

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

Melissa Gilreath
Executive Director
EHMCorp

Debra Waters
Operations Manager
EHMC

MONTHLY NEWSLETTER

JULY 2014

HURRICANE PREPAREDNESS IS A MUST

Hurricane season officially started June 1 and ends November 30. Now is the time to plan and prepare.

For 2014, forecasters predict an average year with around nine named storms, three hurricanes, and one major hurricane.

Pablo Hamlet is only 5-6 ft. above sea level and falls under a MANDATORY EVACUATION ORDER in any Category 1 or greater storm. Even the Fire Department and Police Department will evacuate.

Here are a few tips for you to consider in your Hurricane Plan:

- If an evacuation order is given, leave as soon as possible.

- Have a plan in place to stay with friends or relations, at a low-rise inland motel or at a designated public shelter outside the flood zone.
- Include your pets and their needs in your plan.
- Make plans for a disaster supply kit including plans for necessary medications and important papers.
- Make sure you pick up a re-entry pass so you can come back home when advised by authorities to do so.

Teresa Swanner, your Service Coordinator, has more detailed information regarding hurricane preparedness, and will be happy to answer any questions.

RESIDENT OF THE MONTH—Carolyn McLarty



Carolyn lives in apartment 213 of the East Building. She has lived here for 1 month. Carolyn was born in Branford, FL and raised on a farm in Chattahoochee, FL.

She has lived in Jacksonville for approximately 50 years. She has also lived in Cherry Point, NC, Minneapolis, and San Diego.

Carolyn enjoys reading mystery books and traveling. One of Carolyn's favorite memories is a time when her

husband, who was in the Navy, was being sent to Minneapolis as a Navy Recruiter. He was being sent to Maryland first to attend school. They decided to sell their house and buy a tent. They camped from June to September. Her husband would study by a camp lantern and when he was finished they would go down to the Bay and go crabbing. She said they had so much fun and the children loved it.

Carolyn and her husband had four children—one boy and three girls. Her husband passed away in 1980. She has eight grandchildren and four great grandchildren and another one due in July.

She worked 32 years in banking. However, since they moved around a lot, she always had to start at the bottom as a teller. She worked up to customer service before her husband retired from the Navy. She enjoyed being a Navy wife and moving and making new friends.

EBT/SNAP FUNDS NOW ACCEPTED AT BEACHES GREEN MARKET

The Beaches Green Market implemented the Fresh Access Bucks program about two months ago.

When customers swipe their EBT/SNAP card at the welcome booth, they receive tokens called Fresh Access Bucks. Each of the tokens holds a different dollar amount and different colors are for different food products.

With Fresh Access Bucks, an individual receives double their EBT/SNAP dollars to spend on Florida-grown fruits and vegetables including edible plants and seeds. If you swipe your card for \$20, you get \$40 to spend on fresh fruits and vegetables. The purpose is to give people financial incentive to shop at farmer's markets to buy fresh produce instead of using their food stamps to shop at stores to buy processed and nutrient-poor foods.

You can also get Fresh Access Bucks on a dollar-for-dollar basis to buy other food stamp-eligible items such as meats, eggs, bread, seafood, jams and jellies.

The goal of Fresh Access Bucks is to expand access to affordable healthy foods, increase fruit and vegetable consumption, enhance local economies, market and viability and strengthen community connections.

The Beaches Green Market is open every Saturday, rain or shine, from 2-5 PM at Jarboe Park, 5th Street in Neptune Beach, just a short bus ride away from Pablo Hamlet.

Resident's Council Information

New officers were installed at our June Resident's Council meeting. I am pleased to be serving you as the president. This is YOUR council. At the meetings decisions are made as to what activities we will offer. It's not the officers who organize birthday parties, or special holiday events. It's up to YOU if we are going to have a yard sale, or craft sale, or if we will celebrate a holiday. YOUR opinion matters. We look forward to you attending the meeting, not just if you have a "bone to pick". We get pretty good attendance then. But our everyday activities are determined by what YOU would like to happen.

In looking to our future, I am hoping that we can have a "craft sale" in the fall and a yard sale in the spring. An interesting thing happened when our "crafters" made a beautiful bracelet one Wednesday. We are now making bracelets for folks outside of the Hamlet. It will take a little while until we are "in the black", but our goal is to raise money to donate to Meals on Wheels. Bring your ideas as to what you would like to learn or share an idea.

