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Managed by Elderly Housing
Management Corporation

Staff Members

Donna Houston-Long

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Lora Burton

Administrative Assistant

Priscilla Davis

Administrative Assistant

Travis McKenzie

Executive Chef

Jason Hopton

Sous Chef

Nell Barrow

Front Desk

Jim Parsons

Maintenance Supervisor

Daniel Deon

Maintenance Tech

John Ring

Maintenance Tech

Robert Sanchez

Maintenance Tech

Ebony Neville

Housekeeper

Bob Myers

Custodian

Bryce Chastain

Maintenance / Custodian

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager

MONTHLY NEWSLETTER

FEBRUARY 2017

VALENTINES DAY THOUGHTS

On Valentine's Day we think of those
Who make our lives worthwhile,
Those gracious, friendly people who
We think of with a smile.



On Valentine's Day, we think of people,
Who have cheered and encouraged us,
Who go out of their way,
To be kind and caring,
Who have enriched our lives,
Just by being themselves.

RESIDENT OF THE MONTH—PAULINE COLLINGS

In one's life, you meet a few people who have made an impression on you or inspired you. Pauline Collings is one of those people for me. Even though she has battled a degenerative spine disease most of her life, she has chosen not to let her disability define who she is. She has always had to deal with a lot of pain, but you will find her always bright and cheerful with a positive outlook on life.

Pauline found that her love for painting brought her joy, serenity and fulfillment. With the aid of the Neptune Beach library, encouragement and an easel from her late husband, she began painting. In 2000, Pauline and her husband moved to Pablo Towers mainly because of the art classes. She has been here 16 years and involved with the Pablo Painters. After the first year, she became the head of the Pablo Painters.

Pauline Napoli Collings was born just outside of Boston, Massachusetts on March 27, 1943. Her mother was Irish and her father Italian. She is the oldest of four—three girls and one boy. After high school she worked as a liaison between NASA and the astronauts. They would come up from Houston, Texas to practice navigation by the stars and the model of a space module. One day they invited Pauline to go in the space module. She was very excited even though she could not imagine two astronauts in such a tiny space. The company she worked for was MIT; she loved her work but hated the cold weather in Boston.

Pauline met her husband Paul Hutchinson while they were still in high school. They had two children, Elizabeth and Michelle and were married for 13 years. Then a single mother with two young girls, she decided to move with one of her sisters to Whittier, California (warm weather!) From there she moved closer to the coast as she had secured a position at Disneyland as Marketing Representative for private parties.

In 1977, Pauline met a gentleman, her late husband, Cliff Collings, and they married in 1979. They were married for 24 years. They moved to Neptune Beach in 1986 and then in 2000, they moved here to Pablo Towers. Five years ago she became one of the founders of the Lend An Ear Outreach program with Dr. Jane Burns. Pauline is still very much involved not only with Pablo Painters but with many of the activities here at the Towers and with her family which has grown to three grandchildren and two great grandchildren.

Pauline would like you to join her in the world of color through art. Pablo Painters meet at the Carver Center in Jacksonville Beach every Wednesday from 11:15 AM to 2:00 PM.

PABLO TOWERS AUXILIARY

**RESIDENT
BIRTHDAY
PARTY
MONDAY
FEBRUARY 20
6:00 PM**



*Sponsored by St. Pauls
by the Sea Episcopal
Church*

**GET READY
ARTS & CRAFTS
SHOW
April 8**

All artists get your items ready to sell. Table rentals will be \$15. Availability to be announced later.

**AUDITIONS—MARCH 5
6:00 PM**

For upcoming events. Singers, dancers, actors, musicians, etc. for Derby Day Skit and Talent Show

VALENTINE'S DAY SOCK HOP

**Sunday, February 12
6:00 pm
\$2.00 for food and
music
Come join the fun!**



**BROOKS AMERICARE TO VACATE
WELLNESS CENTER**

We are very sad to report that effective Thursday, February 2, Brooks Americare has cancelled their partnership with Pablo Towers and will be vacating the 1st Floor wellness center in the Towers building.

Brooks could not make the partnership with Pablo Towers a profitable venture for their corporation. The number of residents with acceptable insurance who could utilize the facility for their medical, rehab and home health care needs was not large enough to cover the costs associated with the center.

