



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

**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

# MONTHLY NEWSLETTER



## MAY 2018

### HAPPY MEMORIAL DAY

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. It is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country. Over two dozen cities and towns claim to be the birthplace of Memorial Day. While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

### HAPPY MOTHERING DAY

In addition to saying Happy Mother's Day, in the spirit of Anna Jarvis, the childless aunt of many nieces and nephews, who founded Mother's Day in 1914 in honor of all mothers, living or dead, we hope all the maternal women in children's lives - all the aunts, great-aunts, godmothers and women in general who offer their love to children not-their-own — are remembered this Mother's Day. There are many ways to mother. Babies are born from the womb. Maternity is born from the soul.

### VALUE

A popular speaker started off a seminar by holding up a \$20 bill. A crowd of 200 had gathered to hear him speak. He asked, "Who would like this \$20 bill?" 200 hands went up.

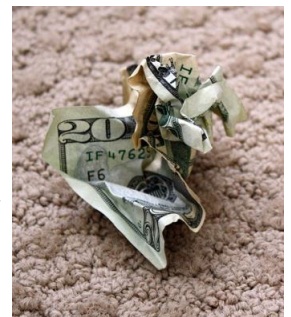
He said, "I am going to give this \$20 to one of you but first, let me do this." He crumpled the bill up.

He then asked, "Who still wants it?" All 200 hands were still raised.

"Well," he replied, "What if I do this?" Then he dropped the bill on the ground and stomped on it with his shoes. He picked it up, and showed it to the crowd. The bill was all crumpled and dirty.

"Now who still wants it?" All the hands still went up.

"My friends, I have just showed you a very important lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, life crumples us and grinds us into the dirt. We make bad decisions or deal with poor circumstances. We feel worthless. But no matter what has happened or what will happen, you will never lose your value. You are special – don't ever forget it!



## PABLO HAMLET RESIDENT COUNCIL

At the April Residents' Council Meeting, Doris Funari won the roll of quarters, and Sharon Cooper won a gift certificate from Dan, The Produce Man!

Palms Presbyterian Church will be sponsoring the birthday party on Saturday, May 19<sup>th</sup> at 1:00 PM. Some of the residents are very pleased that the corn hole game has arrived. If anyone wants to play the game, you are free to get it out of the garden shed where it is stored. Please return it to the garden shed after you are finished playing in order to preserve the fabric. We are discussing with management the idea of moving some of the picnic tables over to the courtyard area where we can eat our lunch outside on a lovely day.

Thank you so much to those of you who temporarily stood in the Secretary's position to write the monthly meeting minutes: Tudy Snyder, Marie Miller, Connie Wendt, and Earlene Mears. We appreciate your willingness and your time in assisting to get this important function accomplished.

It has been my privilege to serve this term as your Residents' Council President. I truly appreciate your voice, your support, your ideas, and your spirit of volunteerism. Please join me in welcoming and supporting our new Residents' Council Officers who will begin their service in June. They will be installed at the May Residents' Council Meeting which will be held on Wednesday, May 16<sup>th</sup> at 2:00 PM. Teresa Swanner, Service Coordinator, has been asked to perform the installation. Please join us to acknowledge our incoming and outgoing officers!

*Vivian Simpson*  
Residents' Council President

### MONTHLY RESIDENTS' COUNCIL MEETING and INSTALLATION OF OFFICERS

**WEDNESDAY, MAY 16  
2:00 PM**



### RESIDENT BIRTHDAY PARTY

**Saturday, May 19  
1:00 PM**

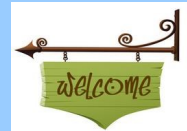
*Sponsored by Palms  
Presbyterian Church*



## HAPPY BIRTHDAY FRIENDS

Jo Ann C .....	May 1
Debbie O .....	May 2
Larry F .....	May 3
Irene K .....	May 11
Doris F .....	May 17
Bud C .....	May 17
Viola D. ....	May 22
Bobbie K .....	May 26
Diane M .....	May 28
Martha J .....	May 29
Christine G .....	May 31

Debra Martin



### IN FOND MEMORY OF:



Shirley Welsh

## What's in Your Cup?

You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is whatever is inside the cup is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It's easy to fake it until you get rattled. So we have to ask ourselves, "What's in my cup?" When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or do anger, bitterness, harsh words and reactions come out? You choose!

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others.

# ~ MAY 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 <u>CRAFTY CRITTERS</u> 1:00 PM	2	3 <b>National Day Of Prayer</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	4 <u>PEST CONTROL</u> Apts. 109—117 Apts. 210—218 Apts. 310—318  <u>ONSITE DERMATOLOGY</u> 9:00 AM  <u>SIMPLY SHARING</u> 2:00 PM	5 
6	7 <u>GAME NIGHT</u> 6:00 PM	8 <u>CRAFTY CRITTERS</u> 1:00 PM	9	10 <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	11	12
13 	14 <u>GAME NIGHT</u> 6:00 PM	15 <u>CRAFTY CRITTERS</u> 1:00 PM	16 <u>PODIATRIST</u> 9:00 AM <u>RESIDENTS' COUNCIL MEETING and INSTALLATION OF OFFICERS</u> 2:00 PM	17 <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	18 <u>PEST CONTROL</u> Apts. 118—125 Apts. 219—227 Apts. 319—327  <u>SENIOR MOMENTS</u> 6:00 PM	19 <u>RESIDENT BIRTHDAY PARTY</u> 1:00 PM
20	21 <u>GAME NIGHT</u> 6:00 PM	22 <u>CRAFTY CRITTERS</u> 1:00 PM	23	24 <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	25 <u>BOARD GAMES</u> 2:00 PM	26
27	28 	29 <u>CRAFTY CRITTERS</u> 1:00 PM	30	31 <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		

## ETC. ETC. ETC.

**Dan, "The Fruit & Vegetable Man"**  
**Will NOT visit in May due to Vacation**



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

I HATE WHEN PEOPLE  
 ACCUSE ME OF LOLLY  
 GAGGING WHEN I'M QUITE  
 CLEARLY DILLY DALLYING.

### SIMPLY SHARING

**May 4, 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.

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

Sudoku Solution

**Never respond to rudeness.  
 When people are rude to you, they  
 reveal who they are, not who you are.  
 Don't take it personally—  
 be silent.**

