



Our ElderHouse Staff

Julia Schwartz-Leeper, LMSW  
Executive Director

Wendy Bolton, LMSW  
Director of Client Services

Mary Beth Hogan  
Director of Operations  
and Marketing

Donna Madalon, RN  
Staff Nurse

Kathy Fitzgerald  
Therapeutic Activities  
Coordinator

Dani Abraham  
Certified Nursing Assistant

Anita Palmer  
Certified Nursing Assistant

Amanda Frazier  
Certified Nursing Assistant

Elsie Simon  
Nutrition Aide

Jane Nolan, RN  
Part-Time Staff Nurse

Gary Dunn  
Lead Driver

Paul Zislis  
Driver

Esther Abramov  
Off-site Outreach Coordinator



*Night at the Aquarium*  
**ELDERHOUSE**  
ADULT DAY CENTER  
**A CELEBRATION OF COMMUNITY TO BENEFIT ELDERHOUSE**  
PLEASE JOIN US IN HONORING  
**RICHARD TAVELLA**  
RICK'S MAIN ROOFING / ELDERHOUSE BOARD MEMBER  
**GREENS FARMS ACADEMY**  
COMMUNITY SERVICE PROGRAM  
THURSDAY, APRIL 3, 2025 • 6:30PM – 9:30PM  
HORS D'OEUVRES • DINNER • DRINKS • AUCTION  
THE MARITIME AQUARIUM AT NORWALK  
10 NORTH WATER STREET • NORWALK, CT  
RSVP BY: MARCH 27, 2025  
TICKETS ON SALE NOW! • VISIT ELDERHOUSE.ORG  
OR CALL (203) 847-1998 FOR MORE DETAILS!

Night at the Aquarium - A Celebration of Community to Benefit ElderHouse

ElderHouse is hosting a benefit event at the Maritime Aquarium at Norwalk on Thursday, April 3 at 6:30pm in honor of two extraordinary community partners:

Richard Tavella (Rick's Main Roofing and ElderHouse Board Member) is an active member of the Norwalk Chamber of Commerce, as well as several community-based clubs in Norwalk. ElderHouse is grateful for the support and resources that Rick brings to ElderHouse, assuring we can continue to care for our clients, while he cares for our building.

Greens Farms Academy has a strong commitment to meaningful, community learning for its students who practice empathy, understand citizenship, and begin a lifelong habit of service. We are grateful to partner with Greens Farms Academy for 27 years, bringing energetic and compassionate students to our center weekly as a part of our intergenerational program.

Your support matters! Do you have family or friends who own local businesses or services and would be interested in sponsoring our event? Multiple sponsorship levels are available. Please call Mary Beth Hogan for more details at (203) 847-1998.

Tickets are on sale now. Visit elderhouse.org for more details! All proceeds from this event will support the care and services ElderHouse provides to older adults and their family caregivers. ElderHouse is the only 501(c)(3) not-for-profit certified adult day center serving Darien, New Canaan, Norwalk, Stamford, Weston, Westport, and Wilton.

Challenging Our Minds with Abstract Art

Working with abstract art is a part of the art therapy program offered at ElderHouse. Participants enjoyed a collaborative activity that fosters creativity without structure. Empowering with choices of bold colors, shapes, textures, and placement, abstract art stimulates the mind and enhances a sense of ownership in the decision-making process.



Thank you to Rings End in Norwalk for donating wallpaper books for our project. ElderHouse is always looking for creative materials to use in our art therapy program. If you have magazines at home that you wish to donate, we can certainly use them in for our next collage project.

**ELDERHOUSE**  
ADULT DAY CENTER  
A Certified Social and Medical Adult Day Center  
ElderHouse Adult Day Center  
7 Lewis Street  
Norwalk, CT 06851  
P: 203-847-1998

Caregiver Article of Interest

**Replenish Yourself as a Caregiver.** (borrowmyglasses.com)  
Using self-care strategies in the PARBS Plan helps caregivers set boundaries and focus on what is important.

**Permission:** How can you give yourself permission to engage in self-care? ie "It's okay to ask for help"

**Activities:** Which go-to self-care activities will you focus on, or which new activities would you like to try? ie "Go for a walk twice this week".

