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www.pablotowers.com
Managed by Elderly Housing
Management Corporation

Staff Members

Nancy Gabriszeski

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Tisha Jarvis

Administrative Assistant

Travis McKenzie

Executive Chef

Andrew Monte

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

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

MONTHLY NEWSLETTER



FEBRUARY 2016

NEARING THE FINISH LINE

As you can clearly see, we are nearing the finish line with all of our property improvements. Depending on the wind and weather, the balcony repairs and outdoor painting will be completed any day. We are presenting a new face to the beaches area and are very proud of the appearance of our fresh façade.

The interior renovation of our Towers lobby will be finalized somewhere near the end of February with a new look to the front desk area, new carpet and tile, freshly painted walls and new upholstery on our previously tired-looking furniture.

We thank you once again for your patience and hope you enjoy our beautiful surroundings. Thank you for your help to keep everything looking great for many years to come.

RESIDENT OF THE MONTH— Joannie Taylor

Joan Isabelle Fullwood Taylor (Joannie) was born in London, England on January 17, 1925. She was brought up by her grandparents; she lost her father, and her mother had to go to work. She attended school in London and Surrey.

In 1939 the war began, so along with other children, she was evacuated to Eastbourne. She became very unhappy there and as the bombing had not yet begun, she returned to London. In 1940 the German's started bombing daily—it was known as the Blitz. In the evening during the bombing, they would go with their bedding to the basement of a large department store and would return home in the mornings after the all-clear sounded.

Even through all of this, life went on as usual and Joan decided she wanted to become a hairdresser. She got a job as an apprentice near Victoria Railway Station. That is when she met her husband, Douglas, at a dance. He was a Canadian soldier and was later deployed to Sicily, Italy for 18 months. They were married in 1945 just after VE day. He returned to Canada, but she had to wait for passage as a Canadian war bride. In 1946 she arrived in Halifax, Nova Scotia pregnant with her first child, Phillip. She had two more sons, Gary and Randall. In 1969 she immigrated to

Massachusetts; her husband passed away in 1979. In 1980 she moved to Neptune Beach, FL, then to Pablo Towers in 2004. In 2009 she lost her son, Gary from leukemia.

Joannie leads a very active life; she teaches exercise classes, likes to line dance and Zumba. She is also very active with the Auxiliary, helping with social events and activities.

A few weeks ago she was watching Indian Summer on PBS when she realized that Lady Willingdon was a customer of hers when she began her hairdressing apprenticeship in London. She would come in with her little dog and Joan would have to put towels on the floor for it and then fetch the Lady her tea. Lord Willingdon was the Viceroy of India when India was under British rule. Joan said watching this gave her goosebumps and brought back a lot of memories. One outstanding thing she remembered was that she left work one day as usual and when she returned the next morning, the whole building was gone—it had been bombed during the night!

We are so blessed to have Joannie here at The Towers. Her story makes me realize how blessed we have been in our generation not to have to have gone through anything like it.

As reported by Joan Brown

Wii BOWLING JANUARY RESULTS

GAME 1

Al Boone	166
Jim Ring	166
Lois Sullivan	107
Alice Gillis	105



BOWL OFF

Jim Ring	156
Al Boone	146



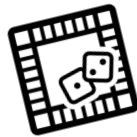
GAME 2

Dee Layne	138
Chet Galbraith	137
Marie Singleton	126
Shirley Silbernagle	115

PABLO TOWERS AUXILIARY

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

**PLAY
READY**



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

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



HAPPY BIRTHDAY FRIENDS

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
Donald Williams	Feb. 15
Vladimir Prikhodko	Feb. 16
Tamara Ratkiewicz	Feb. 17
Nellie Rogers	Feb. 19
McDuffie Cain	Feb. 20
Georgia Barnes	Feb. 21
Olivia Tommaney	Feb. 22
Carole Renderman	Feb. 24
Catherine Orlaski	Feb. 28
Frances Diacik	Feb. 28

