



# MONTHLY NEWSLETTER



## AUGUST 2016

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Jacksonville Beach, FL

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www.pablohamlet.com  
Managed by Elderly Housing  
Management Corporation

### 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

**Bryce Chastain**  
Custodian

**Melissa Gilreath**  
Executive Director  
EHMCorp

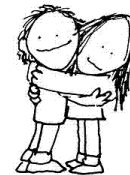
**Debra Waters**  
Operations Manager

## HUGGING

Hugging is healthy. It helps the body's immune system; it keeps you healthier; it cures depression; it reduces stress; it induces sleep; it is invigorating; it has no unpleasant side effects; and hugging is nothing less than a miracle drug.

Hugging is all natural. It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and is 100% wholesome.

Hugging is practically perfect. There are no movable parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation proof, nonfattening, no monthly payments, no insurance requirements, theft-proof, nonpolluting and, of course, fully returnable.



### RESIDENT OF THE MONTH— PAT PRICE

Pat has lived in Apartment 113 of the East Building for about three months.

Born in Jacksonville, Pat enjoys reading and online games. She has good memories of trips she has taken to Europe.

Pat says she is very glad to be living here. She has felt welcome by so many people.

Pat's tip for the day is "keep a BIG box of baking soda under your sink and use it frequently followed by HOT water to keep your drains open."

**RESIDENTS' COUNCIL  
INFORMATION**

The Residents' Council Meeting was held on July 13<sup>th</sup> (the 2<sup>nd</sup> Wednesday instead of the 3<sup>rd</sup> Wednesday) due to the fact that I went on vacation. Fifteen people attended the meeting and there was good discussion time.

I will be working on an outing for our residents sometime in late fall or early winter. Please attend our meetings to keep up on all the happenings at Pablo Hamlet!

*Vivian Simpson*  
Residents' Council President

DATES TO REMEMBER:

Residents' Council Meeting	Wednesday, Aug. 17 2:00 PM
Wolfson's Project	Friday, August 19 1:00 PM
Senior Moments	Friday, August 19 6:00 PM
Resident Birthday Party	Saturday, Aug. 20 1:00 PM

**FAREWELL AND BEST WISHES**

**Bertha Crowson  
Irene Sandoval**



**HAPPY BIRTHDAY FRIENDS**

Connie Wendt .....	Aug. 1
Hilary Gendelman .....	Aug. 1
Doris Bisson .....	Aug. 1
Peggy Dent .....	Aug. 2
James Collins .....	Aug. 13
Pat Gay .....	Aug. 15
Marie Lehr .....	Aug. 16
Nancy Wald .....	Aug. 16
Tony Vollaro .....	Aug. 16
Gene Roy .....	Aug. 19
Jackie Pryor .....	Aug. 20
Mable Chandler .....	Aug. 25

**Tina  
Randall**



**PABLO HAMLET  
RESIDENT COUNCIL**

**RESIDENT  
BIRTHDAY  
PARTY  
Saturday  
August 20**

**1:00 PM**

*Sponsored by  
First Christian Church*

**MONTHLY RESIDENTS'  
COUNCIL  
WEDNESDAY  
AUGUST 17  
2:00 PM**



# ~ AUGUST 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	5 <u>PEST CONTROL WEST BUILDING</u> Apts. 126—132 Apts. 228—236 Apts. 328—336  <u>ONSITE DERMATOLOGY</u> 9:00 AM	6
7 BREAD / SWEETS 1:00 PM	8 <u>GAME NIGHT</u> 6:00 PM	9	10	11 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	12	13
14 BREAD / SWEETS 1:00 PM	15 <u>GAME NIGHT</u> 6:00 PM	16 <u>CLEAR CAPTIONS FREE PHONE FOR HEARING LOSS</u> 3:00 PM	17 <u>PODIATRIST</u> 9:00 AM  <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	18 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	19 <u>PEST CONTROL EAST BUILDING</u> Apts. 101—108 Apts. 201—209 Apts. 301—309  <u>Wolfson's Children's Service Program</u> 1:00 – 3:00pm  <u>SENIOR MOMENTS</u> 6:00 PM	20 <u>RESIDENT BIRTHDAY PARTY</u> 1:00 PM
21 BREAD / SWEETS 1:00 PM	22 <u>GAME NIGHT</u> 6:00 PM	23	24	25 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	26 <u>ALONE ... TOGETHER &amp; PIZZA LUNCH</u> 12:30 PM	27
28 BREAD / SWEETS 1:00 PM	29 <u>GAME NIGHT</u> 6:00 PM	30 <u>DR. EDWARDS FOOT DOCTOR</u> By Appointment 1:30 PM	31 <u>MEET 'N GREET CITIZEN PHARMACY &amp; GPS TRAINING</u> 2:00 PM			

**ETC. ETC. ETC.**

We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!



**That's my story and I'm sticking to it!**

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

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Daily SuDoku: Tue 19-Jul-2016

medium

**I swear if my memory was any worse, I could plan my own surprise party.**

This is Willis Carrier.



He invented the air conditioner

Let's all take a moment and give thanks....

Daily Sudoku: Tue 19-Jul-2016

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

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