



MONTHLY NEWSLETTER

AUGUST 2018

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Service Coordinator

Ebony Ogoh
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Maintenance Supervisor

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Maintenance Tech

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Maintenance Tech

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Maintenance Tech

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Executive Director
EHMC

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EHMC

HOW YOU LOOK AT THINGS

One day a professor entered the classroom and asked his students to prepare for a surprise test. They waited anxiously at their desks for the test to begin. The professor handed out the question paper with the text facing down as usual. Once he handed them all out, he asked his students to turn the page and begin.

To everyone's surprise, there were no questions, just a black dot in the center of the page.

The professor seeing the expression on everyone's face, told them the following, "I want you to write what you see there." The confused students got started on the inexplicable task. At the end of the class, the professor took all the answer papers and started reading each one of them aloud in front of all the students. All of them with no exceptions described the black dot, trying to explain its position in the middle of the sheet, etc.

After all had been read, the classroom was silent. The professor began to explain, "I am not going to grade you on this; I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot and the same happens in our lives. We have a white paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift given to us by God with love and care. We always have reasons to celebrate, nature renewing itself every day, our friends around us, the job that provides our livelihood, the miracles we see every day."

"However, we insist on focusing only on the dark spots, the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend, etc. The dark spots are very small compared to everything we have in our lives, but they are the ones that pollute our minds. Take your eyes away from the black spots in your life. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life positively!"

Moral: As the professor explained, life is a bag of good and bad things; we all have positives and negatives along the way. But we must always concentrate more on the positives for a healthy and happy life. Life goes on no matter what; so, do not waste your time thinking about the negatives.

PABLO HAMLET RESIDENT COUNCIL

PRESIDENT'S NOTES

There were three "first timers" at our August meeting. So happy to have you with us. And, guess what? One of the "first timers" won the door prize! We also handed out \$5 certificates for Dan the Produce man!

The ladies from First Christian Church, Beaches will be here on Saturday, August 18 to do the honors for our August birthday folks. Be sure to join us at 1 PM!

Please come to the next Residents' Council meeting on Wednesday, August 15 at 2 PM. One item on the agenda will be to decide about doing something on Labor Day.

The council meeting is the place to plan activities and bring concerns. Looking forward to seeing you.

Calendar:

- Residents' Council, Wed., August 15, 2 PM
- Senior Moments, Friday, August 17, 6 PM
- Birthday Party, Saturday, August 18 1 PM
- Labor Day, Monday September 3 - ?????

Connie Wendt

Residents' Council President

MONTHLY RESIDENTS' COUNCIL MEETING

**WEDNESDAY, AUGUST 15
2:00 PM**



RESIDENT BIRTHDAY PARTY

Saturday, August 18

1:00 PM

*Sponsored by First Christian
Church of the Beaches*



HAPPY BIRTHDAY FRIENDS

| | |
|----------------------------|-----------|
| Connie Wendt | August 1 |
| Hilary Gendelman | August 1 |
| Peggy Dent | August 2 |
| Ginger Campbell | August 12 |
| James Collins | August 13 |
| Pat Gay | August 15 |
| Nancy Wald | August 16 |
| Marie Lehr | August 16 |
| Tony Vollaro | August 16 |
| Gene Roy | August 19 |
| Jackie Pryor | August 20 |
| Tina Randall | August 25 |
| Mable Chandler | August 25 |
| James George | August 29 |
| Amber Litchfield | August 31 |

GET READY NOW, IN CASE THE POWER GOES OUT!!!