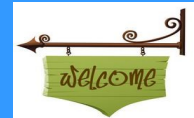
At the present time, we are unsure how much time and how many activities Sheila Vasquez will continue to lead (exercise, Wii bowling, chair volleyball, etc.) You will be notified of any changes to the schedule.

The exercise room will remain as it is. If you need to receive any training on the equipment, please contact Debra Waters, and she will have you sign a waiver and release form and help you understand how to use the equipment. As always, we urge you to talk to your physician before starting an exercise regimen.

HAPPY BIRTHDAY FRIENDS

- Judith Earle Feb. 3
- Barbara Czelusniak Feb. 3
- Tilda Granfors Feb. 4
- Rachel McClard Feb. 5
- Naum Itkin Feb. 6
- Darlene McRae Feb. 8
- Eleanor Shapiro Feb. 13
- Margaret Knoechel Feb. 13
- Don Williams Feb. 15
- Vladimir Prikhodko Feb. 16
- Tamara Ratkiewicz Feb. 17
- McDuffie Cain Feb. 20
- Georgia Barnes Feb. 21
- Carole Renderman Feb. 24
- Patricia Plant Feb. 25
- Roza Rudchenko Feb. 26
- Linda Barnes Feb. 28
- Catherina Orlaski Feb. 28
- Frances Diacik Feb. 28

**Carmen Garcia
Jarvis Jenkins
Judy Wheelless**



With FOND MEMORIES

**Margaret
Murphy**



JANUARY Wii BOWLING






SCORES

- Floyd Wilson 212
- Al Boone 162
- Chet Galbraith 160
- Jim Ring 147
- Alice Gillis 141
- Arlene Masters 137
- Dee Layne 99
- Lois Sullivan 78



~ FEBRUARY 2017 ~

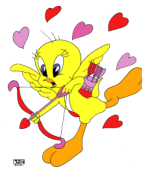
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	2 <u>PEST CONTROL</u> All Apt. in Suites Building <u>DEVOTIONS</u> 9:30 AM C.R. <u>Visiting Physicians</u> <u>Association (VPA)</u> 1:00—2:30 PM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>INTRO TO CHAIR</u> <u>EXERCISE</u> <u>AMERICARE</u> 3:00 PM C.R.	3 <u>ONSITE DERMATOLOGY</u> <u>WELLNESS CENTER</u> For Appointment Call 1-877-345-5300 <u>MINDFUL EATING &</u> <u>FARM TO TABLE</u> <u>FOODS</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	4
5	6 <u>McGOVERN JEWELRY</u> 10:00—2:00 PM <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT COUNCIL</u> <u>MEETING</u> 3:30 PM	7 <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	8 <u>BIBLE STUDY</u> <u>BOARD 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.	9 <u>PEST CONTROL</u> Apt. Ending in 01 <u>DEVOTIONS</u> 9:30 AM C.R. <u>VPA</u> 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>INTRO TO CHAIR</u> <u>EXERCISE</u> <u>AMERICARE</u> 3:00 PM C.R.	10 <u>BOOK CLUB</u> <u>BOARD ROOM</u> 2:00 PM <u>Wii BOWLING</u> 3:00 PM **NOTE TIME CHANGE <u>BINGO</u> 6:00 PM C.R.	11 <u>STORY-</u> <u>TELLERS</u> 10:00 AM
12 VALEN- TINE'S DAY SOCK HOP 6:00 PM 	13 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R.	14 <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>HARVEST COMMUNITY</u> <u>SCHOOL SERVICE</u> 1:00—3:30 PM <u>ART SHOW</u> 5:00—8:00 PM LOBBY <u>BINGO</u> 6:00 PM C.R. 	15 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>HOSPICE 101</u> 2:30 PM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	16 <u>PEST CONTROL</u> Apt. Ending in 02 <u>DEVOTIONS</u> 9:30 AM C.R. <u>VPA</u> 1:00—2:30 PM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>INTRO TO CHAIR</u> <u>EXERCISE</u> <u>AMERICARE</u> 3:00 PM C.R.	17 <u>DR. BURNS'</u> <u>AUDIOLOGY</u> <u>CLINIC</u> 9:30 AM <u>CHAIR VOLLEYBALL</u> 3:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	18
19	20 <u>Presidents' Day</u> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT B-DAY</u> <u>PARTY</u> 6:00 PM	21 <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	22 <u>BIBLE STUDY</u> <u>BOARD 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.	23 <u>PEST CONTROL</u> Apt. Ending in 03 <u>DEVOTIONS</u> 9:30 AM C.R. <u>VPA</u> 1:00—2:30 PM <u>INTRO TO CHAIR</u> <u>EXERCISE</u> <u>AMERICARE</u> 3:00 PM C.R.	24 <u>ALONE ...</u> <u>TOGETHER</u> 3:00 PM <u>BINGO</u> 6:00 PM C.R.	25 <u>IMPACT</u> <u>JAX DAY</u> <u>OF</u> <u>SERVICE</u> 9:45 PM
26	27 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R.	28 <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.				

