

MONTHLY NEWSLETTER

MAY 2014

1600 Shetter Avenue
Jacksonville Beach, FL

Telephone: 904-241-5207
Fax: 904-241-0007
1-800-955-8771/TTY
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

Aleyda Rhoades
Housekeeper

Melissa Gilreath
Executive Director
EHMCorp

Debra Waters
Operations Manager
EHMC

CRAFT AND YARD SALE A HUGE SUCCESS

Our Craft and Yard Sale on April 12 was so much fun! Thanks to you, we made over \$2,300 to benefit BEAM and Dial-A-Ride!

We had a great turnout from the beaches community, our Pablo Towers' neighbors and many other friends! We had a lot of prize winners who won baskets. It was exciting to get gift cards. We enjoyed the grilled hot dogs, chips and drinks that had been donated and were sold. The yummy baked goods were popular!

A sincere thank YOU goes to:

- All the volunteers who sold raffle tickets!
- All those who bought raffle tickets!
- Those who purchased a table and sold items!
- Those who volunteered their time, talent and energy!
- Those who participated in our event!

Mary Wales, Pablo Hamlet Resident



CRAFT ITEMS



BAKED GOODS

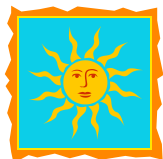


PRIZE BASKETS



PLANTS FOR SALE

RESIDENT OF THE MONTH—MARIE MILLER



Marie Miller lives in Apartment 217 of the East Building. She has lived in Florida since 1974 and has lived in Jacksonville for the last 15 years.

Her hobbies are scrapbooking, quilting, making jewelry, sewing and crocheting. She has also participated in craft shows with weaving, macramé and wood crafting.

Some of her favorite memories are visiting her children after they were grown and sightseeing with them in Washington DC, Niagara Falls,

South Carolina, Colorado and Key Largo where she got to snorkel for the first time.

Marie has six children, 13 grandchildren and 14 great-grandchildren. Only one of her daughters lives here in Jacksonville.

Marie went to college at age 50 and earned her Associates Degree in Electronics. She also owned and operated a ceramics shop for five years.

Marie is enjoying all the friends she has met here at Pablo Hamlet.

OLDER AMERICANS MONTH

May is Older Americans Month. The 2014 Older Americans Month theme is **Safe Today, Healthy Tomorrow.**



History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

William Arthur Ward

HAPPY BIRTHDAY FRIENDS

- JoAnn Cox** **May 1**
- Doris Houser** **May 2**
- Deborah Ortenzio** **May 2**
- Pauline Smith** **May 8**
- Irene Kelly** **May 11**
- John Denton** **May 14**
- Debra Ireland** **May 16**
- Bud Clark** **May 17**
- Agnes Durley** **May 22**
- Barbara Kirschner** **May 26**
- Bertha Crowson** **May 26**
- Diane Meade** **May 28**
- Martha James** **May 29**
- Christine Gailey** **May 31**

According to the American Gem Society, the birthstone associated with May is the Emerald.

Emerald, derived from the word smaragdus, meaning green in Greek, was mined in Egypt as early as 330 B.C. Today, most of the world's emeralds are mined in Colombia, Brazil, Afghanistan, and Zambia.



"LET YOUR YOGA DANCE!"

Beginning Friday, April 25 at 11:00 am in the Community Room and happening every Friday thereafter through May 30, come join "Let Your Yoga Dance."

This is a gentle movement practice that is being offered by Samantha Solley. This type of movement is designed for special populations who do well with gentle movements, and its purpose is to develop body health, brain health, heart health and soul health.

Samantha recently completed the first training module of two for "Let Your Yoga Dance." She would like to "practice teach" before completing the second module and becoming fully certified in this method.

So come out and be one of the first to experience this new way of moving!

