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Managed by Elderly Housing
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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

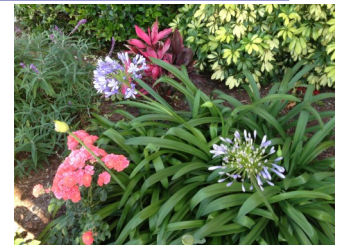
EHMCorp

Debra Waters

Operations Manager

EHMCorp

MONTHLY NEWSLETTER



JUNE 2015

ALWAYS SOMETHING HAPPENING HERE



Some lucky residents were able to participate in the monthly lunch outing on May 19. Fleet Landing supplied the transportation and 16 people were carried to Olive Garden to enjoy great food and the company of friends.

Seating is limited to the capacity of the bus, but a group takes this excursion every month to a different restaurant.

Advanced sign-up is required. Watch for notices of June's outing.



NEW AUXILIARY TEAM

Your new Auxiliary leadership team will take office at the General Meeting on Thursday, June 25.

Join your fellow residents to welcome Lorraine Smith, President, and Lucy Hale, Vice President. Floyd Wilson will stay on as Treasurer and Betty Smith will stay on as Secretary.

The purpose of the Auxiliary is to promote goodwill and fellowship within the community.

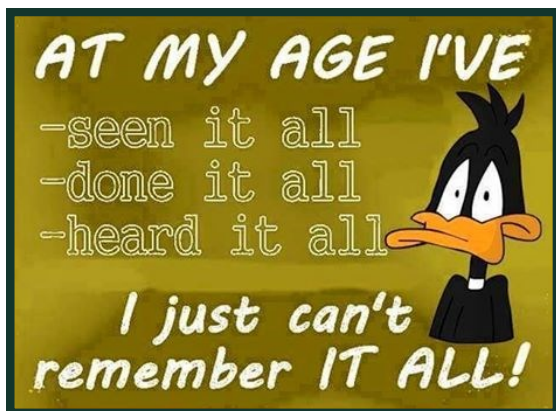
Please support this new team with your warm welcome and thank the outgoing team of Lillian Harrison, President and Judy Frye, Vice President.

Thanks to all who give of their time and talent to help make Pablo Towers the best place to live in Jacksonville Beach.



From left to right—Betty Smith, Secretary
Lorraine Smith, President
Floyd Wilson, Treasurer
Lucy Hale, Vice President





My Grandmother, a feisty 91 and living alone in a small town in Oregon, had a total hip replacement and was house bound. Our family, not being nearby, was concerned for her welfare and called Meals on Wheels.

We let the service know how Grandmother didn't like the idea of being dependent on anyone for anything. The next day a volunteer phoned Grandmother and cheerfully explained that Meals on Wheels is a service which relies on volunteers to help the elderly and the ill. Would she be interested in it?

There was a reflective pause, "Well sure," my Grandmother said. "If you can't find anyone else to get food to the old people, I guess I can."



HAPPY BIRTHDAY FRIENDS

Nancy Gray.....	June 1
Rachel Pierce-Abrams	June 2
Lynne Dukes	June 3
Joann Young	June 3
Brian Darden	June 3
Joyce Barufaldi	June 4
Marianne McQueen	June 5
Ann Barni	June 6
Lillian Harrison	June 7
Edith Morse	June 10
Sara Mikelait	June 15
Sofiya Kardashinskaya	June 15
John Cross	June 17
Rose Couret	June 21
Joann Beck	June 23
Ed Bizzarri	June 27
Alan Kerr	June 28
Clyde Rader	June 29

