



MONTHLY NEWSLETTER



AUGUST 2016

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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

Jason Hopton

Sous 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



On Friday, July 22, the Pablo Towers residents, led by Mitt Pendergraft and Bonnie Guillet, held a surprise farewell party for our Site Manager, Nancy Gabriszeski. Nancy is retiring from her third career after more than six years at The Towers.

Over the years, Nancy has shown her big smile and kind voice to the residents during their annual recertification time, and more recently she has been a stabilizing force for our property after the retirement of our previous site manager. We owe a great deal of gratitude to her for her work on behalf of the residents.

Third time's a charm, Nancy. Enjoy your well-deserved retirement!

RESIDENT OF THE MONTH— Karen Bolster

Karen is a resident that we don't know much about, even though she has lived here for five years. She is not the sort of person who talks much about herself, so I sat down with Karen to get her story. I must say I was much impressed with Karen, not only her accomplishments, but her strength.

Karen was born on August 20, 1946 in Cape Elizabeth, Maine. Her father was the Chief of Police and her mother was a dental assistant. She has one sister, Linda Perkins, living in Bangor, Maine.

Karen went to school in Cape Elizabeth; in high school she was a cheerleader all four years. She was president of the Girls Athletic Association; she also swam for twelve years with the Amateur Athletic Union. Her swimming earned her many medals and trophies that she kept on a shelf that her father made for her.

She graduated from high school in 1964, then entered Maine School of Practical Nursing. After graduating nursing school, she worked as an LPN for twelve years at Maine Medical Center in Portland, Maine. While there she met her husband, James Bolster, and they were married for twelve years.

From there Karen moved to Florida with her two children, Janet Lynne and Mark James. In 1980 she worked as an Ombudsman (liaison) between the Navy and the families. Karen worked there until 1983 when she suffered a ruptured aneurysm in the right temporal lobe of her brain. Doctors had to remove a part

of her brain that controls her balance. The stroke affected her left side, causing walking difficulties and chronic vertigo. With the help of her family, Karen beat million to one odds and survived.

In 1996 Karen wrote an essay on why she would make a good Olympic torch bearer of the Olympic flame on its way to light the Olympic cauldron in Atlanta. Her compelling essay was chosen, and Karen was one of 12,000 torchbearers who passed the Olympic flame over the 16,699 miles to Atlanta. She carried the Olympic torch on July 9, 1996, and the torch she carried is still a prized possession of hers today.

Bette Davis (the movie star) had a summer house in Cape Elizabeth, and when she had parties, Karen's father as Chief of Police would patrol the perimeter of Bette's estate. Karen went to school with Bette's daughter—but that is a story for another time.

We are happy to have Karen here at Pablo Towers. She has been an asset in many ways. Karen is always willing to help in any way she can, and thanks to her, the area around our place is free of litter. You will always find her picking up trash, pulling weeds, wherever she feels it needs attention.

Thanks, Karen.

As reported by
Joan Brown

PABLO TOWERS AUXILIARY

**GAME NIGHT
THURSDAY
AUGUST 11
6:00 PM**



**PLAY
READY**

**RESIDENT
BIRTHDAY
PARTY
MONDAY
AUGUST 15
6:00 PM**

*Sponsored by
Neptune Beach
Baptist Church*



**FREEDOM SINGERS
SATURDAY
AUGUST 13, 2:00 PM**

Another Concert!! So Soon??

Yes, "Music at the Towers" will be presenting a concert by the choral group "Let Freedom Sing" at 2:00 PM on Saturday, August 13. This concert was originally scheduled for the week of July 4, but, due to circumstances beyond their control, the singers had to postpone. Their motto is "Telling America's story through music", and they have appeared at many functions in Northeast Florida, including the Jacksonville Suns, Jacksonville Sheriff's Office events, Veteran's Day Concerts, including Fleet Landing, "Homes for the Troops" rallies, and many more. Pride in America is not limited to a day on the calendar. Come hear these wonderful singers tell their story.

As usual, refreshments will be served.

