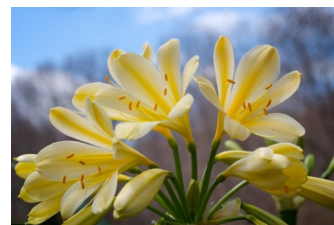




MONTHLY NEWSLETTER



APRIL 2017

SPRING CLEANING TIPS!!

Telephone: 904-241-5207
Fax: 904-241-0007
1-800-955-8771/TTY
www.pablohamlet.com
Managed by Elderly Housing
Management Corporation

Staff Members

Claudia Rusnak
Property Manager

Charlene Mayo
Assistant Manager

Teresa Swanner
Service Coordinator

Jim Parsons
Maintenance Supervisor

Daniel Deon
Maintenance Tech

John Ring
Maintenance Tech

Bryce Chastain
Maintenance / Custodian

Donna Muenzer
Housekeeper

Melissa Gilreath
Executive Director
EHMC

Debra Waters
Operations Manager
EHMC

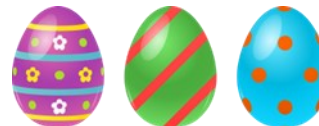
Many remember a time when the onset of milder weather meant days of scrubbing walls and floors, washing linens and airing out the house after winter. Research confirms that in the majority of households, spring cleaning is still a seasonal must. Brian Sansoni, Vice President of Communication for the Soap and Detergent Association, which examines the country's cleaning habits and behaviors through its National Cleaning Surveys, says nearly 80 percent of Americans plan on spring cleaning this year, and more than half of those surveyed say they still clean much like their mothers did years ago. "The number of Americans who regularly plan on spring-cleaning remains steady year after year," Sansoni says. "Let's face it, most of us get an emotional kick out of having a cleaner, decluttered house." While cleaning house has remained part of our culture, new products such as wipes, natural-ingredient cleaners and electrostatic dry mops and mitts make the annual job easier.

To those dealing with vision loss, limited mobility, balance problems and other chronic conditions of aging, experts say clearing out clutter that has accumulated during the winter is a particularly important part of spring cleaning. Caregivers caution that falls are the number one cause of emergency room visits and the leading cause of

injury deaths among people 65 and older.

Falls can happen anywhere, but most falls by the elderly happen at home during daily activities in kitchens, bedrooms, and bathrooms. According to the National Center for Injury Prevention and Control, people over 65 are twice as likely to suffer a fatal fall at home as anywhere else. To ensure a safe spring, remove all tripping hazards, including piles of magazines, newspapers and books. Put away seasonal decorations. Trade in scruffy slippers and bulky winter robes for better-fitting footwear and sleepwear. Use non-slip mats on bathroom floors and in tubs. If possible, consider purchasing small, hand-held vacuums as these lightweight, battery-operated appliances are easier to operate and eliminate the risk of tripping over electrical cords.

~Excerpts From Korky Vann,
Chicago Tribune



RESIDENTS' COUNCIL INFORMATION

At our last Residents' Council meeting, it was voted that for April we have a Birthday and Easter breakfast on Good Friday, 4/14/17 at 10:00 AM. We will be serving pancakes and sausage for breakfast. All residents are invited! Please sign up at the 1st floor bulletin boards so that we will know how much food to prepare. Michael Saxton won the drawing for the quarters. While we had a good meeting, we only had twelve residents in attendance.

We have had some resignations from amongst our Resident Council officers: Doris Bisson and Pearl Porter resigned from the Sunshine Committee due to health reasons and Pat Peto resigned from the Treasurer position also due to health reasons. We want to thank each of them so very much for their dedicated service. Marie Lehr will be covering the Treasurer's position and we really appreciate her willingness to do this. Ann Riker will be assuming the Sunshine Committee position. Thank you Ann for stepping up to the plate for us.

The next Residents' Council meeting will be Wednesday, 4/19 at 2:00 PM. Copies of the By-Laws will be handed out. Please join us. You are the voice of the Pablo Hamlet Community. Please bring your complaints and problems to the table. The meeting will only take approximately 30 minutes out of your month. Your support would be very much appreciated.

