



PH
PABLO
HAMLET

1600 Shetter Avenue
Jacksonville, FL 32250

Phone: (904) 241-5207
Fax: (904) 241-0007

JANUARY 2014



BULLETIN BOARD

“May all your troubles last as long as your New Year’s resolutions!” - Joey Adams

“Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man.” - Benjamin Franklin

EASY WAY TO CUT CALORIES

Pay attention to serving sizes printed on snacks and beverages. Many packages, even small ones, contain more than one serving.

NOTES & NEWS

HAPPY BIRTHDAY FRIENDS

- Roy Vogel January 5
- Nora Becton January 8
- Charity Raum January 8
- Sarah Hill January 14
- William Lehr January 17
- Sharon Rasin January 23
- Suzanne Brugger January 27
- Betty Jane Tenney January 28

The Comfort of Chamomile

On a chilly winter day, warm up with a steaming cup of chamomile tea. The herb’s flowers contain powerful flavonoids and oils that may help relieve joint pain by reducing inflammation.

An Apple a Day

It’s not fancy or trendy, but the familiar apple is just as good for you as Mom always said. The Iowa Women’s Health Study has declared apples are very effective at reducing heart disease in older women. Other studies have found apples can lower the risk of lung cancer and type 2 diabetes.

HIGHLIGHTS

**PABLO HAMLET’S RESIDENT OF THE MONTH
CHRISTINE GAILEY**

Christine lives in Apartment 318 of the East Building. She has lived at Pablo Hamlet for approximately one year. Born in Atlanta, GA, she was raised in Florida. She has lived in Jacksonville for about three years.

Christine enjoys reading, walking on the beach, collecting shells, swimming, dancing, traveling and worshipping God.

Some of her fondest memories are picnics on the beach with her family, flying a glider plane in California and touring the United States.

Christine attends Narrow Way Church and Bible College. She has one daughter, two sons and three grandchildren. Her mother, Chris Anthony, helped start the Art Guild at Jacksonville Beach.

She states she is thankful to Jesus Christ for her life, health and family.

Say Something Nice Today
Giving compliments can boost confidence in others and promote positivity in your own life. Jan. 24 is National Compliment Day, so take this opportunity to make complimenting others a regular habit.

RESIDENT COUNCIL CALENDAR

- 1/15, 3 p.m. RESIDENT COUNCIL MEETING
- 1/17, 6 p.m. SENIOR MOMENTS
- 1/18, 1 p.m. RESIDENT BIRTHDAY PARTY

“Some people grumble that roses have thorns; I am grateful that thorns have roses.”
Jean-Baptiste Alphonse Karr

“Gratitude turns what we have into enough.”

TRIVIA WHIZ

A Tribute to Trivia

In honor of Trivia Day on Jan. 4, enjoy this random assortment of fun facts:

- Redwood trees, the tallest in the world, have fire-resistant bark. Sometimes fire reaches the inside of a redwood through cracks in the bark, creating "chimney trees" that survive even after being hollowed out by fire.
- It takes only seven shuffles to thoroughly mix a 52-card deck.
- Alaska, which became the 49th state on Jan. 3, 1959, is nearly one-fifth the size of the rest of the U.S. and accounts for over half of the country's coastline.
- The lifespan of a major league baseball is about seven pitches. Why so short? Rarely is a ball ruined by a powerful crack of the bat; rather, foul balls and home runs are usually lost to fans, and balls that are scuffed are taken out of the game and used for batting practice.
- The world's largest snowflake was found by a rancher on Jan. 28, 1887, in Fort Keogh, Mont. It was 15 inches across.
- You may have heard that goldfish have only a three-second memory, but they actually have a memory span of several months. Scientists at Plymouth University were able to train goldfish to push a lever to get food at the same time every day.
- U.S. "paper" money is actually made of 75 percent cotton and 25 percent linen.

For the Love of Trivia

Dubbed "the biggest phenomenon in game history" by Time magazine, the board game Trivial Pursuit has sold more than 100 million copies since its introduction in 1981. More than 40 editions of the game exist, including versions for kids, baby boomers, sports enthusiasts and "Star Wars" fans.