**Relationship:** How can you look to your relationship with your older adult for meaningful connection and support? ie "Spend quiet time talking or simply holding hands"

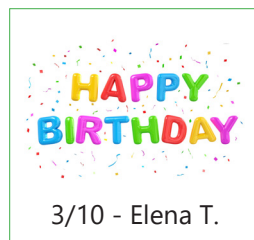
**Boundaries:** Who might you want to set a boundary with? In what situation? How can you go about it? ie "If it's not an emergency, I'll handle it in the evening or weekend instead of dropping everything to handle it at the moment."

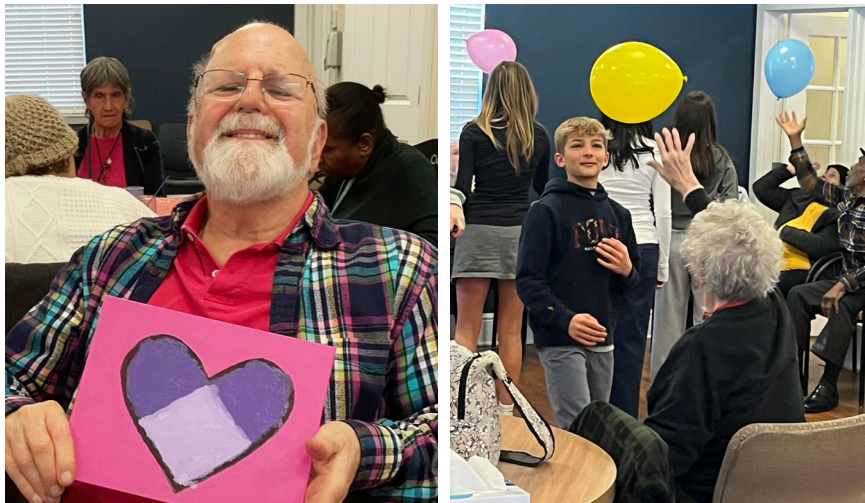
**Support:** Ways you can find and ask for support from other individuals and organizations. ie "Ask family members to take on specific tasks, learn about resources available through your local Agency on Aging, or reach out to ElderHouse for assistance."

Special Events and Birthdays at ElderHouse

Chair Exercise with Phil LiCastrì is offered every Thursday.  
Chair Yoga with Preeti is offered every Wednesday and Friday.  
GFA Students joins us every Tuesday and Friday.

- 3/3 - Live Music with Steve K.
- 3/4 - Garden Club of Darien
- 3/4 - Mardi Gras Celebration
- 3/11 - Live Music with Lizzie
- 3/17 - St Patrick's Day Celebration
- 3/19 - Live Music with Paul
- 3/20 - Earth Day Celebration
- 3/25 - Live Music with Lizzie
- 3/26 - Live Music with Steve A.