Vivian Simpson
Residents' Council President

HAPPY BIRTHDAY FRIENDS

- Carole Stanley April 2
- Ann Riker April 4
- Ed Kitzis..... April 4
- Mi Yoon April 6
- Elinor Allen April 11
- Karla Kellow April 14
- Josephine Hudson April 16
- Mary Wales April 17
- Leigh Hallam April 18

Robert Ballas
Mary Margaret Mees
Nalene Snyder
Kathy Wilfong



FAREWELL AND BEST WISHES

Virginia Cates
Dave Purvis
Lillian Valley

With FOND MEMORIES

Marge Shankle



“Easter spells out beauty, the rare beauty of new life.”
~ S. D. Gordon

PABLO HAMLET RESIDENT COUNCIL

MONTHLY RESIDENTS'
COUNCIL MEETING
WEDNESDAY
APRIL 19
2:00 PM



BIRTHDAY
AND
EASTER
BREAKFAST






Good Friday, APRIL 14
10:00 AM

Pancakes and Sausage

Please sign up at the
1st Floor Bulletin Boards

~ APRIL 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 
2 BREAD / SWEETS 1:00 PM	3 <u>GAME NIGHT</u> 6:00 PM	4	5 <u>SCRAPBOOKING</u> <u>and CRAFTING</u> 1:00 PM <u>MEDICARE</u> <u>UPDATE and</u> <u>RAFFLE</u> 2:00 PM	6 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	7 <u>PEST CONTROL</u> <u>WEST BUILDING</u> Apts. 126—132 Apts. 228—236 Apts. 328—336 <u>OnSite</u> <u>Dermatology</u> 9:00 AM <u>SIMPLY</u> <u>SHARING</u> 2:00 PM	8
9 PALM SUNDAY BREAD / SWEETS 1:00 PM	10 <u>GAME NIGHT</u> 6:00 PM	11 FIRST DAY OF PASSOVER <u>INSURANCE Q&A</u> <u>And CHAIR</u> <u>MASSAGE</u> 2:00 PM	12 <u>EASTER EGG</u> <u>HUNT & BASKET</u> <u>DECORATING</u> 2:00 PM	13 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	14 GOOD FRIDAY <u>BIRTHDAY &</u> <u>EASTER</u> <u>BREAKFAST</u> 10:00 AM	15
16 	17 <u>GAME NIGHT</u> 6:00 PM	18 <u>WOLFSON'S</u> <u>CHILDREN'S</u> <u>SERVICE</u> <u>PROGRAM</u> 1:00-3:00 PM	19 <u>PODIATRIST</u> 9:00 AM <u>RESIDENTS'</u> <u>COUNCIL</u> <u>MEETING</u> 2:00 PM	20 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	21 <u>PEST CONTROL</u> <u>EAST BUILDING</u> Apts. 101—108 Apts. 201—209 Apts. 301—309 <u>BRAIN GAMES</u> 11:00 AM <u>SENIOR</u> <u>MOMENTS</u> 6:00 PM	22 
23/30 BREAD / SWEETS 1:00 PM	24 HOLOCAUST REMEMBRANCE DAY <u>GAME NIGHT</u> 6:00 PM	25	26 <u>SCRAPBOOKING</u> <u>and CRAFTING</u> 1:00 PM	27 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	28	29

ETC. ETC. ETC.

**MEDICARE UPDATE
WEDNESDAY
APRIL 5
2:00 PM**

Come hear about the recent changes to Medicare. We will be discussing:

- Help with prescription drugs
- Applying for Medicaid
- Long-term care costs
- Assistance with Dental

There will also be a short question and answer period following the presentation. Participate in the RAFFLE DRAWING.

~Sponsored by Secure Choices

**INSURANCE Q & A
TUESDAY, APRIL 11
2:00 PM**

**15-MINUTE CHAIR MASSAGE &
REFRESHMENTS**

Katie Wilson with Secure Choices will be on hand to assist you. There will be 8 spots available for the 15-minute massages, so visit the 1st floor bulletin boards as soon as possible once the sign-up sheets are posted.

	4					7	
	2	5	4				
7				1	6		
	6		2		5		4
	3						8
4			8		3		2
			3	9			6
					8	1	4
6							9

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Daily SuDoku: Mon 20-Mar-2017

medium

**EASTER EGG HUNT & EASTER BASKET
DECORATING**

**WEDNESDAY, APRIL 12
2:00 PM**

On the lawn—on the side of the West Bldg.

Please come join us for a fun time gathering Easter eggs and decorating Easter baskets. We will have a contest for the most eggs gathered and for the prettiest decorated Easter basket.

You can bring your own basket if you like.

If you would like to participate but need some assistance, please contact the service coordinator at 241-1457.

Chairs will be provided for those who would like to sit down and watch.

Snacks will be provided.

Bring your camera for some fun photo taking!

~Sponsored by Heartland Hospice



Q: How do bunnies stay healthy?

A: Egg-xercise!

Daily Sudoku: Mon 20-Mar-2017 medium

8	9	5	4	2	7	3	1	6
3	4	1	8	5	6	2	7	9
6	7	2	1	9	3	4	8	5
9	2	7	3	6	8	1	5	4
5	8	6	9	4	1	7	3	2
4	1	3	5	7	2	9	6	8
2	3	4	6	1	5	8	9	7
1	6	9	7	8	4	5	2	3
7	5	8	2	3	9	6	4	1

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