



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

MONTHLY NEWSLETTER

OCTOBER 2014

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

Bullying is defined as “an act of repeated aggressive behavior in order to intentionally hurt another person, physically or mentally”. It is characterized as behaving in a manner to gain power over another person.

The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children.

It is not always easy to tell the difference between what is bullying and what might just be the result of somebody’s temporary

bad mood. Do not tolerate persistent bad moods and bad behavior; repetition is a sign that you are being targeted.

In order to respond to an adult bully, you must first remember that it is the bully who has the problem, not you. Calmly and self-assuredly stand up for yourself. Sometimes the only thing to do in a bullying situation is to walk away.

Bullies don’t have any real power once they realize that you won’t engage in their game.



RESIDENT OF THE MONTH—KRISTEN MCREADY



Kristen lives in Apt. 219 of the West Building; she has lived here for about 6 months. She was born in New York, and grew up in Georgia.

She enjoys watching movies, doing crafts, and painting.

One of her favorite memories is when she and her son, Cole, took a vacation to Myrtle Beach.

Kristen has an 18 year old son in college. Her parents live in Georgia near the mountains. She has a diploma in Business Office Technology. Her last job was cataloging library books when she was 31. She has lived in New York, Wisconsin, and Georgia. She has several cousins who live in Florida.

RESIDENT'S COUNCIL INFORMATION

First of all I want to thank each of the 70+ residents who completed the Personal Information form which was distributed last month. Your wishes will be followed. Doris Bisson has graciously agreed to act as Sunshine Chairman and will retain the forms. Sue Smith and Edie Goldi have also agreed to be contact persons in the East Building.

MARK YOUR CALENDARS FOR OCTOBER 4. The Residents' Council is sponsoring the Craft Sale to help Beaches Meals on Wheels. In addition to the crafts, we will be having a bake sale. If you are so inspired, we would appreciate any FINGER FOOD donations you might like to make. We also could use some volunteers to man the bake sale table. Sign up sheets are on the middle bulletin board on the first floor of each building.

The Labor Day picnic was very well attended. There was NO sign-up sheet for food, but we had **a lot of** food to share. It was absolutely unbelievable! If you were unable to attend, you really missed a feast and good fellowship.

September birthdays were celebrated September 19th. If you did not come, you missed some good food there. The ladies from St. Paul's Catholic Church outdid themselves with spaghetti, lasagna, and rigatoni and, of course, sweets. By the way, it does NOT have to be your birth month to attend.

Come on down on Saturday, October 18th at 1 pm. This is when the ladies from Community Presbyterian Church will be doing the birthday party.

Also, please mark your calendar for FRIDAY, OCTOBER 31st. You know what day this is – H A L L O W E E N! We will be serving pizza, something that NO ONE likes!!!?????? It will start at noon and ----- COSTUMES ARE OPTIONAL.

Note: next Residents' Council will be on Wednesday, October 15th at 2 pm. See you there!

Connie Wendt
Council President

HAPPY BIRTHDAY FRIENDS

Sharon Cooper Oct. 1
Kristen McReady Oct. 2
Pearl Porter Oct. 2
Mary Vandermotten Oct. 26
Patricia Sheffield Oct. 28

PABLO HAMLET RESIDENT COUNCIL

MONTHLY RESIDENTS'
COUNCIL MEETING
Wednesday
October 15
2:00 PM

RESIDENT
BIRTHDAY
PARTY
SATURDAY
OCTOBER 18
1:00 PM



*Sponsored by
Community Presbyterian Church*

HALLOWEEN PARTY
FRIDAY
OCTOBER 31
12:00 Noon



Costumes are
optional
PIZZA WILL
BE SERVED.

~ OCTOBER 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 CRAFTS 1:00 PM	2 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM BEAM FOOD DISTRIBUTION 2:00 PM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	3 PEST CONTROL WEST BUILDING Apts. 126-132 228-236 328-336 ONSITE DERMATOLOGY 10:30 AM	4 YOM KIPPUR RESIDENT COUNCIL CRAFT FAIR/ BAKE SALE 9—3 PM
5 BREAD / SWEETS 1:00 PM	6 BLOOD PRESSURE CHECK 11:00 AM CHAIR EXERCISE 1:30 PM HAMLET HEALTH UNIVERSITY 3:30 PM GAME NIGHT 6:00 PM	7 Wii BOWLING 10:30 AM CHANGES IN MEDICARE 2:00 PM HAIR CUTS 3:30 PM GAME NIGHT 6:00 PM	8 CRAFTS 1:00 PM	9 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	10	11
12 BREAD / SWEETS 1:00 PM	13 Columbus Day BLOOD PRESSURE CHECK 11:00 AM CHAIR EXERCISE 1:30 PM HAMLET HEALTH UNIVERSITY 3:30 PM GAME NIGHT 6:00 PM	14 BATH AND SHOWER SAFETY 1:00 PM GAME NIGHT 6:00 PM	15 PODIATRIST 9:00 AM RESIDENTS' COUNCIL MEETING 2:00 PM	16 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM BEAM FOOD DISTRIBUTION 2:00 PM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	17 PEST CONTROL EAST BUILDING Apts. 101-108 201-209 301-309 MEDICARE CHANGES 1:30 PM SENIOR MOMENTS 6:00 PM	18 SWEETEST DAY RESIDENT BIRTHDAY PARTY 1:00 PM
19 BREAD / SWEETS 1:00 PM	20 BLOOD PRESSURE CHECK 11:00 AM CHAIR EXERCISE 1:30 PM HAMLET HEALTH UNIVERSITY 3:30 PM BUNKO 6:00 PM	21 BRAIN GAMES 10:30 AM GAME NIGHT 6:00 PM	22 HOT DOG SERVICES DAY 11:30 AM CRAFTS 1:00 PM	23 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	24 SUPERVISED ABSENTEE VOTING 1:00 PM	25
26 BREAD / SWEETS 1:00 PM	27 BLOOD PRESSURE CHECK 11:00 AM CHAIR EXERCISE 1:30 PM HAMLET HEALTH UNIVERSITY 3:30 PM BUNKO 6:00 PM	28 FLU SHOTS 2:00 PM GAME NIGHT 6:00 PM	29 FALL SERVICES FESTIVAL 10:00 AM CRAFTS 1:00 PM	30 DEVOTIONS 9:00 AM ART WORKSHOP 10:00 AM BEAM FOOD DISTRIBUTION 2:00 PM WELLNESS CLINIC 3:30 PM BINGO 6:15 PM	31 HALLOWEEN RESIDENT COUNCIL HALLOWEEN PARTY 12:00 NOON	

ETC., ETC., ETC.

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

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Daily SuDoku: Wed 24-Sep-2014 medium

OPEN ENROLLMENT TIME!

Each year, from **October 15—December 7**, you can make changes to your Medicare Advantage Plan or Medicare prescription drug coverage for the following year.

You can do any of the following during this time:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

WELLNESS CENTER HEALTH TIP

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

Eating well gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy throughout your life.

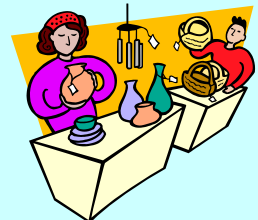


CRAFT FAIR AND BAKE SALE



To Benefit BEACHES MEALS ON WHEELS

SATURDAY OCTOBER 4 9AM - 3PM



PLEASE REMEMBER—DO NOT COVER YOUR FRONT DOOR CLIP WITH A DECORATION !!!

Daily Sudoku: Wed 24-Sep-2014 medium

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

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Sudoku Solution