



# MONTHLY NEWSLETTER



## JULY 2017

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Managed by Elderly Housing  
Management Corporation

### Staff Members

**Charlene Mayo**  
Site Manager

**Teresa Swanner**  
Service Coordinator

**Ebony Neville**  
Administrative Assistant

**Jim Parsons**  
Maintenance Supervisor

**Daniel Deon**  
Maintenance Tech

**John Ring**  
Maintenance Tech

**Bryce Chastain**  
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

## THE OLDEN DAYS

A young person asked the other day, 'What was your favorite fast food when you were growing up?' 'We didn't have fast food when I was growing up,' I informed him. 'All the food was slow.' 'C'mon, seriously. Where did you eat?'

'It was a place called 'at home,' I explained. 'Mom cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it.'

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table. But here are some other things I would have told him about my childhood if I figured his system could have handled it :

- Some parents NEVER owned their own house, never wore Levis, never set foot on a golf course, never traveled out of the country or had a credit card. In their later years they had something called a revolving charge card. The card was good only at Sears & Roebuck.
- My parents never drove me to soccer practice. This was mostly because we never had heard of soccer.
- I had a bicycle that weighed probably 50 pounds, and only had one speed, (slow)
- We didn't have a television in our house until I was 19.
- The television was, of course, black and white, and the station went off the air at midnight, after playing the national anthem and a poem about God; it came back on the air at about 6 AM and there was usually a locally produced news and farm show on, featuring local people.
- I was 21 before I tasted my first pizza, it was called 'pizza pie.' When I bit into it, I burned the roof of my mouth and the cheese slid off, swung down, plastered itself against my chin and burned that, too. It's still the best pizza I ever had.
- I never had a telephone in my room. The only phone in the house was in the living room and it was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.
- Pizzas were not delivered to our home. But milk was.
- All newspapers were delivered by boys and all boys delivered newspapers --my brother delivered a newspaper, six days a week. It cost 7 cents a paper, of which he got to keep 2 cents. He had to get up at 6AM every morning. On Saturday, he had to collect the 42 cents from his customers. His favorite customers were the ones who gave him 50 cents and told him to keep the change. His least favorite customers were the ones who never seemed to be home on collection day.
- Movie stars kissed with their mouths shut. At least, they did in the movies. There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or most anything offensive.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren; just don't blame me if they bust a gut laughing.

## RESIDENTS' COUNCIL INFORMATION

At June's meeting there were thirteen in attendance. Teresa Swanner, the service coordinator, was kind enough to join us to answer questions regarding Movie Night which had been proposed by a resident. She advised that three to four volunteers rotating turns would be key to making this successful. Debra Feldman, Marie Lehr, Amber Litchfield, and Debbie Ortenzio stepped up to the plate and volunteered. They will take turns bringing the movie to the community room, and getting the TV and DVD player set up. It was agreed upon that Movie Night will be the 2<sup>nd</sup> Friday night of the month at 7:00 PM and will begin this month. Residents will bring their own snacks and beverages and can bring a pillow or a cushion if they would like to. We found out that both DVD and VHS movies could be played. The volunteers will be responsible for selecting movies. They can also bring a list of several movies to Movie Night and allow residents to give their input for future movie choices. It was agreed that the featured movie choice would be posted on the bulletin board so that residents could decide ahead of time if they wanted to view it or not. It was suggested that with months that have special occasions and holidays, it may be fun to choose a theme movie. No one was interested in pursuing the idea of doing karaoke.

The next Resident Council Meeting will be July 19<sup>th</sup> at 2:00 PM. The August birthday party will be held on 8/19/17 and will be hosted by First Christian Church. Rose Kelley won the drawing for the roll of quarters.

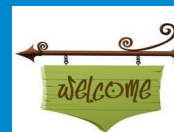
*Vivian Simpson*  
Residents' Council President

## HAPPY BIRTHDAY FRIENDS

Genevieve Rose .....	July 3
Shirley Welsh .....	July 8
Tudy Snyder .....	July 10
Helene Clark .....	July 10
Joana Dillon .....	July 13
Jeff Vinson .....	July 23
Pat Peto .....	July 23
Vernell Caldwell .....	July 25
Lloyd Clark .....	July 27

## Ernestina Hernandez

Pat Needham



## FAREWELL AND BEST WISHES

Michael Saxton



## PABLO HAMLET RESIDENT COUNCIL

### MONTHLY RESIDENTS' COUNCIL MEETING WEDNESDAY

July 19  
2:00 PM




### 4th of July Picnic and Resident Birthday Party Tuesday, July 4 1:00 PM Outside behind the Community Room



Resident Council will be providing hot dogs, watermelon, cake, ice cream and beverages.