OTHER HAPPENINGS AROUND THE TOWERS

HARVEST COMMUNITY SCHOOL'S AFTERNOON OF SERVICE

**Tuesday, February 14
1:00 PM—3:30 PM**

Have you updated your emergency contact and medication form that hang on the back of your door recently? Do you even have this information hanging on your door or refrigeration? Harvest Community School high school students will be available to provide you with a new form and a sleeve on this day. If you do not have a plastic sleeve hanging on the back of your door, the students will hang the sleeve and will help you complete your forms so that all your information is current. In February, we will put a letter on your door asking if you would like to receive this voluntary service. It is not required, but it is extremely helpful to the paramedics when emergencies arise.



HOSPICE 101—WHAT SERVICES DOES HOSPICE PROVIDE?

Wednesday, February 15, 2:30 PM

In the past year, several of our residents have passed away. And you may have noticed that some of the residents had hospice services and passed away in their homes here at Pablo Towers. Some of you have asked, “How does that work? What services does hospice provide that allows someone to spend those last months or days at home instead of having to be in a hospice facility?” Pam Dry, the Community Liaison with VITAS, will be sharing the answers to those questions and will educate us on the many services that hospice provides for someone with a terminal condition. Although death is an uncomfortable subject for some, it is inevitable. It is always better to be prepared with a plan in place. Additionally, Tim Miller, the VITAS Veteran Liaison, will be at this program to speak with veterans about the benefits that are available for veterans. Snacks will be provided.

IMPACT JAX DAY OF SERVICE

Saturday, February 25, 9:45 AM

It is time for the annual Chets Creek Church's Day of Service!!! Volunteers will be coming to Pablo Towers to help you with household tasks around your apartment that are hard for you to do. And not only will they be helping you with jobs around your home that morning, they are also planning to host a party in your honor. Their parties are legendary!!

Start thinking now about what these wonderful volunteers can do to help you around your home. An information sheet will be left on your door asking you to write down how these volunteers can help you. When you receive the informational sheet, would you please complete the form and turn it in at the front desk?

ALONE . . . TOGETHER FRIDAY, FEBRUARY 24 3:00 PM

It is winter and often with colder weather and less sunshine, many people struggle with some feelings of loneliness, depression, sadness, grief, and other emotions. You are not alone! Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with VITAS Healthcare. Sheila will be sharing some helpful ideas that will help you send the blues on their way. You will benefit from attending this group! Snacks and drinks will be served.

INTRODUCTION TO CHAIR EXERCISE

Thursdays, 3:00—3:20 PM

This class will teach the fundamentals of chair exercise so that you can learn correctly and safely. Taught by Sheila Velazquez from Brooks, Sheila is a certified personal trainer with 28 years of experience. She has multiple teaching certifications in the areas of yoga and chair exercise. The class is scheduled prior to the Thursday, Chair Exercise Class at 3:30 PM

MINDFUL EATING & FARM TO TABLE FOODS

Friday, February 3, 2:30 PM

Have you ever really thought about where your food comes from and what you are eating before you eat it? This presentation will help you get to know where your food comes from, benefits of fresh local farm foods, being mindful about your choices in food, how to enjoy your food more, and choosing what matters most to you in your food choices. We will have a cooking demonstration and a mindful eating exercise. Samples will be shared. Presented by Kimberly and Sandra, our FSCJ Café Nutrition interns.