



DEAR FRIENDS

"How did it get so late so soon?"

- Dr. Seuss

Dear Friends,

Where has the time gone? It hardly seems like a whole year has passed since we've thought about the upcoming holiday preparations! Here are some tried and true tips to hopefully help ease the stress courtesy of Caregiver Newsletter...

Focus on things that bring happiness and let go of activities that seem overwhelming or stressful.

Be good to yourself. Give yourself permission to do only what you can reasonably manage.

Have a potluck dinner or ask another family member to host at their home or pare down to a few guests for a simpler meal.

Consider changing a holiday dinner into a lunch or brunch, if the darker evening hours are challenging.

Build on past traditions or memories. Meaningful activities might involve singing old holiday songs, watching favorite holiday movies or looking through old photo albums.

Maintaining a normal routine will help keep the holidays from becoming confusing.

Plan some time for breaks and rest.

Put respite care on your wish list such as a gift certificate or something that will help you take care of yourself as you care for your loved one. This could be a cleaning or chore service, an offer to provide respite care or something that provides you with a bit of rest and relaxation.

From all of us at the Strong House, we wish you a very Merry Christmas and Happy Hanukkah!

Peace and Joy!

Kate Blais, RN

PERSON OF THE MONTH: RUTH CHIARALUCE

Ruth was born in 1936 in Somerville, New Jersey, where she grew up with her parents, sister, an older and a twin brother. She moved to Florida in 1958, where she met her husband, Vincent and was married for 26 years. They relocated to West haven, Connecticut to be closer to family.



Ruth went to work at Stop and Shop, starting as a cashier and then working in the office. In 1973, they moved to Bethany, Connecticut and acquired horses. Ruth established a large flower and vegetable garden, as she has always enjoyed gardening.

After divorcing, Ruth again went back to Florida and worked for Walgreen's for over 20 years in the cosmetic department after attending Cosmetic School. She retired in 2010.

Ruth has two children, Michael and Donna and four grandchildren. In February 2019, she again relocated to Madison, Connecticut to live with her daughter Donna, her husband Ralph and dog Mattingly.

Ruth enjoys puzzles, trivia, reading and the Strong House!

REMINDER

Strong House will be closing at 3:00pm on December 24 and will be CLOSED on December 25.

We will be OPEN on New Year's Eve, December 31 and CLOSED on New Year's Day, January 1.

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.

HOLIDAY GIFTS

We are touched each holiday season by the thoughtfulness and generosity of our clients and their families. While staff cannot accept individual gifts, if you wish to show your appreciation, please consider a donation to the Strong House (we are a non-profit and all monetary donations are tax deductible). Gift cards to help us purchase "extra" items for our programs such as Stop and Shop, Michael's Crafts, Joanne fabrics etc. are also appreciated. Food donations like muffin, cookie or cake mixes, soups as well as any home-baked goods, are greatly appreciated.

Are you at a loss as to a gift for your caregiving mom, dad, sibling and/or family member who attends the Strong House? Perhaps consider "giving the gift of time" by purchasing a gift certificate for an extra day of attendance. This is two gifts in one; the caregiver enjoys much needed respite and our client enjoys the extra day of socialization and activity.



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

RECREATION CORNER

The holidays are fast approaching! Busy time for all! Strong House will be visiting the Knights of Columbus Museum in New Haven to view holiday trees decorated by parochial school children in Connecticut. They also have a lovely display of creches from many countries around the world. We will enjoy a picnic lunch while there. We would like to extend a great big thank you to Mary Wynne for baking holiday pies for each of our clients and staff. A labor of love for sure! In addition to our many programs, some Christmas arts and crafts will be done during December. A couple of parties are scheduled to ring in the New Year, with plenty of music programs planned as well. Please check your December activity calendar for all we have planned. Wishing all of you a very happy and healthy Christmas and Hanukkah!

HAPPY BIRTHDAY

Paul Musacchio	12/14
Ed Marlowe	12/17
Wendy Kallinich	12/27

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

WELCOME NEW FRIENDS

Paula Malboeuf of Killingworth
Bill Allard of Killingworth