**WELCOME
Susan Stanton**

**WITH FOND MEMORIES
Bonita Saxton**

SENIOR SCAMS ON THE RISE AGAIN

Don't become the target of scam artists targeting you from their telephones, their computers and the U.S. mail. Several residents of Pablo Towers have reported recently being contacted by scam artists. Several types of scams are:

Fake IRS warnings, jury duty, or utility bills.— You may be told you have a warrant for your arrest for failure to pay the IRS or failure to show up for jury duty. They will tell you to pay a fine immediately to avoid arrest. The IRS, court system and utility companies will not legitimately contact you by telephone.

Fake lotteries or sweepstakes. These typically state you have won a sum of money that you can collect once you send money to cover the prize taxes or fees.

Grandma scam. You pick up the phone and hear, "Grandma, guess who it is?" When you guess a name, the person will assume your family member's identity and get you to wire money to them.

Don't send money or give out personal information to anyone you do not know and trust. Do not be intimidated. Hang up on anyone you suspect of attempting to scam you. Scams can be reported to the Jacksonville Beach Police, or to the Attorney General's citizens service office in Tallahassee at 1-866-966-7226.




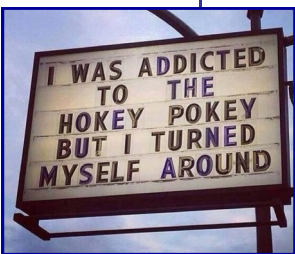
**Come celebrate your Heritage
February 27 at 6 PM**

The Jacksonville Community Band will perform music from around the world.

Music is a universal language all of us can share.

**For more information, call Joan
at 327-9255**

~ FEBRUARY 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE—JAMIE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R. <u>RESIDENT</u> <u>COUNCIL</u> <u>MEETING</u> 3:30 PM	2 <u>BAKED GOODS</u> 8 – 8:45 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>HOME HAZARDS</u> 2:30 PM <u>BP-</u> <u>BROOKS/AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	4 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK</u> <u>DOOR</u> 12 – 1:00 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>TOWN HALL</u> <u>MEETING</u> 2:00 PM C.R. <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	5 <u>PEST CONTROL</u> Apt. Ending in 02 and 04 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>ONSITE DERMATOLOGY</u> <u>WELLNESS CENTER</u> 11:00 AM <u>SUPERBOWL PARTY</u> 3:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	6
7 Violin Concert - Lobby 3:00 PM	8 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE—JAMIE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R. <u>INTERACT CLUB</u> <u>MEET & GREET</u> 3:30 PM	9 <u>BAKED GOODS</u> 8 – 8:45 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.	10 <u>ASH WEDNESDAY</u> <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>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK</u> <u>DOOR</u> 12 – 1:00 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>WALK-AMERICARE</u> 9:00 AM C.R. <u>BOOK CLUB</u> 1:30 PM <u>Wii BOWLING</u> 3:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	13 <u>STORY-</u> <u>TELLERS</u> <u>GROUP</u> Meet at PABLO TOWERS 10:00 AM C.R.
14 	15 <u>PRESIDENTS' DAY</u> <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE—JAMIE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R. <u>RESIDENT</u> <u>BIRTHDAY PARTY</u> 6:00 PM	16 <u>BAKED GOODS</u> 8 – 8:45 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>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	18 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK</u> <u>DOOR</u> 12 – 1:00 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	19 <u>PEST CONTROL</u> Apts. Ending in 06 and 07 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>DR. BURNS'</u> <u>AUDIOLOGY CLINIC</u> <u>WELLNESS CENTER</u> 9:30 AM <u>WALKER SAFETY</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	20
21	22 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE—JAMIE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R.	23 <u>BAKED GOODS</u> 8 – 8:45 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>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	25 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK</u> <u>DOOR</u> 12 – 1:00 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>WHAT IS DEMENTIA?</u> 2:00 PM C.R. <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	26 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>THIS OR THAT?</u> 10:00 AM C.R. <u>BINGO</u> 6:00 PM C.R.	27 <u>IT'S A</u> <u>SMALL</u> <u>WORLD</u> 6:00 PM C.R.
28	29 <u>WALK-</u> <u>AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE—JAMIE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R.		C.R. = Community Room Conference Room— located in The Suites building Wellness Center— The Suites building	Brooks Rehab— Medical/Therapy Room on 1st Floor of the Towers		

