



DEAR FRIENDS

"For it is in giving that we receive"

~ St. Francis of Assisi

Dear Friends,

If you follow the news, you know that our state is in a real budget crisis. Our Strong House is not immune from devastating funding cuts. We decided in June that we needed to take a proactive approach to protect the services we all love so much. We invited a group of former and present caregivers to brainstorm ideas about how we could raise more funds to help us to continue to offer our high level of services. An enthusiastic committee was born! At our first meeting many shared how much the Strong House meant to their family and were thrilled to now help our present and future clients experience the same support and care. The committee came up with a new fundraiser idea: Sunday Fund Day! This energetic group has secured donations of food, desserts, wine tastings, musical entertainment and incredible raffle prizes! One member even designed and funded a Be Strong for Strong House tee shirt to be sold at the event (and throughout the year)!

Sunday Fund-Day will be on Sunday, Sept. 17th from 1:00-3:00pm. I hope you can join us...besides raising funds it will provide a chance to connect with people in similar circumstances. If you are not able to attend you can still make a contribution by going to: www.StrongHouseCT.org.

We are truly indebted to our committee members for their time and generosity. If you would like to assist in our future endeavors we would be thrilled to have to! Just give me a call (203 245 0524).

I think we can all agree the Strong House has provided a unique service to the community for the past 23 years and with your help we hope to continue for many years to come.

Sincerely,

Lori Murphy, RN

PERSON OF THE MONTH: NANCY CHARNITSKI

Hi! My name is Nancy Charnitski and I have enjoyed coming to the Strong House for over 4 years. I appreciate the friendships I have made. I have also developed a talent I didn't know I had. With the encouragement of Maureen (Talarczyk, Recreation Aide) I have started painting and drawing. I am sometimes surprised by how good things turn out! She gives me suggestions which give me the confidence to work on a project. My favorite piece was a butterfly I painted. My granddaughter was very excited when I painted Elsa from Frozen. She hung it in her room right away!



I also like to take part in the little plays we put on at Strong House. We call it "The Strong House Theater" and it usually turns out to be a lot of fun. Although I get nervous sometimes I never knew performing in front of a group could be a pleasurable experience.

I was the only child born to Mary and Paul Masek in Bridgeport. I attended Warren Harding High School and then went to Butler Business School. On walks to my grandmother's house I would always see a friendly young man who would wave to me. On one occasion he asked if he could walk me home. He then asked me out and the rest is history. Andy and I were married in 1969.

We lived in Stratford where we had our daughter, Laura. Later we moved to Madison where we raised her. When Laura started school I went to work at Beckson Manufacturing in Guilford and stayed for 23 years until retiring.

My daughter Laura works for a pharmaceutical company and she and her husband, Larry (a Guilford Policeman) have given Andy and I our pride and joy, our 7 year old granddaughter, Reese. We love her dearly.

Andy and I have been married for 48 years and we recently moved to North Branford where we are enjoying fixing up our quiet little home. When I'm not at Strong House I have recently started volunteering at the Guilford Library. I read stories to youngsters during

story time.

My faith is very important to me and I try to pray daily for everyone. I believe it is good for the mind, spirit and body.

I would like to thank the Strong House staff; all the CNA's, nurses, volunteers and Lori and Diane for the caring and understanding they give to all their clients.

REMINDER

Strong House will be CLOSED on Monday 9/4/17 for Labor Day.

FIGHT THE FLU

VNA Community Healthcare will be holding a flu clinic on Thursday, Nov. 2 from 10:00-11:30 and it is open to the public. If you are a client and would like to take advantage of this opportunity please complete the Consent Form and provide a copy of your insurance card and give to Strong House nurse prior to Nov. 2. Information regarding participating insurance companies is provided in enclosed flyer. Private pay cost is: Regular strength: \$46. High dose for seniors (optional): \$55.

Research is done annually to determine which flu virus strains are expected to be the most prevalent and the top 3-4 strains are chosen to be in the vaccine. The VNA uses quadrivalent preservative free vaccine that includes all 4 selected strains. Getting a flu shot is the first and best defense you can take to prevent the flu.

RECREATION CORNER

We will be celebrating Adult Day Services Week beginning Sept. 18th with treats for our peeps including manicures, mini massages and special treats. Our outings this month will begin with a Cruise down the CT River on Thursday, 9/14. Then on Wed., 9/20 we will travel to the Knights of Columbus Museum which will feature an exhibition "Beyond the Front Lines," a historical retrospective on World War 1. On Friday, 9/29 we will enjoy the beginning of fall with a scenic ride along the shoreline. Linda, our massage therapist will be here on Fri., 9/29. (Cost is \$12. Please let staff know if interested.)

WELCOME NEW FRIENDS

June Jean of Madison

HAPPY BIRTHDAY

9/14 Connie Ross
9/15 Helen Brown
9/25 Carol Giannotti

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

THANK YOU SALLIE & STEPHEN GOLDSCHMIDT

Sallie and Stephen came up with a novel and generous idea: instead of guests bringing gifts to their 50th Wedding Anniversary Party they requested donations be made to the Strong House. We thank them for their thoughtfulness and wish them many years of happiness to come!



**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