

**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

## JANUARY 2015

### FOURTH ANNUAL CHRISTMAS TREE LIGHTING



A hardy group of residents, staff, friends and family braved a chilly evening recently to witness the fourth annual lighting of the Pablo Hamlet Christmas tree.

Great efforts from our staff, our resident council, and supportive vendors come together to pull this special event off every year. Our gorgeous tree was donated by Ortho Home Health Care and our resident council went above and beyond to bake fresh cookies and make hot chocolate from scratch. The worship band from St. Andrew's Lutheran Church By The Sea performed for us as the wind carried the sound of their voices up, up and away.

Thanks to all who made this fun event possible.

### RESIDENT OF THE MONTH— ANN ADAMS



Ann has lived in Apartment 312 of the East Building for a year. She was raised in Ponte Vedra. She lived in Texas for a while and then returned to Ponte Vedra in 1990.

Her hobbies are volunteering at Baptist Beaches, watching her granddaughter perform in ballet and watching golf.

Some of her favorite memories are when she traveled to London and Alaska. She loved living in Texas and traveling with her husband. She states Christmas is her favorite holiday season.

Ann attended Texas Christian University. She has three sons that attended UCF. She also has nine grandchildren. She says she is enjoying making friends at Pablo Hamlet.

## RESIDENT'S COUNCIL INFORMATION

Our thanks go to Pablo Hamlet management for a great Christmas dinner. Lots of good food and great gifts.

If this newsletter goes out before December 31<sup>st</sup>, I hope you signed up to come and will bring something to share at our "Noon Years Eve" party. Help to bring in the new year a little bit early!

We enjoyed the wonderful birthday party that the ladies from Oak Harbor Baptist Church brought to us. We had a houseful of folks, including some of our birthday folks. I believe they will be back next month!

We are continuing to have game night on Tuesday evening at 6 pm, along with Monday evening. Come to play Canasta, or learn how to play, and have fun stretching your brain with Rummikube. We also have dominoes, if you so desire. Don't come alone – ask a friend to join you.

Mark the third Friday of each month to help with the "Wolfson Project". Don't know what it is? Come on down at 1 pm and find out.

Our Resident's Council meeting will be January 21<sup>st</sup> at 2:00pm.

As far as I know at this time, Senior Moments will be joining us Friday evening at 6 pm on January 16<sup>th</sup>.

Thanks for listening.

*Connie Wendt*

Residents Council President

## HAPPY BIRTHDAY FRIENDS

|                         |         |
|-------------------------|---------|
| Roy Vogel .....         | Jan. 5  |
| Charity Raum .....      | Jan. 8  |
| Sarah Hill .....        | Jan. 14 |
| William Lehr .....      | Jan. 17 |
| Sharon Rasin .....      | Jan. 23 |
| Suzanne Brugger .....   | Jan. 27 |
| Betty Jane Tenney ..... | Jan. 28 |



January flowers  
in season.

