



# Strong House Adult Day Center

September 2019 Newsletter

## DEAR FRIENDS

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*  
-Leo Buscaglia

Dear Friends,

The last full week of September is set aside annually to raise awareness of the availability and accessibility of Adult Day Programs. This year, National Adult Day Services Week is September 15 – 21 and the theme is Celebrating Adult Day Services- Voice, Vision and Value.

According to NADSA, this special week has been celebrated annually since it was proclaimed on September 27, 1983 by former President Ronald Reagan. There are many benefits that day services provide both to the participant, as well as family caregivers. Participants make new friends and meaningful activities fill the day. Attending a center gives a frame of reference to the day which can lead to new topics to discuss with family members. Wellness checks and health monitoring help to keep participants achieve or maintain optimal health.

In addition, research published by Dr. Steven Zarit shows lower stress levels in family caregivers on days their family member attended adult day services. The study is one of the first to demonstrate that interventions to lower stress on the caregiver have an effect on the body's biological responses to stress.

Yale was one of the first in the country to establish adult day services in the 1940's. Geriatric day hospital programs in England inspired increased interest in the United States in the 1950's. In the 1960's, centers began operation in states across the country. Standards and guidelines were updated and published in the 1990's.

The Strong House is certified with commendation by the Connecticut Association of Adult Day Services. We can all be proud, as we are celebrating our 25th year this month, of providing high quality care AND caring to the community! We are so very grateful to all who help and have helped to make this possible! Your support means the world to us!

Happy 25th Anniversary Strong House!

Kate Blais, RN

## PERSON OF THE MONTH: SALLY JUNE GOLDSCHMIDT

Sallie was born in New York City in 1945. Growing up, she lived in the Fort Hamilton section of Bay Ridge, Brooklyn with her parents, Sylvia and Sol, her older sister Ellyn and her younger brother Martin. Sallie recalls these early years of her life fondly, telling stories of the days when the members of the Dodgers played stickball with the neighborhood kids and a horse named Barney delivered milk to her house. She also still loves to sing the school songs she memorized at her beloved PS 104 and Fort Hamilton High School.

As the Verrazzano Bridge began to rise near her home in Bay Ridge, Sallie's parents decided to move the family to Bethel, CT, where Sallie attended the last two years of high school. Her father ran a record store in Danbury, and the artists he brought through the store and the sock hops he organized helped fuel Sallie's keen interest in music. Sallie especially came to love the Beatles, whose songs still put a big smile on her face!

During high school, Sallie met Stephen, who had grown up in Bethel. They started dating after graduation. Sallie earned her bachelor's degree in elementary education from Western Connecticut State University in 1967. Later that year she married Stephen and moved with him to Troy, NY, where he was enrolled in graduate school. She taught first in Troy and, once she and Stephen returned to CT, at Calvin Leete Elementary School in Guilford.

Sallie left work to raise her two sons, David and Daniel. During the child rearing years Sallie was active in the PTA and with the Cub Scouts. Once both boys were off to college, Sallie returned to work in various early education roles. Her last job was as a teacher's aide at John B. Sliney Elementary School in Branford, where she continued to work until her retirement in 2006.

In 1973 Sallie and Stephen built a house off Nortontown Road in Guilford, where they still live today. Over the years, Sallie made it her business to plant and maintain elaborate gardens on all sides of the house. For many years she enjoyed cutting fresh flowers from her gardens to make beautiful arrangements for friends and family.

Sallie loves babies and animals as much as she loves plants.



She adores her seven year-old Yorkichon, Teddy, who regularly visits with the Strong House community. Before Teddy, Sallie had a number of other dogs and cats, as well as parakeets, finches, tropical fish, chameleons and gerbils which she helped the boys raise.

In the 80s and 90s, Sallie became interested in bluebird conservation, at a time when the Eastern Bluebird was becoming endangered. She and Stephen built bluebird boxes and installed them on various properties in Guilford and Madison successfully fledging more than 30 babies per year. In part through Sallie's efforts, the bluebird population has recovered in our area. In 2017 Sallie and Stephen installed a bluebird box at the Strong House from which young bluebirds fledged in 2018.

Among Sallie's other hobbies are reading, trivia, and crosswords. She could complete the New York Times Sunday puzzle in an hour or so. And she was a formidable competitor at Trivial Pursuit and Jeopardy! Over the years, Sallie has also amassed impressive collections of seashells, dolls and teddy bears.

When she is not at the Strong house, Sallie enjoys cuddling with Teddy, listening to music, looking at her nature books, visiting with her sons and her two grandchildren, and watching her gardens grow from the new screened-in porch Stephen built for her.

## REMINDER

Strong House will be CLOSED on Monday, September 2 for Labor Day.

## WELCOME NEW FRIENDS

Mary Geary of Madison

Nina Wilner of Clinton



**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

## RECREATION CORNER

September brings feelings of nostalgia as we shift gears heading into the fall season. We all have memories of going back to school, making new friends, doing homework! It is also National Honey Month, so we will be visting "Down the Lane Bee Farm" on Thurs., Sept. 12th. They have a neat little gift shop. Check out their website and Facebook page. It's never too early to find those stocking stuffers!

It is also Women of Achievement Month, so we will be learning about the important roles women have played throughout history.

We've booked our very popular yearly cruise on the CT River for Wed., Sept. 25th. A picnic lunch will be provided as we enjoy the sights along the river banks. We will visit the llamas at Bishops Farm and enjoy an ice cream treat on Mon., Sept. 23rd. Strong House will also visit Hammonasset Beach for the end of the summer season on Fri., Sept. 20th. For the more adventurous, a stroll along the shore might be in order.

Jackie is available for haircuts on Mondays, by appointment for \$12. Massages by Linda are available on the last Friday of the month, Sept. 27th for \$12. A minimum of 4 clients are needed. If you would like to try one, please let staff know.

## HAPPY BIRTHDAY

Judy Rascati 9/7

Helen Brown 9/15

Mary Sevanick 9/22

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