

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



Residents enjoyed meeting and loving on Beau, St. Michael's Home Care Director of Therapy. He loved everyone in return.

### RESIDENT OF THE MONTH—MARK McDONALD



Mark recently moved to Pablo Hamlet and lives in Apartment 314 of the East Building. He was born in South Carolina and moved to Jacksonville Beach in November of 2012.

Mark enjoys fishing, reading and cooking. He has not been fishing for several years, but plans to start again soon.

He first came to Jacksonville in 1972 when he got out of the Army. He has many fond memories of camping, canoeing, and crabbing with his family in 1972 and 1973. Mark would catch dozens of crabs with his brother and sister, take the crabs home, boil them and enjoy eating them drenched in butter in his mother's kitchen.

Mark was in the Army for 3½ years and served in Vietnam and Korea. After the military, he moved around a lot, living in ten states and four foreign countries. The only states he has not visited are Alaska, Idaho, Montana and North Dakota. His brother and sister, as well as his parents, still live here in Jacksonville with their families.

He says he is enjoying living here at Pablo Hamlet. Everyone is very nice, and it is very quiet.

## RESIDENT'S COUNCIL INFORMATION

Several topics were discussed at our August Resident's Council meeting. Last month there was discussion regarding residents wanting to know when other residents were in the hospital or at rehab or dying and not being informed. Your Council board developed a form which will be distributed to every resident. You will find this on your door shortly after you receive this newsletter. On this form you can either accept or reject personal information being given out. The form will be retained by the Sunshine Committee chairperson.

Because of establishing this form, we will need someone to volunteer to be Sunshine Chairperson. Along with this we are asking for someone on each floor in each building to volunteer to be a part of this committee. That person's responsibility will be to be aware of what is happening on your floor and report to the Sunshine Chairperson. Please contact me if you are willing to volunteer for any of these positions.

There WILL BE a CRAFT SALE on Saturday, October 4 from 9 am to 3 pm. We have 11 tables available. Five tables are already spoken for. If you are interested in displaying and selling crafts you have made, please contact me as soon as possible. The cost is \$10.00 per table. All proceeds from the cost of the tables will go to Beaches Meals on Wheels. You keep money from your sales. The Council will have a table where EVERYTHING SOLD goes to BMOW. Also, a friend living at Pablo Towers has donated an 18" doll and handcrafted wardrobe to be given to someone. We will be selling tickets at 3 tickets for \$1.00 or 20 for \$5.00. You will see a poster on the Resident's Council Bulletin Board. Contact Pat Peto, Council Treasurer, for tickets, if you want to sell some prior to the Craft Sale.

Labor Day may have come and gone by the time you receive this newsletter, but please be aware that we will be having a picnic on Monday, September 1 at NOON. Your Council is providing the hotdogs and drinks. Please bring side dishes to share. ALL are invited!

Last, but not least, September birthdays will be honored by the ladies from St. Paul's Catholic Church on FRIDAY, SEPTEMBER 19 FROM 5 PM TO 7 PM. Because of the party, SENIOR MOMENTS will be here, probably on Friday, September 26 at 6 pm.

Your Resident's Council is here for you. Be a part of the decisions made by attending Council meetings. Next one: Wednesday, 9/17 at 2 pm.

*Connie Wendt*

## HAPPY BIRTHDAY FRIENDS

Michael Adams .....	Sept. 2
Bonnie Bailey .....	Sept. 7
Margaret Smith .....	Sept. 12
Vivian Simpson .....	Sept. 19
Margaret Doyle .....	Sept. 25
Marie Miller .....	Sept. 30

## PABLO HAMLET RESIDENT COUNCIL

### RESIDENT BIRTHDAY PARTY

FRIDAY

SEPTEMBER 19

5:00—7:00 PM

*Sponsored by St.  
Paul's Catholic  
Church*



### MONTHLY RESIDENTS' COUNCIL MEETING

Wednesday

September 17


2:00 PM



18" doll and wardrobe to be auctioned off by the Resident's Council.

Tickets are 3 for \$1 or 20 for \$5.

