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MONTHLY NEWSLETTER

AUGUST 2014

A STORY WORTH REPEATING

There was an old mule. One day he accidentally fell into the farmer's well. The farmer evaluated the situation and thought to himself that neither the well nor the old mule was worth the effort to save them. Thus he decided to haul dirt to bury the old mule in the well.

So the farmer called his neighbors, and together they started shoveling dirt into the well. The old mule was terrified and hysterical in the beginning. But soon one hopeful idea came to his mind – every time a shovel of dirt landed on his back, he would shake it off and step up!

He repeated these words to himself again and again: "Shake it off and step up". This way he could struggle through the

panic and encourage himself.

After some time, the mule had stepped over the well's wall. Although terribly tired, he was the winner; he saved his own life. He decided to face his adversity positively and not to give up, and thus he won. What seemed like it would bury him, actually saved him because of his confidence and efforts.

We, too, can become panicked by our circumstances, but through our efforts and positive actions we can break through the panic and be successful.



RESIDENT OF THE MONTH—DEBRA IRELAND



Debra lives in Apartment 220 of the west building. She is originally from Florida's Gulf Coast and has lived in Jacksonville for over 40 years.

Debra likes to cook and bake. She also enjoys container gardening.

One of Debra's favorite memories is when she lived in California's beautiful Santa Inez Valley for a year. She loved walking outside and feeling like she was in a picture postcard. She says the area was populated by vineyards and horse farms which were breathtaking. And the farmer's market was a wonderland for a cook.

Debra has one son and one granddaughter who is 14 and a student at Fletcher Senior High School. She states that her family is very supportive and wonderful, and she feels very lucky and blessed.

She loves living at Pablo Hamlet, and feels very safe and well cared for.

OUR VETERANS

Are you a veteran or the surviving spouse of a veteran? If so, you may be eligible for a benefit through the Veterans Administration called Aid and Attendance which provides funding for non-medical home care assistance. Contact the service coordinator at 241-1457 for more information about the benefit.

WELLNESS CENTER HEALTH TIP



If you happen to be traveling this month to get away from this Florida heat, make sure you plan for anything you might need while you are gone, including special food and medicine needs, and try to pack light!

Residents' Council Information

There was a very good turnout for our July meeting. Many subjects were discussed. First—the starting time for our meetings has changed from 3 PM to 2 PM. It was decided to have a CRAFT sale on Saturday, October 4. Profit from the sale will go to Beaches Meals on Wheels. More details to come.

There was discussion regarding residents not being informed of other residents being in the hospital or at rehab or dying. There is concern that some people might like a visit or a card from friends. We learned that management cannot give out any of this information. As a result, the Residents' Council Executive Board is meeting to come up with a form to be distributed to ALL residents where they can opt out or in with giving personal information.

We had a guest speaker, Lydia Porter, who has been Treasurer for Beaches Meals on Wheels for many years. She informed us on the history of BMOW and where they are financially.

This meeting actually lasted until 4:10 PM which is the longest meeting I think that we have had, but where much was learned. This won't be the case every meeting, but I'm hoping to have speakers at future meetings. We have a lot to learn about groups we have supported financially.

The ladies of First Christian Church of the Beaches will be hosting our birthday party on Saturday, August 16, at 1 PM. There will be special entertainment.

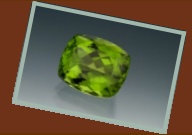
I look forward to seeing more of you at our meeting on Wednesday, August 20, at 2 PM. Come. Perhaps YOU will be the winner of the drawing at the end of the meeting.

Connie Wendt

HAPPY BIRTHDAY FRIENDS

- Connie Wendt August 1
- Doris Bisson August 1
- Peggy Dent August 2
- Flo Downs August 6
- Patricia Gay August 15
- Nancy Wald August 16
- Marie Lehr August 16
- Jacquelyn Pryor August 20

August counts the Peridot as its birthstone according to the American Gem Society.



