



DEAR FRIENDS

"Some people feel the rain, others just get wet."

- Bob Marley

Dear friends,

Hooray, spring has arrived! Here comes sunshine, flowers and rain...well, sometimes maybe even a little snow. Do you notice how clean the air smells after a rain? We can hardly wait to get our windows open and let in the fresh air. Spring is a long awaited season of renewal.

Soon we will be outside on the lovely deck and lawn at the Strong House. We'll be planning what to plant in our garden beds. Green thumbs are always welcome!

April is National Volunteer Appreciation month. We would all like to thank our awesome volunteers. We are so fortunate to have Shirley ("Mrs. D"), Ann, Gerd, Howard with Miley + Chief, Mary + Bee, Mary, Gail and Dana. They are the best and add so much to the Strong House each and every time they are here!

With thanks from your Strong House team!

Dani, Maureen, Wendy, Judy, Helen, Deb, Connie, Patrice, Diane and Kate

PERSON OF THE MONTH: BARNEY CAGGIANO

Hi! My friends call me Barney, but ever since the Purple Dinosaur made his debut, I introduce myself as Bart. So as not to confuse, you can call me either!

At Christmas, I moved to Connecticut from Quincy, Massachusetts and now live with my daughter in Madison. I was living with my son after my wife, Marie, passed away in 2013. I have lived in Quincy since my early 20's, before that I resided in Boston.



My father emigrated from Italy when he was 15 and married my mother when she was 18. Although my mother was a U.S. citizen, she lost her citizenship because she married a foreigner. She had to apply to become a U.S. citizen and my dad actually became a citizen before she regained hers. The laws are now changed and you no longer lose your citizenship when you marry a foreigner.

I had to join the army and go to war before I graduated from high school. However in 2010, I was granted my high school diploma by the City of Boston. I did however, receive my GED long before that.

I ran a moving business called Savin Hill Movers, with my father. When he passed away I continued the business and moved

from Boston to Quincy. I met my wife, Marie, a New Yorker, we married and raised two children, Maryann and Phillip. When lifting became too back breaking, I gave up my business and went to work in the water department for the City of Quincy. During these years I was very involved in politics. Never running for office but helping others win. For a time, I was the president of our local Ward 2 Civil Association.

I have two grandchildren, Nicole and Michael, who live with me when they are not in college. Nicole will be graduating and will be a nurse. Michael is in his 2nd year of college. Although I've only lived here for a few months, I love looking at all the lovely houses on my trip to and from the Strong House. I can't wait to visit the beach in the warmer weather, so look for me in my bathing trunks!

PLEASE NOTE

If you have any changes to your medications, including new or stopped meds, please let us know. We like to keep an updated medication list on hand.

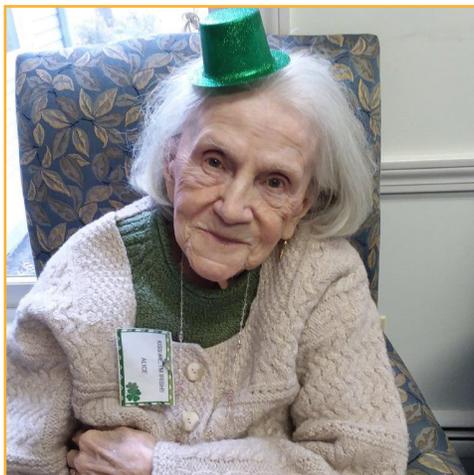
RECREATION CORNER

April promises to bring us lots of art and craft projects, musical entertainment, exercise, cognitive games and the always popular Strong House Theater among other activities! Linda, our massage therapist, will be here on April 27. Please note that Jackie, our hairdresser, is not scheduled until May 7. The cost is \$12.00 each. Please let staff know if interested.

HAPPY BIRTHDAY

Mike Sipala 4/2
Gloria Neri 4/5
Christo Panayotov 4/6
Bob Bagley 4/9
Kate Blais 4/9
Celesta Ulle 4/27

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



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