

Staff Members

Claudia Rusnak
Property Manager

Charlene Mayo
Administrative Assistant

Teresa Swanner
Service Coordinator

Jim Parsons
Maintenance Supervisor

Daniel Deon
Maintenance Tech

John Ring
Maintenance Tech

Shane Perez
Maintenance Tech

Donna Muenzer
Housekeeper

Melissa Gilreath
Executive Director
EHMCorp

Debra Waters
Operations Manager
EHMC

MONTHLY NEWSLETTER



AUGUST 2015

What can cowboys teach us about staying at the highest level of functioning as possible for as long as possible?

1. **Cowboys take the bumps and setbacks of life and keep going.** If they are bucked off a horse, they're back in the saddle immediately. Being able to weather life's curve balls is resilience, and a key element to aging in a better way.
2. **Cowboys move ... a lot.** Whether working on the ground or riding, cowboys are physically active. We've discovered that being sedentary is a major risk factor for chronic disease and impairment.
3. **Cowboys are team players.** Getting more than 600 feisty horses to go where you want them to takes intense, well-coordinated teamwork. Working with others for a greater purpose is a key element of the social connection needed to age successfully.
4. **Cowboys are close to nature.** Horses, weather, and the very ground beneath them are not temporary diversions, but their entire world. This natural world can diminish stress and provide us with a peace, optimism and mindfulness that can keep us healthy as we age.

So this resilience, physical activity, social connection, sense of purpose, closeness to the natural world and a mindfulness that quiets a stressful mind ... this is the stuff of cowboys, and a recipe for our own journey to health.

Live Long. Live Well!
Dr. Roger Landry

RESIDENT OF THE MONTH—DORIS BISSON



Doris lives in Apartment 335 of the West Building. She has been here seven and a half years.

Doris enjoys playing cards, being with her friends, doing word searches, reading, and 50's music. Dancing used to be one of her greatest enjoyments.

One of Doris' favorite memories is when she took a trip to Las Vegas with her mother. She has traveled to many states as well as Canada and Nova Scotia. The only states she has not visited are in the North West.

Doris has two sons. One lives here in Jacksonville and the other lives in New Hampshire.

Doris took nursing classes at St. Mary's Hospital in New Hampshire. Labor and Delivery and Emergency Medicine were her favorites. Watching medical programs is something that she does almost every day. She was in the medical profession for ten years.

Doris feels everyone should look out for one another. She states "sometimes a little helping hand goes a long way and everyone should be thankful for being able to reside at Pablo Hamlet." She is very thankful for the many blessings that she has.

RESIDENT'S COUNCIL INFORMATION

Thank you to all who came and contributed to the enjoyment of all at our Fourth of July/birthday party celebration. We had a good time. The food was great and over-abundant. **Next year's party will be on the Fourth of July.**

Our special guest at the Resident's Council was Douglas Doerr, son of Jackie Pryor and Clayton Doerr. What he shared with us was heartfelt and appropriate for this time of year. He was in the Air Force Cavalry and was proudly wearing his special Stetson hat. We also had the Installation of Officers for the year 2015-2016.

We are tentatively planning on a craft sale Saturday, October 3rd, or Saturday, November 7th.

First Christian Church of the Beaches ladies will be here on Saturday, August 15th to help us celebrate August birthdays. (For our "newer" folks, EVERYONE is included in the birthday celebrations.) Come and enjoy.

Mark your calendar to join us on **Monday, September 7th**, Labor Day. Your Council will supply sloppy joes. We are asking you to sign up and include what you can bring to add to the festivities. A "?" or "something" doesn't help others to decide what to bring. (I've been guilty of putting a "?"!) If you are not sure, just sign up and fill in the rest later. We need to know how many plan to attend when buying for the sloppy joes. We need to be good stewards of the money in our council account.

It has been a tradition for those attending the council meetings to, when they can, put \$1 into the basket on the board table. We do NOT have dues, where everyone is expected to pay so much each year. Everything sponsored by the Council is open to every resident of Pablo Hamlet. To understand why we ask for this contribution, we offer, at each council meeting, a \$10 roll of quarters in a drawing of those in attendance. This is purchased with money in "petty cash". There have been months where I forgot to bring a buck, so I understand when an individual cannot make a contribution. We appreciate all who help and thank you for your consideration in this matter. Oh, by the way, we have established that if you won the quarters in the past year, you are ineligible for the drawing. This gives everyone a better chance at winning.

