



MONTHLY NEWSLETTER



DECEMBER 2013

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Service Coordinator

Nancy Gabriszeski
Admin Assistant

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Front Desk

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Maintenance Supv.

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Maintenance Tech

John Ring
Maintenance Tech

Shane Perez
Maintenance Tech

Ebony Neville
Housekeeper

Melissa Gilreath
Executive Director
EHMCorp

Debra Waters
Operations Manager

Thank You to our Pablo Towers' Veterans

The November resident birthday party was sponsored by Palms Presbyterian Church and was held on November 11, Veterans Day. During the party, the sponsors took the opportunity to honor our own Pablo Towers' Veterans.

Each Veteran was asked to introduce themselves, state the branch of the military they served in, and any other information they would like to share.

We had eight Veterans participate in the impromptu acknowledgement of their service to our country. These Veterans served in most branches of the military, and in times of war from World War II, the Korean War, to the Vietnam War.

Elmer Davis, Director of the U.S. Office of War Information during World War II once said, "This nation will remain the land

of the free only so long as it is the home of the brave."

Thank you to all of our brave Pablo Towers men and women who served their country so valiantly and sacrificed much so that we could maintain the freedom we treasure. We pray this country never forgets what you have done for us.

Thank you for your service!



Some of Pablo Towers distinguished Veterans left to right: Jonmaire Giles, Navy—Reserves; Jeanne Averill, Navy Nurse Corps; Eleanor Shapiro, Navy; Richard Carey, Army 5th Armored Division; George Pringle, Navy; Ben Reece, Marines; Don Kalina, Navy; Brian O'Malley, Army.

HAPPY HOLIDAYS TO ALL

The holidays can be a special time for you and your family, or it can be a lonely time. Here at Pablo Towers, we hope all of our residents find joy, peace and comfort at this special time of the year.

Look over the many activities happening during the month of December and plan to participate in everything that will allow you to spend time experiencing the

atmosphere of the season. Allow the hope represented by the season to help you look forward to everything good that will happen in your life in the coming year.

We are grateful for each and every resident of Pablo Towers. Generous, hopeful, happy and content are just a few of the ways we can describe all of you. Happy Holidays!

The Management

RESIDENT OF THE MONTH SHIRLEY SILBERNAGLE

Shirley was born and grew up here in Jacksonville. Upon finishing high school, she moved to Clearwater, Florida where she began nurse's training. She worked in clinics and hospitals all during her education. She moved to California in 1960 and completed her training there. Her daughter, Debbie, was born in 1962.

In 1971, an earthquake destroyed their home, and Shirley gathered what was left of their belongings, tossed them in a U-Haul, and she and Debbie headed back to Jacksonville.

Here in Jacksonville she met and married Ed Silbernagle. In 1995, he contracted leukemia, and Shirley retired from nursing to take care of him full-time. They lived at Pablo Towers at that time, having heard about the facility from her aunt and uncle who were residents. Three years later, Ed died, and Shirley relocated to St. Cloud. She realized she had made a mistake by leaving and immediately put in her application to return. In 2004 she returned to Pablo. And now she lives on the same floor she and Ed lived on when they were here.

Shirley loved to dance and would never miss the opportunity to do so and regrets not being able to now. She was also, at one time, a vocalist for a small combo, performing at local night spots.

Shirley claims her crowning achievement is her daughter, and feels blessed by having a daughter like Debbie.

Shirley loves telling stories (Southerners always have stories) about her life as a pure-bred southerner. And she makes no excuses for her "downhome" lifestyle. As someone once said, "I was country before it was cool to be country". That's Shirley.

She enjoys making others laugh or at least smile, when she can and likes to befriend newcomers. She takes part in many of the activities here and has no plans to leave. Lesson learned. It's a good place to be.

HAPPY BIRTHDAY FRIENDS

Packy Pacquing	Dec. 4
Charlotte Gagner	Dec. 4
Ruth Martin	Dec. 9
Jim Sherry	Dec. 9
Mary Ann DelGaudio	Dec. 10
Mitt Pendergraft	Dec. 12
Estelle Medlock	Dec. 12
Ralph Guariglia	Dec. 13
Diana Luttmann	Dec. 16
Evelyn McGovern	Dec. 20
Lucille Kuklantz	Dec. 22
Billie Swain	Dec. 23
Margaret Allgood	Dec. 26
Alice Gillis	Dec. 30

GOOD BYE AND GOOD LUCK

Jean Layton



According to the American Gem Society, the three birthstones associated with December are Tanzanite, Zircon, and Turquoise.

