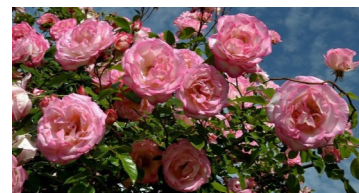




# MONTHLY NEWSLETTER



**JUNE 2018**

**HAPPY FATHERING DAY . . . . .**

To all of you who have fathered someone in some way: Teachers, Coaches, Police Officers, Firemen, Military, AND all men who have been there for someone in need – sharing your wisdom, inspiring them, lending a helping hand, lifting them up, and loving them.

**THE POWER OF GRATITUDE**

We often hear about the power of gratitude for creating a more positive and happy mental state. But did you know that gratitude literally transforms your brain? According to UCLA's [Mindfulness Awareness Research Center](#), regularly expressing gratitude literally changes the molecular structure of the brain, keeps the gray matter functioning, and makes us healthier and happier.

When you feel [happiness](#), the central nervous system is affected. You are more peaceful, less reactive, and less resistant. And gratitude is the most effective practice for stimulating feelings of happiness.

In one study of gratitude, conducted by [Robert A. Emmons](#) at the University of California at Davis and his colleague Mike McCullough at the University of Miami, randomly assigned participants were given one of three tasks. The participants kept a journal each week, with one group describing things they were grateful for, another describing what's hassling them and the other keeping track of neutral events. After ten weeks, the participants in the gratitude group felt 25 percent better than the other groups, and had exercised an average of 1.5 hours more.

If you've only got time to say one prayer today, make it the simple words of "thank you." This is worth keeping in mind as you go about figuring out your daily practices and routines.

Here are three practical steps you can take to infusing routines of gratitude into your life.

1. Keep a daily journal of three things you are thankful for. This works well first thing in the morning, or just before you go to bed.
2. Make it a practice to tell a spouse, partner or friend something you appreciate about them every day.
3. Look in the mirror when you are brushing your teeth, and think about something you have done well recently or something you like about yourself.



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Managed by Elderly Housing  
Management Corporation

## Staff Members

**Charlene Mayo**  
Site Manager

**Teresa Swanner**  
Service Coordinator

**Beth Collins Himes**  
Service Coordinator

**Ebony Neville**  
Administrative Assistant

**Jim Parsons**  
Maintenance Supervisor

**Bryce Chastain**  
Maintenance Tech

**Daniel Deon**  
Maintenance Tech

**John Ring**  
Maintenance Tech

**Paul Pollard**  
Maintenance Tech

**Niniea Huffman**  
Housekeeper

**Melissa Gilreath**  
Executive Director  
EHMC

**Debra Waters**  
Operations Manager  
EHMC

**Apex Home Health Care**  
**Courtney Ainsworth**  
Account Executive  
Cell 904-838-7245  
Office 904-425-4202

## PABLO HAMLET RESIDENT COUNCIL

Thank you, Vivian Simpson, for leading our Residents' Council for the past two years! Good job! Our next meeting will be held Wednesday, June 20 at 2pm. If you have bought from Dan the Produce Man, or wished that you could, be sure to be there. We will be giving out a \$5.00 coupon to use, one for each of the next four Mondays. The slip with your name on it will be used for the drawing! - - As a reminder, please come to the door near the kitchen to sign in. That way you won't miss your chance at the door prize drawing or the produce coupon.

Our Hamlet Manager, Charlene Mayo, was at the May meeting to clarify some things we all need to know. She has offered to come to our meeting to answer your questions. Let me know if you have a question. Looking forward to seeing you this month and for you to get to know your Council officers.

*Connie Wendt*

Residents' Council President

**Important Dates:**

Saturday, June 2 Noon Birthday Party  
Sponsored by Christ United Methodist Church  
Friday, June 15 6:00 PM Senior Moments  
Wednesday, June 20 2:00 PM Residents' Council Meeting  
Wednesday, July 4 – Party???

**RESIDENT BIRTHDAY PARTY**

**Saturday, June 2**

**12:00 Noon**

*Sponsored by Christ United  
Methodist Church*



**MONTHLY RESIDENTS' COUNCIL  
MEETING**

**WEDNESDAY, JUNE 20  
2:00 PM**



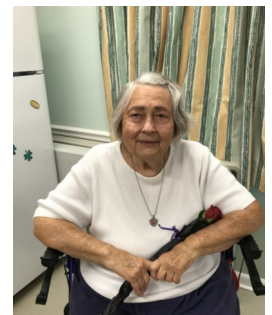
## HAPPY BIRTHDAY FRIENDS

Kathy Wilfong .....	June 8
Sofia Zorgios .....	June 12
Red Kellow .....	June 15
Buck Durley .....	June 16
Sue Smith .....	June 25
Bob Swanner .....	June 29

