



# MONTHLY NEWSLETTER



**APRIL 2016**

## BE KIND

While driving the other day, I read the bumper sticker on the car in front of me. "Be kind," it said. With all of the other infective and negative messages out there, this simple, but positive, message resonated with me.

The Dalai Lama teaches us that when we practice kindness and compassion, we are not only helping someone else, but are helping ourselves in the process. Practicing kindness and compassion reduces our stress levels, makes us mentally and physically healthier, strengthens our immune systems, makes us happier, and has been linked to greater longevity.

Want to be happier, healthier and age more successfully? Look for simple ways where you can practice kindness and compassion - smiling more, actively listening to what others are saying, becoming more forgiving and letting go of anger, seeing a need someone has and filling it - these are all great places to start. You'll be happier, and the world will be a better place for it!

*Dr. Roger*

*Author of **Live Long, Die Short***

## RESIDENT OF THE MONTH— Ann Dillard

Ann Dillard—where do I start. I had a very interesting conversation with her. She has a way of turning the conversation from her to you; making you feel like the most interesting person in the world. She always has a smile on her face and a song in her heart and if you are lucky enough, that song will spill out to you. When I finally got her to talk about herself and not me, she said she had a very boring life. But a woman who bore six children, suffered through the death of children and a broken marriage of 37—1/2 years certainly has not had a boring life.

Ann was born in Indiana on March 10, 1928. She can claim the title of an old song, "I Am Woman", working, caring for her home and six children. WOW—You go girl. After raising her children and

retiring, she moved to Florida to be nearer two of her daughters. They brought her to see Pablo Towers. She loved it and has been here 25 years. She remained retired for a short time, became bored, and went back to work part-time for 13 years.

Ann didn't say much about her husband—just that they met while she was working as young girl in a restaurant. He was in the Army. The story goes they met, fell in love, had children and divorced 37—1/2 years later.

Ann, we think you are much more interesting than you think, and you can sing me the songs in your heart any day. You have given me much more than you know. You encourage me with your wisdom.

As reported by Joan Brown

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Managed by Elderly Housing  
Management Corporation

### Staff Members

#### Nancy Gabriszeski

Property Manager

#### Sheryl Roussin

Finance Manager

#### Ellen Hopkins

Service Coordinator

#### Lora Burton

Administrative Assistant

#### Travis McKenzie

Executive Chef

#### Nell Barrow

Front Desk

#### Jim Parsons

Maintenance Supervisor

#### Daniel Deon

Maintenance Tech

#### John Ring

Maintenance Tech

#### Shane Perez

Maintenance Tech

#### Ebony Neville

Housekeeper

#### Bob Myers

Custodian

#### Bryce Chastain

Custodian

#### Melissa Gilreath

Executive Director

EHMC Corp

#### Debra Waters

Operations Manager

EHMC Corp

### Wii BOWLING MARCH RESULTS

Marie Singleton	181	🏆 & 125
Jim Ring	170	
Al Boone	136	
Chet Galbraith	148	
Alice Gillis	137	
Susan Stanton	118	
Lois Sullivan	91	



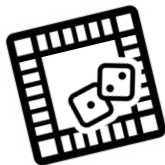
### HAPPY BIRTHDAY FRIENDS

Mary Rexford	April 1
Maya Teper	April 1
Susan Stanton	April 6
Sue Casper	April 7
Jo Anne Morand	April 7
Priscilla Davis	April 8
Jim Ring	April 10
Shirley Young	April 10
Barry Uchie	April 13
Marie Singleton	April 14
Carmen Lopez	April 15
Beverly Fountain	April 18
Robert Perkins	April 21
Suzanne Ferrell	April 23
Lucille Marshall	April 25
Eleanor Cass	April 26
Sr. Joan Gabbin	April 30

### PABLO TOWERS AUXILIARY

**GAME NIGHT  
THURSDAY  
APRIL 7  
6:00 PM**

**PLAY  
READY**



**RESIDENT  
BIRTHDAY  
PARTY  
MONDAY  
APRIL 18  
6:00 PM**

*Sponsored by  
Community  
Presbyterian Church*

**COUNTRY &  
WESTERN  
HOEDOWN  
THURSDAY  
APRIL 9  
6:00 PM**

**If you ever wanted to  
act, here's your  
chance. Need men  
& women—call Joan  
B. 327-9255**



**GET READY FOR  
THE TALENT  
SHOW  
Thursday, May 5  
4:00 PM**

Past talent shows have yielded so many laughs and shouts of joy and amazement. Sharpen your talents and join this afternoon of fun. The show will be held in conjunction with a Cinco de Mayo party.

