



### DEAR FRIENDS

*“Ring the bells that still can ring. Forget your perfect offering. There is a crack, a crack in everything. That’s how the light gets in.”*

*-Leonard Cohen*

Summer is in full swing at the Strong House! We have a lot of great summertime activities on our July calendar.

On July 17th, teens from Madison Youth Services will be here to run the Senior Olympics. This will be the 12th consecutive year they have participated in this favorite activity for us. Games will feature ring toss, basketball shooting, golfing and much more! It is wonderfully invigorating for everyone to be involved with these awesome and energetic teens.

We are pleased to announce some new arrivals at the Strong House. Thanks to Sallie and Stephen Goldschmidt, for donating a bluebird house, we now have 4 baby birds that have just hatched! Mama and Papa are keeping a close watch, but soon we’ll be seeing these beautiful creatures as they venture out of the nest.

Please take a moment to read the information regarding summer heat precautions for the elderly. This advice can apply to any age and will help you to have a safe and healthy summer. Oh, and don’t forget the sunscreen!

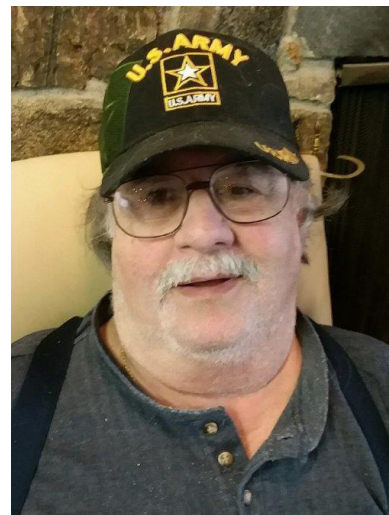
Have a wonderful and safe July 4th!

Kate Blais, RN

### PERSON OF THE MONTH: FRANK CAVALLARO

Frank was born in New Haven in 1935, where he lived until he went into the Army. This was

during the Korean War. Instead of going to the front, he was sent to Germany to be a cook. Frank was there for the whole time of his service. He worked hard and on his time off, he played hard.



On several different occasions he took his motorcycle and went to Naples, Italy to spend some time with his new found family. Both his parents came from the Naples area, but had left family behind.

When Frank came home he started driving a tractor trailer for several different companies. He didn’t like this very much and decided to start his own business. He bought a garage in Durham, Ct and began selling cars and trucks as well as doing repairs. Frank also bought several wreckers and began towing in the towns of Durham, Madison and Guilford for the State Police.

Frank has now retired and enjoys relaxing, playing with the dogs, taking long naps and going to the Strong House!

### SUMMER IS HERE... WARNING REGARDING HEAT AND THE ELDERLY

Extreme heat can be very dangerous for the elderly. It is the leading cause of preventable death among seniors. As people age, their bodies cannot cool down as well as when they were younger. Their skin does not produce sweat as efficiently. Even some medications can hinder the bodies ability to regulate temperature. Many elders are on diuretics which encourage fluid loss and can lead quickly to dehydration. Elderly people may not feel as hot when temperatures are very high and are less likely to feel

thirsty when their bodies are near dehydration.

### Some tips to prevent heat-related stress:

- Drink cool, nonalcoholic beverages. If on a water pill or fluid is limited, check with your doctor to determine how much to drink in hot weather.
- Take a cool shower or bath.
- Wear lightweight clothing.
- Remain indoors during the hottest part of the day.
- Do not engage in strenuous activities.

### Be aware of signs of dehydration:

- Dark colored urine. May have a foul smell.
- Headache, feeling tired, weak, disoriented, dizzy, muscle cramps.
- Low blood pressure, rapid heartbeat, fever, sunken eyes, irritability.

When these symptoms are present, fluids must be replaced immediately. Water or fluid replacement with electrolytes (Gatorade, Pedialyte, etc.) should be attempted. Should this treatment fail, hospitalization is necessary.

At the Strong House we try to take advantage of the nice weather, spending as much time as possible outdoors, but on very hot days we enjoy the coolness of the air conditioner and stay inside. Please encourage your loved one to dress in lightweight clothing or at least in layers so they can adjust to the indoor and outdoor temperatures.

---

## RECREATION CORNER

Our July calendar is bursting with fun activities! We have musical entertainers, out trips, Strong House Theatre, Tutter's Ice Cream Truck, Senior Olympics and so much more! Be sure to take a look. Massage with Linda is on Friday, 7/6. The cost is \$12.00, please let staff know if you are interested.

---

## WELCOME NEW FRIENDS

Wayne Morrison of Madison  
Jim Horan of Killingworth

---

## REMINDER

We will be CLOSED on Independence Day, Wednesday, July 4th.

---

## HAPPY BIRTHDAY

Fred Farnsworth 7/20  
Jeff Lincoln 7/20

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



**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