



# Strong House Adult Day Center

June 2019 Newsletter

## DEAR FRIENDS

*“Smell the sea and feel the sky, let your soul and spirit fly.”*

*–Van Morrison*

Dear Friends,

Welcome June! We have been so looking forward to the summer. It's time to enjoy our outside deck and also spend some time among the flower beds. We try to take advantage of the nice weather, spending as much time as possible outdoors, but on very hot days we enjoy the coolness of the air conditioning and stay inside. Please encourage your loved one to dress in lightweight clothing or at least in layers so they can adjust to indoor and outdoor temperatures.

As people age their bodies cannot cool down as well as when they were younger. Elderly people may not feel as hot when temperatures are very high and are less likely to feel thirsty when their bodies are near dehydration. It is important to stay hydrated in order to avoid becoming dehydrated! Please be aware of signs of dehydration. Signs may include dark colored urine which may have a foul smell. Other signs are headache, feeling tired, weak, disoriented, dizzy, muscle cramps, low blood pressure, rapid heartbeat, fever, sunken eyes and irritability. When these symptoms are present, fluids must be replaced immediately, seek medical treatment!

June 13 is National CNA Recognition Day. We are so fortunate to have these dedicated and talented individuals at the Strong House: Danielle Prescott, CNA; Maureen Talarczyk, CNA and Recreation Aide; Wendy Kallinich, CNA and Recreation Aide and Diane Gauthier, our Operations Manager, who is also a CNA and Therapeutic Recreation Director. They add joy and caring to each day. Thank you Ladies!

Happy Summer!

Kate Blais, RN

## PERSON OF THE MONTH: RICHARD CELLA

I was born in Wallingford, Connecticut on July 13, 1927, the second of three sons. My dad owned a dairy business and as youngsters, we three brothers would help with pasteurizing and bottling the milk. We also helped with deliveries to our home customers.



Our family lived a few doors from Doolittle Park in Wallingford. I would spend all of my free time at the park helping to drag the clay tennis courts. I had the opportunity to play tennis every day during the summer. The Town Recreation League sponsored tennis tournaments and I was awarded trophies twice. During my high school years, football was not offered. The Wallingford Recreation League offered football. I was right tackle on the Hornets team. My trophy was for best lineman of the year.

Upon graduation from Lyman Hall, I enlisted in the Navy and was stationed at Sampson Naval base in Geneva, New York. While at Boot Camp, I signed up for PT Boats, but the war was over. I was discharged, Seaman First Class, July 1946.

Shortly after I established my mason contracting business, I met my amazing wife, Annette. On May 30th, we will celebrate our 66th wedding anniversary. We have three children, a son and two daughters and six grandchildren who make us very proud and bring us much pleasure.

As a family, we spent many winter weekends in Stowe, Vermont, snow skiing and summers boating and water skiing. In 1973 we became summer residents in Madison and in 1976, Madison became our year round home.

Until recently, we spent many winters in Florida. We have fond memories of trips abroad. Several years ago, we traveled to Athens, Greece. The trip included

golf on the island of Corfu and a seven day cruise to the Greek Islands. Another memorable cruise was the transatlantic crossing on the Queen Elizabeth 2 which included London and Paris. There were several vacations to Paris and Italy. Positano was where we celebrated our 50th anniversary.

During my 40 plus years as a member of the Madison Country Club, I have enjoyed many friendships, played lots of golf and won some tournaments. My hole in one was June 21, 2000.

Life is good. I now enjoy new friendships at Strong House, my new "Club."

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## DID YOU KNOW

The Strong House is a charitable organization that relies heavily on donations from families like you to continue and expand our services and programs. We would be thrilled if you choose to make a contribution or to leave a bequest. Call Kate or Diane at 203.245.0524 or go to our website: [www.stronghousect.org](http://www.stronghousect.org) to learn how you can help.

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## WELCOME NEW FRIENDS

Stephen Bartold of Madison

Linda of Guilford

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## RECREATION CORNER

Summer is finally getting here! The weather is warming up and our clients will be planting flowers in our raised beds this month. For the men, we are going to try our luck with horseshoes. We have four trips planned this month. We will take a step back in time "riding the rails" at the East Haven Trolley Museum on the 4th. We'll drive through Bauer Park, on the 10th, to enjoy nature and maybe a stroll around the pond for the more adventurous. The ladies will enjoy a shopping excursion to the Estuary Thrift Shop on the 20th and an outing for the men to the New England Air Museum to see all the vintage airplanes on the 26th. Plenty of music programs are on tap as well. As always, your suggestions for outings are welcome. Our hairdresser, Jackie, will be here on Monday the 3rd- cost is \$12. Linda, our massage therapist, will be here on Friday the 28th- cost is \$12. A minimum of four must sign up for her to come. If you haven't had one, please try.

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## HAPPY BIRTHDAY

Sallie Goldschmidt 6/4

Deb Kling-Morawski 6/5

Antoinette Shine 6/13

Celeste Sisk 6/28

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.



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203.245.0524

[StrongHouseCT.org](http://StrongHouseCT.org)