

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

MARCH 2015

A LITTLE BIT OF HISTORY



In this Oct. 4, 1950 file photo, Ida May, 76, displays a Social Security check for \$4.

Seventy-five years ago, the government cut 65-year-old Ida May Fuller a check. It was numbered 00-000-001 — the first Social Security payout. Fuller, of Ludlow, Vermont, didn't realize it at the time, but her check helped launch the Social Security program. And it secured Fuller, who never married and had no children, a place in American history.

"It wasn't that I expected anything, mind you, but I knew I'd been paying for something called Social Security and I wanted to ask the people in Rutland about it," she's quoted as saying in a Social Security Administration document.

Fuller, known around Ludlow as "Aunt Ida," died in 1975 at age 100. By then, she had already become a celebrity of sorts, with a few previous brushes with fame. Fuller was born on a farm two miles outside Ludlow, then a mill town and now a ski town, in the heart of the Green Mountains. Future President Calvin Coolidge was three years ahead of her at the Black River Academy, now a museum. Later, she worked as a secretary for the Vermont law firm of a Ludlow lawyer who had been Coolidge's attorney general.

In early November 1939, she passed by the government office in the larger city of Rutland and decided to pop in to ask about Social Security. While there she was urged to apply for benefits, not realizing she'd get the first check. That Jan. 31, 1940 check was for \$22.54, a little less than the \$25.75 that the agency had been deducting from her paycheck in the previous three years.

By the time she died in 1975 at age 100, she had received a total of \$22,888.92 in benefits. Near the end of her life, when she was living with a niece, she told a reporter that the payments "come pretty near paying for my expenses."

INSURANCE: "IN THE KNOW"



If you are on a Medicaid Managed Care Plan, otherwise known as an MMA, open enrollment began February 3 and will continue through April 30th. This is your opportunity to change plans if you are not pleased with your current plan or to enroll in a plan for this first time if you are eligible to do so. A representative from the state was here recently to assist residents with this and to answer questions. If you should have any questions or need some

assistance regarding these plans, please contact the service coordinator at 241-1457 and she will be happy to work with you.

Just in case you were not aware, when it comes to medical equipment and supplies, Medicare will only cover products that come from approved competitive bidders. So, if you are in need of these types of items, you will need to get them through a company that Medicare has approved as a bidder. This includes diabetic supplies. This is also true of medical equipment that needs repair. Medicare will only cover repairs on equipment done by companies that are approved bidders.

RESIDENT'S COUNCIL INFORMATION

We had a great turn out for our Shrove Tuesday ("Fat Tuesday") brunch. I believe everyone had all the pancakes and sausages they could eat!

There were about 30 of our folks at the birthday party February 21st. It was put on by two Sunday School classes from Kernan Road Baptist Church. They brought good food and good entertainment. They offered to come sometime in the summer to have a "cook-out". They were offering hotdogs/hamburgers; one of our members suggested steak! (Not asking for much?) More on this later.

We are still having game night on Tuesday evenings, along with Mondays. It starts at 6 pm.

There were 9 folks working on the Wolfson project last month. Mark your calendar for the 3rd Friday each month at 1 pm. Come and see what you can do.

Senior Moments were here last month but will **not** be here in March. Austin is having surgery. But, they are planning on being here in April. They have told us many times that they really enjoy coming here because we join in and sing with them – that is, when we know the song.

Mark **Saturday, March 7th – 1 pm. The Women's Club will be giving our birthday party.** Remember, while we are honoring birthdays for the month, EVERYONE is welcome to come and enjoy!

Also, mark **Tuesday, March 17th**. What's so special about that day? St. Patrick's Day, of course! We will start our celebration at **NOON**, with Reuben sandwiches, etc. The Council will furnish the makings for the drinks (NOT just tea) and sandwiches. If you would like to bring chips, dips, and pickles, we would love it. There will be a sign up sheet, as we have done in the past, so we will be sure to have enough for everyone.

Looking ahead: Something else to plan for:

a **YARD SALE** – Saturday, April 25th, from 9 am til 3 pm. Tables will be \$10. If you don't have a lot to sell, share a table with a friend. What you sell is **YOURS**. Council makes money from the sale of the tables and the bake sale. If there are hot dogs sold, that, too, goes into the fund for a future donation. We currently have \$116 in that fund.

If it seems that we are making a lot of decisions on things to do, please join us on **Wednesday, March 18th at 2 pm**, and share your thoughts.

Thanks for listening.