Plan Ahead for Amazing Meals

After a long day, avoid the dreaded "What's for dinner?" question by having a solid meal plan—a habit that will not only save you time and money, but help you eat healthier, too. Here's how:

A plan on paper. Write down what meals you want to have in the week ahead. If you need some inspiration, check grocery store ads to see what is on sale. Before

shopping, review recipes and check to make sure you have the ingredients you need. Add any missing ingredients to your shopping list.

Speedy chef. To make cooking less of a chore, prep ingredients the night before or in the morning. Chop vegetables, move frozen items to the refrigerator to defrost, and gather spices together. Set everything on a tray and place it in the fridge so it's ready to go.

In plain sight. A calendar helps you stay on top of your meal plan. A quick glance each night will remind you of any prep work you need to do for the next day.

Creative cooking. Leftovers can go a long way. Use them in lunches or repurpose them for dinner on a different night—for example, a pot of chili can become burritos. Keep leftovers in mind when you begin to plan the next week's meals so you don't end up with too much food.

Hard Habit to Break? Not Anymore

Some habits can be harmful, while others are just plain annoying. Whether you are always running late or can't stop checking your cell phone, here are some tips to help you break a bad habit:

Take notice. For a week, record when and where you indulge in your bad habit and what you are feeling at the time. Do you do it when you're stressed or bored? Knowing your triggers can help you avoid them in the first place.

Look for a cause. Many habits have simple solutions. Clicking your pen can stem from having too much energy, so you may need to get more exercise or cut back on sugar or caffeine. Can't seem to get to work on time? Find ways to streamline your morning routine.

Replace it with something better. Bite your nails? Try chewing gum.

When you have the urge to crack your knuckles, doodle on a notepad. Instead of gossiping, explore new hobbies and interests so you have something else to talk about.

Create obstacles. If you need to focus on something—be it work or a conversation with friends—put your phone out of sight so you're less tempted to check it.

Ask others for help. Enlist some trusted friends, coworkers or family members to help keep you in check. Stay motivated by sharing your goals and accomplishments with them.





WIT & WISDOM



Timely Tax Prep

Now that the holiday season is behind us, January provides a welcome breather for busy schedules. But before spending all your free time sprawled on the sofa, consider getting a jump start on filing your taxes.

W2s and other earned income statements usually arrive in January, so even if you don't plan to file right away, you can still begin gathering receipts, bank statements and other important documentation.

Look for every possible deduction. Some of the most commonly overlooked are charitable contributions, student loan interest, job hunting costs, and state taxes paid last year.

Once you have assembled the necessary paperwork, whether you file your own return or have someone else do it for you, there are several benefits to being an early bird with the IRS. Among them:

Rapid refunds. If you expect a refund, the earlier you file, the earlier you'll typically receive it. Using the refund to pay off interest-bearing debt is even more of a plus.

Planning ahead. For those who owe taxes, earlier filing means more time to budget and set aside what will be due. Even if you file early, you still have until April 15 to submit your payment.

Double check. If you prepare your own return, completing it before the deadline provides ample time to check and double-check your work to ensure that everything is correct before you file.

neMinute Chef

Cranberry Orange Muffins

Ingredients:

- 1 3/4 cups flour
- 1 cup plus 1 tablespoon sugar, divided
- 4 teaspoons baking powder
- 2 cups Honey Bunches of Oats cereal, divided
- 3/4 cup fat-free milk
- 1 egg
- 1 teaspoon grated orange peel
- 1/3 cup orange juice
- 2 tablespoons plus 1 teaspoon vegetable oil, divided
- 1 cup fresh or frozen cranberries, coarsely chopped

Directions:

Preheat oven to 375° F.

Combine flour, 1 cup sugar and baking powder in large bowl.

Mix 1 cup cereal and milk in medium bowl; let stand 3 minutes. Add egg, orange peel, orange juice and 2 tablespoons oil; mix well. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Gently stir in cranberries.

Crush remaining 1 cup cereal; mix with remaining 1 tablespoon sugar and 1 teaspoon oil.

Spoon batter into 16 paper-lined muffin cups. Top with cereal mixture. Bake 22 minutes or until muffins are golden brown.

For more recipes, visit www.PostFoods.com/recipes.



