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MONTHLY NEWSLETTER

NOVEMBER 2014

AROUND THE NEIGHBORHOOD

No need to stay in your apartment when there's fun to be had just outside your door.

Whether it's the craft fair, interacting with the therapy dog, Colby, or assisting with the Wolfson's Children's Hospital Service Project, there is something to learn, joy to be shared and life to be found if you will just open your door and step outside.

Check the calendar for a list of activities to join or fun to be had or lessons to be learned.

You won't regret it! As you can see by the faces in the pictures, big smiles abound when you take part in what's going on around the neighborhood.



RESIDENT OF THE MONTH—MABLE CHANDLER



Mable lives in apartment 302 in the East Building. She has lived here since July of this year. She is

originally from Rome, Georgia and has lived in Jacksonville since 1959.

Mable enjoys decorating and cooking.

She is retired from many years of secretarial work. She has one son and daughter-in-law. She states she has been blessed with three grandchildren and two great grandchildren. She also has three nieces and one nephew living out of state.

Mable lived in the Arlington area since 1959 and moved to Pablo Hamlet to be closer to her son. She says she is beginning to feel she is "at home". And she appreciates everyone who has been a part of helping her.

RESIDENT'S COUNCIL INFORMATION

For those of you who missed the Council meeting last month, here is a review of what went on.

Sunshine Chairman, Doris Bisson, reported that she had sent out six cards to residents. Also, she will put a notice on each board of those we know of who are ill.

Mary Wales reported for Marie Miller that they are introducing a great service project open to all residents. They have been working on this project making surgical hats for children, tote bags and blankets for Wolfson Hospital. There are several steps to each project. If you don't sew, you can tie the sides to the blanket or run elastic through the edge of the hats. Many hands make light work for a very worthwhile project. They will meet each **THIRD FRIDAY** at 1 pm starting **FRIDAY, NOVEMBER 21st**. Come on down to the Community Room to see what is going on and where you might be able to help.

We raised a good amount of money for Beaches Meals on Wheels at our craft fair October 4. We had a number of folks from Pablo Towers who came to support us – minimal residents from the Hamlet. There is still some money coming in to be given to Beaches Meals on Wheels. We should know how much by our next Resident's Council meeting.

The birthday party, October 18th, was very well attended. It was hosted by the ladies from Community Presbyterian. Good time was had by all.

Watch the bulletin board for when we will combine our Thanksgiving Dinner with the birthday party. It may be Saturday, November 22nd.

Next Residents' Council will be on Wednesday, November 19th at 2 pm.

See you there!

DATES TO REMEMBER

- Resident's Council: November 19th – 2 pm
- Wolfson Project: November 21st – 1 pm
- Senior Moments: November 21st – 6 pm
- Crafts: Wednesdays at 1 pm, except November 19th (do not meet then)
- Thanksgiving dinner and Birthday party: **WATCH THE BULLETIN BOARD**

Connie Wendt
Council President

HAPPY BIRTHDAY FRIENDS

Joyce Denton Nov. 8
Warren Grimm Nov. 23
Josephine Condon Nov. 26

PABLO HAMLET RESIDENT COUNCIL

**MONTHLY RESIDENTS'
COUNCIL MEETING**
Wednesday
November 19
2:00 PM

RESIDENT BIRTHDAY PARTY

**COMBINED
WITH**



THANKSGIVING DINNER



WATCH THE BULLETIN BOARD
For DATE and TIME



~ NOVEMBER 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2 Daylight Saving Time Ends Move clock Back one hour BREAD / SWEETS 1:00 PM	3 <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	4 ELECTION DAY <u>Wii BOWLING</u> 10:30 AM <u>GAME NIGHT</u> 6:00 PM	5 <u>MAKING THE MOST OF YOUR DOCTOR'S APPOINTMENT</u> 10:00 AM CRAFTS 1:00 PM	6 <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	7 PEST CONTROL WEST BUILDING Apts. 109—117 210—218 310—318	8
9 BREAD / SWEETS 1:00 PM	10 <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	11 VETERANS DAY <u>HAIR CUTS</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	12 <u>OnSITE DERMATOLOGY</u> 9:00 AM <u>CRAFTS</u> 1:00 PM	13 <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	14 <u>BRAIN GAMES</u> 2:00 PM	15
16 BREAD / SWEETS 1:00 PM	17 <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	18 <u>BRAIN GAMES</u> 11:00 AM <u>GAME NIGHT</u> 6:00 PM	19 <u>PODIATRIST</u> 9:00 AM <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	20 <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	21 PEST CONTROL EAST BUILDING Apts. 118—125 219—227 319—327 <u>WOLFSON'S CHILDREN'S HOSPITAL SERVICE PROGRAM</u> 1:00—3:00 PM <u>SENIOR MOMENTS</u> 6:00 PM	22
23 BREAD / SWEETS 1:00 PM	24 <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	25 <u>GAME NIGHT</u> 6:00 PM	26 <u>CRAFTS</u> 1:00 PM	27 	28	29
30 BREAD / SWEETS 1:00 PM						

ETC., ETC., ETC.

WELLNESS CENTER HEALTH TIP

Preventing any illness, including the common cold, begins with the following basic prevention strategies:

- Hand washing! Hand sanitizer can be used when washing hands is not an option.
- Never touch your mouth, nose, or eyes without washing your hands.
- Encourage others to cover their mouths with a tissue when they cough or sneeze and to dispose of the tissue themselves. No time to grab a tissue? Cough or sneeze into the inside of your elbow instead of your hands.
- Avoid sharing personal items like toiletries, towels, and pillows.
- Get proper rest and good nutrition to improve resistance and bolster immunity.



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very hard

HAPPY THANKSGIVING

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.
~H.U. Westermayer

Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude.
~E.P. Powell

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
~John Fitzgerald Kennedy

Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow.
~Edward Sandford Martin

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

Sudoku Solution