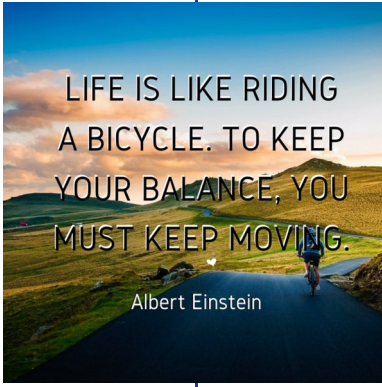
With thunder storms and the hurricane season upon us, this is a reminder to be sure you have a working flashlight with fresh batteries should the power go out. Please make sure you have made the necessary arrangements for medications that need to stay refrigerated, any medical equipment you use like oxygen, nebulizers, C-pap or bi-pap machines, electric scooters, electric wheelchairs, or anything else you use that depends on electricity should the power go out for an extended period of time. You can work with your oxygen supplier regarding portable oxygen.

REMINDER

If you have not already done so, please take a few minutes to complete the hurricane plan (disaster preparedness) form and return it to the service coordinator as soon as possible. You can either leave it at the front office or put it in the service coordinator's mail slot on her office door.

Management needs these forms to account for all residents should we have to evacuate.

~ AUGUST 2018 ~

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--|--|---|--|---|--|---|
| |  | | 1 | 2 <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 | 3 <u>PEST CONTROL</u> Apts. 126—132 Apts. 228—236 Apts. 328—336 <u>ONSITE DERMATOLOGY</u> 9:00 AM <u>SIMPLY SHARING</u> 2:00 PM | 4 |
| 5 Transport To Community Presbyterian Church 10:15 AM | 6 <u>GAME NIGHT</u> 5:00 PM | 7 <u>CRAFTY CRITTERS</u> 1:00 PM | 8 | 9 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM | 10 <u>GETTING WIRED</u> 10:00 AM—12:00 Noon | 11 |
| 12 Transport To Community Presbyterian Church 10:15 AM | 13 <u>SOCIAL SECURITY OVERVIEW</u> 1:00 PM <u>GAME NIGHT</u> 5:00 PM | 14 <u>CRAFTY CRITTERS</u> 1:00 PM | 15 <u>PODIATRIST</u> 9:00 AM <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM | 16 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM | 17 <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 | 18 <u>RESIDENT BIRTHDAY PARTY</u> 1:00 PM |
| 19 Transport To Community Presbyterian Church 10:15 AM | 20 <u>GAME NIGHT</u> 5:00 PM | 21 <u>CRAFTY CRITTERS</u> 1:00 PM | 22 | 23 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM | 24 <u>GETTING WIRED</u> 10:00—12:00 Noon | 25 |
| 26 Transport To Community Presbyterian Church 10:15 AM | 27 <u>GAME NIGHT</u> 5:00 PM | 28 <u>CRAFTY CRITTERS</u> 1:00 PM | 29 | 30 <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 | 31 <u>GETTING WIRED</u> 10:00—12:00 Noon | |

ETC. ETC. ETC.

NEW DAY/NEW TIME!

DAN, THE PRODUCE MAN

THURSDAY, August 9, 16, 23

11:30AM - 12:30 PM

Fresh Fruits and Vegetables

His wife will sometimes make: Boiled Peanuts, Banana Pudding, Pineapple Upside Down cake—And a few other Surprises!

Dan will set up at the Courtyard. If it's raining, he'll set up between the East and West Building under the awning!



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| | | | 2 | 7 | | | |

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Daily SuDoku: Fri 13-Jul-2018

hard

SIMPLY SHARING

Friday, August 3, 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.

GETTING WIRED

Getting Wired is a relatively new program that continues this month on Fridays 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 questions. The program will be held every Friday of the month from 10:00 AM – 12:00 Noon EXCEPT THE 1ST FRIDAY OF THE MONTH AND ANY FRIDAY THAT FALLS DURING A HOLIDAY WEEK. Come GET WIRED with us!



Daily Sudoku: Fri 13-Jul-2018

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

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Sudoku Solution

SOCIAL SECURITY OVERVIEW

**MONDAY, AUGUST 13, 1:00PM
COMMUNITY ROOM**

This is a great opportunity to ask any questions you may have regarding Social Security and to hear about spousal benefits and survivor's benefits. The representative works out of the local office on Bonneval Road. Please come to show your interest and learn more about your benefits. Don't be afraid to ask any questions you have.