



# MONTHLY NEWSLETTER



## SEPTEMBER 2018

### DID YOU KNOW JACKSONVILLE IS THE LARGEST CITY IN THE UNITED STATES?

1600 Shetter Avenue  
Jacksonville Beach, FL

Telephone: 904-241-5207  
Fax: 904-241-0007  
1-800-955-8771/TTY  
[www.pablohamlet.com](http://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 Ogoh**  
Administrative Assistant

**Jim Parsons**  
Maintenance Supervisor

**Bryce Chastain**  
Maintenance Tech

**Daniel Deon**  
Maintenance Tech

**Paul Pollard**  
Maintenance Tech

**Niniea Huffman**  
Housekeeper

**Melissa Gilreath**  
Executive Director  
EHMC

**Debra Waters**  
Operations Manager  
EHMC

**Jacksonville** is the largest city by area in the contiguous United States. It is the seat of Duval County, with which the city government consolidated in 1968. Consolidation gave Jacksonville its great size and placed most of its metropolitan population within the city limits. With an estimated population of 892,062 as of 2017, Jacksonville is also the most populous city in the southeastern United States. The Jacksonville metropolitan area has a population of 1,631,488 and is the fourth largest in Florida.

Jacksonville is centered on the banks of the St. Johns River in the First Coast region of northeast Florida, about 25 miles south of the Georgia state line and 340 miles north of Miami. The Jacksonville Beaches communities are along the adjacent Atlantic coast. The area was originally inhabited by the Timucua people, and in 1564 was the site of the French colony of Fort Caroline, one of the earliest European settlements in what is now the continental United States. Under British rule, the settlement grew at the narrow point in the river where cattle crossed, known as *Wacca Pilatka* to the Seminole and the Cow Ford to the British. A platted town was established there in 1822, a year after the United States gained Florida from Spain; it was named after Andrew Jackson, the first military governor of the Florida Territory and seventh President of the United States.

Harbor improvements since the late 19th century have made Jacksonville a major military and civilian deep-water port. Its riverine location facilitates Naval Station Mayport, Naval Air Station Jacksonville, the U.S. Marine Corps Blount Island Command, and the Port of Jacksonville, Florida's third largest seaport. Jacksonville's military bases and the nearby Naval Submarine Base Kings Bay form the third largest military presence in the United States. Significant factors in the local economy include services such as banking, insurance, healthcare and logistics. As with much of Florida, tourism is also important to the Jacksonville area, particularly tourism related to golf.

There's a lot to be proud of here in Jacksonville. It could be the 20 miles of wide and uncrowded beaches; or the 40 miles of the tranquil intercoastal waterway canal; or that we have the longest stretch of the St. John's River; or that Jacksonville is home to the largest urban park system in the United States with ten state and national parks. Did you



know we have so many assets in our beautiful town?

## PABLO HAMLET RESIDENT COUNCIL

### PRESIDENT'S NOTES

We were happy to welcome three “first-timers” at our meeting last month. Look forward to seeing you more often. (Leigh Hallam, Kathy Wilfong, and Peggy Dent). It was decided to get together on Labor Day at NOON for hot dogs—asking those coming to bring something to share. There will be a sign up sheet for you to say what you will share. Earlene encouraged folks to join her to play the “corn hole” game on Tuesday, August 22. \$5.00 certificates were given out to purchase goodies from “Dan, the produce man.”

Our next birthday party will be hosted by the ladies from St. Paul’s Catholic Church on FRIDAY, September 14 from 5 PM to 7 PM. This is another church group that brings a good party for us! The August party was well attended and the MAJORITY of birthday folks were there!!

Looking forward to seeing YOU at our next meeting!

*Connie Wendt*

Residents’ Council President

#### Dates to remember:

Monday, 9/3 - NOON — Hot Dog lunch. Bring something to share, if you wish. Sign up sheet on bulletin board — Corn Hole game will be available. (Learn something new!!)

Friday, 9/14 - 5:00 to 7:00 PM - Birthday party — St. Paul’s Catholic Church women

Wednesday, 9/19 - 2:00 PM — Residents’ Council Meeting

Friday, 9/21 - 6:00 PM — Senior Moments

### MONTHLY RESIDENTS’ COUNCIL MEETING

**WEDNESDAY, SEPTEMBER 19  
2:00 PM**



### RESIDENT BIRTHDAY PARTY

**Friday, September 14  
5:00—7:00 PM**

*Sponsored by St. Paul’s  
Catholic Church*



## HAPPY BIRTHDAY FRIENDS

Michael Adams . . . . .	September 2
Mary Kiska . . . . .	September 4
Bonnie Bailey . . . . .	September 7
Karen Kitzis . . . . .	September 17
Vivian Simpson . . . . .	September 19
Marge Doyle . . . . .	September 25
Marie Miller . . . . .	September 30



**William &  
Mary Meyer**



**FAREWELL  
Denise Mass**

**LABOR DAY GATHERING!  
MONDAY, SEPTEMBER 3, NOON**

**HOT DOGS PROVIDED!  
PLEASE BRING A FOOD ITEM TO SHARE**

**VISIT THE SIGN UP SHEET  
ON THE 1<sup>ST</sup> FLOOR  
BULLETIN BOARD TO LIST  
WHAT YOU WILL BRING TO  
SHARE**



Happiness is not  
by chance, but by  
choice.

