



DEAR FRIENDS

*“One kind word can warm three winter months.”
~ Japanese Proverb*

Dear Friends,

Well... another year has come and gone. It's time to bid 2019 farewell and welcome 2020.

It's been a wonderful year at the Strong House. Many new friends have joined us. It's also bittersweet. We've lost several of our dear friends. Though they are no longer with us, we take comfort in feeling their presence through moments and memories.

The Strong House is a better place because of all who are here now and all those who have been. Each of you, in your own unique way, contributes so much to the “whole” of who we are! This awesome energy couldn't possibly be duplicated anywhere else!

In turn, we strive to provide a warm, caring, safe and fun environment. We thank you for the opportunity to do so.

From all of us, we wish you a safe, healthy and happy year. Let the New Year begin!

Kate Blais, RN

HEALTHCARE CORNER

As we all are aware, the nasty influenza virus is lurking. Here is some sound advice from the Veteran's Affairs Office of Public Health.

Common flu symptoms include fever 100 degrees or higher, body aches, headache, feeling tired or weak, cough, sore throat, runny nose. If you have these symptoms, please stay home, rest and drink plenty of fluids. Antiviral medications may reduce flu symptoms if started within 48 hours of your first symptoms.

Contact your healthcare provider within 48 hours if you have common flu symptoms OR you have moderate flu symptoms. Moderate fluid symptoms include being unable to drink enough fluid (dark urine or feeling dizzy when you stand are signs), fever 100 degrees or higher for 3 or more days, or you feel better and then get a fever or sore throat again.

You should go right away for medical care if you have severe flu symptoms such as shortness of breath or wheezing, coughing up blood, pain or pressure in your chest when breathing, chest pain, especially if you have heart disease, trouble with balance, walking or sitting up, or become confused.

If you haven't received your annual flu vaccine, it's not too late!

Happy New Year

REMINDER

Strong House will be OPEN on New Year's Eve, December 31 and CLOSED on New Year's Day, January 1.

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.

HAPPY BIRTHDAY

Phyllis Mc	1/1
Ruth Chiaraluce	1/18
Chuck Madigan	1/20
Mary Lewis	1/27

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

RECREATION CORNER

Happy New Year to All! It has been quite a year for all of us at Strong House. We've made lots of new friends and have sadly said goodbye to some, as well. Our New Year's resolution is for all of us to be happy and healthy!

There has been some confusion to whether we are open or not, in the event of inclement weather. Our first concern is for the safety of our clients. You can check Channel 8 news in the morning for a listing of closings. You can also call the Strong House for a recorded message as to whether we are open or closed. If it's after 6:30am and there is no closing message on the phone or television, we will be open as usual.

We have many fun, educational and brain booster programs scheduled this month. We will hold an indoor "snowball" fight, along with plenty of musical entertainment. We have suspended outings for the month of January and February due to unpredictable weather. We will resume in March, so stay tuned! There will be plenty of activities to keep everyone engaged from cognitive programs to physical activities. Please check your calendars to see what's in store. Happy January to all!



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