



# MONTHLY NEWSLETTER



## OCTOBER 2018

### SAFETY COMES FIRST

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Managed by Elderly Housing  
Management Corporation

#### Staff Members

**Charlene Mayo**  
Site Manager

**Teresa Swanner**  
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**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

When faced with grossness at home, it's tempting to bring out all of the big guns and throw every cleaning product you've got at the problem. But don't!

First of all, most cleaning products are plenty effective on their own. Plus, combining them could be toxic—and in some cases lethal.

"Some people just think more product is better, but they don't think about science and safety first," says Nancy Bock of the [American Cleaning Institute](#).

"Mixing cleaning products can lead to irritated airways, respiratory problems, or burns to skin, eyes, throat, nose, and lungs. Some gases created from combined cleaning products could cause damage of the nervous system, eyes, lungs, skin, liver, kidneys, and even death."

So good rule of thumb: "Don't take any chances when it comes to safe use of products," says Bock. Don't believe us yet? Here are some tempting cleaning combos that are *especially* bad.

#### **Cleaning Products You Should Never Mix**

##### **Hydrogen peroxide + vinegar**

While these two chemicals can be used in succession as a cleaning duo, do not mix them together. "Combining these two creates peracetic acid or corrosive acid, an irritant that, in high concentrations, can harm the skin, eyes, throat, nose, and lungs," says Bock.

##### **Bleach + ammonia**

Combining bleach and ammonia releases chloramine vapors, which can cause respiratory problems and throat burns if inhaled, says Bock. Beware that many cleaning products contain either bleach or ammonia in their formulas, so the fact that you could be combining these two might not be so obvious — which is why you should never, ever mix any kind of cleaning product.

##### **Bleach + rubbing alcohol**

This combination releases chloroform, a gas notorious for being used by old-fashioned bad guys to knock out their victims. High levels of exposure can lead to damage of the nervous system, eyes, lungs, skin, liver, kidneys, and even death. "Even low levels can make you dizzy or nauseous," says Bock.

##### **Bleach + vinegar**

Same deal: This releases chlorine and chloramine vapors. These can cause a chemical burn, most likely in your lungs or eyes," says Bock.

**The takeaway:** Again, to be super clear, you should **never** mix cleaning supplies! It's that simple.

## PABLO HAMLET RESIDENT COUNCIL

### PRESIDENT'S NOTES

We had a GREAT turnout for our September birthdays, AND a majority of folks with birthdays! Looking forward to another turnout Saturday, October 20 at 1:00 PM. St. Paul's Catholic Church will be doing the honors.

There are a number of opportunities for residents to get together and to get to know each other - Council meetings, birthday parties, Bingo, special meetings with management, etc., etc., etc., not just our Residents' Council meetings. BEAM seems to be a good time for all to get together. I urge all to take a little time to get to better know your neighbor.

*Connie Wendt*

Residents' Council President

#### Dates to remember:

Wednesday, October 17 - Council meeting

Friday, October 19 - Senior Moments

Saturday, October 20 - birthday party

(Going to be a busy week!)

### MONTHLY RESIDENTS' COUNCIL MEETING

**WEDNESDAY, OCTOBER 17  
2:00 PM**



### RESIDENT BIRTHDAY PARTY

**Saturday, October 20  
1:00 PM**

*Sponsored by St. Paul's Catholic  
Church*



## HAPPY BIRTHDAY FRIENDS

Sharon C. ....	October 1
Pearl P. ....	October 2
Pam G. ....	October 3
Ken P. ....	October 6
Tamara W. ....	October 8
Rose K. ....	October 22
Patricia S. ....	October 28



## FAREWELL

Ernestina Hernandez

## GEORGE CARLIN ON AGING

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than ten years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half." You're four and a half going on 5.

You get into your teens; and you simply jump to the next number. "How old are you?" "I'm gonna be 16." You could be 12, but you're gonna be 16. Eventually.



Then the great day arrives and you become 21. Even the words sound like a ceremony. You BECOME 21!!

Then you turn 30. What happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. What's wrong? What changed?

You BECOME 21. You TURN 30; You're PUSHING 40. You REACH 50. Then you MAKE IT to 60. By then you've built up so much speed, you HIT 70. After that, it's a day by day thing. You HIT Wednesday.... You get into your 80's; you HIT lunch, you HIT 4:30. And it doesn't end there....

Into the 90's, you start going backwards. "I was JUST 92." Then a strange thing happens; if you make it over 100, you become a little kid again. "I'm 100 and a half."

