



# MONTHLY NEWSLETTER



## APRIL 2016

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

**Donna Muenzer**  
Housekeeper

**Melissa Gilreath**  
Executive Director  
EHMCorp

**Debra Waters**  
Operations Manager  
EHMC

While driving the other day, I read the bumper sticker on the car in front of me. "Be kind," it said. With all of the other infective and negative messages out there, this simple, but positive, message resonated with me.

The Dalai Lama teaches us that when we practice kindness and compassion, we are not only helping someone else, but are helping ourselves in the process. Practicing kindness and compassion reduces our stress levels, makes us mentally and physically healthier, strengthens our immune systems, makes us happier, and has been linked to greater longevity.

Want to be happier, healthier and age more successfully? Look for simple ways where you can practice kindness and compassion - smiling more, actively listening to what others are saying, becoming more forgiving and letting go of anger, seeing a need someone has and filling it - these are all great places to start.

You'll be happier, and the world will be a better place for it!

*Dr. Roger*

**Author of *Live Long, Die Short***

## NEW GARDEN AREA TAKES SHAPE

Our new garden area in the rear of the property is taking shape thanks to the efforts of the Exchange Club of the Jacksonville Beaches. Bob Lowery and members of Exchange certainly deserve a commendation for their efforts.

In particular Bob Lowery who put in great effort preparing the lumber by determining what was needed, cutting it to size, pre-drilling holes for screws and other preparation. Members of the Exchange Club assisted by helping to move the prepared frames for three of the beds into position, screwing in screws to support the frames, drilling weep holes so beds will drain and completing assembly.

Exchange members assisting Bob were Steve Bauer, President, John Mullins Secretary, Tim Jenkins newsletter editor, Joe Abrass and Jack Morison, Treasurer of Pablo Hamlet's Board of Directors.

Residents must reserve a garden plot and are responsible for 100% of the upkeep of their space.

All seven plots are currently reserved, and residents are excited to see the results of everyone's efforts!



**RESIDENTS' COUNCIL  
INFORMATION**

All who attended the birthday party given by the Women's Club enjoyed the food and music. As you know, EVERY-ONE is invited to attend birthday parties. And we especially encourage the birthday folks to come on their birth month!

Oak Harbor Baptist women will be sponsoring this month's party. Come on down to the Community Room **Saturday, April 16<sup>th</sup> at noon**. It is always a great time when they are here.

Next Residents' Council meeting will be Wednesday, April 20<sup>th</sup> at 2 pm. I encourage you to come and help with planning future events.

Speaking of planning ahead, the Council will be sponsoring a Memorial Day lunch on Monday, May 30<sup>th</sup>. When you come to the April Residents' Council meeting, we will discuss plans for the party.

*Connie Wendt*

Residents' Council President

**Dates to remember:**

Birthday Party	Saturday, April 16	Noon
Residents' Council Meeting	Wednesday, April 20	2:00 PM
Wolfson Project	Friday, April 15	1:00 PM
Senior Moments	Friday, April 15	6:00 PM

**HAPPY BIRTHDAY FRIENDS**

- Carole Stanley ..... April 2
- Elinor Allen ..... April 11
- Karla Kellow ..... April 14
- Josephine Hudson ..... April 16
- Mary Wales ..... April 17

**PABLO HAMLET  
RESIDENT COUNCIL**

**RESIDENT  
BIRTHDAY  
PARTY**



**Saturday  
April 16  
Noon**

**MONTHLY RESIDENTS'  
COUNCIL MEETING  
WEDNESDAY**

**April 20  
2:00 PM**



# ~ APRIL 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					<b>1</b> PEST CONTROL WEST BUILDING Apts. 126—132 Apts. 228—236 Apts. 328—336  ONSITE <u>DERMATOLOGY</u> 9:00 AM	<b>2</b>
<b>3</b> BREAD / SWEETS 1:00 PM	<b>4</b> <u>GAME NIGHT</u> 6:00 PM	<b>5</b> <u>GAME NIGHT</u> 6:00 PM	<b>6</b> <u>CRAFTS</u> 1:00 PM	<b>7</b> <u>DEVOTIONS</u> 9:00 AM ART <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> CLINIC 12:30 PM <u>BINGO</u> 6:15 PM	<b>8</b> <u>ICE CREAM</u> <u>SOCIAL</u> <u>WITH</u> <u>VITAS</u> 2:00 PM	<b>9</b>
<b>10</b> BREAD / SWEETS 1:00 PM	<b>11</b> <u>GAME NIGHT</u> 6:00 PM	<b>12</b> <u>GAME NIGHT</u> 6:00 PM	<b>13</b> <u>CRAFTS</u> 1:00 PM	<b>14</b> <u>DEVOTIONS</u> 9:00 AM ART <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> CLINIC 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	<b>15</b> PEST CONTROL EAST BUILDING Apts. 101—108 Apts. 201—209 Apts. 301—309  <u>Wolfson's Children's</u> <u>Service Program</u> 1:00 – 3:00pm  <u>SENIOR</u> <u>MOMENTS</u> 6:00 PM	<b>16</b> <u>RESIDENTS'</u> <u>B'DAY</u> <u>PARTY</u> NOON
<b>17</b> BREAD / SWEETS 1:00 PM	<b>18</b> <u>GAME NIGHT</u> 6:00 PM	<b>19</b> <u>UNITED HEALTH CARE</u> <u>MEMBERS ORDERING</u> <u>PARTY</u> 2:00 PM  <u>GAME NIGHT</u> 6:00 PM	<b>20</b> <u>PODIATRIST</u> 9:00 AM  <u>RESIDENTS'</u> <u>COUNCIL</u> <u>MEETING</u> 2:00 PM	<b>21</b> <u>DEVOTIONS</u> 9:00 AM ART <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> CLINIC 12:30 PM <u>BINGO</u> 6:15 PM	<b>22</b> <u>EARTH DAY</u>	<b>23</b> PASSOVER
<b>24</b> BREAD / SWEETS 1:00 PM	<b>25</b> <u>GAME NIGHT</u> 6:00 PM	<b>26</b> <u>GAME NIGHT</u> 6:00 PM	<b>27</b> <u>CRAFTS</u> 1:00 PM	<b>28</b> <u>DEVOTIONS</u> 9:00 AM ART <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> CLINIC 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	<b>29</b> <u>BRAIN GAMES</u> <u>2:00 PM</u>	<b>30</b>

# AROUND THE HAMLET

**UNITED HEALTH CARE**  
**Health Product Ordering Party**  
**Tuesday, April 19**  
**2:00 PM**

If you have both Medicare and Medicaid and you are a member of United Health Care's Dual Regional PPO Special Needs Plan, representatives from United Health Care will be sponsoring a health product catalog ordering party on Tuesday, 4/19 at 2:00pm. The representatives will be on hand to assist you in ordering the health products from the catalog by using the credits you have earned. Every 3 months, members receive \$60 worth of credits to apply towards products in the catalog.

It will be fun to order together and enjoy ice cream. We will be in the community room.

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

Daily SuDoku: Mon 14-Mar-2016

medium

© Daily Sudoku Ltd 2016. All rights reserved.

Daily Sudoku: Mon 14-Mar-2016 medium

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

© Daily Sudoku Ltd 2016. All rights reserved.

Sudoku Solution

Too Funny!

My granddaughter's phone (she's six)



The phone I had when I was six



The phone my dad had when he was six