"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

—Winston Churchill

"What would life be if we had no courage to attempt anything?"

—Vincent Van Gogh

"Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage."

—Maya Angelou

"We must build dikes of courage to hold back the flood of fear."

—Martin Luther King Jr.

"Life shrinks or expands in proportion to one's courage."

—Anais Nin

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'"

—Eleanor Roosevelt

"Keep your fears to yourself, but share your courage with others."

—Robert Louis Stevenson

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

—Nelson Mandela


"The best protection any woman can have ... is courage."

—Elizabeth Cady Stanton



January 2014

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1	2	3	4
<p><i>Happy New Year</i></p>				<p>HAPPY NEW YEAR !!!</p> <p>The Office is closed. For Maintenance Emergencies, call 249-3866.</p>	<p>DEVOTIONS 9 A.M.</p> <p>ART WORKSHOP 10 A.M.</p> <p>WELLNESS CLINIC 3:30 P.M.</p> <p>BINGO 6:15 P.M.</p>	<p>PEST CONTROL 1ST FLOOR EAST BUILDING</p>	
		5	6	7	8	9	10
<p>BREAD / SWEETS 1 P.M.</p>	<p>CHAIR EXERCISE 1:30 P.M.</p> <p>GAME NIGHT 6 P.M.</p>	<p>Wii BOWLING 10:30 A.M.</p> <p>BIBLE STUDY 2:30 P.M.</p> <p>GAME NIGHT 6 P.M.</p>	<p>BREAD / SWEETS 11 A.M.</p>	<p>DEVOTIONS 9 A.M.</p> <p>ART WORKSHOP 10 A.M.</p> <p>WELLNESS CLINIC 3:30 P.M.</p> <p>BINGO 6:15 P.M.</p>			
12	13	14	15	16	17	18	
<p>BREAD / SWEETS 1 P.M.</p>	<p>CHAIR EXERCISE 1:30 P.M.</p> <p>HAIRCUTS 3:45 P.M.</p> <p>GAME NIGHT 6 P.M.</p>	<p>BIBLE STUDY 2:30 P.M.</p> <p>GAME NIGHT 6 P.M.</p>	<p>PODIATRIST 9 A.M.</p> <p>BREAD / SWEETS 11 A.M.</p> <p>RESIDENT COUNCIL MEETING 3 P.M.</p>	<p>DEVOTIONS 9 A.M.</p> <p>ART WORKSHOP 10 A.M.</p> <p>WELLNESS CLINIC 3:30 P.M.</p> <p>BINGO 6:15 P.M.</p>	<p>PEST CONTROL 1st FLOOR WEST BUILDING</p> <p>SENIOR MOMENTS 6 P.M.</p>	<p>RESIDENT BIRTHDAY PARTY 1 P.M.</p>	
19	20	21	22	23	24	25	
<p>BREAD / SWEETS 1 P.M.</p>	<p>Martin Luther King Jr. Day</p> <p>CHAIR EXERCISE 1:30 P.M.</p> <p>GAME NIGHT 6 P.M.</p>	<p>BRAIN GAMES 10:30 A.M.</p> <p>BIBLE STUDY 2:30 P.M.</p> <p>GAME NIGHT 6 P.M.</p>	<p>BREAD / SWEETS 11 A.M.</p>	<p>DEVOTIONS 9 A.M.</p> <p>ART WORKSHOP 10 A.M.</p> <p>WELLNESS CLINIC 3:30 P.M.</p> <p>BINGO 6:15 P.M.</p>	<p>MORE BRAIN GAMES! 3 P.M.</p>		
26	27	28	29	30	31		
<p>BREAD / SWEETS 1 P.M.</p>	<p>CHAIR EXERCISE 1:30 P.M.</p> <p>BUNKO 6 P.M.</p>	<p>BIBLE STUDY 2:30 P.M.</p> <p>GAME NIGHT 6 P.M.</p>	<p>BREAD / SWEETS 11 A.M.</p>	<p>DEVOTIONS 9 A.M.</p> <p>ART WORKSHOP 10 A.M.</p> <p>WELLNESS CLINIC 3:30 P.M.</p> <p>BINGO 6:15 P.M.</p>	