Connie Wendt

Resident's Council President

HAPPY BIRTHDAY FRIENDS

Connie Wendt August 1
Doris Bisson August 1
Peggy Dent August 2
Florence Downs August 6
Patricia Gay August 15
Nancy Wald August 16
Marie Lehr August 16
Jacquelyn Pryor August 20
Mable Chandler August 25

2015-2016

RESIDENT COUNCIL OFFICERS:

President:	Connie Wendt
Vice President:	Vivian Simpson
Treasurer:	Pat Peto
Secretary:	Pearl Porter

PABLO HAMLET RESIDENT COUNCIL

Dates to remember:

Saturday, August 15 – 6 pm – FCCB ladies serving Birthday Party

Wednesday, August 19 - 2 pm – Residents' Council Meeting

Friday, August 21– 1-3 pm – Wolfson project

Friday, August 21 – 6 pm – Senior Moments

RESIDENT BIRTHDAY PARTY

★HAPPY★
BIRTHDAY!

**Saturday, August 15
6:00 PM**

***Sponsored by First Christian
Church of the Beaches.***

**MONTHLY RESIDENTS'
COUNCIL MEETING
Wednesday, August 19
2:00 PM**

~ AUGUST 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2 BREAD / SWEETS 1:00 PM	3 <u>EXERCISE</u> 1:30 PM <u>GAME NIGHT</u> 6:00 PM	4 <u>Wii BOWLING</u> 11:00 AM <u>GAME NIGHT</u> 6:00 PM	5 <u>CRAFTS</u> 1:00 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>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 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 by Appointment	8
9 BREAD / SWEETS 1:00 PM	10 <u>EXERCISE</u> 1:30 PM <u>GAME NIGHT</u> 6:00 PM	11 <u>GAME NIGHT</u> 6:00 PM	12 <u>CRAFTS</u> 1:00 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>BINGO</u> 6:15 PM	14 <u>BRAIN GAMES</u> 2:00 PM	15 <u>RESIDENT</u> <u>B-DAY</u> <u>PARTY</u> 6:00 PM
16 BREAD / SWEETS 1:00 PM	17 <u>EXERCISE</u> 1:30 PM <u>GAME NIGHT</u> 6:00 PM	18 <u>BRAIN GAMES</u> 11:00 AM <u>GAME NIGHT</u> 6:00 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>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 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>Wolfson's</u> <u>Children's</u> <u>Service Program</u> 1:00—3:00 PM <u>SENIOR</u> <u>MOMENTS</u> 6:00 PM	22
23 BREAD / SWEETS 1:00 PM	24 <u>EXERCISE</u> 1:30 PM 3:30 PM <u>BUNKO</u> 6:00 PM	25 <u>GAME NIGHT</u> 6:00 PM	26 <u>CRAFTS</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>BINGO</u> 6:15 PM	28	29
30 BREAD / SWEETS 1:00 PM	31 <u>EXERCISE</u> 1:30 PM <u>BUNKO</u> 6:00 PM					

Etc., etc., etc.



KINDNESS IS A LANGUAGE THAT THE DEAF CAN HEAR AND THE BLIND CAN SEE.

MARK TWAIN

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

(c) Daily Sudoku Ltd 2015. All rights reserved.

Daily SuDoku: Sat 11-Jul-2015

medium



July Wii Bowling Scores

Game 1

- Bill Morgan 191**
- Sally Morgan 183**
- Michael Saxton 75**
- Sue Smith 167**

Game 2

- Debbie Ortenzio 95**
- Sally Morgan 203**
- Michael Saxton 109**
- Sue Smith 176**

Daily SuDoku: Sat 11-Jul-2015

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

(c) Daily Sudoku Ltd 2015. All rights reserved.

Sudoku Solution

FRIENDLY REMINDER

Please do not drag furniture in the hallways. It causes burn marks in the carpeting.

Please tell your family and friends as well in order to keep our property looking great.

Thank you!

Management