## YOUR NEW RESIDENTS' COUNCIL



Connie Wendt, President



Bonnie Bailey, Vice President



Marie Lehr, Treasurer



Earlene Mears  
Secretary



Ginger Campbell  
Sunshine Committee  
Chairperson

# ~ JUNE 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					<b>1</b> <u>PEST CONTROL</u> Apts. 126—132 Apts. 228—236 Apts. 328—336  <u>SIMPLY SHARING</u> 2:00 PM	<b>2</b>
<b>3</b> <u>Transport To Community Presbyterian Church</u> 10:15 AM	<b>4</b> <u>GAME NIGHT</u> 6:00 PM	<b>5</b> <u>CRAFTY CRITTERS</u> 1:00 PM	<b>6</b>	<b>7</b> <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	<b>8</b> <u>GETTING WIRED</u> 10:00 AM—12:00 Noon	<b>9</b>
<b>10</b> <u>Transport To Community Presbyterian Church</u> 10:15 AM	<b>11</b> <u>GAME NIGHT</u> 6:00 PM	<b>12</b> <u>CRAFTY CRITTERS</u> 1:00 PM	<b>13</b>	<b>14</b> <u>FLAG DAY</u>  <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM  <u>BINGO</u> 6:15 PM	<b>15</b> <u>PEST CONTROL</u> Apts. 101—108 Apts. 201—209 Apts. 301—309  <u>GETTING WIRED</u> 10:00—12:00 Noon  <u>SENIOR MOMENTS</u> 6:00 PM	<b>16</b>
<b>17</b> <b>HAPPY Father's Day!</b>  <u>Transport To Community Presbyterian Church</u> 10:15 AM	<b>18</b> <u>GAME NIGHT</u> 6:00 PM	<b>19</b> <u>CRAFTY CRITTERS</u> 1:00 PM	<b>20</b> <u>PODIATRIST</u> 9:00 AM  <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	<b>21</b> <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	<b>22</b> <u>GETTING WIRED</u> 10:00—12:00 Noon	<b>23</b>
<b>24</b> <u>Transport To Community Presbyterian Church</u> 10:15 AM	<b>25</b>	<b>26</b> <u>CRAFTY CRITTERS</u> 1:00 PM	<b>27</b>	<b>28</b> <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	<b>29</b> <u>ONSITE DERMATOLOGY</u> 9:00 AM  <u>BOARD GAMES</u> 2:00 PM	<b>30</b>

# ETC. ETC. ETC.

## Dan, "The Fruit & Vegetable Man"

Every **MONDAY** (except holidays)

**10:00 AM COURTYARD BEHIND THE BUILDING**  
 (If it's raining—covered walkway between the two buildings.)

- SOMETIMES** his wife will make:  
**\$2 BOILED PEANUTS**  
**\$1 BANANA PUDDING**  
**\$1 PINEAPPLE UPSIDE DOWN CAKES**



## HURRICANE SEASON IS HERE!

Hurricane season officially begins June 1<sup>st</sup> and goes through November 30<sup>th</sup>. Please be prepared in light of the last two very active hurricane seasons.

Also be ready in case there are thunder storms that knock the power out this summer/fall.

Have your flashlights and fresh batteries ready, and for those of you who use oxygen tanks and cpap/bipap machines, talk to your provider to get back up supplies ready.

## SIMPLY SHARING

**Friday, June 1, 2018 at 2:00 PM**

Please come enjoy some time to just celebrate life and talk about the good things we have to share together. It's great to see more residents joining us and having fun!

We have been talking about all sorts of interesting things. Please come join us for some heavy snacks.

Sheila, a licensed social worker will be leading the group. Come take advantage of having access to her free of charge.

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Daily SuDoku: Wed 16-May-2018

hard

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## Church Service Transport

Community Presbyterian Church is pleased to begin offering transportation to church each Sunday for the Pablo Hamlet and Pablo Towers Residents. We will begin this service on June 3. Pablo Hamlet residents will be picked up out front at 10:15 AM. You will be escorted to church for our 11:00 traditional service. Our church service is typically over at noon, so you should all be back home by 12:30.

Our only problem for your consideration is that our vehicles (van and/or bus) are not wheelchair friendly. Plus, our volunteer drivers will not be able to help you get in the vehicles so you must be able to get in the van/bus under your own steam.

It does not matter to us if you are or are not a church member. We simply want to afford you the opportunity to be in church.

We are looking forward to seeing you all at church! If you have any questions about this service, please contact your Service Coordinator, Teresa Swanner.

## GETTING WIRED

Getting Wired is a new program that begins this month on June 8 from 10:00am – 12:00pm. It is being provided by a volunteer who is graciously giving of her time to help us learn how to deal with minor technology issues with our cell phones, tablets, and laptops.

Come with your device and your question. The program will be held every Friday of the month from 10:00 AM – 12:00 Noon EXCEPT THE 1<sup>ST</sup> FRIDAY OF THE MONTH AND ANY FRIDAY THAT FALLS DURING A HOLIDAY WEEK. June 29<sup>th</sup>, we will not be able to have the program due to a change in our regular schedule with Onsite Dermatology; but, we will be back on track in July. Come GET WIRED with us!

Daily SuDoku: Wed 16-May-2018

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9	8	1	3	4	2	6	7	5

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Sudoku Solution