PABLO HAMLET RESIDENT COUNCIL

RESIDENT BIRTHDAY PARTY & LIGHT SUPPER
MONDAY, MAY 5
6:00 PM

Sponsored by Palms Presbyterian Church



MONTHLY RESIDENT COUNCIL MEETING
Wednesday
MAY 21
3:00 PM

Please join us and share your helpful thoughts

~ MAY 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	2 <u>PEST</u> <u>CONTROL</u> <u>2ND FLOOR</u> <u>EAST</u> <u>BUILDING</u> LET YOUR YOGA DANCE 11:00 AM	3
4 BREAD / SWEETS 1:00 PM	5 <u>CINCO de MAYO</u> <u>LIVE WELL</u> 12:30 PM <u>CHAIR</u> <u>EXERCISE</u> 1:30 PM <u>RESIDENT B-</u> <u>DAY PARTY</u> 6:00 PM <u>GAME NIGHT</u> 7:30 PM	6 Wii <u>BOWLING</u> 10:30 AM <u>BIBLE STUDY</u> 2:30 PM <u>GAME NIGHT</u> 6:00 PM	7 <u>CRAFTS</u> 1:00 PM	8 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	9 LET YOUR YOGA DANCE 11:00 AM	10
11  BREAD / SWEETS 1:00 PM	12 <u>LIVE WELL</u> 12:30 PM <u>CHAIR</u> <u>EXERCISE</u> 1:30 PM <u>GAME NIGHT</u> 6:00 PM	13 <u>BIBLE STUDY</u> 2:30 PM <u>HAIRCUTS</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	14 <u>CRAFTS</u> 1:00 PM	15 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	16 <u>PEST</u> <u>CONTROL</u> <u>2ND FLOOR</u> <u>WEST</u> <u>BUILDING</u> LET YOUR YOGA DANCE 11:00 AM <u>SENIOR</u> <u>MOMENTS</u> 6:00 PM	17
18 BREAD / SWEETS 1:00 PM	19 <u>LIVE WELL</u> 12:30 PM <u>CHAIR</u> <u>EXERCISE</u> 1:30 PM <u>GAME NIGHT</u> 6:00 PM	20 <u>BRAIN GAMES</u> 10:30 AM <u>BIBLE STUDY</u> 2:30 PM <u>GAME NIGHT</u> 6:00 PM	21 <u>PODIATRIST</u> 9:00 AM <u>CRAFTS</u> 2:00 PM <u>RESIDENT</u> <u>COUNCIL</u> <u>MEETING</u> 3:00 PM	22 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	23 LET YOUR YOGA DANCE 11:00 AM	24
25 BREAD / SWEETS 1:00 PM	26  <u>MEMORIAL DAY</u> <u>BUNKO</u> 6:00 PM	27 <u>BIBLE STUDY</u> 2:30 PM <u>GAME NIGHT</u> 6:00 PM	28 <u>HAVEN</u> <u>HOT DOG</u> <u>HEALTH DAY</u> 12:30 PM <u>CRAFTS</u> 1:00 PM	29 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	30 LET YOUR YOGA DANCE 11:00 AM	31

ETC., ETC., ETC.



Pablo Hamlet Property Manager, Claudia Rusnak, proudly displays the award recently received from HUD for a REAC score of 99.

REAC (Real Estate Assessment Center) inspections are completed by HUD to ensure the property meets all HUD requirements for decent and safe housing for the residents.

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

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

Sudoku Solution



**Before you speak
THINK!**

- **T**—is it **True**?
- **H**—is it **Helpful**?
- **I**—is it **Inspiring**?
- **N**—is it **Necessary**?
- **K**—is it **Kind**?

“Do all the good you can, By all the means you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can.”

**John Wesley
1703-1791**

SIMPLER TIMES

“Firelight will not let you read fine stories, but it’s warm and you won’t see the dust on the floor.”
Irish Proverb

The most luxurious homes are not more comfortable in a snowstorm than a warm, dry cabin in the woods. The niceties of life mean little when our needs are simple: warmth when we’re cold; food when we’re hungry, sleep when we’re tired.

We wish for so many things that we think will bring us happiness. Yet we often find ourselves looking back fondly on simpler times.

What small things in my life bring me pleasure? I will recognize them today and be thankful for them.

From The Daily Book of Positive Quotations
By Linda Picone