**OUR MEAL PROGRAM**

ElderHouse serves:  
Coffee at 8:30am  
Lunch at 12:00noon  
Snack at 2:00pm

Hydration is offered throughout the day

MEAL CALENDAR  
SCAN HERE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Active Minds 11:30 <b>Recreational Games</b> 01:15 <b>Live Music with Steven K.</b> 02:15 Jingo-Bingo 03:00 X-Box Favorites</p>	<p><b>4</b> Mardi Gras - Fat Tuesday</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:30 <b>Garden Club of Darien</b> 11:00 <b>Chair Exercise</b> 11:00 Brain Teasers 11:30 <b>Recreational Games</b> 01:00 Mardi Gras Fun Facts and Celebration 02:00 Jingo-Bingo 03:00 The Price Is Right</p>	<p><b>5</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:30 <b>Chair Exercise</b> 11:00 Brain Teasers 11:30 <b>Recreational Games</b> 01:00 <b>Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 Funny Baby Videos</p>	<p><b>6</b> Nat'l Oreo Cookie Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Importance of Exercise 10:30 Active Minds 11:30 <b>Recreational Games</b> 01:00 <b>Chair Exercise with Phil</b> 02:00 Oreo Cookie Snack 02:15 Jingo-Bingo 03:00 Video Travelogue</p>	<p><b>7</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Trivia 11:00 Guided Imagery 11:30 <b>Recreational Games</b> 01:00 Stress Reduction Discussion 01:30 <b>Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 X-Box Favorites</p>
<p><b>10</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Making Banana Pudding 11:30 <b>Recreational Games</b> 01:00 Suncatcher Craft 02:00 Banana Pudding Snack 02:15 Jingo-Bingo 03:00 Jeopardy</p>	<p><b>11</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Trivia 11:30 <b>Recreational Games</b> 01:15 <b>Live Music with Lizzie</b> 02:15 Jingo-Bingo 03:00 Funny Cat Videos</p>	<p><b>12</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Trivia 11:30 <b>Recreational Games</b> 01:00 <b>Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 The Price Is Right</p>	<p><b>13</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Brain Teasers 11:00 Progressive Muscle Relaxation 11:30 <b>Recreational Games</b> 01:00 <b>Chair Exercise with Phil</b> 01:30 Cognitive Game 02:00 Jingo-Bingo 03:00 X-Box Favorites</p>	<p><b>14</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Trivia 11:30 <b>Recreational Games</b> 01:00 Brain Teasers 01:30 <b>Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 Hobbies Discussion</p>
<p><b>17</b> St. Patrick's Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Active Minds 11:30 <b>Recreational Games</b> 01:00 Brain Teasers 01:30 St. Patrick's Day Party 02:00 Jingo-Bingo 03:00 Video Travelogue</p>	<p><b>18</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Active Minds 11:30 <b>Recreational Games</b> 01:00 Art Therapy 02:00 Jingo-Bingo 03:00 The Price Is Right</p>	<p><b>19</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Active Minds 11:30 <b>Recreational Games</b> 01:00 <b>Chair Yoga with Preeti</b> 01:45 <b>Live Music with Paul</b> 03:00 Funny Baby Videos</p>	<p><b>20</b> Spring Begins / Earth Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Importance of Exercise 10:30 Brain Teasers 11:30 <b>Recreational Games</b> 01:00 <b>Chair Exercise with Phil</b> 01:30 Earth Day Celebration 02:00 Jingo-Bingo 03:00 Name That Tune</p>	<p><b>21</b> World Poetry Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Poetry Writing 11:30 <b>Recreational Games</b> 01:00 Progressive Muscle Relaxation 01:30 <b>Chair Yoga with Preeti</b> 02:15 Jingo-Bingo 03:00 Funny Animal Video</p>
<p><b>24</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Trivia 11:00 Brain Teasers 11:30 <b>Recreational Games</b> 01:00 Acrylic Painting on Canvas 02:00 Jingo-Bingo 03:00 X-Box Favorites</p>	<p><b>25</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Active Minds 11:30 <b>Recreational Games</b> 12:30 <b>Greens Farms Academy</b> 01:15 <b>Live Music with Lizzie</b> 02:15 Jingo-Bingo 03:00 Funny Baby Videos</p>	<p><b>26</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Active Minds 11:30 <b>Recreational Games</b> 01:00 <b>Chair Yoga with Preeti</b> 1:45 <b>Live Music with Steve A.</b> 02:00 Jingo-Bingo 03:00 Video Travelogue</p>	<p><b>27</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Active Minds 11:00 Relaxation Activity 11:30 <b>Recreational Games</b> 01:00 <b>Chair Exercise with Phil</b> 01:30 Adult Coloring 02:00 Jingo-Bingo 03:00 Jeopardy</p>	<p><b>28</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Greens Farms Academy</b> 10:30 <b>Chair Exercise</b> 11:00 Active Minds 11:30 <b>Recreational Games</b> 01:00 Trivia 01:30 <b>Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 Funny Horse Videos</p>
<p><b>31</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 <b>Chair Exercise</b> 10:30 Brain Teasers 11:15 <b>Recreational Games</b> 01:00 Progressive Muscle Relaxation 02:00 Jingo-Bingo 03:00 X-Box Favorites</p>				