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Managed by Elderly Housing
Management Corporation

Staff Members

Jo-Ann Gherardi
Property Manager

Sheryl Roussin
Finance Manager

Jennifer Burns
Asst. Service Coordinator

Nancy Gabriszeski
Admin Assistant

Nell Barrow
Front Desk

Jim Parsons
Maintenance Supv.

Daniel Deon
Maintenance Tech

John Ring
Maintenance Tech

Shane Perez
Maintenance Tech

Ebony Neville
Housekeeper

Melissa Gilreath
Executive Director
EHMCorp

Debra Waters
Operations Manager

MONTHLY NEWSLETTER

FEBRUARY 2014

Lifetime Membership to Pablo Towers Auxiliary



Resident Ruth Jenkins was recently awarded a Lifetime Membership to the Pablo Towers Auxiliary by President, Nancy Graeme.

Ruth, who has lived at Pablo Towers

for the past 11 –1/2 years, now serves her fellow residents as a volunteer who organizes the twice weekly bingo games, the weekly bakery distribution and the weekly food distribution program.

These are all thankless jobs, but Ruth does them with a smile and a desire to be helpful and caring.

The honor of lifetime membership has been granted to only four other residents: Lillian Harrison, Rosemary Laird, George Pringle, and Norma Sanders.

Congratulations to Ruth, and thank you for your many years of service and friendship.

Committee Seeks Candidates for Auxiliary Board



The Pablo Towers Auxiliary nominating committee from left to right: Dee Kenna, Connie Savage, Jeanne Averill, Nancy Gray and Suzanne Ferrell. Under the leadership of Jeanne Averill, Chairman, the committee is seeking candidates to fill the offices of President, Vice President, Secretary and Treasurer for the 2014—2016 term.

If you have an interest in any of these positions, please contact one of the committee members so your name can be included on the ballot.

Nancy Graeme as President, Estelle Medlock as Vice President, Susan Leaptrott as Treasurer and Suzanne Ferrell as Secretary have done an excellent job over the last two years to keep Pablo Towers' residents entertained, celebrated, well-fed and informed. Please be sure to thank them for their service. Good luck to all of candidates who come forward to serve.

**RESIDENT OF THE MONTH
DOLORES (DEE) PUCCI KENNA**

Dolores (Dee) Pucci Kenna grew up in Newark, NJ. After graduating Westside High School, she started working in the Prudential Insurance Company as a file clerk, later moving to the valuation department. After working for 17 years, she married James, and they moved to Woodbridge, NJ.

Active in social activities, Dee was President of the Avenel, NJ Junior Women's Club; later, newsletter editor and President of the Middlesex County National Organization of Women's Club, then a member of Essex County NOW. Dee marched in Washington, D.C. against nuclear proliferation and for equal rights for women.

Dee moved to Edison, NJ after the death of her husband and worked for The King Size Tall & Big Company. Her first assignment was as the Assistant Manager and then as the first woman Manager of a store in Union, NJ.

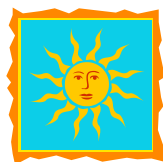
Dee attended Kean College in Union, NJ part-time and graduated with a degree in English and a major in History.

She met Alfred at an office function, and they were together for nine years. When he passed away, Dee, her Mom and Brother moved to a condo at Fairfield in Ponte Vedra Beach, FL.

Dee enjoyed her next job at a retirement community named Vicar's Landing as a telephone receptionist in the health center for 12 years.

Dee moved into Pablo Towers in 2004. She is a front desk receptionist in the Lobby, Book Club member, Representative for the 4th Floor for the Resident Council, and sells tickets for the many Auxiliary activities.

As Dee says, "So you see, I was right; all the activities here at Pablo Towers gives my daily life joy and purpose, with more to come!"



HAPPY BIRTHDAY FRIENDS

- Patsy Logsdon Feb. 2
- Barbara Czelusniak Feb. 3
- Ethel Kennedy Feb. 3
- Tilda Granfors Feb. 4
- Rachel McClard Feb. 5
- Nancy Graeme Feb. 6
- Darlene McRae Feb. 8
- Eleanor Shapiro Feb. 13
- Margaret Knoechel Feb. 13
- Arlene Freudmann Feb. 16
- Vladimir Prikhodko Feb. 16
- Carla Cirner Feb. 16
- Tamara Ratkiewicz Feb. 17
- Nellie Rogers Feb. 19
- McDuffie Cain Feb. 20
- Ann Clark Feb. 21
- Olivia Tommaney Feb. 22
- Carole Renderman Feb. 24

According to the American Gem Society, the birthstone associated with February is the amethyst. The flower is the violet, symbolizing faithfulness.