Please call Joan Brown at 327-9255 for more info and to sign up to participate.

### WELCOME

**Fred & Sandra Carrouth**

### WITH FOND MEMORIES

**John Moore**

**GOOD BYE &  
BEST OF LUCK  
Adell Crabb  
Cecil Glenn**



Carla Tracy had a great time at the recent It's a Small World party. Good music, good food and sharing cultures was a special way for everyone to spend an evening.

# ~ APRIL 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					<b>1</b> WALK-AMERICARE 9:00 AM C.R. ONSITE DERMATOLOGY WELLNESS CENTER 11:00 AM BINGO 6:00 PM C.R.	<b>2</b> MOVIE NIGHT 6:00 PM C.R.
<b>3</b> Violin Concert - Lobby 3:00 PM	<b>4</b> BP-APEX—LOBBY 10 – 11:30 AM EXERCISE—JAMIE 11:00 AM C.R. HEALTH TALK MARCY - APEX 2:00 PM C.R. RESIDENT COUNCIL MEETING 3:30 PM	<b>5</b> BAKED GOODS 8 – 8:45 AM C.R. COMPUTER CLASS 10:00 AM C.R. BP-A CARE CONNECTION 2:00—3:00 PM LOBBY FOOD DISTRIBUTION 1:30 PM C.R. BINGO 6:00 PM C.R.	<b>6</b> BIBLE STUDY CONF. ROOM 10:00 AM BROOKS AMERI- CARE PRESENTS WOMEN'S HEALTH ISSUES 2:30 PM C.R. DOWNTON ABBEY 5:00 PM C.R.	<b>7</b> PEST CONTROL Apt. Ending in 13 DEVOTIONS 9:30 AM C.R. SCHWAN'S—BACK DOOR 1:30—2:15 PM BP-APEX—LOBBY 1:30 PM GAME NIGHT C.R. 6:00 PM	<b>8</b> BOOK CLUB 1:30 PM BINGO 6:00 PM C.R.	<b>9</b> STORY- TELLERS GROUP 10:00 AM C.R. COUNTRY & WESTERN HOE- DOWN 6:00 PM
<b>10</b>	<b>11</b> BP-APEX—LOBBY 10 – 11:30 AM EXERCISE—JAMIE 11:00 AM C.R. HEALTH TALK MARCY - APEX 2:00 PM C.R.	<b>12</b> BAKED GOODS 8 – 8:45 AM C.R. COMPUTER CLASS 10:00 AM C.R. BP-A CARE CONNECTION 2:00—3:00 PM LOBBY FOOD DISTRIBUTION 1:30 PM C.R. BINGO 6:00 PM C.R.	<b>13</b> BIBLE STUDY CONF. ROOM 10:00 AM DOWNTON ABBEY 5:00 PM C.R.	<b>14</b> PEST CONTROL Apt. Ending in 01 DEVOTIONS 9:30 AM C.R. SCHWAN'S—BACK DOOR 1:30—2:15 PM BP-APEX—LOBBY 1:30 PM LEARN TO LINE DANCE 2:30 PM	<b>15</b> DR. BURNS' AUDIOLOGY CLINIC WELLNESS CENTER 9:30 AM HARVEST COMMUNITY SCHOOL DAY OF SERVICE 10:00 AM BINGO 6:00 PM C.R.	<b>16</b> MOVIE NIGHT 6:00 PM C.R.
<b>17</b>	<b>18</b> BP-APEX—LOBBY 10 – 11:30 AM EXERCISE—JAMIE 11:00 AM C.R. HEALTH TALK MARCY - APEX 2:00 PM C.R. RESIDENT BIRTHDAY PARTY 6:00 PM	<b>19</b> BAKED GOODS 8 – 8:45 AM C.R. COMPUTER CLASS 10:00 AM C.R. BP-A CARE CONNECTION 2:00—3:00 PM LOBBY FOOD DISTRIBUTION 1:30 PM C.R. BINGO 6:00 PM C.R.	<b>20</b> BIBLE STUDY CONF. ROOM 10:00 AM WHY CAN'T EVERY- ONE JUST ACT LIKE ME? 2:00 PM BP-BROOKS AMERICARE 2:30 – 3:30 PM YOGA/STRETCH 3:30 PM C.R. DOWNTON ABBEY 5:00 PM C.R.	<b>21</b> PEST CONTROL Apt. Ending in 02 DEVOTIONS 9:30 AM C.R. SCHWAN'S—BACK DOOR 1:30—2:15 PM BP-APEX—LOBBY 1:30 PM CHAIR EXERCISE AMERICARE 3:30 PM C.R.	<b>22</b> WALK-AMERICARE 9:00 AM C.R. BINGO 6:00 PM C.R.	<b>23</b> Passover Begins SENIOR PROM 6:00 PM
<b>24</b>	<b>25</b> WALK- AMERICARE 9:00 AM C.R. BP-APEX—LOBBY 10 – 11:30 AM EXERCISE—JAMIE 11:00 AM C.R. HEALTH TALK MARCY - APEX 2:00 PM C.R.	<b>26</b> BAKED GOODS 8 – 8:45 AM C.R. COMPUTER CLASS 10:00 AM C.R. BP-A CARE CONNECTION 2:00—3:00 PM LOBBY FOOD DISTRIBUTION 1:30 PM C.R. BINGO 6:00 PM C.R.	<b>27</b> BIBLE STUDY CONF. ROOM 10:00 AM BP-BROOKS AMERICARE 2:30 – 3:30 PM YOGA/STRETCH 3:30 PM C.R. DOWNTON ABBEY 5:00 PM	<b>28</b> PEST CONTROL Apt. Ending in 03 DEVOTIONS 9:30 AM C.R. SCHWAN'S—BACK DOOR 1:30—2:15 PM BP-APEX—LOBBY 1:30 PM CHAIR EXERCISE AMERICARE 3:30 PM C.R.	<b>29</b> WALK-AMERICARE 9:00 AM C.R. BINGO 6:00 PM C.R.	<b>30</b> MOVIE NIGHT 6:00 PM C.R.