Connie Wendt

Resident's Council President

HAPPY BIRTHDAY FRIENDS

Deborah Beckham..... March 8
Daniel Kelly March 13
Annabell Wallace March 15
Caroline Loyd..... March 16
Betty Elliott March 26

PABLO HAMLET RESIDENT COUNCIL

RESIDENT BIRTHDAY PARTY



**SATURDAY
MARCH 7
1:00 PM**

Hosted by The Women's Club



St. Patrick's Day Celebration

**Tuesday
March 17
12:00 Noon**

**Sign up to join us for
Reuben Sandwiches & Drinks**


MONTHLY RESIDENT'S COUNCIL MEETING

**Wednesday
March 18
2:00 PM**

Dates to remember:

Saturday, March 7 – 1 pm: Birthday Party, Women's Club
Tuesday, March 17 – Noon: St. Patrick's Day Party
Wednesday, March 18 – 2 pm: Resident's Council Meeting
Friday, March 20 – 1-3 pm: Wolfson Project
Saturday, April 25 – 9 am to 3 pm: Yard Sale
Mondays and Tuesdays – 6 pm: Card and game nights

~ MARCH 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 BREAD / SWEETS 1:00 PM	2 <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	3 <u>Wii BOWLING</u> 11:00 AM <u>GAME NIGHT</u> 6:00 PM	4 <u>CRAFTS</u> 1:00 PM	5 <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	6 PEST CONTROL WEST BUILDING Apts. 109—117 Apts. 210—218 Apts. 310—318	7 <u>RESIDENT BIRTHDAY PARTY</u> 1:00 PM
8 DAYLIGHT SAVINGS TIME BEGINS  BREAD / SWEETS 1:00 PM	9 <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	10 <u>MEET & GREET Lunch with APEX</u> 1:00 PM <u>HAIRCUTS</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	11 <u>CRAFTS</u> 1:00 PM	12 <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	13	14
15 BREAD / SWEETS 1:00 PM	16 <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	17 Happy St. Pat's Day <u>ST. PATRICK'S DAY LUNCHEON</u> 12:00 NOON <u>GAME NIGHT</u> 6:00 PM	18 <u>PODIATRIST</u> 9:00 AM <u>Resident's Council Meeting</u> 2:00 PM	19 <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	20 1ST DAY OF SPRING PEST CONTROL EAST BUILDING Apts. 118—125 Apts. 219—227 Apts. 319—327 <u>Wolfson's Children's Service Program</u> 1:00—3:00 PM	21
22 BREAD / SWEETS 1:00 PM	23 <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	24 <u>BRAIN GAMES</u> 2:00 PM <u>GAME NIGHT</u> 6:00 PM	25 <u>CRAFTS</u> 1:00 PM	26 <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	27	28
29 PALM SUNDAY BREAD / SWEETS 1:00 PM	30 <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	31 <u>GAME NIGHT</u> 6:00 PM				

AROUND THE HAMLET

USE IT OR LOSE IT! RUST IS HAZARDOUS

During the Sixties, when the country was bound together in the exciting quest to land a man on the moon, we watched with wonder as America's finest risked their lives to venture into the unknown, and in so doing captured our admiration and became our modern day heroes. On several of the Apollo missions however, we were shocked to see astronauts, recently plucked from their floating capsules, carried off the rescue helicopter on stretchers. We had to wonder, as indeed NASA did, what was it in space that in just a matter of days, caused these highly screened and trained space athletes to become casualties? In time, NASA determined that more lengthy exposure to zero gravity, weightlessness, was the culprit.

In space, you're weightless. You float effortlessly ... no challenge, no sweat. So your muscles take a rest. Your heart, also a muscle, takes a rest since the column of blood it has to pump weighs less. And, what did your grandmother tell you? **"Use it or lose it!"**

As we learned from the astronauts, we earth-bound creatures create our own "weightlessness." An estimated 70% of us fall into the President's Council on Physical Fitness, Sports & Nutrition category of "sedentary." What do you suppose would happen if we coast for decades, using only but a small fraction of what we are capable of? What if our lifestyles are such that we minimize what we ask of our muscles, brain, social skills, hand-eye coordination, reasoning and problem solving? Do we lose those also if we don't use them? The answer is a resounding YES!

This week, consider tasks that you do on a daily basis. What physical, social and intellectual skills would you need to continue to do those tasks six months from now? How about five, ten and twenty years from now? Use it or lose it! Rust is hazardous. Rustproof your life by continuing to challenge yourself in these areas.

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

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very hard



Wii bowling brings out the best smiles in people! Why not join the fun this month?

Come enjoy a **pizza lunch** provided by **Apex Home Health Care** and meet one of their nurse representatives, **Chris Merritt**, who will go over the situations in which you may need home health care. See you in the community room on **Tuesday, March 10th at 1:00 pm.** Please look for the sign up sheet on the 1st floor bulletin boards.

FRIENDLY REMINDER
Absolutely no food or drinks are allowed in the lobbies.

HAPPINESS QUOTE
Never let a bad day make you feel like you have a bad life.

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

Sudoku Solution