OTHER HAPPENINGS AROUND THE TOWERS

BROOKS PRESENTS HOME HAZARDS

Wednesday, February 3, 2:30 PM

When was the last time you looked around your home and REALLY noticed unsafe items in your apartment? Taking an assessment of your home from time to time is very wise and proactive. Tom Gibson with Brooks/Americare will be teaching us how to identify hazards around our homes and what we can do to make our homes safer. Snacks will be provided.

Onsite Dermatology Friday, February 5

To schedule an appointment, please call 1-877-345-5300. Appointments start beginning at 11:00 AM in the Wellness Center in The Suites building just outside the Community Room.



PARTY

FRIDAY, FEBRUARY 5, 3:30 PM
FUN FOOTBALL BINGO GAMES FOOD &
PRIZES

PLEASE SIGN UP TO
JOIN US



TOWN HALL MEETING THURSDAY FEBRUARY 4 2:00 PM

Please join the management staff and your fellow residents to hear all of the latest property information and to have all of your questions answered.



WALKER SAFETY FRIDAY, FEBRUARY 19 2:00 PM

All of us at some point in our lifetime may have to use a walker. Have you ever thought that walkers can be dangerous if used incorrectly? If you have never used a walker, come to this program to learn the basics; if you use a walker every day, this class is definitely for you. Lucinda Morici and BJ Dearen, a physical therapist with Doctor's Choice, will be presenting this extremely beneficial, educational class to help you learn how to use a walker safely. Snacks and beverages will be provided.

REMINDER

Our House Rules state that no resident should park in the parking area in the front of the building. These spaces are reserved for visitors who will be in the building 30 minutes or less. Thank you for adhering to this rule.

McGOVERN JEWELRY SERVICE MONDAY, FEBRUARY 29 10:00 AM—2:00 PM

Do you have jewelry that you have been unable to wear due to a clasp being broken? Does your watch need a battery? Do you need your pearls restrung? Matt McGovern provides these services at a low cost so that you can enjoy your jewelry again.

INTERACT CLUB MEET & GREET MONDAY, FEBRUARY 8, 3:30 PM

This is a new version of the former Civitan Club from Fletcher High School. You will enjoy meeting these young people.

WHAT IS DEMENTIA? DO I NEED TO BE CONCERNED? THURSDAY, FEBRUARY 25, 2:00 PM

Have you noticed that at times your memory is not as sharp as it once was? Have you been concerned? We are pleased to announce that Dr. John Moreland, psychologist with Affiliated Health Psychologists, will be coming to teach a class about dementia. Dr. Moreland will answer your questions, address your concerns, and dispel myths you may have heard. Mark your calendars now so you won't forget this enlightening program. *(wink, wink)*

THIS OR THAT—MAKING WISE FOOD CHOICES

FRIDAY, FEBRUARY 26, 10:00 AM
Please plan to attend this interesting program presented by our two Florida State University interns. Colleen and Erica will use examples from our Tuesday food giveaway to help you learn to prepare and use the foods wisely.

ST. PAUL'S BY THE SEA MUSICAL PERFORMANCE TICKET OPPORTUNITIES

Free tickets are available on a first-come, first-serve basis for the following performances to be held at St. Paul's by the Sea:
Friday, February 12, 7:30 PM VOICE—a London-based female a cappella trio
Sunday, February 28, 4:00 PM—Chamber Orchestra Kremlin
You will need to arrive early, as the seats fill up quickly.