

# record-journal.com

Last updated: Wednesday, May 25, 2005

Weather for Meriden  

 Cloudy  
 Time: 1:30 pm  
 Temp: 50 F  
 RealFeel Temp: 40 F  
 Humidity: 74 %  
 Winds: NNE at 15.3 mph

powered by AccuWeather.com  
 Your source for the Best Weather on the Web

Home News Features Opinion Columnists Milestones Sports Classifieds Public Notices Obituaries Business Directory

Local News | Business News | State News | National and International News

Top Jobs

[More Top Jobs](#)

Classifieds

- [JOBS](#)
- [CARS](#)
- [HOMES](#)
- [PERSONALS](#)
- [ALL ADS](#)

Search Classifieds

go!

Special Sections

[Medical Directory](#)

[Business Directory](#)

Photo Gallery

[View our photo gallery.](#)  
[Click here to order photo reprints](#)

[record-journal.com](http://www.record-journal.com)

Vent

For an opportunity to express your opinion on any topic click [here](#).

Quick Poll

How do you think

## Meriden centenarian recovers from stroke at Miller Memorial

By Holly M. Pullano, Record-Journal staff

MERIDEN — Lucy Riedinger was grateful to return home again Tuesday afternoon after spending the past six weeks at Miller Memorial Community recovering from a small stroke.

"Time flies; I didn't realize I had been gone that long," she said with a smile. "I am just so happy to be on my own again, because I'm so used to doing everything on my own and taking care of myself."

Riedinger's return home is somewhat unusual in that she is 100 years old.

Her family said that she had always been active both mentally and physically, but she suffered a stroke in April and was taken to Bradley Memorial Hospital in Southington. She was then transferred to Miller to receive six weeks of follow-up rehabilitative care.

The staff at Miller Memorial said Riedinger progressed by an amazing degree for someone of her age.

"Lucy had important goals that she was more than willing to work toward," said Administrator Brandon Munson. "She worked very hard to meet these goals, and she has really come a long way."

Staff members were quick to praise Riedinger's accomplishments during her stay at Miller.

"Throughout the six weeks I worked with Lucy, I saw a tremendous improvement in her," said Julie Pade, a physical therapist. "She had a very positive attitude, she was very motivated and was always looking to do more."

Her family also said that she had become somewhat of a celebrity during her stay at Miller.

"The other day she was participating in rehabilitation exercises and another man told her she looked like she was around 70," daughter-in-law Maxine Riedinger said. "But she corrected him and said proudly, 'No, I'm 100.'"

Lucy Riedinger's family, and the staff who had the opportunity to work with her, agree that she is not a typical 100-year-old.

Riedinger was a patient in Miller's relatively new short-term recovery unit. The unit houses 15 private rooms for patients who can benefit from a longer course of rehabilitation before returning home.

The goal of the short-term recovery unit, Munson said, is to get patients home as quickly as possible and at the level of independence enjoyed before the onset of illness or a hospital stay.

Munson said most of the patients who come into Miller's short-term recovery unit average 70 years of age.

"Lucy is an excellent example of how successful our patients can be," he said, "regardless of what age they are."



Lucy Riedinger is flanked by her son, Clemens, left, and daughter-in-law, Maxine, at Miller Memorial Community Monday. The Meriden woman, 100, returned home from Miller Memorial Tuesday after six weeks of rehabilitation following a small stroke. (Chris Angileri / Record-Journal)



Gov. M. Jodi Rell is doing?

- Outstanding
- Excellent
- Good
- Okay
- Poor
- Terrible

Vote

Riedinger's accomplishment has come as no surprise to family members, who said that she has remained relatively healthy for all of her 100 years.

"She has always been self-sufficient and independent," Maxine Riedinger said. "She has a very healthy lifestyle — she doesn't smoke, drink or eat meat, and up until a few years ago only took one pill."

Lucy Riedinger's son, Clemens, said his mother has always lived a very active lifestyle.

"She was a big entertainer. She loved to cook and took a lot of pride in taking care of her flower and vegetable gardens," he said.

Lucy Riedinger is modest about her long life and said that she had no particular words of wisdom to offer other than to keep one's mind and body active.

She finds comfort in the past and fondly recalled some of her memories of growing up and living in Meriden over the past century.

"I always enjoyed the outdoors. I walked everywhere I went, and I worked at a clock shop for 25 cents an hour," she said. "Things have really changed since those days."

Riedinger's family agreed that it is her positive attitude, strength and active life that led to her health later in life.

"Lucy was a stay-at-home mom; she raised two children, and in those days it was a stress-free atmosphere," Maxine Riedinger said. "We really feel that all of these things have contributed to her health and well-being throughout her life."

Lucy Riedinger was eager to return home and resume her normal life, but expects she will have to make a few changes to her lifestyle.

Her family said that part of this process would involve coordinating health services to include a personal care assistant and other health care professionals to meet Riedinger's day-to-day living needs.

Before her stroke, Riedinger had only required twice-weekly visits from a physical therapist, whereas now she will require increased home health care services.

She returned to the home that her husband built 65 years ago, where she will be literally right next door to her son and daughter-in-law.

"We can see her kitchen through our window, so we are very close by whenever she needs us," Clemens Riedinger said.

Lucy Riedinger had fond words for the staff and facilities at Miller, but was happy to be back home.

"Everyone was very good to me, the food was good here, and I'm going to miss everyone," she said.

"I don't have any big plans," she said Tuesday afternoon. "It just feels good to be home."

[newsroom@record-journal.com](mailto:newsroom@record-journal.com)

(203) 317-2229

[E-mail this story](#)

[Back to Index](#)

[Printer Friendly Version](#)

[\[Home\]](#) [\[News\]](#) [\[Sports\]](#) [\[Business News\]](#) [\[State News\]](#)

[\[National / International News\]](#) [\[Features\]](#) [\[Milestones\]](#) [\[Classifieds\]](#) [\[Special Sections\]](#) [\[About Us\]](#)

[\[Contact Us\]](#) [\[Columnists\]](#) [\[Opinion\]](#) [\[Archives\]](#) [\[Subscribe\]](#) [\[Place a classified ad\]](#)

Copyright © 2005 The Record-Journal

#### Community Connections

[Clubs](#)  
[Government](#)  
[Schools](#)  
[Churches](#)  
[All connections](#)

#### Our Publications

[Record Journal](#)  
[Westerly Sun](#)  
[Berlin Citizen](#)  
[Plainville Citizen](#)  
[Southington Citizen](#)  
[Northhaven Citizen](#)  
[Tiempo](#)  
[Town Times](#)

#### Section Index

[Meriden centenarian recovers from stroke at Miller Memorial](#)

[Alliance pursues charter changes](#)

[School board waiting for OCM report before acting on McKernan](#)

[Councilors offer cash for ideas that save](#)

[Wallingford veto challenge falls short](#)

[Memorial Day: A solemn day of remembrance, not celebration](#)

[Firm recommends up to \\$768,000 in work to spruce up West Main](#)

Street