**PABLO HAMLET
RESIDENT COUNCIL**



**RESIDENT
BIRTHDAY PARTY
SATURDAY**

AUGUST 16—1:00 PM

With Special Entertainment

*Sponsored by First Christian
Church of the Beaches DOC*

**MONTHLY RESIDENTS'
COUNCIL MEETING**

Wednesday

August 20

2:00 PM

~ AUGUST 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 PEST CONTROL WEST BUILDING Apts. 126—132 228—236 328—336 Health Care Panel Q&A 11:30 AM	2
3 BREAD / SWEETS 1:00 PM	4 BLOOD PRESSURE CHECK 11:00 AM CHAIR EXERCISE 1:30 PM HAMLET HEALTH UNIVERSITY 3:30 PM GAME NIGHT 6:00 PM	5 Wii BOWLING 10:30 AM GAME NIGHT 6:00 PM	6 CRAFTS 1:00 PM	7 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM BEAM FOOD DISTRIBUTION 2:00 PM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	8	9
10 BREAD / SWEETS 1:00 PM	11 BLOOD PRESSURE CHECK 11:00 AM CHAIR EXERCISE 1:30 PM HAMLET HEALTH UNIVERSITY 3:30 PM GAME NIGHT 6:00 PM	12 HAIR CUTS 3:30 PM GAME NIGHT 6:00 PM	13 MEET BEAUREGARD 11:00 AM CRAFTS 1:00 PM	14 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	15 PEST CONTROL EAST BUILDING Apts. 101—108 201—209 301—309 SUPERVISED ABSENTEE VOTING 1:00 PM SENIOR MOMENTS 6:00 PM	16 RESIDENT BIRTHDAY PARTY 1:00 PM
17 BREAD / SWEETS 1:00 PM	18 BLOOD PRESSURE CHECK 11:00 AM CHAIR EXERCISE 1:30 PM HAMLET HEALTH UNIVERSITY 3:30 PM GAME NIGHT 6:00 PM	19 BRAIN GAMES 10:30 AM GAME NIGHT 6:00 PM	20 PODIATRIST 9:00 AM CRAFTS 1:00 PM RESIDENTS' COUNCIL MEETING / 2:00 PM	21 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM BEAM FOOD DISTRIBUTION 2:00 PM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	22 LAUGHTER IS SO GOOD FOR YOU! 3:00 PM	23
24 BREAD / SWEETS 1:00 PM	25 BLOOD PRESSURE CHECK 11:00 AM CHAIR EXERCISE 1:30 PM HAMLET HEALTH UNIVERSITY 3:30 PM BUNGO 6:00 PM	26 SafeLink CELL PHONE PROGRAM 2:00 PM GAME NIGHT 6:00 PM	27 HOT DOG HEALTH DAY 11:30 AM CRAFTS 1:00 PM	28 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	29	30

ETC., ETC., ETC.

CLINICAL PROVIDERS Q&A

Come to the Health Care Panel Question and Answer Session on Friday, August 1 at 11:30 AM!

We will have a nurse practitioner, clinical providers, and professionals from a diagnostic and sleep disorder center, a respiratory and durable medical equipment supplier, hospice, and a home health care agency available to answer any questions you may have.

There will be light snacks.

LAUGHTER IS HEALING

Pamela Dry with VITAS will be in the community room on Friday, August 22 at 3:00 PM presenting "Laughter is So Good For You!" Pam will be sharing ten ways laughter is healthy for you.

Come share a laugh or two!

BLOOD PRESSURE CHECK

In addition to our regularly scheduled Thursday Wellness Clinic at 3:30 PM, there is now a blood pressure check clinic in the community room every Monday at 11:00 AM.

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

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Daily SuDoku: Wed 16-Jul-2014

hard

COME MEET BEAUREGARD

Beau is a certified therapy dog who is the Director of Therapy for Saint Michael's Home Care. Come out to meet him on Wednesday, August 13 at 11:00 AM in the community room. He is sure to steal your heart with his friendly way and wagging tail. Saint Michael's offers non-medical home care with no minimum hourly requirement.

WORK ORDER REQUESTS

All requests for work orders must be submitted to the office. Please do not stop the maintenance staff in the hallway and request that they do work in your apartment. All maintenance staff has been instructed not to do work without documentation.

In order to maintain our records you must submit a work order to the office. Then and only then will your request be given to the maintenance staff.

Thank you for your willingness to comply with this management request.

Daily Sudoku: Wed 16-Jul-2014

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

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