PABLO TOWERS AUXILIARY



RESIDENT BIRTHDAY PARTY
with **BETHLEHEM PRESCHOOL CHOIR**
WEDNESDAY, DECEMBER 11
9:30 AM
Sponsored by Bethlehem Lutheran Church



CHRISTMAS DINNER
SUNDAY, DECEMBER 15
5:00 PM


Cost is \$8 for auxiliary members; \$10 for non-member residents; \$14 for all other guests

NANCY DANCE STUDIO
CHRISTMAS PARTY

MONDAY,
DECEMBER 16
7:00 PM



~ DECEMBER 2013 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>JEWELRY MAKING</u> 1:00 PM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	3 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	4 <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	5 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	6 <u>PEST CONTROL</u> Apts. Ending in 02-03 <u>MED MGMT CLINIC</u> 10 – 11:00 AM <u>STRENGTH & CONDITIONING</u> 1:30 PM <u>CHRISTMAS TREE LIGHTING</u> 5:15 PM	7 <u>SPELLING BEE</u> 1—3 PM <u>MOVIE</u> 6:00 PM
8	9 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>JEWELRY MAKING</u> 1:00 PM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	10 <u>BAKED GOODS</u> 8 – 9:15 AM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	11 <u>RESIDENT BIRTHDAY PARTY</u> 9:30 AM <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	12 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>DOCTORS CHOICE MEET & GREET</u> 2:00 PM <u>HOLIDAY SCAVENGER HUNT</u> 3:30 PM	13 <u>MED MGMT CLINIC</u> 10 – 11:00 AM <u>STRENGTH & CONDITIONING</u> 1:30 PM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	14 <u>MOVIE</u> 6:00 PM
15 <u>AUXILIARY CHRISTMAS DINNER</u> 5:00 PM	16 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>JEWELRY MAKING</u> 1:00 PM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>NANCY DANCE STUDIO CHRISTMAS PARTY</u> 7:00 PM	17 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	18 <u>NEPTUNE BEACH ELEMENTARY STUDENTS</u> 9:30 AM <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	19 <u>DEVOTIONS</u> 10:00 AM <u>RESIDENT CHRISTMAS LUNCHEON</u> 12:00 NOON <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	20 <u>PEST CONTROL</u> Apts. Ending in 04-05 <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:15 AM <u>MED MGMT CLINIC</u> 10 – 11:00 AM <u>STRENGTH & CONDITIONING</u> 1:30 PM <u>BINGO</u> 6:00 PM	21 <u>MOVIE</u> 6:00 PM
22	23 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>JEWELRY MAKING</u> 1:00 PM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	24 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM	25 MERRY CHRISTMAS	26 HAPPY KWANZAA <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	27 <u>MED MGMT CLINIC</u> 10 – 11:00 AM <u>STRENGTH & CONDITIONING</u> 1:30 PM <u>BINGO</u> 6:00 PM	28 <u>MOVIE</u> 6:00 PM
29	30 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>JEWELRY MAKING</u> 1:00 PM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	31 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM	HAPPY NEW YEAR!!			

OTHER HAPPENINGS around the Towers

ANNUAL TREE LIGHTING

FRIDAY, DECEMBER 6

5:15 PM

Caroling by Ocean Park Baptist Choir

Refreshments

“It’s a Wonderful Life” will be shown

Immediately After

SPELLING BEE (Rescheduled)

Saturday, December 7

1:00—3:00 PM

Come pair yourself with a college

student

To win First, Second or Third prize

**HOLIDAY
SCAVENGER HUNT**

SPONSORED by

AMERICARE HOME HEALTH

Come join in the FUN and enjoy a HOLIDAY themed scavenger hunt.

There will be refreshments and prizes for 1st & 2nd place winners.

DECEMBER 12

3:30 PM

**140 NEPTUNE BEACH
ELEMENTARY STUDENTS
WILL PERFORM**

WEDNESDAY, DECEMBER 18

9:30 AM

HOW FUN WILL THAT BE?



**COME LET THE STAFF SERVE YOU!
ANNUAL RESIDENT CHRISTMAS
LUNCHEON**

THURSDAY, DECEMBER 19

12:00 NOON

ENTERTAINMENT BY

Karen Summers Piano Studio



LAUGHTER IS THE BEST MEDICINE

An older lady was telling her friend that she recently joined an aerobics class for seniors at the local fitness center. “How did it go?” asked the friend.

“Well, I bent, I twisted, I turned, I jumped and I perspired for half an hour, but by the time I’d finally gotten into my leotard, the class had ended!”

“I’m not old, I’m chronologically gifted.”

Author Unknown

Spread the laughter

Share the cheer

Let’s be happy

While we’re here!



“It takes a very long time to become young.”

Pablo Picasso

BEAUTY SHOP ALERT

The holidays are here . . .

Just wanted to inform you

Diane will be here December 23 and

December 30 (Mondays)

NOT Wednesday