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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

**Melissa Gilreath**  
Executive Director  
EHMCorp

**Debra Waters**  
Operations Manager  
EHMC

# MONTHLY NEWSLETTER

## DECEMBER 2014

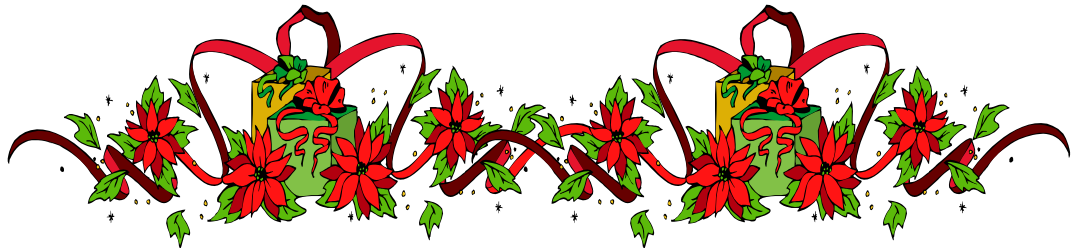
### HAPPY HOLIDAYS

The Management and Staff of Pablo Hamlet want to wish you the happiest of holidays.

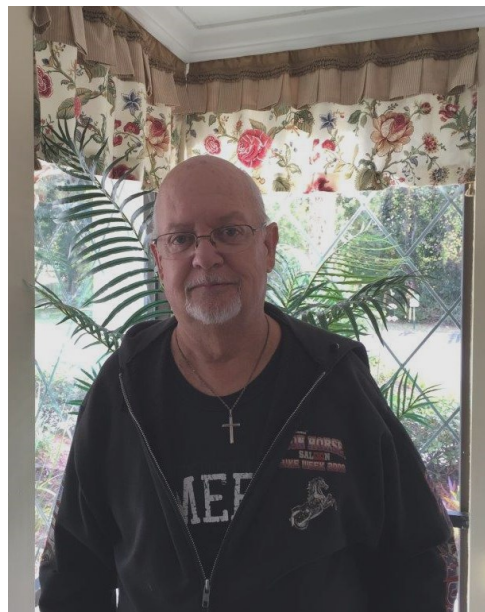
We want you to take care of yourself physically and mentally during these holidays, as this time of the year can be stressful. If you feel lonely or isolated, please seek out community, church or other social events that can offer support and companionship.

It is a blessing for us to serve you. We are grateful that you call Pablo Hamlet your home, and we will continue to try to make this a place of comfort, hope, and joy always.

Whatever is beautiful, whatever is meaningful, whatever brings you happiness ... may it be yours this holiday season and throughout the coming year!



### RESIDENT OF THE MONTH—Lloyd Clark



Lloyd lives in apartment 236 of the West Building. He has lived here about 1 ½ years. Lloyd is originally from upstate New York. He has lived in Jacksonville for about 9 years.

He enjoys fishing and cooking.

One of his favorite memories was when his granddaughter was born and he was the first one to hold her.

## RESIDENT'S COUNCIL INFORMATION

The holidays are here and they have started off with a BANG! There was SO MUCH food for our Thanksgiving dinner, the table was really groaning. I want to thank Marie Miller, Sharon Cooper and Marge Doyle for baking the turkeys! Two of us were disappointed not to find the giblets to help make a rich gravy, but we were able to subsidize and there was plenty of gravy for all. Even to put over our left-over turkey sandwiches Sunday afternoon. MY THANKS TO EVERYONE WHO BROUGHT MAIN DISHES, DESSERTS AND SALAD for all to enjoy.

Unfortunately none of our birthday folks attended, so we didn't have a chance to sing Happy Birthday to them.

I received a thank you note from Lydia Porter, treasurer for Beaches Meals on Wheels. While I was a little disappointed there was not more to share, she was very surprised and pleased to receive a check in the amount of \$675. I've mounted a copy of the note on the bulletin board in each of the buildings.

This is a new month, and, of course, there are more activities coming up. SATURDAY, DECEMBER 13, Oak Harbor Baptist ladies will be serving our December birthday party. My note shows they will be serving at noon. PLEASE check the white board to verify the time!

Unless something comes up, we will be getting together on Friday, December 19<sup>th</sup> to work with Marie Miller on projects for Wolfson Children's Hospital. Several folks showed up in November and we actually completed a number of projects. Many hands make small work of big things. Just imagine these kids sleeping under a colorful blanket that has lots of ties all around. Or how it might comfort them to put on a surgical cap, knowing someone made that "just for them".

In the past we have had, and are continuing the "tradition" of having a NOON YEAR'S EVE party. Please note: NOON!! Many of us just don't stay up late enough to usher in the new year at midnight, but we do enjoy celebrating a new year, a new beginning. There will be a sign up for you to share your favorite dishes.

For those who come on Friday evening when the Senior Moments share their music with us, Ruth Stiehl had hip surgery and is at home recovering. They will NOT be here December, but be prepared for them in January.

And, one last thing. For those who may need to do some last minute shopping, we will be showing items we have had available, bracelets, earrings, etc. on Wednesday, December 10<sup>th</sup>. What money is earned then will go into a special accounting available for future donations we might like to make.

I wish EVERYONE a VERY MERRY CHRISTMAS and HAPPY HANUKKAH!