**PIRATES & DAMSALS PARTY
SATURDAY, AUGUST 27
6:00 PM**

**ENTERTAINMENT AND APPETIZERS
\$4.00 for Auxiliary Members
\$5.00 for Non-members and Guests
Costumes Welcomed**



**Start to collect your treasures for the
Annual Pablo Towers Bazaar
To be held
Saturday, October 22**

SAVE THE DATE

December 31, 2016

PABLO TOWERS NEW YEARS EVE PARTY

Live music / dancing with The Coconuts
Favors—Door Prizes
Heavy Hors d'oeuvres
Watch the ball drop at Times Square

HAPPY BIRTHDAY FRIENDS

Ana Grullon Aug. 3
KC Sharifai Aug. 3
Rebecca Aydelette Aug. 6
Helen Bizzarri Aug. 7
Eileen Smith Aug. 7
Carol Brown Aug. 8
Paul George Aug. 8
Floyd Wilson Aug. 9
Susan Heckert Aug. 12
Barbara Miller Aug. 14
Jackie Boesger Aug. 18
Karen Bolster Aug. 20
Floyd Galbraith Aug. 21
Pauline Graham Aug. 22
Margaret Ricketts Aug. 23
Tricia Dyer Aug. 23
Ginny Pfaff Aug. 24
Betty Smith Aug. 26
Marj Greene Aug. 26

**Ronald and
Linda Barnes**



**FAREWELL & BEST WISHES
Olivia Tommaney**

**With FOND MEMORIES
Nellie Rogers**

JULY

Wii BOWLING RESULTS

Charlotte DiFrancesco	167	🏆
Al Boone	162	
Marie Singleton	151	
Susan Stanton	126	
Alice Gillis	122	
Chet Galbraith	114	
Lois Sullivan	105	



~ AUGUST 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT COUNCIL</u> <u>MEETING</u> 3:30 PM	2 <u>BAKED GOODS</u> 8 – 8:30 AM C.R. <u>COMPUTER CLASS</u> 10:00 AM C.R. <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	3 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>BROOKS</u> <u>PRESENTS:</u> <u>WELLNESS</u> 2:30 PM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	4 <u>PEST CONTROL</u> Apt. Ending in 04 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>MD2U</u> 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R. <u>GAME NIGHT</u> 6:00 PM	5 <u>ONSITE DERMATOLOGY</u> <u>WELLNESS CENTER</u> 11:00 AM <u>COFFEE, CAKE &</u> <u>CREMATION</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	6 <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
7 Violin Concert - Lobby 3:00 PM	8 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R.	9 <u>BAKED GOODS</u> 8 – 8:30 AM C.R. <u>COMPUTER CLASS</u> 10:00 AM C.R. <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>ART SHOW</u> 5:00—8:00 PM LOBBY <u>BINGO</u> 6:00 PM C.R.	10 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	11 <u>PEST CONTROL</u> Apt. Ending in 05 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>MD2U</u> 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R. <u>GAME NIGHT</u> 6:00 PM	12 <u>BOOK CLUB</u> <u>CONF. ROOM</u> 2:00 PM <u>I</u>  Book Club <u>Wii BOWLING</u> 3:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	13 <u>FREEDOM</u> <u>SINGERS</u> 2:00 PM
14	15 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT</u> <u>BIRTHDAY PARTY</u> 6:00 PM	16 <u>BAKED GOODS</u> 8 – 8:30 AM C.R. <u>COMPUTER CLASS</u> 10:00 AM C.R. <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	17 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>TREATING</u> <u>CHRONIC PAIN</u> 2:00 PM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	18 <u>PEST CONTROL</u> Apt. Ending in 06 <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	19 <u>DR. BURNS'</u> <u>AUDIOLOGY CLINIC</u> <u>WELLNESS CENTER</u> 9:30 AM <u>CHAIR VOLLEYBALL</u> 3:00 PM <u>BINGO</u> 6:00 PM C.R.	20 <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
21	22 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R.	23 <u>BAKED GOODS</u> 8 – 8:30 AM C.R. <u>COMPUTER CLASS</u> 10:00 AM C.R. <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	24 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>COLORING FOR</u> <u>ADULTS</u> 2:00 PM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	25 <u>PEST CONTROL</u> Apt. Ending in 07 <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—2:30 PM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	26 <u>ALONE ...</u> <u>TOGETHER</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	27 <u>PIRATES</u> <u>&</u> <u>DAMSALS</u> <u>PARTY</u> 6:00 PM
28	29 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R.	30 <u>BAKED GOODS</u> 8 – 8:30 AM C.R. <u>COMPUTER CLASS</u> 10:00 AM C.R. <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	31 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.			

