



MONTHLY NEWSLETTER



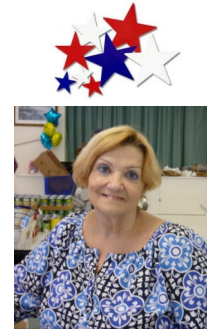
JULY 2016

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Managed by Elderly Housing
Management Corporation



New Auxiliary Team from left to right: Floyd Wilson—Vice President, Lucy Hale—President, Richard Miller—Treasurer. Unavailable for the picture was Judy Frye—Secretary, shown to the right.



JULY is Auxiliary Membership Drive Time

For only \$8 per year you can enjoy the benefits of membership! Look for the membership drive table in the lobby.

Staff Members

Nancy Gabriszeski

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Lora Burton

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

Shane Perez

Maintenance Tech

Ebony Neville

Housekeeper

Bob Myers

Custodian

Bryce Chastain

Custodian

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

RESIDENT OF THE MONTH— Chet Galbraith

How do you write a short version of a man or woman who has served in our military, especially during a time of war? They put their lives on the line every day to fight for a cause and freedom. They have earned the right to be honored and respected. This is the story of one man who was willing to do just that and has survived to give us a story about the part he played.

This man is Chet Galbraith. We know him as a man who loves to sing, dance, tell stories and can always make you laugh. But we don't know the man who served six years in a war. Chet was born in Somerville, NJ on August 21, 1924. He was five years old when the 1929 depression came about. He found out at five that life was no picnic when he started peeling potatoes and onions in his father's diner. He missed so much school because of the hard times that he was fifteen by the time he entered high school.

In 1941 when World War II began, Chet dropped out of school and enlisted in the Navy at the age of 18. He did not let this deter him from getting his education. After his six years in the Navy, prior to returning home, he went to San Diego Evening High and received his diploma. At the age of 24 he returned home, decided to start a career in art work, and went to Richmond, VA to the College of Richmond Professional Institute.

Chet took a break to travel the country and did so except Oregon. In Indiana he met a lady, fell in love, married, and they had a set of twins. They left for Florida where he started a sign shop, hand painting letters. When his wife

passed away, he sold his business. He later met another lady and remarried. Chet and Dorothy (Dottie) are still married to this day.

Most of us have seen and read Chet's military history, but here is a short synopsis. After two months of training, Chet was shipped out under destroyer escort across the Atlantic to Iceland and on to England. He then became involved in the invasion of Normandy, to the beaches of Omaha where the Germans shelled his carrier, and he was thrown out, rescued and recovered. From there he carried supplies and equipment three times across the English Channel, then on to the Mediterranean Sea, carrying supplies and equipment to North Africa, the invasion of Italy, invasion of Southern France and witnessed the execution of women who were collaborating with the Germans. The last invasion he was in was Okinawa, but this was not the end of his six years. He was transferred to an oil tanker where he witnessed General McArthur boarding the battleship Missouri for the surrender ceremony. Then his tanker was ordered to Saudi Arabia for oil to fuel the Japanese homes during the winter, three trips back and forth 12,000 miles. At the end of his enlistment he traveled to San Diego from Hong Kong.

What an amazing man, and we get to share this part of history through him. Chet, it is an honor to know you!

As reported by
Joan Brown

PABLO TOWERS AUXILIARY

JULY 4
BARBEQUE
12:00—3:00 PM



Hamburgers—Hot Dogs—Beans
Potato Salad
All the Trimmings
\$4.00 for Auxiliary Members
\$5.00 for Non-members

GAME NIGHT
THURSDAY
JULY 7
6:00 PM



PLAY
READY

RESIDENT
BIRTHDAY
PARTY
MONDAY
JULY 18
6:00 PM

Sponsored by
Christ United
Methodist Church

“Music at the Towers” features a return engagement by the North Florida Folk Network Jammers

They had so much fun at the January concert that they asked to come back, and we had so much fun we said “Absolutely, any time”. Well, “any time” is here. The next “Music at the Towers” concert will be on **Saturday, July 23 at 2:00 PM** in the Community Room, and will feature our good friends Pat and Laura, Ken and CeCe, and some of their friends, doing their special brand of folk, mountain, roots, and traditional music. As usual, refreshments will be served and dancing is encouraged.



