



DEAR FRIENDS

“Don’t wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make everyday a day of thanksgiving.”

- Charmaine J. Forde

Dear Friends,

Fall is a favorite season for many of us. I hope you had a chance to take in all the beauty of a New England autumn. We all need to take a deep breath and enjoy the moments before the hustle and bustle of the holidays are upon us.

November is National Family Caregivers Month. We would like to say to all of our awesome and dedicated family caregivers- thank you for all that you do for your loved one! This month is also National Alzheimer’s Disease Awareness Month. Please join us on Tuesday, November 19 at 6:00pm, for a program presented by Maria Tomasetti from the Alzheimer’s Association. The topic, “Effective Communication Strategies,” which provides communication tips for caregivers of those with an early, middle or late stage dementia. It will also include some tips for handling dementia-related behaviors. Please let us know if you will be able to attend.

As always, we’re looking forward to the next few months. Among all the things we do here, having fun is at the top of the list! We invite you to stop in anytime, you’ll be sure to see a lot of smiling faces and hear the best sound ever... laughter!

Just a reminder to set your clocks back 1 hour before going to bed Saturday night on November 2!

Have a wonderful Thanksgiving!

Kate Blais, RN

PERSON OF THE MONTH: JEFFREY LINCOLN

Jeff Lincoln was born in West Hartford in 1946 where he grew up with his parents and two brothers, Tony and Russ. He attended Kingswood Academy and then went on to attend and graduate from Wesleyan University with a BA in Biology.

While working at Wesleyan during the summer he went on a blind date with Pam, who later became his wife. She was working in Middletown at Long Lane School for delinquent girls. After the summer Pam went back to her home state of Oregon to finish her college education and then returned to Hartford, CT to work.

After graduating in 1968, Jeff and Pam married and headed to Durham, North Carolina so he could attend graduate school. In January of that year, Jeff was drafted and then enlisted in the Army. He was stationed in Huntsville, Alabama and then in Albuquerque, New Mexico as an electronics instructor. During his time in the service the couple took the opportunity to explore parts of the South and Southwest by camping and hiking as much as possible.

In 1972, Jeff left the service and returned to Connecticut with Pam and their cat. He worked at Zygo Corporation and then Picker Corporation for some years while also returning to school at the University of New Haven to obtain an MBA in Business. Around 1987, Jeff went to work for Yale as an auditor and then as a manager of an IT department. He retired in 2007, not too long after he was diagnosed with Parkinson’s.

Jeff and Pam have two children, Jonathan and Catherine. Jonathan lives with his wife and three children in Burlington, CT. Catherine and her husband and their two girls live in Lowell, Massachusetts.

The Lincolns have resided in Guilford since 1976 and spend summers on Groton Long Point. Jeff spent many happy hours sailing, swimming, snorkeling and kayaking in Fishers Island Sound.



A man of many interests and talents, Jeff was able to build a family room onto his home in Guilford. When his son became interested in scouting, he signed on as a leader for many years. Jeff was also one of the founders of Guilford Community Television. Until his Parkinson's became too advanced, he loved to bicycle, play guitar, challenge his mother at scrabble, play bridge, bird watch and swim. He still enjoys taking a dip in Fishers Island Sound.

Jeff joins his friends at Strong House three times a week where he enthusiastically takes part in the exercise program, singing and is excellent at trivia.

REMINDER

Strong House will be OPEN on Monday, November 11 for Veterans Day.

We will be CLOSED on Thursday, November 28 for Thanksgiving and will be OPEN on Friday, November 29.

WELCOME NEW FRIENDS

Michael Haburay of Madison

Tom Mauro of Madison

Ed Marlowe of Ivoryton

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.

RECREATION CORNER

November is here already! Leaves falling and there's a chill in the air. This brings to mind Thanksgiving and all the trimmings. Strong House will have our own Thanksgiving Dinner the Thursday before!

Maureen and Wendy have drawing and arts and craft programs lined up, as well as several music programs scheduled for everyone's enjoyment. Please check our activity calendar to see our many programs.

There are two separate outings planned to the Gozzi Turkey Farm to allow for as many as possible to go. We'll enjoy some hot cocoa to keep us warm! On November 11th we will honor our Veterans for their dedication to keeping America safe.

Linda, our massage therapist, is scheduled for Friday the 22nd. If you haven't tried one, please do! Cost is only \$12.00. Let staff know if you are interested, as she needs a minimum of 4 to come. Jackie, our hairdresser is available on Mondays by appointment, cost is \$12.00. Please let staff know if you would like to schedule.

HAPPY BIRTHDAY

David K.	11/1
Andrew Brancato	11/12
Diane Gauthier	11/15
Elsie Rielly	11/30

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

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StrongHouseCT.org