



# MONTHLY NEWSLETTER

## APRIL 2014

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Jacksonville Beach, FL

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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

## PABLO HAMLET RECEIVES 99b ON REAC INSPECTION



Thank you to all residents who were prepared to have their apartments inspected by HUD at the end of March. We know it is an inconvenience, but we have no choice but to allow the HUD auditor to inspect any apartment he or she requests.

We successfully passed the HUD inspection with a score of 99b. This almost perfect score means HUD will not conduct another audit until the year 2017. We may have other agencies who will inspect, but HUD will not return until 2017!

When you have opportunity, please thank our Maintenance staff who keeps Pablo Hamlet systems running smoothly and the property looking so beautiful.

## RESIDENT OF THE MONTH—AUDREY GRESTY

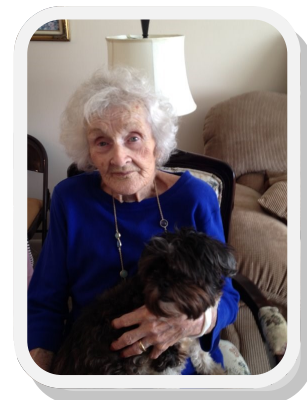
Audrey Gresty lives in Apartment 325 of the West Building. She has lived here a little over a year. Originally from England, she has lived in Jacksonville for over 38 years.

Audrey enjoys shopping, spending time with her dog and taking naps.

One of her fondest memories is when her youngest daughter, Sue, was born earlier than expected and her father had to deliver her at home. They lived in England after the war and didn't have a telephone. He had to go down the road to call the midwife. The midwife showed up on a bicycle after Sue had already been born.

Audrey worked as a secretary in the Royal Navy during WWII, and her late husband, Norman, was a Merchant Marine during WWI and a Payroll Assistant on the Queen Mary.

Audrey has a son and daughter who live out of state and her daughter, Sue, who lives here at the beach. Audrey has several friends whom she has known for over 30 years, who also came from England. They visit her often with food from home. Her dog, Suki, is her best friend and constant companion whom she treasures dearly.



## THE SPIRIT OF AGING

Isiah Moore defies common stereotypes about 87-year-olds in our society. He just received the prestigious Spirit of Aging Award at the Aging Services of Minnesota's 2014 Institute and Expo.

Isiah conveyed to the assembled audience, just before the standing ovation he was given, a gem of wisdom...it was a "wisdom of the ages" quip that I wrote down in my journal to use over and over again. Isiah said the following:

"You never feel like you're too old to do anything. That's the secret of successful aging." And, Isiah certainly lives by those words. In total, he holds 3 jobs:

- An on-call caregiver on nights and weekends at Ebenezer Loren on Park, a member community that he also calls home.
- A HUD certification specialist.
- A real estate broker.

He is also a World War II veteran. Isiah's admirers note that he strongly believes in the phrase "an active mind is a healthy mind." His admirers also say he is a role model for servant leadership, and that he is known for doing the "little things" that help people every day.

Sounds like we can all take a lesson from Isiah!

### IRS AND JURY DUTY SCAMS TARGET SENIORS

Please tell everyone you know that the IRS will not call you about a tax issue and threaten arrest if you do not pay a fine. Also, the clerk of court will not call you to tell you that since you missed jury duty you have to pay a fine or risk arrest.

Remember to be suspicious of any call or email that you receive that you did not request and do not give out your personal confidential information to anyone who calls you on the telephone!

## HAPPY BIRTHDAY FRIENDS

**Carole Stanley** ..... **April 2**  
**Karla Kellow** ..... **April 14**  
**Mary Wales** ..... **April 17**

According to the American Gem Society, the birthstone associated with April is the Diamond.



### COME LIVE WELL!!

Please come take part in the LIVE WELL program every Monday at 12:30 pm beginning April 7th in the Community Room. This program is being offered by Ortho Home Health Care. All residents are welcome to attend this inspiring hour to set personal goals, receive resources to meet those goals, eat nutritious and tasty food prepared using the current week's buy one get one free grocers' sale, receive the recipes used, connect and socialize with other residents, laugh, and share. There will also be a five minute health tip. You will receive a personal journal so that you can write down your goals and anything you would like to record.

The first gathering which was in March was an orientation, and the food was delicious and healthy, too. You can come to the meetings at any time; it doesn't matter if you have missed meetings. After the meeting, stay for the chair exercise class also sponsored by Ortho.

Come LIVE WELL!