More to come, next month.
Connie Wendt

HAPPY BIRTHDAY FRIENDS

Shirley Welsh	July 8
Helene Clark	July 10
Marjorie Shankle	July 13
Joana Dillon	July 13
Patricia Peto	July 23
William Morgan	July 24
Vernell Caldwell	July 25
Lloyd Clark	July 27

July counts the Ruby as its birthstone,
according to the American Gem Society.

FALL PREVENTION AND STRENGTHENING EXERCISES

Come join Advanced Wellness Services on Tuesday, July 8th at 2:00 pm in the community room for a fall risk/safety program that will include strengthening exercises to help prevent falls. If you like this program, they can present a number of other similar programs relating to fall risk and safety. Please visit the sign-up sheet in the lobby.

PABLO HAMLET RESIDENT COUNCIL

**RESIDENT
BIRTHDAY PARTY
4TH OF JULY
PICNIC
FRIDAY, JULY 4
1:00 PM**



MONTHLY RESIDENT COUNCIL MEETING

**Wednesday
July 16
3:00 PM**

~ JULY 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 Wii BOWLING 10:30 AM GAME NIGHT 6:00 PM	2 CRAFTS 1:00 PM	3 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	4  Resident Birthday / 4th of July Party 1:00 PM	5
6 BREAD / SWEETS 1:00 PM	7 <u>CHAIR EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	8 <u>FALL PREVENTION & STRENGTHENING EXERCISES</u> 2:00 PM HAIRCUTS 3:30 PM GAME NIGHT 6:00 PM	9 CRAFTS 1:00 PM	10 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	11 PEST CONTROL EAST BUILDING - Apts. 109—117 210—218 310—318	12
13 BREAD / SWEETS 1:00 PM	14 <u>CHAIR EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	15 <u>BRAIN GAMES</u> 10:30 AM <u>GAME NIGHT</u> 6:00 PM	16 <u>PODIATRIST</u> 9:00 AM <u>HOT DOG HEALTH DAY</u> 11:30 AM <u>CRAFTS</u> 1:00 PM <u>RESIDENT COUNCIL MEETING /</u> 3:00 PM	17 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	18 <u>SENIOR MOMENTS</u> 6:00 PM	19
20 BREAD / SWEETS 1:00 PM	21 <u>CHAIR EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	22 <u>CARDS & BOARD GAMES</u> 1:30 GAME NIGHT 6:00 PM	23 CRAFTS 1:00 PM	24 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	25 PEST CONTROL WEST BUILDING - Apts. 118—125 219—227 319—327	26
27 BREAD / SWEETS 1:00 PM	28 <u>CHAIR EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>BUNGO</u> 6:00 PM	29 GAME NIGHT 6:00 PM	30 CRAFTS 1:00 PM	31 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM		

ETC., ETC., ETC.

HOT DOG HEALTH DAY

Our Hot Dog Health Day will be on Wednesday, July 16th at 11:30 a.m. in the community room. Please come enjoy hot dogs, live music, small giveaways, and talk to the health care vendors about their services. This event is sponsored by Senior Home Care.

CARDS AND BOARD GAMES

AmeriCare Home Health invites you to come play cards and board games like checkers, monopoly, and scrabble on Tuesday July, 22nd at 1:30 in the community room. Refreshments will be provided.

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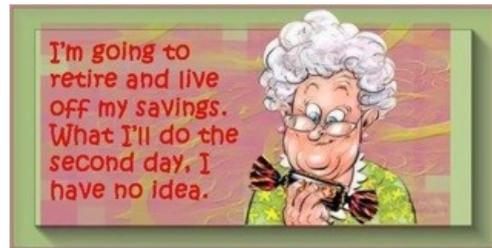
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9	6	4	7	2	5	8	3
5	7	8	4	1	3	6	9
3	1	2	6	9	8	7	4
7	8	3	9	4	1	5	2
6	9	5	8	3	2	4	7
4	2	1	5	7	6	9	3

Sudoku Solution

WELLNESS CENTER HEALTH TIP

Prevent a Fall—It can be as easy as getting your balance checked or having your home evaluated for potential fall hazards.



POSITIVE ATTITUDE

“A strong positive mental attitude will create more miracles than any wonder drug.”

~ Patricia Neal

We don't understand entirely why positive thoughts impact our bodies in positive ways; we just know that they do. Research has shown that people who are sick improve more quickly when they have a positive attitude rather than a negative attitude. And we all know the power of the placebo effect.

A positive attitude by itself may not cure an illness, but at the very least it helps us cope better. If a positive attitude can help us when we're sick, how might it benefit us when we're not sick?

I can face whatever comes today with a positive attitude.

From The Daily Book of Positive Quotations
By Linda Picone