



115 South Third Street
Jacksonville Beach, FL 32250

Telephone: 904-249-3866
Fax: 904-249-2011
1-800-955-8771/TTY
www.pablotowers.com
Managed by Elderly Housing
Management Corporation

Staff Members

Jo-Ann Gherardi

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Jennifer Burns

Asst. Service Coordinator

Nancy Gabriszeski

Admin Assistant

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

Melissa Gilreath

Executive Director

EHMCorp

Debra Waters

Operations Manager

EHMCorp

MONTHLY NEWSLETTER

DECEMBER 2014

HAPPY HOLIDAYS

The Management and Staff of Pablo Towers want to wish you the happiest of holidays.

We want you to take care of yourself physically and mentally during these holidays, as this time of the year can be stressful. If you feel lonely or isolated, please seek out community, church or other social events that can offer support and companionship.

It is a blessing for us to serve you. We are grateful that you call Pablo Towers your home, and we will continue to try to make this a place of comfort, hope, and joy always.

Whatever is beautiful, whatever is meaningful, whatever brings you happiness... may it be yours this Holiday Season and throughout the coming year!

OLD AGE IS A GIFT

Old Age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

I have seen too many dear friends

leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon?

I will dance with myself to those wonderful tunes of the 50, 60, & 70's, and if I, at the same time, wish to weep over a lost love... I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

So to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever. But while I am still here, I will not waste time lamenting what could have been, or worrying about what will be.

Author Unknown

WELCOME TO THE TOWERS

**Doris Coleman
Marion Spano**

WELLNESS CENTER HEALTH TIP

The Holidays can bring joy and happiness but can also bring stress into our lives. It is important to manage stress. Try exercise or relaxation techniques, perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel.



HAPPY BIRTHDAY FRIENDS

- Packy Pacquing Dec. 4
- Charlotte Gagner Dec. 4
- Ruth Martin Dec. 9
- Jim Sherry Dec. 9
- Mary Ann DelGaudio Dec. 10
- Mit Pendergraft Dec. 12
- Estelle Medlock Dec. 12
- Ralph Guariglia Dec. 13
- Diana Luttmann Dec. 16
- Billie Swain Dec. 23
- Peggy Allgood Dec. 26
- Alice Gillis Dec. 30

FAREWELL AND GOOD LUCK

Rebecca Wells



COASTAL CAB company is now offering a new service. They have added a wheelchair accessible vehicle to their fleet that can accommodate a standard size manual or electric wheelchair.

The rates are a \$15.00 pickup/drop rate + \$2.00 per mile; \$23.00 per hour wait time. One hour advanced reservation is required.

**Their contact number is
904-246-9999.**

PABLO TOWERS AUXILIARY

HOLIDAY DINNER

Two Seatings—December 7 & 14

5:00 PM

Maximum seating is 49 for each seating

**Tickets sold
December 1—5**

**\$7.00 for
Residents**

**No guests due to
space constraints**



**RESIDENT
BIRTHDAY PARTY**

WEDNESDAY

DECEMBER 17

9:30—10:30 AM

**With entertainment by
Bethlehem Lutheran Pre-School**





**Plan to attend the
Auxiliary General Meeting
Thursday, January 22
5:00 PM**

**Hear about the changes to the Auxiliary
Board.**



~ DECEMBER 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	2 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	3 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	4 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	5 <u>PEST CONTROL</u> 1st, 2nd & 16th Floors All Apartments <u>AUXILIARY BOARD MEETING</u> 3:00 PM <u>CHRISTMAS TREE LIGHTING</u> 5:30 PM	
7 PEARL HARBOR REMEMBRANCE DAY <u>VIOLIN CONCERT</u> 3:00 PM <u>HOLIDAY DINNER</u> 1ST SEATING 5:00 PM	8 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	9 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	10 <u>BIBLE STUDY</u> 10:00 AM <u>ONSITE DERMATOLOGY</u> 11:00 AM <u>PUNCH & PIES</u> 1:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	11 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>ST. MICHAEL HOME CARE</u> 1:30 PM <u>WELLNESS CLINIC</u> 1:30 PM	12 <u>HARVEST COMMUNITY SCHOOL</u> 10:00 AM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	13 <u>STORY-TELLERS</u> 10:15 AM (MEET AT PONTE VEDRA LIBRARY)
14 <u>HOLIDAY DINNER</u> 2ND SEATING 5:00 PM	15 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>NANCY DANCE STUDIO Christmas Party</u> 7:00 & 7:45 PM	16 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	17 1ST DAY OF HANUKKAH <u>BETHLEHEM LUTHERAN BIRTHDAY PARTY</u> 9:30—10:30 AM <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	18 <u>PEST CONTROL</u> 3rd & 15th Floor All Apartments <u>DEVOTIONS</u> 10:00 AM <u>RESIDENT CHRISTMAS LUNCHEON</u> 11:00, 12:30, 2:00 <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	19 <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BINGO</u> 6:00 PM	20
21	22 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>LIVE WELL</u> 10:00 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	23 <u>BAKED GOODS</u> 8 – 9:15 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM	24 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	25 	26	27
28	29 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	30 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	31 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM 			

AROUND THE TOWERS

NANCY DANCE STUDIO CHRISTMAS PARTY

**MONDAY
DECEMBER 15**
Two Shows
7:00 PM and
7:45 PM



Must sign up in the lobby to
participate due to space
constraints.

ANNUAL RESIDENT CHRISTMAS LUNCHEON

**THURSDAY
DECEMBER 18**
Three Seatings
11:00 AM
12:30 PM
2:00 PM



RESERVATION IS REQUIRED

APEX HOME HEALTHCARE SERVICES

Would like to treat you to
PUNCH & PIE

Wednesday, December 10, 1:00 PM
Come sing & have a piece of pie

**ST. MICHAEL HOME CARE
THURSDAY
DECEMBER 11
1:30 PM**

Sean McHale will discuss
services that are available from
his company to help you with
your daily living.

**PLEASE NOTE -
THERE WILL BE NO BINGO THE WEEK
OF CHRISTMAS**

November Wii BOWLING by Sheila of Americare

Winner— Lois Sullivan 143
Al Boone 137
Alice Gillis 108

Sandi Connolly, friend of residents, also
participated this month.



CHRISTMAS TREE LIGHTING FRIDAY, DECEMBER 5

5:30 PM

Harvest Community High School Chorus
will entertain us!

HARVEST COMMUNITY SCHOOL 4TH AND 5TH GRADERS SINGING

FRIDAY, DECEMBER 12
10:00 AM

BEAUTY SHOP ALERT

**DIANE WILL BE HERE on TUESDAY,
DECEMBER 23**
(not Wednesday as usual)

THANK YOU FOR YOUR GENEROSITY

140 Salvation Army Stockings
were returned filled with
goodies and fun. We should be
proud to make so many
children happy!

