



DEAR FRIENDS

"We cannot control the wind, but we can direct the sail."

-Thomas S. Monson

Hello June! We're ready for some fun times on our lovely deck, the tables and umbrellas are ready and waiting. We have pretty flowers in bloom everywhere.

We have many occasions to celebrate this month. Flag Day is June 14. We'll be proudly waving the stars and stripes as we pay tribute to our beloved flag. This is also CNA Recognition Day. We wish to thank our dedicated CNA staff – Maureen Talarczyk, Wendy Kallinich, Danielle Prescott and Diane Gauthier. In so many amazing ways, they always do so much to make Strong House such a warm, safe, fun and caring place. Thank you for all you do!

Father's Day is June 17. We'll be honoring our Dads on June 15. We'll also have a visit from Tutter's Ice Cream Truck!

June has always been a traditional wedding month. Please bring in your wedding photographs. We would love to set up a display of wedding memorabilia. We'll be admiring our beautiful brides and handsome grooms, as well as vintage veils and cake toppers.

June 21 is the Summer Solstice, arriving at 6:07am. This is the official start of summer and brings us the longest day and shortest night of the year.

Happy and healthy summer!

Kate Blais, RN

PERSON OF THE MONTH: CELESTA ULLE

Celesta is a Math Teacher. She taught junior high and high school math, in northern Ohio, for almost 20 years.

She has three daughters: Antonia, Margaret and Amanda. Antonia and Margaret live in Washington, D.C. Antonia is a lawyer and Margaret is in law school. Amanda lives in Ohio and is active in Easter Seals. The girls visit Celesta regularly.



Celesta moved from Ohio to Connecticut in 2016. She and her mother, Wanda Miller, started coming to Strong House in January 2018. Her mother is now in Austin, where she lives with Celesta's brother Kyle Miller. Celesta's mother sends greetings to everyone at Strong House!

Celesta has childhood memories of traveling around the world with her family. She has very happy memories of her father, Professor J. Melvin Miller. He was strong, loyal and amusing which are qualities that Celesta still admires in others.

Celesta lives with her sister, Cecilia Miller, a professor at Wesleyan. They live in Middletown but hope to move to Essex Village in the near future.

Celesta's main interests are walking, reading and her cat named Bliss. Bliss came from Ohio to live in Connecticut with Celesta.

HAPPY BIRTHDAY

Sallie Goldschmidt 6/4

Deb Kling-Morawski 6/5

Antoinette "Toni" Shine 6/13

Adrienne White 6/16

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

CAREGIVER SUPPORT GROUPS

VNA Community Healthcare & Hospice offers the following free caregiver support groups:

Madison Senior Center, 29 Bradley Rd., Madison
3rd Tuesday of the month, 11:00 a.m. – 12:30 p.m.

Miller Senior Center, 2901 Dixwell Ave., Hamden
Last Tuesday of the month, 10:00 – 11:30 a.m.

VNA Community Healthcare & Hospice,
753 Boston Post Rd., Guilford
Parkinson's Caregiver Support
2nd Thursday of the month, 10:30 a.m. – Noon

Artis Senior Living, 814 E Main St, Branford
Alzheimer's Support Group
2nd Wednesday of the month, 1:30 – 2:30 p.m



**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

We have a wonderful variety of programs planned this month. Please see our activity calendar for our ever popular physical and brain gym exercises, art, spiritual, pet therapy and musical entertainment programs among others. We have several out trips planned too! We're always open to suggestions on different things to do. Please let us know your ideas and we'll do our best to make them happen!

Please note that Jackie, our hairdresser, is here on 6/4. Linda, our massage therapist, is here on 6/1 and 6/29. The cost is \$12.00 each. Please let staff know if you're interested.

UNCORK YOUR CREATIVITY

Our paint night fundraiser will be re-scheduled soon. Stay tuned for details!

WELCOME NEW FRIENDS

Hugo Nickse of Clinton