OTHER HAPPENINGS AROUND THE TOWERS

BROOKS PRESENTS: WELLNESS

WEDNESDAY, AUGUST 3, 2:30 PM

Plan to attend this helpful educational program planned just for you. It will address learning how to do exercises that won't hurt you, but will give you the exercise that you need. We can continue to exercise our bodies no matter how old we are, and exercise is good for ALL of us no matter our limitations. This presentation will consist of strategies to modify exercises and stretches that might be difficult to perform. As we explore ways to adapt, we will try out the exercises together as a group and discover ways to maintain strength and mobility. The program will be presented by Taylor Lister who is a Brooks Health Educator with a degree in nutrition and certifications in exercise and personal training.

Refreshments will be served.

MONDAY MORNING EXERCISE WITH APEX

Starting Monday, August 1, 11:00 AM

Have you been missing our Monday morning 11:00 AM exercise class? GOOD NEWS . . .with feedback from you, this new exercise class will be very similar to Jamie's Monday morning class in that the teacher will do a good warm up before starting the exercise part of the class. This class will address core strengthening, stability and endurance moving into all types of planes of motion while employing all the muscle groups of the body. Come join an interactive fun class that promotes health and community!

Coffee, Cake and Cremation Friday, August 5, 2:30 PM

Have you made your end of life plans? Will you have a funeral?

Are you considering a casket or cremation. If you have not, please plan to attend this educational program presented by Tina Washburn with the National Cremation Society. The National Cremation Society is just one company that offers a simple, dignified and affordable program. By choosing to pre-arrange your plans as a final act of love for your family, it can eliminate the stress of having to make such tough decisions on the worst day of your family members' lives.

TREATING CHRONIC PAIN

Wednesday, August 17, 2:00 PM

Mark your calendars now to attend this program! One of the pharmacists from Medtown Pharmacy will be presenting this informational, educational program. Did you know that a pain cream can increase your flexibility, decrease soreness, and decrease the amount of medication you need to take for pain? Medtown Pharmacy is a small pharmacy that is able to deliver your medications to you at your Pablo Towers apartment. They will work with you to find the medications that are best for you and will address any side effects that you may experience.

Refreshments will be served.

CHAIR VOLLEYBALL

Friday, August 19, 3:00 PM

This is a monthly event. Plan NOW to attend! Last month's event was a huge success. We want you to come and enjoy the fun. If you are not sure if you want to play, please come anyway and enjoy watching your neighbors play. Then next time, we hope that you will give this a try. There is no need to be intimidated or embarrassed. This is just good old fun and good exercise, too. Sheila Valazquez will be leading us in learning how to play volleyball while seated in a chair. This activity is sponsored by Brooks Rehabilitation.



COLORING FOR ADULTS

WEDNESDAY, AUGUST 24, 2:00 PM

Mark your calendars now and plan to attend this enjoyable, informal group. Coloring books are no longer just for the kids. In fact, adult coloring books are all the rage right now. Coloring groups are springing up everywhere! Did you know that coloring is good for you? The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. This program is being sponsored by Brooks Rehabilitation. All supplies will be provided for you or you can bring your own pages and pens.

ALONE . . . TOGETHER

Friday, August 26, 2:30 PM

Struggles are so much easier to bear when you have someone with whom to talk. Have you experienced changes in your life as you knew it? Do you experience feelings of sadness, loneliness, depression, or anxiety? Do you ever wish you could close your door and never come out? Are you missing your loved ones who have passed? Please take a brave step forward and plan now to attend this informative program which will be held in a supportive and confidential environment, facilitated by Sheila Harper with Vitas Healthcare. Sheila will lead us along a path toward healing and wholeness. Snacks and drinks will be served.

***** Our Service Coordinator, Ellen Hopkins, will be attending two conferences during the month of August. This is required for her to keep her continuing education up to date for HUD. Ellen will be out of the office the week of August 7 through August 10 and the week of August 21 through August 25. If you need assistance during that time, please contact the Site Manager, Donna Houston-Long.**