# ~ JULY 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2 BREAD / SWEETS 1:00 PM	3 <u>GAME NIGHT</u> 6:00 PM	4 Happy July 4th  Office is closed. For maintenance emergencies please call 249-3866. <u>4th OF JULY PICNIC &amp; B-DAY</u> 1:00 PM	5	6 <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	7 <u>PEST CONTROL WEST BUILDING</u> Apts. 109—117 Apts. 210—218 Apts. 310—318  <u>OnSite Dermatology</u> 9:00 AM  <u>SIMPLY SHARING</u> 2:00 PM	8
9 BREAD / SWEETS 1:00 PM	10 <u>GAME NIGHT</u> 6:00 PM	11 <u>CRAFTY CRITTERS</u> 1:00 PM	12	13 <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	14 <u>BOARD GAMES</u> 2:00 PM  <u>MOVIE NIGHT</u> 7:00 PM	15
16 BREAD / SWEETS 1:00 PM	17 <u>GAME NIGHT</u> 6:00 PM	18 <u>WOLFSON'S CHILDREN'S SERVICE PROGRAM</u> 1:00-3:00 PM	19 <u>PODIATRIST</u> 9:00 AM <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	20 <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	21 <u>PEST CONTROL EAST BUILDING</u> Apts. 118—125 Apts. 219—227 Apts. 319—327  <u>LIBRARY SERVICES PROGRAM</u> 2:00 PM  <u>SENIOR MOMENTS</u> 6:00 PM	22
23 BREAD / SWEETS 1:00 PM	24 <u>GAME NIGHT</u> 6:00 PM	25 <u>CRAFTY CRITTERS</u> 1:00 PM	26 <u>FOOD STAMPS INFORMATION PROGRAM</u> 1:00 PM	27 <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	28	29
30 BREAD / SWEETS 1:00 PM	31 <u>Dr. Edwards Foot Dr. by Appt.</u> 2:00 PM  <u>GAME NIGHT</u> 6:00 PM					

# ETC. ETC. ETC.

## MOVIE NIGHT

Beginning this month, we will have a Movie Night the 2nd Friday of the month at 7:00 PM in the Community Room.

You can bring a pillow or a cushion to get comfy and bring your favorite snacks and beverages and enjoy watching the movie with your neighbors.

Each month the featured movie will be posted on the bulletin board so that you will know ahead of time what movie to expect.

**So come join us in the Community Room on Friday, July 14, at 7:00 PM to watch "A Dog's Purpose."**

## A VISIT FROM OUR LOCAL LIBRARY

**Friday, July 21, 2:00 PM**

Come join us in the Community Room. The E-Specialist will show you how to navigate the e-content portion of the library website, to include how to find out about their computer classes, setting up one on one tech appointments, and downloading e-books. The Manager of the Special Needs Library will present information on the Talking Books program, their ADA computer, and Inter-library Loans. The Adult Programming Coordinator will discuss upcoming programs and pass out a survey to see what programs you would like them to offer. She will also demonstrate other features of their website to include searching, placing holds, and checking on new items. Hopefully, the Special Collections Librarian will be available to join us to demonstrate how to access information on their website regarding Genealogy and Florida History.

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	4			7		3
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		6	7	8	1	5
1				5		4

Daily SuDoku: Mon 19-Jun-2017 medium

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## APEX AND SILVER REHAB PARTNER WITH PABLO HAMLET

Apex Home Health Care and Silver Rehab are partnering with Pablo Hamlet and Pablo Towers to make health care more accessible to you. If you would like to receive physical therapy in your apartment or would like to go to the rehab clinic at Pablo Towers to receive physical therapy, this is available through Silver Rehab.

Just call Courtney Ainsworth with Apex Home Health Care, and she can assist in getting this set up with Silver Rehab for you. Also, Courtney can assist in connecting you with home health care, occupational therapy, speech therapy, behavioral health, or a social worker. You can contact Courtney on her cell phone at 904-838-7245 or at her office number at 904-425-4203. Her email address is:

[courtneyainsworth@apexhealthcare.com](mailto:courtneyainsworth@apexhealthcare.com)

Daily SuDoku: Mon 19-Jun-2017 medium

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

Sudoku Solution



## SOME OF YOUR NEIGHBORS HAVE GREEN THUMBS!

Some day when you feel like taking a walk, venture out onto the sidewalks at the rear of the property and enjoy what some of your friends and neighbors have accomplished in the raised beds we have out back.