# ~ OCTOBER 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>GAME NIGHT</u> 5:00 PM	<b>2</b> <u>FLU SHOTS</u> 10:30 AM - 12:30 PM  <u>CRAFTY</u> <u>CRITTERS</u> 1:00 PM	<b>3</b> <u>MEDICARE 2019</u> <u>OPEN</u> <u>ENROLLMENT</u> <u>PRESENTATION</u> 2:00 PM	<b>4</b> <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	<b>5</b> <u>ONSITE</u> <u>DERMATOLOGY</u> 9:00 AM  <u>SIMPLY SHARING</u> 2:00 PM	<b>6</b>
<b>7</b>  <u>Transport</u> <u>To</u> <u>Community</u> <u>Presbyterian</u> <u>Church</u> 10:15 AM	<b>8</b> <u>COLUMBUS DAY</u>   <u>GAME NIGHT</u> 5:00 PM	<b>9</b>  <u>CRAFTY</u> <u>CRITTERS</u> 1:00 PM	<b>10</b>	<b>11</b> <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	<b>12</b>  <u>GETTING</u> <u>WIRED</u> 10:00—12:00 Noon	<b>13</b>
<b>14</b>  <u>Transport</u> <u>To</u> <u>Community</u> <u>Presbyterian</u> <u>Church</u> 10:15 AM	<b>15</b> <u>PEST CONTROL</u> Apts. 101—108 Apts. 201—209 Apts. 301—309  <u>GAME NIGHT</u> 5:00 PM	<b>16</b>  <u>CRAFTY</u> <u>CRITTERS</u> 1:00 PM	<b>17</b> <u>DR. CUNNINGHAM</u> <u>PODIATRIST</u> 9:00 AM  <u>RESIDENTS'</u> <u>COUNCIL</u> <u>MEETING</u> 2:00 PM	<b>18</b> <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	<b>19</b>  <u>GETTING</u> <u>WIRED</u> 10:00—12:00 Noon <u>SENIOR MOMENTS</u> 6:00 PM	<b>20</b>  <u>RESIDENT</u> <u>BIRTHDAY</u> <u>PARTY</u> 1:00 PM
<b>21</b>  <u>Transport</u> <u>To</u> <u>Community</u> <u>Presbyterian</u> <u>Church</u> 10:15 AM	<b>22</b>  <u>GAME NIGHT</u> 5:00 PM	<b>23</b>  <u>CRAFTY</u> <u>CRITTERS</u> 1:00 PM	<b>24</b>	<b>25</b> <u>DEVOTIONS</u> 9:00 AM <u>ART</u> <u>WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS</u> <u>CLINIC</u> 12:30 PM <u>BEAM FOOD</u> <u>DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	<b>26</b>  <u>GETTING</u> <u>WIRED</u> 10:00—12:00 Noon	<b>27</b>
<b>28</b>  <u>Transport</u> <u>To</u> <u>Community</u> <u>Presbyterian</u> <u>Church</u> 10:15 AM	<b>29</b>  <u>GAME NIGHT</u> 5:00 PM	<b>30</b>  <u>CRAFTY</u> <u>CRITTERS</u> 1:00 PM	<b>31</b> <u>DR. ROBINSON</u> <u>PODIATRIST</u> 2:00 PM			

**ETC. ETC. ETC.**

**DAN, THE PRODUCE MAN**

EVERY THURSDAY

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!



**SIMPLY SHARING**

**Friday, October 5, 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.

Heavy Snacks will be Provided

**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!

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

Daily SuDoku: Fri 21-Sep-2018

hard

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I don't **drink** or do **drugs**. At my age, I get the same effect by **standing up too fast...**



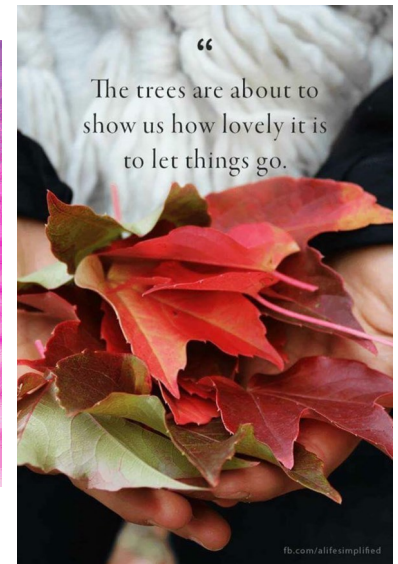
Daily SuDoku: Fri 21-Sep-2018 hard

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

Sudoku Solution



Instead of the John I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning!!!



“The trees are about to show us how lovely it is to let things go.”

fb.com/allthesimplified

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