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Management Corporation

Staff Members

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Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Lora Burton

Administrative Assistant

Priscilla Davis

Administrative Assistant

Travis McKenzie

Executive Chef

Jason Hopton

Sous Chef

Nell Barrow

Front Desk

Jim Parsons

Maintenance Supervisor

Daniel Deon

Maintenance Tech

John Ring

Maintenance Tech

Ebony Neville

Housekeeper

Bob Myers

Custodian

Brvce Chastain

Maintenance / Custodian

Melissa Gilreath

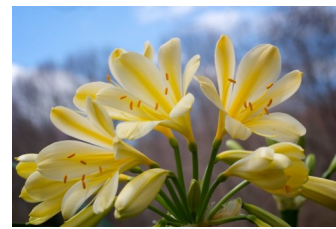
Executive Director

EHMCorp

Debra Waters

Operations Manager

MONTHLY NEWSLETTER



APRIL 2017

SPRING CLEANING TIPS!!

Many remember a time when the onset of milder weather meant days of scrubbing walls and floors, washing linens and airing out the house after winter. Research confirms that in the majority of households, spring cleaning is still a seasonal must. Brian Sansoni, Vice President of Communication for the Soap and Detergent Association, which examines the country's cleaning habits and behaviors through its National Cleaning Surveys, says nearly 80 percent of Americans plan on spring cleaning this year, and more than half of those surveyed say they still clean much like their mothers did years ago. "The number of Americans who regularly plan on spring-cleaning remains steady year after year," Sansoni says. "Let's face it, most of us get an emotional kick out of having a cleaner, de-cluttered house." While cleaning house has remained part of our culture, new products such as wipes, natural-ingredient cleaners and electrostatic dry mops and mitts make the annual job easier.

To those dealing with vision loss, limited mobility, balance problems and other chronic conditions of aging, experts say clearing out clutter that has accumulated during the winter is a particularly important part of spring cleaning. Caregivers caution that falls are the number one cause of

of injury deaths among people 65 and older.

Falls can happen anywhere, but most falls by the elderly happen at home during daily activities in kitchens, bedrooms, and bathrooms. According to the National Center for Injury Prevention and Control, people over 65 are twice as likely to suffer a fatal fall at home as anywhere else. To ensure a safe spring, remove all tripping hazards, including piles of magazines, newspapers and books. Put away seasonal decorations. Trade in scruffy slippers and bulky winter robes for better-fitting footwear and sleepwear. Use non-slip mats on bathroom floors and in tubs. If possible, consider purchasing small, hand-held vacuums as these lightweight, battery-operated appliances are easier to operate and eliminate the risk of tripping over electrical cords.

~Excerpts From Korky Vann,
Chicago Tribune



**Easter spells out beauty, the rare
beauty of new life.**

~ S. D. Gordon

PABLO TOWERS AUXILIARY

AUXILIARY ESTATE SALE
Saturday and Sunday
April 1 and 2
1 PM—5 PM Apt. #1013

RESIDENT BIRTHDAY PARTY
MONDAY
APRIL 17
6:00 PM



*Sponsored by
 Community Presbyterian
 Church*

DERBY HAT MAKING DAY for Men and Women
Thursday, April 20
4:00 PM

Bring your hat, top hat, decorations and supplies. There are a few hats and decorations available. You can also find things at the local thrift stores. The Derby Party will be May 6 at 4:00 PM

Starting with The LaFolles Play—You won't want to miss this—it is a hoot!

“Music at the Towers Concert Series” presents
“The Florida Chamber Music Project”
Wednesday, April 19, 3:00 PM

Our friends from “The Florida Chamber Music Project” will rejoin us for “Music at the Towers” in the Pablo Suites Community Room. All four members of the quartet play with the Jacksonville Symphony and formed this group three years ago to foster and encourage the presentation of classical chamber music in an environment that is inclusive and engaging. Their performance last November at Pablo Towers of Haydn and Shostakovich was very well received. This performance will be a dress rehearsal of their “Mozart and Debussy” concert which will be presented at the Ponte Vedra Concert Hall the following Sunday. Please join us to enjoy the music of this very engaging group of musicians. As usual, refreshments will be served.



SING-A-LONG WITH PEYTON

Beginning in April, once a month on a Thursday evening—all your favorite gospel, folks, etc., and new ones to learn. Watch for more information posted on the Auxiliary Board next to the elevators in the Towers Lobby.

APRIL ARTS & CRAFTS SHOW CANCELLED. WILL BE SCHEDULED FOR A LATER DATE.

HAPPY BIRTHDAY FRIENDS

- Mary Rexford April 1
- Maya Teper April 1
- Susan Stanton April 6
- Sue Casper April 7
- Jo Anne Morand April 7
- Jim Ring April 10
- Barry Uchic April 13
- Marie Singleton April 14
- Carmen Lopez April 15
- Beverly Fountain April 18
- Robert Perkins April 21
- Hsiu Kao April 22
- Suzanne Ferrell April 23
- Eleanor Cass April 26
- Maria Wiszniewski April 27
- Sr. Joan Gabbin April 30

Linda Martin



With FOND MEMORIES

Jackie Boesger



FAREWELL AND BEST WISHES




Jeanne Averill
Eleanor Shapiro
Charlotte Tollar

MARCH Wii BOWLING SCORES

- Alice Gillis193 🏆
- Chet Galbraith191
- Jim Ring 175
- Sue Casper 157
- Judith Earle 147
- Susan Stanton 138
- Marie Singleton 124
- Dee Layne 118
- Al Boone 116
- Lois Sullivan 98