GOOD BYE AND GOOD LUCK

Brian O'Malley

WELCOME

**Marilyn Alsobrook, Dottie Galbraith,
Roberta Moore, Diane Ricketts, Maya Teper**

PABLO TOWERS AUXILIARY

**VALENTINE'S DAY
PARTY & TALENT SHOW**





**February 13
6:30 PM**

**Snacks &
drinks will be
served**

**Be sure to buy your chances for the
PABLO TOWERS MONEY TREE
Two Prizes—\$50 cash each prize
Chances on sale in the lobby
January 27—February 13
2:00—4:00 PM**

**RESIDENT BIRTHDAY PARTY
MONDAY, FEBRUARY 17
7:00 PM**

**Sponsored by St. Paul's by the Sea
Episcopal Church**

~ FEBRUARY 2014 ~						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 Violin Concert 3:00— 4:00 PM MOVIE 6:00 PM
2 	3 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>JEWELRY MAKING</u> 1:00 PM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	4 <u>BAKED GOODS</u> 8 – 9:15 AM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	5 <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	6 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>BOOK CLUB</u> 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	7 <u>PEST CONTROL</u> Apts. Ending in 10-11 <u>BINGO</u> 6:00 PM	8 <u>STORY-TELLERS</u> 11:00 AM <u>BEAUTY PAGENT</u> 1:00 PM MOVIE 6:00 PM
9	10 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>JEWELRY MAKING</u> 1:00 PM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	11 <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	12 <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	13 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	14 HAPPY VALENTINES DAY <u>ORTHO HEART INFORMATION TEACHING</u> 11:00 AM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	15 MOVIE 6:00 PM
16 <u>NO MAIL TOMORROW</u> 	17 PRESIDENTS DAY <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>JEWELRY MAKING</u> 1:00 PM <u>DRUG INTERACTION</u> 2:00 PM <u>RESIDENT BIRTHDAY PARTY</u> 7:00 PM	18 <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	19 <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	20 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	21 <u>PEST CONTROL</u> Apts. Ending in 12-13 <u>BAPTIST CLINIC</u> 9:00 AM—Noon <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:15 AM <u>BINGO</u> 6:00 PM	22 MOVIE 6:00 PM
23	24 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>JEWELRY MAKING</u> 1:00 PM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	25 <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>AMAZING BRAIN GAMES</u> 3:30 PM <u>BINGO</u> 6:00 PM	26 <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	27 <u>DEVOTIONS</u> 10:00 AM <u>HAVEN HOT DOG DAY</u> 12:00—3:00 PM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	28 <u>BINGO</u> 6:00 PM	

OTHER HAPPENINGS AROUND THE TOWERS



In case you haven't looked out the window lately, the McDonald's restaurant next door has been torn down. The process was a quick and smooth one, causing little disturbance to us at the Towers.

In speaking with the new owner, the plan is to complete the rebuilding process soon. The grand opening of the new McDonald's is planned for March 28 of this year.

In the meantime, look for "treats" in the lobby that the new owner has promised to distribute occasionally until the restaurant has reopened.

"The best way to find yourself is to lose yourself in the service of others."

—Mahatma Gandhi

MONTHLY VIOLIN CONCERT

BY OUR OWN ALAN KERR

SATURDAY, FEBRUARY 1

3:00—4:00 PM

EVERYONE IS INVITED

"SONGS THAT YOU GREW UP WITH"

ORTHO HEART INFORMATION SEMINAR

FRIDAY, FEBRUARY 14

11:00—12:00 Noon

Come hear about the importance of heart health & what you can do to live out a heart healthy lifestyle



BAPTIST MEDICAL CENTER BEACHES FREE HEALTH SCREENINGS

FRIDAY, FEBRUARY 21

9:00 AM—Noon

Free cholesterol, glucose and blood pressure screenings
Health Coaching
See Jennifer Burns to set up a time for your appointment.
Walk-ins also welcome.



COMPANY CHOSEN TO SUPPORT PABLO TOWERS' HEALTH & WELLNESS CENTER

We are happy to report that as of March 1, services will be provided to the Pablo Towers Health & Wellness Center by AmeriCare Home Health, Advantage Wellness Services and United Therapy Group.

Look for announcements about the services that will be available and when they will begin.

Keeping Perspective

"When I hear somebody sigh that life is hard, I am always tempted to ask, 'Compared to what?'"

Sydney J. Harris

We like to compare our lives to those of people we think are richer, smarter, happier, better looking, more famous. Why don't we have a house like the couple's down the street? Why aren't we doing better at work? Why can't we find the love of our life?

We forget that there are plenty of people who look on *us* with envy. They would really like to have our job, live on our block, or enjoy our personal freedom. When we hear them talk about the things we take for granted, we remember that we have it pretty good after all.

It might sound corny, but it does help to "count my blessings" so I can pay attention to all the good things in my life.

From The Daily Book of Positive Quotations
By Linda Picone