater, Florida where she briefly escaped the cold. Elsie now lives in Guilford with her daughter and son-in-law and a few of her grandchildren. There are many visits from great grandchildren Vanessa (9), Madison (6), Nathan (1), Matthew (8), Gracie (2 ½) and Lillian (8 months). As Elsie watches them grow, they make her smile and keep her young with their antics.

Elsie always had a dream to go to Las Vegas, and back in 2013, her daughter and son-in-law took her. She finally got to see Vegas as she always dreamed of and more. She went to the top of the Stratosphere, EIFFEL Tower, and even flew in a helicopter over Vegas at night, where she was fascinated by all of the lights. She bravely went into a pool with sharks while staying at the Golden Nugget. She visited the Hoover Dam and so many other places. She even stayed out past 10pm while there!!!

Anyone who knows Elsie knows that Christmas is her favorite holiday. The reason that everyone knows that is because she watches the Hallmark Channel. They play Christmas shows all year long and Elsie will watch them all year.

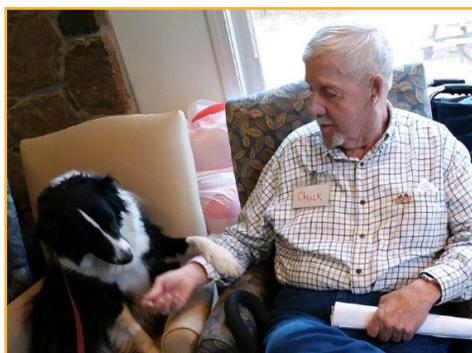
WELCOME NEW FRIENDS

Chuck Madigan of Clinton

HOLIDAY GIFTS

We are touched each holiday season by the thoughtfulness and generosity of our clients and their families. While staff cannot accept individual gifts, if you wish to show your appreciation, please consider a donation to the Strong House (we are a non-profit and all monetary donations are tax deductible). Gift cards to help us purchase “extra” items for our programs such as Stop and Shop, Michael’s Crafts, Joanne Fabrics, etc. are also appreciated. Food donations like muffin, cake or cookie mixes, soups, as well as any home-baked goods, are greatly appreciated.

Are you at a loss as to a gift for your caregiving mom, dad, sibling and/ or family member who attend the Strong House? Perhaps consider “giving the gift of time” by paying for an extra day of attendance. This is two gifts in one; the caregiver enjoys much needed respite and our client enjoys the extra socialization and activity.



**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

RECREATION CORNER

December is an exciting time of the year! Stephen Goldschmidt, Sallie’s husband, will be joining us on the 5th to speak about Hanukkah. We will be making gingerbread houses on the 7th. We have a special outing planned to the Knights of Columbus Museum to see the exhibit of Creches from many different countries. Music programs are scheduled throughout the month. Check our calendar for your favorite performers, as well as many other fun and stimulating programs! Our New Year’s party will be held on the 31st. Linda, our massage therapist will be here on December 7. The cost is \$12.00, please let staff know if interested.

HAPPY BIRTHDAY

Wendy Kallinich 12/27

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

REMINDER

The Strong House will be OPEN Christmas Eve, Monday 12/24 and CLOSED on Tuesday, 12/25.

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.