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 Managed by Elderly Housing
 Management Corporation

Staff Members

Jo-Ann Gherardi

Property Manager

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Finance Manager

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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

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

MONTHLY NEWSLETTER

FEBRUARY 2015



727.520.8181
www.aerophoto.com

Pablo Towers Apartments (Addition)

Image # 150108 0195
Date 01.08.15

Shown above is an aerial view of the construction site for Pablo Towers new addition. You are seeing the ceiling of the first floor prior to the pouring of the concrete for the floor of the 2nd floor. The project is on target for an August 2015 completion.

The ABC's of Living Right

Appreciate yourself; **B**ounce on the bed; **C**reate a poem; **D**ecare world peace; **E**xplode a myth; **F**labbergast a neighbor; **G**et up late; **H**elp yourself to seconds; **I**magine it and do it; **J**ump at the chance; **K**indle a flame; **L**eave your troubles behind; **M**eet someone new; **N**ourish your

soul; **O**pt for ice cream; **P**lay all day; **Q**uench your desires; **R**evel at random; **S**ing loudly, smile widely; **T**ouch the sky; **U**ncork the champagne; **V**a-moose; **W**atch whatever you want; **X**-ercise your right not to; **Y**earn for the best; **Z**ip, zap, zing, and zone out.

WELLNESS CENTER HEALTH TIP

7 Heart Healthy Tips to Follow When Buying Groceries:

1. Buy colorful fruits and vegetables
2. Avoid buying high fat dairy or meat
3. Buy plenty of nuts and high fiber foods
4. Avoid buying butter
5. Read nutrition labels
6. Consider frozen or canned fruits and veggies
7. Avoid rushing into major changes - start with small steps so overtime your body will get used to the positive changes you're making to your diet.

RESIDENT OF THE MONTH DON KALINA

Don has been at Pablo Towers for 12 years. He enjoys mingling and talking with his neighbors, as well as volunteering at many social events, especially working with Mrs. Ruth Jenkins, and as an alternate bingo caller. He has good luck playing at bingo also.

Don was born on Easter Sunday in 1929 in Pittsburgh, PA into a family of three boys and two girls. He still flies to Oxford, Alabama to visit with his only remaining sister. He was his Mother's caregiver for her last eight years.

The family moved to St. Petersburg, FL when he was seven years old where he was raised. Don attended Central South Carolina College where he received a degree in Music and Voice. He plays piano, sings solo and has led choral groups in many churches. He is an ordained minister and had his own church while living in Atlantic Beach where he devoted himself to a full time ministry. Prior to that, Don worked for 15 years in Hotel Management.

While living on the Gulf in Panama City, a friend of his extolled the many opportunities here in Jacksonville which inspired Don to move here. Don reports that this is where he found the combination of church, work, and the ocean to be a satisfying place to reside. He has lived most of his life by the Gulf of Mexico and the Atlantic Ocean. A good life for sure!

HAPPINESS QUOTE

Smile every chance you get. Not because life has been easy, perfect, or exactly as you had anticipated, but because you choose to be happy and grateful for all the good things you do have and all the problems you know you don't have.

HAPPY BIRTHDAY

Judith Earle	Feb. 3
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
Tamara Ratkiewicz	Feb. 17
Nellie Rogers	Feb. 19
McDuffie Cain	Feb. 20
Ann Clark	Feb. 21
Olivia Tommaney	Feb. 22
Carole Renderman	Feb. 24

PABLO TOWERS AUXILIARY



RESIDENT BIRTHDAY PARTY

**MONDAY
FEBRUARY 16
6:00 PM**

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


PUT IT ON YOUR CALENDAR!

**GENERAL AUXILIARY MEETING
THURSDAY, MARCH 26
5:00 PM**

Election of Officers

***Auxiliary Members Only
Per the By-laws***

~ FEBRUARY 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 <u>VIOLIN CONCERT</u> 3:00 PM	2 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	3 <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>BINGO</u> 6:00 PM	4 <u>BIBLE STUDY</u> 10:00 AM <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> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	6 <u>PEST CONTROL</u> 6th and 12th Floors All Apartments <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>SOUP'S ON</u> 11:00 AM <u>AUXILIARY BOARD MEETING</u> 3:00 PM <u>BINGO</u> 6:00 PM	7
8	9 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	10 <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 <u>BINGO</u> 6:00 PM	11 <u>BIBLE STUDY</u> 10:00 AM <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> 11:00 – 12:00 PM <u>KEEPING YOUR BRAIN HEALTHY AND YOUNG</u> 1:30 PM <u>WELLNESS CLINIC</u> 1:30 PM	13 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	14  <u>STORY-TELLERS</u> 10:15 AM (MEET AT PONTE VEDRA LIBRARY)
15	16 <u>PRESIDENTS' DAY</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>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	17 <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 <u>BINGO</u> 6:00 PM	18 <u>ASH WEDNESDAY</u> <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	19 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>JTA Ground Level Door to Door Services</u> 1:30 PM	20 <u>PEST CONTROL</u> 7th & 11th Floor All Apartments <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	21
22	23 <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	24 <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 <u>BINGO</u> 6:00 PM	25 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	26 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	27 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>AFFORDABLE DENTAL SERVICES</u> 1:30 PM <u>BINGO</u> 6:00 PM	28

AROUND THE TOWERS



ARE YOU
WEARING YOUR
“Pablo Towers” visor?
This fun-loving resident
is!

A landmark ten-year study by the **MacArthur Foundation** revealed that **70% of physical aging and approximately 50% of mental aging is determined by lifestyle choices we make every day.** Therefore, aging becomes a time of growth if we remain socially, intellectually, physically and spiritually active, thereby reducing our risk for disease and injury, and remaining engaged with life.

SOUP'S ON

Friday, February 6

11:00 AM

Carolyn McHenry of Griswold Home Care will share about their home care services and will be bringing soups to sample and recipes that are easy and affordable to make.

KEEPING YOUR BRAIN HEALTHY AND YOUNG

Thursday, February 12

1:30 PM

Lucinda Morici of Doctor's Choice will be teaching about how to keep your brain active through various activities we can do in our daily lives. This is an ongoing, fun, non-threatening program that will be offered on the 2nd Thursday of each month.

JTA GROUND LEVEL DOOR TO DOOR SERVICES

Thursday, February 19, 1:30 PM

This will be an educational program to help us understand who will medically qualify for this service.

January Wii BOWLING by Sheila of Americare

Winner— Al Boone	180
Floyd Wilson	180
Jim Ring	149
Lois Sullivan	132
Marie Singleton	110
Alice Gillis	95



AFFORDABLE DENTAL SERVICES

Friday, February 27

1:30 PM

Presentation about the services of the Sulzbacher Beaches Dental Clinic with Phillip Musin. Phillip will be describing the dental services the clinic offers, discussing eligibility requirements to receive services and answering questions.

WELCOME TO THE TOWERS

Rose Courte

FAREWELL AND GOOD LUCK

Rebecca Wells

Richard Carey

WITH FOND MEMORIES

Carla Cirner

