



DEAR FRIENDS

“Though February is short, it is filled with lots of love and sweet surprises.”

-Charmaine J. Forde

Who’s counting, but only 48 days until the first day of spring! Who cares what the groundhog says, we’ll be beating the winter doldrums the Strong House way!

On any given day, each of you in many ways, add so much to the comradery and feeling of belonging here. Whether it’s your first day, one of many months or years, Strong House is meant to be your place! This is where you can explore new hobbies, make new friends or perhaps connect with an “old” friend, dance, sing to the oldies, hear a new song, laugh, take trips to the familiar or explore new places, learn about art or be the artist! We love your suggestions, so please share your ideas with us!

If you know of anyone who might like to give us a try, let them know to give us a call. We’ll take it from there!

Warm wishes,

Kate Blais, RN

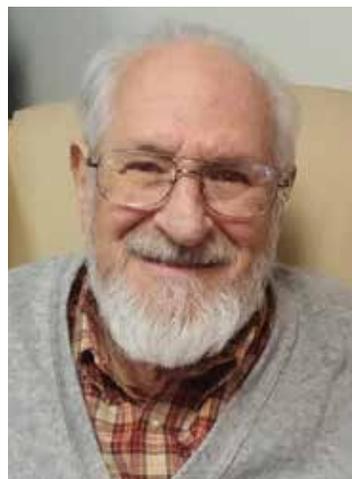
PERSON OF THE MONTH: HAL LANDIS

Hal Landis was born on March 23, 1935 in Lancaster, Pennsylvania. He had one older brother, who is deceased, and has two younger sisters.

After graduating from high school, Hal got a job as a welder making milking machines. He then took a job at Philadelphia State Psychiatric Hospital, where he was in charge of an occupational therapy lab for the patients. Part way through the two years there he married his high school sweetheart, Ester!

His boss at the State Hospital advised him to go to college. They moved to Harrisonburg, Virginia, where he completed his Bachelor of Science degree.

During those four years, a son and daughter joined the family! Upon graduating from college, he applied to the National Institutes of Health in Bethesda, Maryland working in a psychiatric laboratory. They were living in Fredrick, Maryland and bought their first house in Bethesda where another daughter was born!



After living there for three years, the Psychiatrist in charge asked Hal to run his laboratory in Chicago, Illinois at the Illinois State Psychiatric Institute. The family moved to Oak Park, Illinois. While living there for almost seven years and having lots of snow and very cold winters, Hal bought an ice boat and went ice fishing on a lake. His boss had a sailboat and Hal became his crew, while racing on Lake Michigan! This is when he discovered that he loved sailing. Hal moved his family to Chicago during the riots in the city.

In 1973, Hal’s boss decided to move to Yale University and asked him to manage his laboratory. The family joined him during the Christmas break and rented a house in Hamden, Connecticut. This gave them time to look at different areas and houses. Hal saw the Long Island Sound and moved his family to Madison! He bought a Sunfish sailboat and joined the Madison group who raced each weekend. He even took his children on the Alcott Sunfish race down the Connecticut River each spring! One year he talked Ester into the trip. She realized that it was too close to the water for her and hated it.

One winter Hal took Ester to look at larger boats and bought a 25 foot Catalina sailboat! They joined the New Haven Yacht Club where he became actively involved. Hal was commodore for several years. They did long trips as a group and there are many stories to be told of their adventures! Hal sold that boat and began to build a larger boat in the backyard, around

2010. It is still a work to be completed.

Hal has lots of hobbies which include woodworking, gardening and sailing! For many years there were camping trips with the children. They had a tent and went camping almost every summer and visited a lot of National Parks. Now that they are older Ester insists on getting a motel when they travel.

Hal has one other hobby which is singing. He has sung with many groups during high school and college. Since coming here, he has sung with the Shoreline Choral, the Clinton Choral and the Congregational Church Choir! He has sung some solos during his time at the church choir.

Hal enjoys making new friends at the Strong House where he spends some of his time. He has been blessed with 10 grandchildren and two great grandsons!

IN MEMORIAM

We express our deepest sympathy to the families and friends of our beloved clients- Bob Bagley, Ellen Lee and Peter Steinert who have passed recently. We thank you for designating the Strong House as a recipient for donations made in their memory. We are extremely touched by your thoughtfulness and generosity.

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.



Strong House Adult Day Center

546 Durham Road, Madison, CT 06443

203.245.0524

StrongHouseCT.org

RECREATION CORNER

We have a busy February planned! Valentine projects, including a step by step drawing led by our own talented artist, Maureen. Even beginning artists will create a beautiful picture! We'll be having a Valentine celebration on the 14th. There's an ever entertaining line-up of weekly musical performers. Of course, we'll be doing our daily mind and body exercises. We'll be visited by the sweetest dogs ever; Bee, Miley and Chief. An out trip to the Meigs Point Nature Center is planned for 2/28, weather permitting. Our massage therapist, Linda, will be here on 2/22. The cost is \$12.00-treat yourself! Be sure to check your calendars for our fun and interesting daily activities.

REMINDER

The Strong House will be OPEN on Presidents' Day, February 18.

HAPPY BIRTHDAY

Tom Harrick	2/10
Gerd Nelson	2/19
Georgia Ambulos	2/23
Maureen Talarczyk	2/23
Terry Megargee	2/25
Danielle Prescott	2/28

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