BRING A FRIEND TO LUNCH DAY
Thursday, July 28

THE RESIDENT WHO BRINGS THE MOST FRIENDS* TO LUNCH WINS FREE LUNCH

***Friend must either be a resident who has never eaten at the lunch-time café meal or someone from outside the community**

HAPPY BIRTHDAY FRIENDS

Judy Frye	July 3
Margaret Adams	July 3
Rosalia Romano	July 4
Franca Davis	July 5
Joan Litchfield	July 16
Ina Carrasquillo	July 18
Dee Nardino	July 18
Rosemary Laird	July 18
Helen McLaughlin	July 19
Ben Reece	July 20
Ron Steinke	July 22
Charlotte DiFrancesco	July 22
Rey Alvarez	July 27
Ruth Jenkins	July 28
Norma Sanders	July 29
Margaret McDonald	July 29
Betty Robinson	July 29

Robert & Ofelia
McClure
Lynwood Palmer



GOOD BYE &
BEST OF LUCK
Nancy McMichael

ART SHOW
Tuesday, July 12
5:00—8:00 PM
Featuring Pablo Towers’ own artists and other local talent.
View their art in our Lobby.



JUNE

Wii BOWLING RESULTS

Susan Stanton	172	🏆
Marie Singleton	165	
Al Boone	154	
Chet Galbraith	148	
Sandee Connolly	146	
Jim Ring	130	
Dee Layne	120	
Alice Gillis	114	



~ JULY 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>ONSITE DERMATOLOGY</u> <u>WELLNESS CENTER</u> 11:00 AM <u>BINGO</u> 6:00 PM C.R.	2 <u>MOVIE NIGHT</u> 6:00 PM C.R.
3 Violin Concert - Lobby 3:00 PM	4  <u>JULY 4TH BARBEQUE</u> 12:00—3:00 PM C.R.	5 <u>BAKED GOODS</u> 8 – 8:30 AM C.R. <u>NO COMPUTER CLASS TODAY</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.	6 <u>BIBLE STUDY CONF. ROOM</u> 10:00 AM <u>BROOKS PRESENTS THE VESTIBULAR SYSTEM</u> 2:30 PM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	7 <u>PEST CONTROL</u> Apt. Ending in 13 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM MD2U 1:00—3:00 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>ACTIVE SHOOTER</u> 2:00 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R. <u>GAME NIGHT</u> 6:00 PM	8 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BOOK CLUB CONF. ROOM</u> 2:00 PM I ♥ Book Club <u>Wii BOWLING</u> 3:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	9 <u>STORY-TELLERS GROUP</u> 10:00 AM C.R. <u>MOVIE NIGHT</u> 6:00 PM C.R.
10	11 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	12 <u>BAKED GOODS</u> 8 – 8:30 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>ART SHOW</u> 5:00—8:00 PM LOBBY <u>BINGO</u> 6:00 PM C.R.	13 <u>BIBLE STUDY CONF. ROOM</u> 10:00 AM <u>YOUR HOME~YOUR WAY</u> 2:00 PM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	14 <u>PEST CONTROL</u> Apt. Ending in 01 <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—3:00 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	15 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>DR. BURNS' AUDIOLOGY CLINIC WELLNESS CENTER</u> 9:30 AM <u>CHAIR VOLLEYBALL</u> 3:00 PM <u>BINGO</u> 6:00 PM C.R.	16 <u>MOVIE NIGHT</u> 6:00 PM C.R.
17	18 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	19 <u>BAKED GOODS</u> 8 – 8:30 AM C.R. <u>FACEBOOK SECURITY</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.	20 <u>BIBLE STUDY CONF. ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	21 <u>PEST CONTROL</u> Apt. Ending in 02 <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—3:00 PM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>BEACHES DIAL-A-RIDE</u> 2:30 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	22 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>ALONE... TOGETHER</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	23 <u>NORTH FLORIDA FOLK SINGERS</u> 2:00 PM
24/31	25 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	26 <u>BAKED GOODS</u> 8 – 8:30 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.	27 <u>BIBLE STUDY CONF. ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	28 <u>PEST CONTROL</u> Apt. Ending in 03 <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—3:00 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	29 <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BINGO</u> 6:00 PM C.R.	30 <u>MOVIE NIGHT</u> 6:00 PM C.R.