# ~ SEPTEMBER 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>1</b>  <b>HAPPY LABOR DAY</b>	<b>2</b> <u>Wii BOWLING</u> 10:30 AM  <u>GAME NIGHT</u> 6:00 PM	<b>3</b> <b>CRAFTS</b> 1:00 PM	<b>4</b> <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>WELLNESS CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	<b>5</b> <b>PEST CONTROL</b> <b>WEST BUILDING</b> Apts. 109-117 210-218 310-318	<b>6</b>
<b>7</b> <u>NATIONAL GRAND-PARENTS DAY</u>  <b>BREAD / SWEETS</b> 1:00 PM	<b>8</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM <u>CHAIR EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	<b>9</b> <u>HAIR CUTS</u> 3:30 PM  <u>GAME NIGHT</u> 6:00 PM	<b>10</b> <b>CRAFTS</b> 1:00 PM	<b>11</b> <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>BATHROOM SAFETY</u> 1:00 PM <u>WELLNESS CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	<b>12</b> <u>ONSITE DERMATOLOGY</u> 10:30 AM	<b>13</b>
<b>14</b>  <b>BREAD / SWEETS</b> 1:00 PM	<b>15</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM <u>CHAIR EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	<b>16</b> <u>BRAIN GAMES</u> 10:30 AM  <u>GAME NIGHT</u> 6:00 PM	<b>17</b> <u>PODIATRIST</u> 9:00 AM  <u>CRAFTS</u> 1:00 PM  <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	<b>18</b> <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>WELLNESS CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	<b>19</b> <b>PEST CONTROL</b> <b>EAST BUILDING</b> Apts. 118-125 219-227 319-327  <u>RESIDENT BIRTHDAY PARTY</u> 5:00—7:00 PM	<b>20</b>
<b>21</b>  <b>BREAD / SWEETS</b> 1:00 PM	<b>22</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM <u>CHAIR EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>BUNKO</u> 6:00 PM	<b>23</b>  <u>GAME NIGHT</u> 6:00 PM	<b>24</b> <b>ROSH HASHANAH</b>  <u>HOT DOG HEALTH DAY</u> 11:30 AM  <u>CRAFTS</u> 1:00 PM	<b>25</b> <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>COLBY THE THERAPY DOG</u> 1:00 PM <u>WELLNESS CLINIC</u> 3:30 PM <u>BINGO</u> 6:15 PM	<b>26</b> <u>BRAIN GAMES</u> 3:00 PM  <u>SENIOR MOMENTS</u> 6:00 PM	<b>27</b>
<b>28</b>  <b>BREAD / SWEETS</b> 1:00 PM	<b>29</b> <u>BLOOD PRESSURE CHECK</u> 11:00 AM <u>CHAIR EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	<b>30</b>  <u>GAME NIGHT</u> 6:00 PM				

ETC., ETC., ETC.

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

© Daily Sudoku Ltd 2014. All rights reserved.

Daily SuDoku: Fri 8-Aug-2014

hard

**WELLNESS CENTER HEALTH TIP**

**Injury-proofing your bathroom is very crucial, but also very simple to do. Here are a couple of tips to help avoid bathroom injuries:**

**Place non-skid mats and decals on the floor of the shower stall or bathtub, as well as on the surrounding floor. Put night-lights or motion lighting on the path from the bedroom to the bathroom and even in the bathroom itself.**



**BATHROOM SAFETY**

Please join Advantage Wellness Services on Thursday, 9/11 at 1:00 pm as they discuss ways to keep you free from injury while in the bathroom. The bathroom can be a dangerous area, so come take advantage of these educational tips.

**VISITING DERMATOLOGY**

OnSite Dermatology will be here on Friday, 9/12 at 10:30 am to perform skin screenings and treatments. Please sign up at the first floor bulletin board. OnSite Dermatology will call you with an appointment time and the day before your appointment, they will call you to verify.

**HOT DOG HEALTH DAY**

Don't forget to come to the Hot Dog Health Day sponsored by Senior Home Care on Wednesday, 9/24 at 11:30 am in the Community Room. Enjoy the free hot dogs and live entertainment and connect with the various vendors represented.

**COLBY THE THERAPY DOG**

Come and meet Colby on Thursday, 9/25 at 1:00 pm in the Community Room. Colby belongs to Whitney with Advantage Wellness Services. Colby will be meeting and greeting everyone with a wagging tail and loving heart.

**JUST A REMINDER**



Following are the only reasons that you should request our Maintenance Team be called after hours:

- Water emergency
- A/C not working and outside temperature is over 80°
- Heat not working and outside temperature is below 60°
- Fire
- Refrigerator not cooling

For all others problems, please expect repair on the next normal working day.

Thank you for understanding that this is the policy our front desk staff at Pablo Towers is expected to follow.

© Daily Sudoku Ltd 2014. All rights reserved.

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

Sudoku Solution