Jim Rohn



# ~ SEPTEMBER 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2 Transport To Community Presbyterian Church 10:15 AM	3  Office is closed. For maintenance emergencies, call 249-3866.  <b>HOT DOGS</b> 12 NOON  <b>GAME NIGHT</b> 5:00 PM	4  <b>CRAFTY CRITTERS</b> 1:00 PM	5  <b>HEALTHY LIVING</b> 2:00 PM	6  <b>DEVOTIONS</b> 9:00 AM  <b>ART WORKSHOP</b> 10:00 AM  <b>PRODUCE MAN</b> 11:30—12:30 PM  <b>WELLNESS CLINIC</b> 12:30 PM  <b>BINGO</b> 6:15 PM	7  <b>PEST CONTROL</b> Apts. 109—117 Apts. 210—218 Apts. 310—318  <b>ONSITE DERMATOLOGY</b> 9:00 AM  <b>SIMPLY SHARING</b> 2:00 PM	8
9 <b>GRANDPARENTS DAY</b>  <b>ROSH HASHANAH</b>  Transport To Community Presbyterian Church 10:15 AM	10  <b>GAME NIGHT</b> 5:00 PM	11  <b>CRAFTY CRITTERS</b> 1:00 PM	12	13  <b>DEVOTIONS</b> 9:00 AM  <b>ART WORKSHOP</b> 10:00 AM  <b>PRODUCE MAN</b> 11:30—12:30 PM  <b>WELLNESS CLINIC</b> 12:30 PM  <b>BEAM FOOD DISTRIBUTION</b> 2:00 PM  <b>BINGO</b> 6:15 PM	14  <b>GETTING WIRED</b> 10:00—12:00 Noon  <b>RESIDENT BIRTHDAY PARTY</b> 5:00—7:00 PM	15
16 Transport To Community Presbyterian Church 10:15 AM	17  <b>GAME NIGHT</b> 5:00 PM	18 <b>YOM KIPPUR</b>  <b>CRAFTY CRITTERS</b> 1:00 PM	19  <b>PODIATRIST</b> 9:00 AM  <b>RESIDENTS' COUNCIL MEETING</b> 2:00 PM	20  <b>DEVOTIONS</b> 9:00 AM  <b>ART WORKSHOP</b> 10:00 AM  <b>PRODUCE MAN</b> 11:30—12:30 PM  <b>WELLNESS CLINIC</b> 12:30 PM  <b>BINGO</b> 6:15 PM	21 <b>PEACE DAY</b>  <b>PEST CONTROL</b> Apts. 118—125 Apts. 219—227 Apts. 319—327  <b>GETTING WIRED</b> 10:00—12:00 Noon  <b>SENIOR MOMENTS</b> 6:00 PM	22 <b>FIRST DAY OF AUTUMN</b>  
23 Transport To Community Presbyterian Church 10:15 AM	24  <b>GAME NIGHT</b> 5:00 PM	25  <b>CRAFTY CRITTERS</b> 1:00 PM	26  <b>OPEN ENROLLMENT CHANGES WITH YOUR DOCTOR'S OFFICE</b> 2:00 PM	27  <b>DEVOTIONS</b> 9:00 AM  <b>ART WORKSHOP</b> 10:00 AM  <b>WELLNESS CLINIC</b> 12:30 PM  <b>BEAM FOOD DISTRIBUTION</b> 2:00 PM  <b>BINGO</b> 6:15 PM	28  <b>GETTING WIRED</b> 10:00—12:00 Noon	29
30 Transport To Community Presbyterian Church 10:15 AM						

**ETC. ETC. ETC.**

**DAN, THE PRODUCE MAN**

THURSDAY, September 6, 13 and 20

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!

See you there!



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**SIMPLY SHARING**

**September 7, 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 1<sup>ST</sup> FRIDAY OF THE MONTH AND ANY FRIDAY THAT FALLS DURING A HOLIDAY WEEK. Come GET WIRED with us!

**COME TO OUR TWO PRESENTATIONS THIS MONTH!**

The first one is called Healthy Living and it will be held on Wednesday, September 5 at 2:00 PM. Come learn some tips to stay healthy this season.

Our second presentation is Preparing For Open Enrollment – Changes With Your Doctor's Office, and it will be held on Wednesday, September 26 at 2:00 PM.

Both presentations are sponsored by Dedicated Senior Medical Center. All residents are welcome and refreshments will be provided.

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**HAPPY GRANDPARENTS DAY!!!**

THANK YOU Grandparents for all the JOY and WISDOM YOU bring to us!

**The History of Grandparents Day**

Marian McQuade hoped to establish a national day that would honor grandparents, and in 1970 she began a campaign to do so. McQuade raised awareness about senior citizens throughout the 1970s. In 1978, President Jimmy Carter declared the first Sunday after Labor Day to be National Grandparents Day. Each year, the president issues a proclamation to keep the tradition going.

Grandparents Day has both an official flower and song. The official flower is the forget-me-not, and the song is Johnny Prill's "A Song for Grandma and Grandpa." Both were chosen by the National Grandparents Day Council.