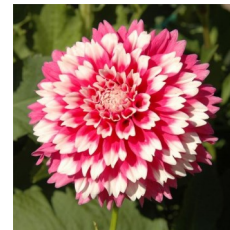




# MONTHLY NEWSLETTER



## AUGUST 2017

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

**Charlene Mayo**  
Site Manager

**Teresa Swanner**  
Service Coordinator

**Ebony Neville**  
Administrative Assistant

**Jim Parsons**  
Maintenance Supervisor

**Daniel Deon**  
Maintenance Tech

**John Ring**  
Maintenance Tech

**Bryce Chastain**  
Maintenance Tech

**Niniea Huffman**  
Housekeeper

**Melissa Gilreath**  
Executive Director  
EHMC

**Debra Waters**  
Operations Manager  
EHMC

Apex Home Health Care  
Courtney Ainsworth  
Account Executive  
Cell 904-838-7245  
Office 904-425-4202

## AUGUST 8th IS AN IMPORTANT DATE

August 8 is the date of our HUD REAC audit. HUD requires our property to be inspected every one to three years to ensure we are maintaining a safe and sanitary environment for our residents.

Our Maintenance Team has prepared our property, both inside and outside. HUD will choose apartments to be inspected randomly on the morning of the audit. We have no influence over which apartments will be chosen. A member of Management and Maintenance will accompany the HUD auditor into every apartment that is chosen. You do not have to be present. Here are a few things to remember:

- There must be clear walkways to each room and all exits—24 inches minimum or 32 inches minimum if you use a walker or wheelchair. The walkways must be free of all debris and trip hazards.
- You may not use your tub or shower as storage. They must be clean and free of any items. The water faucets will be checked to ensure they are operational.
- The stovetop or oven cannot be used as storage. There can be no flammable cloth or plastic, including pans with wood or plastic handles, on the stove or in the oven. The burners and oven will be turned on to ensure they are operational.
- Your emergency call system cords must hang down without knots.

Thank you for your cooperation during this critical time for our property.

## LIVING EVERY DAY

*“ May you live all the days of your life.”*

Jonathan Swift

How often do we ask ourselves, as if waking from a dream, “Where has the time gone? What happened to yesterday? Last week? Last month? Last year?”

Our lives are all that we have on earth, and yet how many days do we let slip by without living them as fully as we might?

Living every day doesn't have to mean trying to achieve something significant every moment that we're conscious. No one could sustain a life like that. It just means doing something each day that adds value to our lives and the lives of others.

I will do something today that will make me feel that I have really lived it.

From *The Daily Book of Positive Quotations* by Linda Picone

## RESIDENTS' COUNCIL INFORMATION

There were 17 in attendance at July's Residents' Council Meeting. Sue Smith won the roll of quarters.

Thank you to Tudy Snyder for stepping up to stand in as our interim Secretary. We appreciate it very much.

The combination 4<sup>th</sup> of July/Birthday Party was a lot of fun! We had 38 residents gather to celebrate, enjoy one another's company, and to eat! August's Residents' Council Meeting will be on Wednesday, August 16, at 2:00 PM. The August Birthday Party will be Saturday, August 19, at 1:00 PM and will be sponsored by First Christian Church at the Beaches. The next Movie Night will be Friday, August 11, at 7:00 PM in the Community Room. The featured movie is Hidden Figures. Ten residents came to July's Movie Night, and they had a really good time together. Thank you Movie Night Coordinators for making this happen.

*Vivian Simpson*

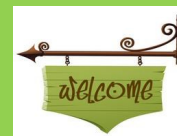
Residents' Council President

## HAPPY BIRTHDAY FRIENDS

Connie Wendt .....	Aug. 1
Hilary Gendelman .....	Aug. 1
Doris Bisson .....	Aug. 1
Peggy Dent .....	Aug. 2
Ginger Campbell .....	Aug. 12
James Collins .....	Aug. 13
Pat Gay .....	Aug. 15
Nancy Wald .....	Aug. 16
Marie Lehr .....	Aug. 16
Tony Vollaro .....	Aug. 16
Gene Roy .....	Aug. 19
Jackie Pryor .....	Aug. 20
Tina Randall .....	Aug. 25
Mable Chandler .....	Aug. 25
Amber Litchfield .....	Aug. 31

