



MONTHLY NEWSLETTER



MARCH 2017

YOU HAVE A CHOICE!

The cat's out of the bag and there's no going back. Your grandmother's belief that how she ages was primarily determined by genes and a little bit of luck, well, that belief has gone the way of the eight-track player. According to the MacArthur Foundation's 10-year study on aging, approximately 70% of physical aging and 50% of mental aging is up to us. Lifestyle is a major factor in how we age. Which means that we have a choice about how we want to live our lives.

It is these choices that we make every day that determine whether we live the last decades of our lives slowly deteriorating, impaired and isolated, or continuing to grow, accommodating life's curveballs, staying vital and flourishing. How much we move, learn, connect with others, seek meaning, avoid creating stress, eat well - these are the decisions that determine how we age. Making these choices not as a single decision but as part of a commitment to a lifestyle that acknowledges our inherited human needs - that will make the difference in our lives.

Live Long. Live Well!

By Dr. Roger Landry

RESIDENT OF THE MONTH— Donna Watkins



Donna lives in Apartment 118 of the West Building since August 2016. She is originally from Roann, Indiana. She has lived in Jacksonville since October 6, 2012.

Donna enjoys sewing very much. She also enjoys baking and cooking. Donna loves to help others, whether it be with them or for them. "It is the smile I am searching for."

One of Donna's favorite memories is being her father's caregiver. During this time she says she had the opportunity to get to know the man she had never taken the time to get to know before and is very thankful for that.

Something Donna would like other residents to know about her: she left the known and stepped into the unknown. She has begun to appreciate things she never knew were there. Opening her eyes and seeking knowledge is turning her into a person she might like to know, and she is hoping others may eventually want to know her too.

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Managed by Elderly Housing
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Staff Members

Claudia Rusnak
Property Manager

Charlene Mayo
Assistant Manager

Teresa Swanner
Service Coordinator

Jim Parsons
Maintenance Supervisor

Daniel Deon
Maintenance Tech

John Ring
Maintenance Tech

Robert Sanchez
Maintenance Tech

Donna Muenzer
Housekeeper

Bryce Chastain
Maintenance / Custodian

Melissa Gilreath
Executive Director
EHMC Corp

Debra Waters
Operations Manager

**RESIDENTS' COUNCIL
INFORMATION**

February the 14th was so much fun!!!

We began our time together with a short meeting. We had 31 residents in attendance. We invited Charlene Mayo, our Assistant Manager, to speak and she did an excellent job sharing information and in answering all of our questions and addressing our comments. We had three new first time attendees join the meeting – Jenny Rose, Amber Litchfield and Choon Yoon. Choon won the drawing of quarters.

Then, we celebrated with our January/February Birthday Party/FREE Bingo with Prizes/Valentine's Day Party!!!! It was a great time and it was fun to be together!

This month, our birthday party will be on Saturday, March 11th at 12:30 pm and will be sponsored by Lillian Harrison of the Women's Club. We hope you will all join us!

Vivian Simpson
Residents' Council President

HAPPY BIRTHDAY FRIENDS

- Victor Cymbalski March 3
- Daniel Kelly March 13
- Betty Elliott March 26

Constance Wise-Ford



FAREWELL AND BEST WISHES

Bill and Sally Morgan

SPRING THOUGHTS

An optimist is the human personification of spring.

-Susan J. Bissonette

Spring is when life's alive in everything.

-Christina Rossetti

The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.



-Harriet Ann Jacobs



**PABLO HAMLET
RESIDENT COUNCIL**

**MONTHLY RESIDENTS'
COUNCIL MEETING
WEDNESDAY
MARCH 15
2:00 PM**



**RESIDENT BIRTHDAY
PARTY
SATURDAY
MARCH 11
12:30 PM**

~ MARCH 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 ASH WEDNESDAY	2 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	3 <u>OnSite</u> <u>Dermatology</u> 9:00 AM <u>PEST CONTROL</u> <u>WEST BUILDING</u> Apts. 109—117 Apts. 210—218 Apts. 310—318 <u>SIMPLY</u> <u>SHARING</u> 2:00 PM	4
5 BREAD / SWEETS 1:00 PM	6 <u>GAME NIGHT</u> 6:00 PM	7	8 <u>SCRAPBOOKING</u> <u>and CRAFTING</u> 1:00 PM	9 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	10	11 <u>RESIDENT</u> <u>B-DAY</u> <u>PARTY</u> 12:30 PM
12 DAYLIGHT SAVINGS TIME BEGINS. MOVE CLOCK FORWARD ONE HOUR BREAD / SWEETS 1:00 PM	13 <u>GAME NIGHT</u> 6:00 PM	14	15 <u>PODIATRIST</u> 9:00 AM <u>RESIDENTS'</u> <u>COUNCIL</u> <u>MEETING</u> 2:00 PM <u>Insurance Q&A</u> <u>St Patty's Day</u> <u>Carnations</u> 2:00pm Service Coordinator's Office	16 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	17  <i>Happy</i> <i>St. Patrick's Day!</i> <u>PEST CONTROL</u> <u>EAST BUILDING</u> Apts. 118—125 Apts. 219—227 Apts. 319—327 <u>SENIOR</u> <u>MOMENTS</u> 6:00 PM	18
19 BREAD / SWEETS 1:00 PM	20  <u>GAME NIGHT</u> 6:00 PM	21 <u>WOLFSON'S</u> <u>CHILDREN'S</u> <u>SERVICE</u> <u>PROGRAM</u> 1:00-3:00 PM	22 <u>SCRAPBOOKING</u> <u>and CRAFTING</u> 1:00 PM <u>DR. EDWARDS</u> <u>FOOT DOCTOR</u> By Appt. 2:00 PM	23 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	24	25
26 BREAD / SWEETS 1:00 PM	27 <u>GAME NIGHT</u> 6:00 PM	28 <u>HUMANA SPRING</u> <u>FLING ICE CREAM</u> <u>SUNDAES</u> 2:00 PM	29	30 <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	31 <u>BRAIN</u> <u>GAMES</u> 3:00 PM	

ETC. ETC. ETC.



**WEDNESDAY
MARCH 15
2:00 PM**

Come get your **GREEN CARNATION** for St. Patty's Day compliments of Katie with Secure Choices. Katie will be handing out the carnations in the Service Coordinator's office. She will be available to answer any questions you might have about Medicare, your specific insurance or other insurance coverages.

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

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Daily SuDoku: Thu 9-Feb-2017

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**HUMANA'S SPRING
FLING
TUESDAY, MARCH 28
2:00 PM**

Please come and enjoy ice cream sundaes. John Parks will be here in the community room to answer any questions you might have about Humana insurance whether you are already a member or just curious about their policies. All are welcome!



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Daily Sudoku: Thu 9-Feb-2017

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