OTHER HAPPENINGS AROUND THE TOWERS

BROOKS PRESENTS The Vestibular System & Fall Prevention WEDNESDAY, JULY 6

2:30 PM

This program will discuss the portion of the inner ear that detects information involved with controlling balance and eye movement. Ninoska Alvarz, physical therapist certified in vestibular rehabilitation and center manager at the Brooks Balance Center will be presenting.

ACTIVE SHOOTER TRAINING Thursday, July 7

2:00 PM

The City of Jacksonville Beach has recommended that businesses prepare in case of an active shooter event. We believe that everyone should be prepared in case of any emergency.

We invite all who are interested to join our staff training on what to do in case there is an active shooter in our buildings. Sergeant Larry Smith and Corporal Brian Wallace from the Jacksonville Beach Police Department will be presenting this informative program.

YOUR HOME~YOUR WAY

Wednesday, July 13

2:00 PM

Everyone that lives here has had to downsize and try to figure out how to make their apartments work for them. Do you look around your apartment and sometimes think, "This place is too crowded," "I wish I could rearrange this furniture, but how?" JR Sternfield has volunteered to help you solve some of these dilemmas. JR describes herself as someone who can help others "simplify, declutter, repurpose, and organize their homes so that their homes are homes they love and enjoy." Come see examples of what she has done to help others and bring your questions!

CHAIR VOLLEYBALL

Friday, July 15

3:00 PM

Chair volleyball is just as it sounds; you play volleyball while sitting in a chair. It is for "mature" adults of all activity levels—regularly active to wheelchair bound. There are many positive physical and mental benefits associated with playing, including improvement in cardiovascular fitness, increases in upper body flexibility, enhanced muscle tone and endurance, reduced stress, and it promotes camaraderie. It requires no previous experience, and you don't need to worry about being a skilled athlete. We want you to just come and enjoy the fun!! This activity is sponsored by Brooks Rehabilitation.



COMPUTER SECURITY ON FACEBOOK

Tuesday, July 19, 10:00—Noon

Our Grandparents Getting Wired leader, Christa Murphy, will help you set up a Facebook account or explain important safeguards that you should have on your current account to protect your privacy.



BEACHES DIAL-A-RIDE

Thursday, July 21

2:30 PM

Do you need transportation to your medical appointments, Publix, Walmart, or other locations around the beaches area? Then the Dial-A-Ride program is the perfect answer for you!! The new president of Beaches Dial-A-Ride, Kathryn Latham, will be coming to share the exciting vision for Dial-A-Ride and the details of the program. Kathryn will address misconceptions you may have heard, and will clarify that their goal is to help all that need transportation regardless of your financial situation.

Refreshments will be served.

ALONE . . . TOGETHER

Friday, July 22

2:30 PM

Have you experienced changes in your life as you knew it? Was it hard to sell your home or leave your former living arrangement to come to Pablo Towers? Do you have feelings of sadness or loneliness? Do you ever wish you could close your door and never come out? Please take a brave step forward and plan now to attend this informative program which will be held in a supportive and confidential environment, facilitated by Sheila Harper with Vitas Healthcare. Sheila will lead us along a path toward healing and wholeness. This program was so encouraging and helpful in May, we decided to have the program each month. We hope you will join us!

Refreshments will be served.

The IRS will never contact you by telephone. Several of our residents have been receiving multiple calls from people claiming to be the IRS.

HANG UP on these callers immediately. There is nothing we can do to stop these calls—you must take action yourself. There is little the police can even do, as they do not know where these calls originate. HANG UP to let the caller know you are not threatened by them.