## PABLO HAMLET RESIDENT COUNCIL

**H A P P Y  
N E W  
Y E A R**

**JOIN OUR  
"NOON" YEARS  
PARTY  
WEDNESDAY,  
DECEMBER 31  
SEE YOU AT  
NOON**



**MONTHLY RESIDENTS'  
COUNCIL MEETING**

**Wednesday  
January 21  
2:00 PM**

**RESIDENT BIRTHDAY  
PARTY  
TBD**

# ~ JANUARY 2015 ~

| Sun                             | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Sat |
|---------------------------------|--|--|--|--|---|-----|
|                                 |  |  |  | 1<br>NEW YEARS DAY   | 2<br>PEST CONTROL<br>WEST BUILDING<br>Apts. 109—117<br>Apts. 210—218<br>Apts. 310—318   | 3   |
| 4<br>BREAD / SWEETS<br>1:00 PM  | 5<br><u>BLOOD PRESSURE CHECK</u><br>11:00 AM—1:00 PM<br><br><u>EXERCISE</u><br>1:30 PM<br><br><u>HAMLET HEALTH UNIVERSITY</u><br>3:30 PM<br><br><u>GAME NIGHT</u><br>6:00 PM | 6<br><u>Wii BOWLING</u><br>10:30 AM<br><br><u>DIABETIC SHOE FITTING</u><br>2:00 PM<br><br><u>GAME NIGHT</u><br>6:00 PM | 7<br><u>CRAFTS</u><br>1:00 PM  | 8<br><u>DEVOTIONS</u><br>9:00 AM<br><u>ART WORKSHOP</u><br>10:00 AM<br><u>BEAM FOOD DISTRIBUTION</u><br>2:00 PM<br><u>WELLNESS CLINIC</u><br>3:30 PM<br><u>BINGO</u><br>6:15 PM  | 9   | 10  |
| 11<br>BREAD / SWEETS<br>1:00 PM | 12<br><u>BLOOD PRESSURE CHECK</u><br>11:00 AM—1:00 PM<br><u>EXERCISE</u><br>1:30 PM<br><u>HAMLET HEALTH UNIVERSITY</u><br>3:30 PM<br><u>GAME NIGHT</u><br>6:00 PM            | 13<br><u>HAIRCUTS</u><br>3:30 PM<br><br><u>GAME NIGHT</u><br>6:00 PM   | 14<br><u>CRAFTS</u><br>1:00 PM   | 15<br><u>DEVOTIONS</u><br>9:00 AM<br><u>ART WORKSHOP</u><br>10:00 AM<br><u>WELLNESS CLINIC</u><br>3:30 PM<br><u>BINGO</u><br>6:15 PM   | 16<br>PEST CONTROL<br>EAST BUILDING<br>Apts. 118—125<br>Apts. 219—227<br>Apts. 319—327<br><br><u>Wolfson's Children's Service Program</u><br>1:00—3:00 PM<br><br><u>SENIOR MOMENTS</u><br>6:00 PM | 17  |
| 18<br>BREAD / SWEETS<br>1:00 PM | 19<br><u>BLOOD PRESSURE CHECK</u><br>11:00 AM—1:00 PM<br><br><u>EXERCISE</u><br>1:30 PM<br><br><u>HAMLET HEALTH UNIVERSITY</u><br>3:30 PM<br><u>GAME NIGHT</u><br>6:00 PM    | 20<br><u>BRAIN GAMES</u><br>11:00 AM<br><br><u>GAME NIGHT</u><br>6:00 PM   | 21<br><u>PODIATRIST</u><br>9:00 AM<br><br><u>Residents' Council Meeting</u><br>2:00 PM | 22<br><u>DEVOTIONS</u><br>9:00 AM<br><u>ART WORKSHOP</u><br>10:00 AM<br><u>BEAM FOOD DISTRIBUTION</u><br>2:00 PM<br><u>WELLNESS CLINIC</u><br>3:30 PM<br><u>BINGO</u><br>6:15 PM | 23<br><u>HEALTHY SMOOTHIES</u><br>1:00 PM   | 24  |
| 25<br>BREAD / SWEETS<br>1:00 PM | 26<br><u>BLOOD PRESSURE CHECK</u><br>11:00 AM—1:00 PM<br><u>EXERCISE</u><br>1:30 PM<br><u>HAMLET HEALTH UNIVERSITY</u><br>3:30 PM<br><u>BUNKO</u><br>6:00 PM                 | 27<br><u>GAME NIGHT</u><br>6:00 PM   | 28<br><u>CRAFTS</u><br>1:00 PM   | 29<br><u>DEVOTIONS</u><br>9:00 AM<br><u>ART WORKSHOP</u><br>10:00 AM<br><u>WELLNESS CLINIC</u><br>3:30 PM<br><u>BINGO</u><br>6:15 PM   | 30<br><u>BRAIN GAMES</u><br>2:00 PM   | 31  |

# AROUND THE HAMLET

## WELLNESS CENTER HEALTH TIP

It is vital to take necessary precautions to stay healthy and safe during these cold winter months. Luckily we live in sunny Florida but we can still face freezing temperatures here in Jacksonville. Know your abilities and limit outdoor activity during those especially frigid days. If you must endure the cold make sure to dress in warm layers and wear a hat, scarf, gloves and thick socks.

As you age, your metabolism slows, and you make less body heat than you did when you were younger and are at an increased risk for hypothermia. In addition, some medications and medical conditions increase your vulnerability to the cold.



**It's OK to talk to yourself.  
It's even OK to answer  
yourself.  
But when you ask yourself to  
repeat what you just said,  
Boy, do you have a problem!**

~Author Unknown

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medium

## THANK YOU!

WE SEND A GREAT BIG THANK YOU FOR ALL THE CHRISTMAS CARDS AND GIFTS THAT WE RECEIVED, AND WE WISH YOU A VERY HAPPY NEW YEAR!!

CLAUDIA CHARLENE JOHN  
DONNA TERESA

Daily Sudoku: Wed 10-Dec-2014 medium

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

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Residents enjoyed the singing and antics of the Discovery Montessori pre-school children during our resident Christmas party.