*Connie Wendt*, Residents Council President

## HAPPY BIRTHDAY FRIENDS

Chris Carruth .....	Dec. 3
Evelyn Imbach .....	Dec. 15
Vivian Melser .....	Dec. 17
Peggy Boyer .....	Dec. 18
Joseph Peto .....	Dec. 18
Ronald Brugger .....	Dec. 18
Virginia Cates .....	Dec. 21
Edward Curtis .....	Dec. 22
Virginia Heskett .....	Dec. 26
Mary Carter .....	Dec. 26
Sally Morgan .....	Dec. 27
William Kemmerer .....	Dec. 30



## PABLO HAMLET RESIDENT COUNCIL

**MONTHLY RESIDENTS'  
COUNCIL MEETING**  
**Date and Time**  
**TBD**

**RESIDENT BIRTHDAY  
PARTY**  
**SATURDAY**  
**DECEMBER 13**  
**Time TBD**  
***Sponsored by Oak  
Harbor Baptist Church***

**RESIDENT CHRISTMAS  
PARTY**  
**Wednesday, December 17**  
**11:30 AM and 1:00 PM**

# ~ DECEMBER 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>1</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM  <u>EXERCISE</u> 1:30 PM  <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM  <u>GAME NIGHT</u> 6:00 PM	<b>2</b> <u>Wii BOWLING</u> 10:30 AM  <u>MEDICAL EQUIPMENT SAFETY CLINIC</u> 2:00 PM  <u>GAME NIGHT</u> 6:00 PM	<b>3</b> <u>HOLIDAY MEMORIES</u> 10:00 AM  <u>CRAFTS</u> 1:00 PM	<b>4</b> <u>DEVOTIONS</u> 9:00 AM  <u>ART WORKSHOP</u> 10:00 AM  <u>WELLNESS CLINIC</u> 3:30 PM  <u>BINGO</u> 6:15 PM	<b>5</b> <u>PEST CONTROL WEST BUILDING</u> Apts. 126-132 Apts. 228-236 Apts. 328-336	<b>6</b>
<b>7</b> <u>PEARL HARBOR REMEMBRANCE DAY</u>  <u>BREAD / SWEETS</u> 1:00 PM	<b>8</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM  <u>EXERCISE</u> 1:30 PM  <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM  <u>TREE LIGHTING</u> 5:30 PM	<b>9</b> <u>HAIR CUTS</u> 3:30 PM  <u>FAMILY BIBLE CHURCH CHRISTMAS CHOIR</u> 7:00 PM	<b>10</b> <u>ONSITE DERMATOLOGY</u> 9:00 AM  <u>CRAFTS</u> 1:00 PM	<b>11</b> <u>DEVOTIONS</u> 9:00 AM  <u>ART WORKSHOP</u> 10:00 AM  <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM  <u>WELLNESS CLINIC</u> 3:30 PM  <u>BINGO</u> 6:15 PM	<b>12</b> <u>BRAIN GAMES</u> 2:00 PM	<b>13</b> <u>Resident Birthday Party</u> Time TBD
<b>14</b>  <u>BREAD / SWEETS</u> 1:00 PM	<b>15</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM  <u>EXERCISE</u> 1:30 PM  <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM  <u>GAME NIGHT</u> 6:00 PM	<b>16</b> <u>BRAIN GAMES</u> 11:00 AM  <u>GAME NIGHT</u> 6:00 PM	<b>17 1ST DAY OF HANUKKAH</b>  <u>PODIATRIST</u> 9:00 AM  <u>RESIDENT CHRISTMAS PARTY</u> 11:30 AM & 1:00 PM	<b>18</b> <u>DEVOTIONS</u> 9:00 AM  <u>ART WORKSHOP</u> 10:00 AM  <u>WELLNESS CLINIC</u> 3:30 PM  <u>BINGO</u> 6:15 PM	<b>19</b> <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	<b>20</b>
<b>21</b>  <u>BREAD / SWEETS</u> 1:00 PM	<b>22</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM  <u>EXERCISE</u> 1:30 PM  <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM  <u>BUNKO</u> 6:00 PM	<b>23</b>  <u>GAME NIGHT</u> 6:00 PM	<b>24</b> <u>PODIATRIST</u> 9:00 AM	<b>25</b>  	<b>26</b>	<b>27</b>
<b>28</b>  <u>BREAD / SWEETS</u> 1:00 PM	<b>29</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM  <u>EXERCISE</u> 1:30 PM  <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM  <u>GAME NIGHT</u> 6:00 PM	<b>30</b>  <u>GAME NIGHT</u> 6:00 PM	<b>31</b>  			

## AROUND THE HAMLET

### WELLNESS CENTER HEALTH TIP

The Holidays can bring joy and happiness but can also bring stress into our lives. It is important to manage stress. Try exercise or relaxation techniques, perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel.



**November was a great month at Pablo Hamlet.**  
The Fall Services Day brought the residents outside to play corn hole and skittles, to decorate pumpkins, and enjoy popcorn and apples.

On another occasion, we were treated to the precious voices of the Montessori school children as they sang Thanksgiving songs to us, and we shared pumpkin and egnog ice cream supplied by Advantage Wellness Services.

We hope you will take advantage of all of the fun, educational and creative opportunities offered here at the property. They are designed specifically for you!