## PABLO HAMLET RESIDENT COUNCIL

### CRAFTS and YARD SALE

**APRIL 12**  
**8 AM—3 PM**

**Hot Dog Sale 9—1 PM**



**BAKED GOODS, GRILLED HOT DOGS,  
 PLANTS, GLASSWARE, COLLECTIBLES  
 and MANY OTHER ITEMS**

**All Proceeds will go to  
 BEAM and Dial-A-Ride**

**Don't forget to buy your raffle tickets for  
 great prizes!**

### MONTHLY RESIDENT COUNCIL MEETING Wednesday

**April 16**  
**3:00 PM**

**Please join us and share your helpful thoughts**





### RESIDENT BIRTHDAY PARTY

**SATURDAY, APRIL 19**  
**12:00 PM**

**Sponsored by Oak Harbor  
 Church Ladies**



# ~ APRIL 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1 APRIL FOOLS' DAY</b>  Wii BOWLING 10:30 AM  BIBLE STUDY 2:30 PM  GAME NIGHT 6:00 PM	<b>2</b>  CRAFTS 1:00 PM	<b>3</b> <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	<b>4</b>  PEST CONTROL 1ST FLOOR EAST BUILDING  HUMANA ICE CREAM SOCIAL for Members 2:00 PM	<b>5</b>
<b>6</b>  BREAD / SWEETS  1:00 PM	<b>7</b>  <u>LIVE WELL</u> 12:30 PM <u>CHAIR EXERCISE</u> 1:30 PM <u>ILAB Vision Assistance</u> 3:00 PM <u>GAME NIGHT</u> 6:00 PM	<b>8</b>  BIBLE STUDY 2:30 PM  GAME NIGHT 6:00 PM	<b>9</b>  CRAFTS 1:00 PM	<b>3</b> <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	<b>11</b>	<b>12</b>  <u>CRAFTS And YARD SALE</u>  8—3 PM
<b>13</b>  <b>PALM SUNDAY</b>  BREAD / SWEETS  1:00 PM	<b>14 PASSOVER</b>  <u>LIVE WELL</u> 12:30 PM <u>CHAIR EXERCISE</u> 1:30 PM <u>HAIRCUTS</u> 3:45 PM <u>GAME NIGHT</u> 6:00 PM	<b>15</b>  BIBLE STUDY 2:30 PM  GAME NIGHT 6:00 PM	<b>16</b>  PODIATRIST 9:00 AM  CRAFTS 1:00 PM  RESIDENT COUNCIL MEETING 3:00 PM	<b>17</b> <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	<b>18 GOOD FRIDAY</b>  PEST CONTROL 1ST FLOOR WEST BUILDING  SENIOR MOMENTS 6:00 PM	<b>19</b>  <u>RESIDENT BIRTHDAY PARTY</u>  12:00 PM
<b>20</b>  	<b>21</b>  LIVE WELL 12:30 PM  CHAIR EXERCISE 1:30 PM  GAME NIGHT 6:00 PM	<b>22 EARTH DAY</b>  BIBLE STUDY 2:30 PM  GAME NIGHT 6:00 PM	<b>23</b>  HAVEN HOT DOG HEALTH DAY 12:30 PM  CRAFTS 2:00 PM	<b>24</b> <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	<b>25 ARBOR DAY</b>  BRAIN GAMES With VITAS 3:00 PM	<b>26</b>  
<b>27</b>  BREAD / SWEETS  1:00 PM	<b>28</b>  <u>LIVE WELL</u> 12:30 PM <u>CHAIR EXERCISE</u> 1:30 PM <u>BUNKO</u> 6:00 PM	<b>29</b>  BIBLE STUDY 2:30 PM  GAME NIGHT 6:00 PM	<b>30</b>  CRAFTS 1:00 PM			

## ETC., ETC., ETC.

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

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medium

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

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**“Some people look for a beautiful place; others make a place beautiful.” - Hazrat Inayat Khan**

**“If you change the way you look at things, the things you look at change.” - Wayne Dyer**

### Keeping Perspective

*“Most folks are about as happy as they make up their minds to be.”*

*-Abraham Lincoln*

“I’d be happy if only . . .” There’s always something we’re waiting for—the right relationship, the right job, the right living situation; a child, a raise, a change of seasons—to make us happy.

When we look around, though, we see plenty of people who are happy even without any of the things we want. They simply decide to be happy now, rather than postponing their happiness for a time that may never come.

Happiness is a state of mind, not a set of circumstances. I can—and will—choose to be happy today.

From The Daily Book of Positive Quotations  
By Linda Picone