GOOD BYE AND GOOD LUCK

Annie Clark
Jonmaire Giles

WELCOME

Carol Brown
Geraldine Costello
Lois Mullin

PABLO TOWERS AUXILIARY



GENERAL AUXILIARY MEETING— INSTALLTION OF OFFICERS



+ + +

RESIDENT BIRTHDAY PARTY

Thursday
June 25
6:00 PM



~ JUNE 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	2 <u>BAKED GOODS</u> 8 – 8:45 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	3 <u>BIBLE STUDY</u> 10:00 AM <u>HURRICANE AWARENESS</u> 1:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	4 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	5 <u>PEST CONTROL</u> 6TH & 12TH Floors All Apartments <u>BLOOD PRESSURE CLINIC</u> 10:00– 11:00 AM <u>ONSITE DERMATOLOGY</u> 11:00 AM <u>AUXILIARY BOARD MEETING</u> 3:00 PM <u>BINGO</u> 6:00 PM	6
7 Violin Concert 3:00 PM	8 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	9 <u>BAKED GOODS</u> 8 – 8:45 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	10 <u>BIBLE STUDY</u> 10:00 AM <u>PLAYERS ACTING CLASS</u> 2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	11 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	12 <u>BLOOD PRESSURE CLINIC</u> 10:00– 11:00 AM <u>BOOK CLUB</u> 1:30 PM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	13
14  HAPPY FLAG DAY	15 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	16 <u>BAKED GOODS</u> 8 – 8:45 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	17 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	18 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	19 <u>PEST CONTROL</u> 7TH & 11TH Floors All Apartments <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BLOOD PRESSURE CLINIC</u> 10:00–11:00 AM <u>JEWELRY SERVICES</u> 10–3:00 PM <u>SUMMER ICE CREAM SOCIAL</u> 2:00 PM <u>BINGO</u> 6:00 PM	20
21  HAPPY FATHER'S DAY	22 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>RESIDENT COUNCIL MEETING</u> 12:00 NOON <u>DRUG INTERACTION</u> 2:00 PM	23 <u>BAKED GOODS</u> 8 – 8:45 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	24 <u>BIBLE STUDY</u> 10:00 AM <u>FUNERAL ADVANTAGE</u> 1:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	25 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>MARKET MUNCHIES</u> 1:30 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>GENERAL AUXILIARY MEETING + BIRTH-DAY PARTY</u> 5:00 PM	26 <u>BLOOD PRESSURE CLINIC</u> 10:00–11:00 AM <u>BINGO</u> 6:00 PM	27
28	29	30 <u>BAKED GOODS</u> 8 – 8:45 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				

OTHER HAPPENINGS AROUND THE TOWERS

HURRICANE AWARENESS

**Wednesday, June 3
1:30 PM**

It's time to review what Pablo Towers' residents need to do if a hurricane threatens our area. Come join Lieutenant John McDaniels who will be updating us with we need to do to be completely prepared for the hurricane season.

Onsite Dermatology Friday, June 5

To schedule an appointment, please call 1-877-345-5300. Appointments start beginning at 11:00 AM in the Wellness Center.

THE PABLO TOWERS ACTING CLASS (hahaha)

Wednesday, June 10, 2:00 PM

Gary Baker, Education and Outreach Coordinator with Players by the Sea, will be continuing to ignite our creative side by demonstrating and guiding us through dramatic and hilarious acting activities.

The Pablo Tower Book Club Returns Friday, June 12

1:30 PM

Join us in the lobby after our winter hiatus.

Burns Audiology and Balance

Friday, June 19

Call for an appointment—904-372-4786

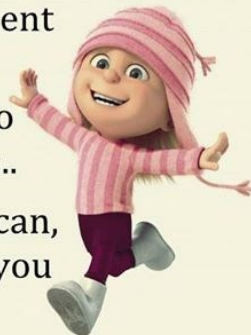
Be Happy..

Enjoy every moment
of your life..

Life is too short to
waste on grudges..

Laugh when you can,
Apologize when you
should..

and let go of what you
can't change..



The Doodle Boys made their first appearance at the Midnight Movie in the Park. They are Sparkie Miller and Druzy Gray and boy were they a hit!

McGovern Jewelry Services

Friday, June 19

10:00 AM—3:00 PM

By popular demand, Matt McGovern with McGovern Jewelry Services will be in the lobby area to provide low cost jewelry repair for us on an individual basis.

SUMMER ICE CREAM SOCIAL

Friday, June 19

2:00 PM

Please join John Parks with Humana as he provides an afternoon of refreshments and fun. John will be providing information about changes in Medicare and Medicaid for 2015. Afterward, John will be available to meet with

FUNERAL ADVANTAGE

Wednesday, June 24

1:00 PM

Just as you need to think about your advanced directives as you age, it is wise to think about what your plans are when you pass away. Steve Pate will be presenting a program that can provide low cost plans for preparing ahead your funeral plans.

MARKET FRESH MUNCHIES CONTINUES

THURSDAY, June 25

1:30 PM

Please join Chef Rosaria as she shares more farm fresh foods and helpful hints on how to prepare these foods easily on a low cost budget.