



DEAR FRIENDS

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”

-Robert Louis Stevenson

Dear Friends,

July has been a great month for us here at the Strong House! Each day has kept us happy and healthy. We’ve “beat the heat” with our air conditioning and have enjoyed the “perfect” weather while sitting on our deck.

The energetic and kind teens from Madison Youth Services did a fantastic job with our Senior Olympics. We had some very skillful participants and an awful lot of fun. Stephen Goldschmidt will be sharing his drone coverage of this event with us. We are looking forward to the 14th annual Senior Olympics next July!

Just a couple of healthy reminders- please continue to hydrate, as there will be many more hot and humid days before fall settles in. Plain water is best, but try adding a slice of fruit or cucumber to make it more refreshing. Also, dressing in layers allows you to adjust to temperature changes inside and outside.

Enjoy the rest of the summer!

Kate Blais, RN

PERSON OF THE MONTH: ANDREW BRANCATO

Andrew was born in New Haven on November 12, 1933. He was the third oldest child of Mary Annunziata and Michael Brancato. There were 10 children in this large family, alternating boy, girl, boy, girl right down the line.

Andy attended New Haven schools. He wanted to join the Navy but his mother would not let him, so he joined the Army in 1956 and went to Fort Dix, New Jersey for his training. He was stationed in Germany and talks about this the most. His last assignment

was the 46th Surgical Hospital as a Medical Specialist. In July of 1957 he received a Good Conduct Medal. Andy went on to stay in the Reserves until April 30, 1963.

In 1964, he married Lorraine Polidoro. She had two children and raised them. In 1974, she passed away. In 1975, Andy knew Stephanie and they started dating. It’s now been 45 years together. Stephanie had a child, Chris, and he raised another child. Andy was a great father!

Going back and looking at pictures of Andy, when he was small, there were pictures of him on a pony. A photographer would come around taking these pictures of children. That’s where his love of horses came from. He had about 7 horses through the years as pets. Andy had a few jobs after the service. He worked for Atlantic Floor Covering, learning the trade and running big jobs for them. They wanted him to be a partner, but he wanted to move out of New Haven. About 1993, Andy went into business for himself as he wanted to work on the shoreline. He was a hard worker!

In 1986, Andy and Stephanie built a new house in Killingworth. He built a barn for the horses before building the house. Then when they built the house, he did a lot of the work. Andy did not want to retire, however he became sick. He recovered and just enjoyed being home. He has two loves; his grandson Andrew and granddaughter Haley. Andy has enjoyed trips to Vegas, but continues to enjoy spending time at home.



GIFT CERTIFICATE

Do you need an idea for a gift for your spouse, dad or mom for their birthday, anniversary or the holidays? How about a Strong House gift certificate for an extra day or more? Just ask Diane or Kate for details!

WELCOME NEW FRIENDS

Theresa Peschell of Madison

Barbara Nadeau of Clinton

Ruth Chiaraluce of Madison

Walter Rostock of Guilford

HOLIDAY CLOSING

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

RECREATION CORNER

The “dog days” of summer are fast approaching—where has the time flown? We have some ambitious plans for outings this month for the clients of the Strong House! First, a drive through Bauer Park in Madison to see how the gardens are doing. A trip to the Stonington Lighthouse Museum is scheduled for August 6th to commemorate Lighthouse Day. A picnic lunch, on the grounds, will be enjoyed. On the 21st we plan an outing to the Pequot Museum in Mashantucket, CT. This promises to be very educational. On the 30th we plan to enjoy an outdoor picnic at Chatfield Hollow— not too far from home! As always, music programs are scheduled each week for our clients’ enjoyment, along with our favorite pets visiting us. Ann Person, our art history educator will return at a date to be determined. Linda, our massage therapist, will be here on the 30th. Our hairdresser, Jackie, is available for appointments on Mondays. The cost for each is \$12, please let staff know if interested.

HAPPY BIRTHDAY

Shirley Walker 8/4

Dell Sekora 8/29

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



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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