~ APRIL 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		PLEASE CHECK THIS CALENDAR CAREFULLY FOR CHANGES TO NORMALLY SCHEDULED ACTIVITIES.				1 <u>AUXILIARY ESTATE SALE</u> 1—5 PM 
2 <u>AUXILIARY ESTATE SALE</u> 1—5 PM	3 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	4 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	5 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>SAVVY SENIORS</u> 2:30 PM	6 <u>PEST CONTROL</u> Apt. Ending in 09 <u>DEVOTIONS</u> 9:30 AM C.R. <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	7 <u>ONSITE DERMATOLOGY</u> With Jennifer Tra <u>WELLNESS CENTER</u> For Appointment Call 1-877-345-5300 Will see walk-ins also. <u>BINGO</u> 6:00 PM C.R.	8
9	10 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	11 FIRST DAY OF PASSOVER <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>ART SHOW</u> 5:00—8:00 PM LOBBY <u>BINGO</u> 6:00 PM C.R.	12 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	13 <u>PEST CONTROL</u> Apt. Ending in 10 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR VOLLEYBALL</u> 2:00 PM C.R. <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	14 <u>PABLO TOWERS BOOK CLUB BOARD ROOM</u> 2:00 PM <u>Wii BOWLING</u> 3:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	15
16 	17 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT B-DAY PARTY</u> 6:00 PM	18 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	19 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>FLORIDA CHAMBER MUSIC PROJECT</u> 3:00 PM	20 <u>PEST CONTROL</u> Apt. Ending in 11 <u>DEVOTIONS</u> 9:30 AM C.R. <u>HEARING HEALTH 101</u> 2:00 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	21 <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>ALONE . . . TOGETHER</u> 2:00 PM <u>BLAST FROM THE PAST</u> 6:00 PM	22 
23	24 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	25 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	26 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	27 <u>PEST CONTROL</u> Apt. Ending in 12 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM	28 <u>BINGO</u> 6:00 PM C.R.	29
30						

OTHER HAPPENINGS AROUND THE TOWERS

SAVVY SENIORS: PROTECTING YOURSELF FROM SCAMS

Wednesday, April 5, 2:30 PM

Plan now to attend this important program presented by Tom Stephens, President of the Jacksonville Better Business Bureau. Tom and his communication coordinator, Shannon Nelson, will be providing information from the BBB annual risk assessment study. This study shows what scams are primarily targeted at seniors and what you can do to protect yourself from becoming a victim. Anyone is at risk of being scammed, so we all need to know how to prevent this from happening to us!!!

A BLAST FROM THE PAST

Friday, April 21, 6:00 PM

The Interact Club students at Fletcher High School want to invite you to this year's "prom." The theme this year is "A Blast From the Past." Mark your calendars now for a wonderful night of entertainment and dinner.

There is no specific dress code, but if you want to dress for the theme, start putting together your 1950's style costumes!!!

One thing is for sure—the evening will be AWESOME!!!!!!!!!!!!!!!

GRANDPARENTS GETTING WIRED COMPUTER AND TECHNOLOGY ASSISTANCE PROGRAM

Tuesdays, 10—12 Noon

Expert volunteers from our community come weekly to help you with your questions and problems with your cell phones, tablets and laptops. No question is too odd or silly.

Please come meet with Christa, Warren, Mary and Victor who are waiting to help you learn more about your devices. These classes are held in the Board Room in the Suites

VISITING PHYSICIANS ASSOCIATION (VPA)

The Thursday office hours in the Wellness Center are cancelled while Dr. Washington is out for maternity leave. VPA staff team members will be handling Dr. Washington's caseload until she returns.

If you have a question or concerns, please call the VPA office at [904-438-3045](tel:904-438-3045). Patients of Tonita Washington, please note the number that you can call for concerns or questions.

A SPECIAL KIND OF BOOK CLUB

As with much that is offered at Pablo Towers, our Book Club is special. It is not like other book clubs in which everyone reads the same book and meets to discuss it. Instead, we talk about the various books each of us are reading at the time. This gives us the opportunity to learn about other books we might be interested in reading! So join us in the Board Room on April 14 at 2:00 PM to expand your circle of friends and broaden your world.

HEARING HEALTH 101

Thursday, April 20, 2:00 PM

Do you have concerns about your hearing? Have you wondered if you have experienced any hearing loss? Please plan to attend this educational program presented by Dr. Jane Burns who will teach us about our amazing auditory system, hearing loss, and its impact on a person's health and relationships with others. Dr. Burns is the audiologist who provides a free hearing clinic each month at Pablo Towers. Please plan to attend this program. Refreshments will be served.

ALONE . . . TOGETHER

Friday, April 21, 2:00 PM

Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with VITAS Healthcare. Sheila will be sharing some ideas that will help you with life's hard or discouraging moments. The group meets in the board room, and what is shared is always kept confidential. You will benefit from attending this group! Snacks and drinks will be served.

DR. JANE BURNS

Friday, APRIL 21, 9:30 AM

This is a first come, first serve program for your hearing concerns. No appointments. See Dr. Burns in the Wellness Center in the Suites Building.

IMPORTANT ITEMS

- We are seeking volunteers to assist in the cafe' from 10:45 AM to 1:45 PM. Must work at least one day per week. Payment for services is in the form of a free lunch!
- If you have a cough or runny nose, it is best that you don't come into the cafe'. You might spread what you have to others who may not be able to combat the germs. This year has been a particularly difficult one for colds and flu. We are happy to deliver meals to your apartment if you are sick. Call 228-2708 to place your carryout order.
- If you are on the waiting list for a parking space in our parking lot, you will be called as soon as one is available for you. It is not necessary to check on your status.