## WELCOME

Earlene Mears



## With FOND MEMORIES

Josephine Condon

## PABLO HAMLET RESIDENT COUNCIL

### MONTHLY RESIDENTS' COUNCIL MEETING

WEDNESDAY

August 16

2:00 PM



## RESIDENT BIRTHDAY PARTY

Saturday, August 19

1:00 PM

*Sponsored by First Christian  
Church of the Beaches*



# ~ AUGUST 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2 <u>AMPLIFIED PHONE WITH BLUETOOTH TECHNOLOGY</u> 2:00 PM	3 <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	4 <u>PEST CONTROL WEST BUILDING</u> Apts. 126—132 Apts. 228—236 Apts. 328—336 <u>OnSite Dermatology</u> 9:00 AM <u>SIMPLY SHARING</u> 2:00 PM	5
6 <u>BREAD / SWEETS</u> 1:00 PM	7 <u>GAME NIGHT</u> 6:00 PM	8 <u>HUD PROPERTY INSPECTION</u> All Day  <u>CRAFTY CRITTERS</u> 1:00 PM	9	10 <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	11 <u>BOARD GAMES</u> 2:00 PM  <u>MOVIE NIGHT—Hidden Figures</u> 7:00 PM	12
13 <u>BREAD / SWEETS</u> 1:00 PM	14 <u>GAME NIGHT</u> 6:00 PM	15 <u>WOLFSON'S CHILDREN'S SERVICE PROGRAM</u> 1:00-3:00 PM	16 <u>PODIATRIST</u> 9:00 AM  <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	17 <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	18 <u>PEST CONTROL EAST BUILDING</u> Apts. 101—108 Apts. 201—209 Apts. 301—309  <u>SENIOR MOMENTS</u> 6:00 PM	19 <u>RESIDENT BIRTHDAY PARTY</u> 1:00 PM
20  <u>BREAD / SWEETS</u> 1:00 PM	21 <u>GAME NIGHT</u> 6:00 PM	22 <u>CRAFTY CRITTERS</u> 1:00 PM	23 <u>BALANCE SCREENING WITH SILVER REHAB</u> 1:00 PM	24 <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	25	26
27 <u>BREAD / SWEETS</u> 1:00 PM	28 <u>GAME NIGHT</u> 6:00 PM	29	30	31 <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		

# ETC. ETC. ETC.

## AMPLIFIED PHONES WITH BLUETOOTH TECHNOLOGY FOR HEARING LOSS OR IMPAIRMENT

**Wednesday, August 2, 2:00 PM**

Come to the Community Room to learn about how this technology can help you hear better while you are on the telephone. Sign up for the device while you are there. This program will be presented by a representative from Hope Haven.

## BALANCE SCREENING WITH SILVER REHAB

**Wednesday, August 23, 1:00 PM**

Silver Rehab, one of our Health Care Partners, is offering Balance Screening in the Community Room. All residents are welcome to come and participate!



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			7				

Daily SuDoku: Mon 24-Jul-2017 medium

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## MOVIE NIGHT

This will be our second time watching a movie together! We had a good turnout in July. We meet the 2nd Friday of the month at 7:00 PM in the Community Room.

You can bring a pillow or a cushion to get comfy and bring your favorite snacks and beverages and enjoy watching the movie with your neighbors.

Each month the featured movie will be posted on the bulletin board so that you will know ahead of time what movie to expect.

**So come join us in the Community Room on Friday, August 11, at 7:00 PM to watch "Hidden Figures."**

## APEX AND SILVER REHAB PARTNER WITH PABLO HAMLET

Apex Home Health Care and Silver Rehab are partnering with Pablo Hamlet and Pablo Towers to make health care more accessible to you. If you would like to receive physical therapy in your apartment or would like to go to the rehab clinic at Pablo Towers to receive physical therapy, this is available through Silver Rehab.

Just call Courtney Ainsworth with Apex Home Health Care, and she can assist in getting this set up with Silver Rehab for you. Also, Courtney can assist in connecting you with home health care, occupational therapy, speech therapy, behavioral health, or a social worker. You can contact Courtney on her cell phone at 904-838-7245 or at her office number at 904-425-4203. Her email address is:

[courtneyainsworth@apexhealthcare.com](mailto:courtneyainsworth@apexhealthcare.com)

Daily SuDoku: Mon 24-Jul-2017 medium

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

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Sudoku Solution