



# Strong House Adult Day Center

March 2020 Newsletter

## DEAR FRIENDS

*“May your joys be as deep as the oceans, your troubles as light as it’s foam, And may you find sweet peace of mind wherever you may roam.”*

- Irish Blessing

Dear Friends,

Comes in like a lion, goes out like a lamb, March is finally here! If you look closely there are signs of Spring starting to show. We had an unusually warm February so we’re hoping there are no weather surprises for March!

Spring is just around the corner and we can’t wait! There’s a lot to look forward to. We have garden beds and bluebirds, days to spend on our deck, visits from the ice cream truck and so much more!

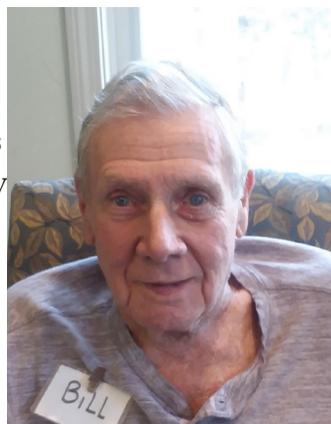
We have had some very enjoyable winter months at the Strong House. Many new friends have joined us. We’ve been busy beating the winter doldrums by keeping active...no hibernating for us!

I would like to take the opportunity to welcome a new staff member to the Strong House. Linda Newhouse joins us as our Tuesday Health/Recreation Aide. She is looking forward to meeting and getting to know all of you. Linda is joining an awesome team of co-workers, volunteers and the best clients and families anywhere!

Kate Blais, RN

## PERSON OF THE MONTH: WILLIAM ALLARD

William Allard’s love of boats and the water began very early in life. His father owned a hardware store/Johnson outboard engine dealership in the Bronx. Young “Billy” spent his younger years



exploring the waters and tributaries of Long Island Sound with his best friend, Richie.

There was never any question about what he would do after high school... Bill joined the Coast Guard as soon as he could. Bill still tells stories about his days on watch, on leave and in the engine room, where he reports he was the happiest, except for behind the helm of one of his own boats or in a tree stand hunting deer.

He married his first wife, Martha, and moved away with a backward glance at New York City. He found his home in Mansfield Center, CT right down the road from UCONN Storrs where he also worked as a plumber for 15 years. Bill opened a small marine sales and repair shop under his apartment, which he ran with the help of his three boys, Billy IV, David and Bobby. He later divorced and met the true love of his life, Sandy in 1968. Seven years later he married her and adopted her daughter, Kelly. He soon went back to school at night to become a teacher. He landed a position at Ella T. Grasso Technical School in Groton, where he taught small engine repair for 20 years. Here he was able to pour his vast knowledge of boats, engines, snowmobiles, etc. into his students and keeps in touch with a few to this very day.

Throughout his life, Bill divided his time between various fixer-upper boats. He used to joke that he liked working on them as much as cruising in them. He was also thrilled to find a home amongst the Antique Outboard Motor Club (AOMC) where the older outboards (never a Mercury!) he restored won him a vast number of trophies, which are proudly displayed in his cellar “office.” In his spare time, Bill spent countless hours restoring a 1934 Chrysler like the one his father owned when he was little.

Bill has lived in Mansfield Center, Quaker Hill, Oakdale and now currently resides in Killingworth. His garages (yes, more than one) and cellars have always been filled to the brim with his engine work. The yard, much to his wife’s chagrin, is still home to 11 boats, canoes and trailers just waiting for his next adventure filled road trip!

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## HAPPY BIRTHDAY

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Jeff Stith 3/1  
Doug Morse 3/8  
Hal Landis 3/23  
Linda 3/24  
Lori Murphy 3/25

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

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## WELCOME NEW FRIENDS

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Jeff Stith of Westbrook  
Ed of Clinton  
David Kelsey of Chester

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## SAVE THE DATE

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The CT Chapter of the Alzheimer's Association Annual Dementia Education Conference will be held on April 2, 2020 at Mohegan Sun in Uncasville, CT. Registration forms and information are available at [www.alz.org/ct](http://www.alz.org/ct). There is a wealth of helpful and interesting information being offered to both family and professional caregivers.

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## INCLEMENT WEATHER

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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 at 203.245.0524. Please remember to shovel/de-ice walkways and driveways to enable safe transport.

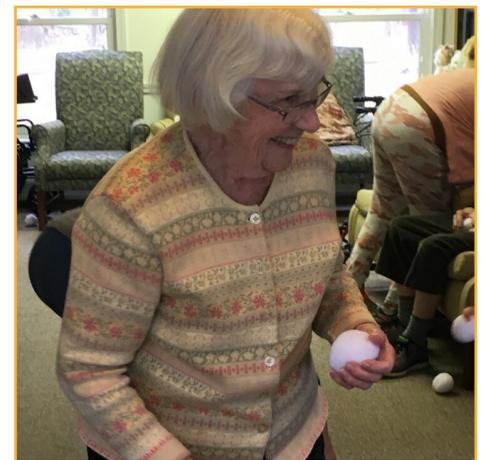
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## RECREATION CORNER

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We will be celebrating the luck of the Irish this month with everything green. Our St. Paddy's Day party on the 17th, includes green pancakes in the morning. We'll be visiting our friends at the Madison House to do a craft with their residents. A trip to fly kites at Hammonasset is scheduled for Tuesday the 31st for those brave enough to venture out in the wind! We have baking with Shirley aka "Mrs. Doubtfire" on the 24th and Pet Therapy with a new visitor on Tuesday the 3rd, along with our regular visitors on the 9th and 19th. Painting and crafts are on tap, as well as our weekly music programs. Our monthly support meeting will be held on Friday the 20th from 9:00 to 10:15, instead of the 13th. Please join us if you're able. For those who may be starting a spring cleaning project early, we're looking for teaspoons, gently used towels and/or washcloths and laundry baskets. A huge thanks to our driver, Mike, who has taken on many of the maintenance chores for the Strong House. He also decorates the bus for the holidays and has also donated his photography and art work to beautify our walls! Also, thanks to Artis Senior Living of Branford for graciously donating a new coffee station which will be here soon. Thanks also to Mary Wynne who continues to provide us with many goodies and snacks for our clients. We are truly blessed with all of our Strong House supporters, including the Goldschmidts, as well as some who prefer to remain anonymous.



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](http://StrongHouseCT.org)