



DEAR FRIENDS

"A good laugh and a long sleep are the two best cures for anything."

-Irish Proverb

Here we go, the countdown to the first day of Spring starts now! March 20th is just around the corner. Can you believe that Daylight Savings Time begins on Sunday, March 10th? Just a friendly reminder to set your clocks ahead one hour before going to bed on Saturday night. So much for the "long sleep" part of the above proverb.

As for the "good laugh" part, there's no shortage of that here at the Strong House. We have such a "witty" group, who put smiles on our faces and laughter in our hearts.

Of course, the month of March brings us all things Irish. We'll be enjoying a delicious, traditional Saint Patrick's Day meal and celebration on Friday, March 15th. Luck o' the Irish to you!

Happy Spring!

Kate Blais, RN

PERSON OF THE MONTH: GEORGIA AMBULOS

Georgia Jordan Dikegoros was born to Despina and Jordan in Hartford, CT and was the youngest of 4 children (brother, Nick and sisters, Lou and Athena). She attended Southwest Grammar School and then Buckley High School, where she was a baton twirler. After graduation she was a student at Hartford Secretarial School, Huntington Institute,

Hillyer, Mohegan and Mitchell Colleges. Georgia married in 1957 and had 3 children: Stephanie, Perry and Vickie. When Perry was a youngster Georgia volunteered as his Boy Scout leader.



Georgia's first job was at the York Women's Prison as a Medical Assistant. There she received an award for the Most Outstanding Employee because of her efforts to help a family who had lost all their possessions in a fire. She collected money, furniture, clothing and food to assist the family in their time of need. Georgia has also received an award for 31 years of Dedicated Service from the St. George Greek Orthodox Church Choir.

Georgia is the proud grandma to 4 grandchildren and 1 great-grandchild. Her hobbies include playing the mandolin, singing, gardening, dancing and giving lots of hugs! Georgia is also an avid walker taking as many as 4 or more walks a day. She enjoys all kinds of food and loves to eat. Georgia also enjoys swimming, playing tennis and bowling.

Georgia "Peaches" comes to the Strong House every day and keeps us all laughing with her collection of jokes. When asked what is her favorite part about coming to the Strong House? Georgia has a lot of reasons why. Her reply "everything, the people, good food, the music and the entertainment!"

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.

SAVE THE DATE

The Alzheimer's Association, Connecticut Chapter, 22nd Annual Dementia Education Conference is April 4, 2019. This is being held at the Mohegan Sun Earth Expo and Convention Center in Uncasville, CT. There is a wealth of helpful and interesting information being offered to both family and professional caregivers! For more information and/or to register, please visit ALZ.org/CT

HAPPY BIRTHDAY

Cynthia Farace	3/11
Alyce Jones	3/13
Vikki Petzold	3/13
Hugo Nickse	3/20
Hal Landis	3/23

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

RECREATION CORNER

Strong House looks forward to March as the days grow longer and warmer! We have a St. Patrick's Day party planned on the 15th. A trip to visit our friends at the Shoreline of Clinton is scheduled for the 12th and a visit to see some furry friends and exotics at All Pets Club on the 28th. As always, live music programs are scheduled each week for our clients' enjoyment. With the recent uptick of men participating in our program, we have incorporated the Gentlemen's Group to foster friendship and camaraderie among them. We don't want the ladies to feel left out, so there will be baking with Shirley on the 26th! Planting seeds will also be on the schedule, a welcome reminder that Spring is on the way. Jackie, our hairdresser, will be here on the 11th and Linda, our massage therapist on the 29th. The cost is \$12.00 each. Please check your March activity calendar for all of our programs!

WELCOME NEW FRIENDS

Barbara Klein of Killingworth

Mary Sevanick of Clinton

Paul Musacchio of Guilford



**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