



## DEAR FRIENDS

*"You are as welcome as the flowers in May."*

*-Charles Macklin*

Dear Friends,

May is Older American's Month. This year's theme is "Connect, Create, Contribute." This encourages older adults and their communities to: **CONNECT** with friends, family and services that support participation. **CREATE** through activities that promote health and personal enrichment. **CONTRIBUTE** time, talent and life experience to benefit others. The Strong House is a perfect match for this theme. We've got this covered!

This year marks the Strong House 25th year anniversary! If you're wondering about the history, please read the next feature.

National Nurses Day is May 6th, which kicks off Nurse's Week. We would like to thank our wonderful Strong House nurses who provide exceptional care. Helen Brown RN, Deb Kling-Morawski RN and Connie Ross RN are dedicated to maintaining the health and wellness of our clients. We are very fortunate to have them as part of the Strong House team!

With our sincere thanks,

Kate Blais RN

## FROM THE ARCHIVES

The Strong House was established in 1994 as part of the Madison VNA. Adult Day Centers started growing in popularity in the 1970's. The growing senior population was creating a need to add to the continuum of care. Dr. Pat Melady was the CEO of the Madison VNA. The Board at that time was very receptive to her proposal of creating a self-sustaining facility in which elders who needed some extra assistance during the day could come for care while also receiving socialization and stimulation. The goal being to make it possible for the growing number of seniors to stay in their own homes and remain viable members of the community. It would also provide much needed respite for the caregivers.

The problem was to find a suitable location and the money to do it! Little did they know that it was a mere 50 yards from the VNA office location, then at 560 Durham Road. The house located at 546 became available for purchase.

Betty Norton, a Board member, led a fund raising committee. She worked tirelessly along with Judi Stigli, Louise McIntyre, Betty Harvey and other members of the Board to make Pat's dream a reality.

The private home was eventually purchased and received extensive renovations. The antique barn, alongside the pond, was left untouched to add to the charm of the grounds.

The Strong House opened the doors in 1994 "due to the generosity of the people and the support it received from the community," said Dr. Melady. The Center was named after Harold Strong, who was the major contributor.

The VNA in Madison eventually became part of VNA Community Healthcare & Hospice, who continues to support the mission of the Strong House.

## HAPPY BIRTHDAY

Donna Chatterton 5/9  
Florence Maciolek 5/11  
Liz Stopa 5/18

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

## WELCOME NEW FRIENDS

Jackie Dorwin of Guilford  
Richard Cella of Madison  
Charlie Peterson of Madison  
Dell Sekora of Guilford

## REMINDER

The Strong House will be CLOSED on Monday, May 27th in observation of Memorial Day.

## RECREATION CORNER

The arrival of May brings warmer weather and a chance to enjoy more outdoor activities. On May 1st we will enjoy a favorite, an ice cream outing at a place to be determined. On the 8th we will have a men's out trip to the Groton Submarine Base to see the museum and for those physically able, a tour of the Nautilus submarine which is stationed there. A picnic lunch on the grounds will be provided. Another men's excursion is planned for the 15th to the West Haven Bradley Point War Memorial, with a picnic lunch, which is a popular yearly event. We round out the month with a trip planned for Lillian's Landing located on the shore in Guilford. We will be celebrating all of our "mothers" with a tea party on the 9th in honor of Mother's Day. There is plenty of live musical entertainment scheduled for each week of the month for everyone's enjoyment. We'll have visits from our favorite "furry friends," Bee, Miley and Chief on the 13th and 23rd. As always, we are looking for new places to explore and are open to your suggestions. If it's possible we'll try it! Please check your May activity calendar for more fun and informative programs.



**Have you "liked" us on Facebook yet?  
See more photos, updates on our activities and relevant healthcare news.**

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# Strong House Adult Day Center

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StrongHouseCT.org