## OTHER HAPPENINGS AROUND THE TOWERS

### **BROOKS PRESENTS WOMEN'S HEALTH ISSUES WEDNESDAY, APRIL 6 2:30 PM**

Mark your calendar now and plan to join the Brooks series speaker, Stephanie Bush, as she addresses our concerns about women's health. Have you ever experienced or do you currently suffer from urinary leakage and/or osteoporosis? Have you ever had a fall or feel you are at risk for falls? Does one or all of these interfere with your daily or physical activities??? Come learn more about these women's health related topics and how they can be managed. Refreshments will be served.

### **LEARN TO LINE DANCE Thursday, April 14 2:30 PM**

**Our own dance teacher, Joanie Taylor, will be teaching us how to line dance. This is an educational class for everyone. Line dancing is fun and is good exercise. Come and enjoy an afternoon of dancing!**

### **WHY CAN'T EVERYONE JUST ACT LIKE ME? Wednesday, April 20 2:00 PM**

We often hear "birds of a feather flock together", but on the other hand, they say that opposites attract. Confusing, isn't it? Why is it that some people are just so much easier to get along with while others can be just plain challenging?

Attend this humorous, enlightening presentation to learn more about your own behavior style and how best to deal with those with other styles. Simply learning how to speak the "universal language of behavior" will help reduce conflict and stress and provide a "win-win" situation for everyone.

Kym Dunton, RN is a certified health coach and the coordinator of women's health at Baptist Health. She has more than 25 years' experience in preventive health and stress management. She also teaches fitness classes at The Ritz-Carlton and Amelia Island Plantation where her "youngest at heart" participant is 104 years young!

### **HARVEST COMMUNITY SCHOOL DAY OF SERVICE Friday, April 15 10:00 AM**

Do you need some help around the house? Is your "honey do" list a mile long? Do you need your kitchen appliances pulled out and your floors mopped? Do you need your mattress flipped, the sheets changed, or your bathtub cleaned? Please check the sign up table in mid April to sign up for this Day of Service. These teens came last year and were a huge help to the residents of Pablo Towers.

### **SENIOR PROM Saturday, April 23 6:00 PM**

Do you remember your high school prom? Did you have to miss it? Well plan now to attend this festive event that is being planned just for you!! Dress in your finest and bring your dancing shoes. Heavy appetizers will be served. The Senior Prom is being sponsored by the Fletcher High School Interact Club. The teenagers are excited to celebrate Prom Night with you!! Come one, come all!!



# Too Funny!

My granddaughter's phone (she's six)



The phone I had when I was six



The phone my dad had when he was six

