



# MONTHLY NEWSLETTER



## OCTOBER 2017

### MEDICARE OPEN ENROLLMENT TIME!

Each year, From **October 15 – December 7**, you can make changes to your Medicare Advantage Plan or Medicare prescription drug coverage for the following year.

**You can do any of the following during this time:**

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.

### OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

Bullying is defined as “an act of repeated aggressive behavior in order to intentionally hurt another person, physically or mentally.” It is characterized as behaving in a manner to gain power over another person.

The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children.

It is not always easy to tell the difference between what is bullying and what might just be the result of somebody’s temporary bad mood. Do not tolerate persistent bad moods and bad behavior; repetition is a sign that you are being targeted.

In order to respond to an adult bully, you must first remember that it is the bully who has the problem, not you. Calmly and self-assuredly stand up for yourself. Sometimes the only thing to do in a bullying situation is to walk away.

Bullies don’t have any real power once they realize that you won’t engage in their game.

**The tongue has no bones, but it is strong enough to break a heart.**

**Remember to be careful with your words.**



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### RESIDENTS' COUNCIL INFORMATION

At the September Residents' Council meeting, nine residents were in attendance. Our next Resident Council Meeting will be on Wednesday, October 18, and we will play seven games of BINGO!!! Please come for the meeting and then stay and play BINGO!

If you have a complaint of any kind, please come and voice your issue. These meetings are the place to come to rectify the situation. The information is passed on to management so that they can address it.

The October birthday party will be Saturday, October 21, at 1:00 PM and will be sponsored by Community Presbyterian Church.

*Vivian Simpson*

Residents' Council President

### HAPPY BIRTHDAY FRIENDS

Sharon Cooper	October 1
Pearl Porter	October 2
Pamela Gambrell	October 3
Kenneth Provow	October 6
Rose Kelley	October 22
Mary Vandermotten	October 26
DeLinda Mock	October 27
Patricia Sheffield	October 28

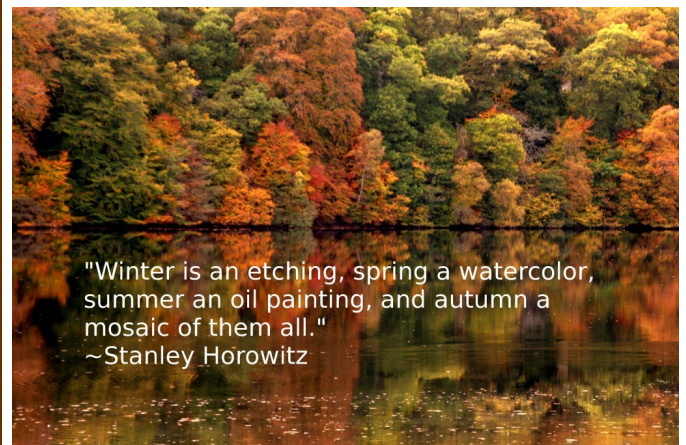
### PABLO HAMLET RESIDENT COUNCIL

**MONTHLY RESIDENTS'  
COUNCIL MEETING  
WEDNESDAY  
OCTOBER 18  
2:00 PM**






**RESIDENT  
BIRTHDAY  
PARTY  
Saturday  
October 21, 1:00 PM**

*Sponsored by Community  
Presbyterian Church*



# ~ OCTOBER 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 BREAD / SWEETS 1:00 PM	2 <u>DR. EDWARDS FOOT DOCTOR</u> By Appt. 9:00 AM  <u>PRODUCE IN THE COURTYARD</u> 10:00 AM  <u>GAME NIGHT</u> 6:00 PM	3	4	5 <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	6 <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	7
8 BREAD / SWEETS 1:00 PM	9 <u>COLUMBUS DAY</u>  <u>PRODUCE IN THE COURTYARD</u> 10:00 AM  <u>GAME NIGHT</u> 6:00 PM	10 <u>CRAFTY CRITTERS</u> 1:00 PM	11	12 <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	13 <u>MOVIE NIGHT—“MAMMA MIA!”</u> 7:00 PM	14
15 BREAD / SWEETS 1:00 PM	16 <u>PRODUCE IN THE COURTYARD</u> 10:00 AM  <u>GAME NIGHT</u> 6:00 PM	17 <u>FLU SHOT CLINIC</u> 2:00 PM	18 <u>PODIATRIST</u> 9:00 AM  <u>RESIDENTS' 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>BINGO</u> 6:15 PM	20 <u>PEST CONTROL EAST BUILDING</u> Apts. 101—108 Apts. 201—209 Apts. 301—309	21 <b>SWEETEST DAY</b>  <u>RESIDENT B-DAY PARTY</u> 1:00 PM
22 BREAD / SWEETS 1:00 PM	23 <u>PRODUCE IN THE COURTYARD</u> 10:00 AM  <u>GAME NIGHT</u> 6:00 PM	24 <u>CRAFTY CRITTERS</u> 1:00 PM	25	26 <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	27 <u>BOARD GAMES</u> 11:00 AM	28
29 BREAD / SWEETS 1:00 PM	30 <u>PRODUCE IN THE COURTYARD</u> 10:00 AM  <u>GAME NIGHT</u> 6:00 PM	31 				

**ETC. ETC. ETC.**

**Dan, "The Fruit & Vegetable Man"  
FRESH PRODUCE**

**Every MONDAY (except holidays)  
10:00 AM COURTYARD BEHIND THE BUILDING**

**SOMETIMES** his wife will bring:  
\$2 BOILED PEANUTS  
\$1 BANANA PUDDING  
\$1 PINEAPPLE UPSIDE DOWN  
CAKES



**Come check it out!!**

**MOVIE NIGHT**

Please come join us to watch a movie together! 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, October 13th, at 7:00 PM to watch "MAMMA MIA!"**

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

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Daily SuDoku: Mon 18-Sep-2017

medium

**FLU SHOT CLINIC**

Walgreens will be in the community room on Tuesday, October 17th at 2:00pm to administer the flu shot. Please have your insurance cards ready for them. There will be documentation to complete and sign. It will be distributed prior to the event so please watch for it and complete and return it to the service coordinator.

**IF YOU ARE UNABLE TO LEAVE YOUR APARTMENT DUE TO ILLNESS, THEY CAN COME TO YOU TO ADMINISTER THE SHOT.**

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

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Sudoku Solution

**SIMPLY SHARING**

A licensed social worker from VITAS leads this group which gives residents an opportunity to share anything that is on their heart. The group meets the first Friday of each month at 2:00 PM.

Come take advantage of having access to a licensed social worker free of charge.

All residents are welcome.



**VISITING PODIATRIST**

Visiting Podiatrist, Dr. Candice Edwards, will be here on Monday, October 2<sup>nd</sup> and will start making her rounds to residents' apartments at 9:00 AM. If you would like to see her, please visit the bulletin board to sign up. If you have not seen her before, new patient paperwork will be placed on your door. Please have it ready for her when she arrives to your apartment.