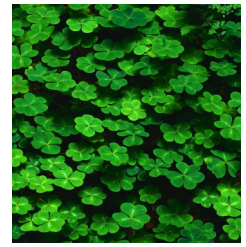




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www.pablotowers.com
Managed by Elderly Housing
Management Corporation

MONTHLY NEWSLETTER



MARCH 2014

BE SURE TO VOTE !



There's a new group of residents ready to help you enjoy life here at The Towers. The slate of officers who are running for office has been announced. The residents on the slate are from left to right above: Wilma Hayden, President; Judy Frye, Vice President; Floyd Wilson, Treasurer; Betty Smith, Secretary. The slate will be voted on at the Quarterly Auxiliary Meeting on March 13 at 4:00 PM. Thank you to all who offer their time and talents to be of service to their friends and neighbors.

And thank you to the outgoing team, Nancy Graeme, President; Estelle Medlock, Vice President; Susan Leaptrot, Treasurer and Suzanne Ferrell; Secretary. It has been a tremendously fun and successful couple of years with you leading the Auxiliary. Thank you for your time, your tireless efforts and your encouragement.

Their time in office will end in June when the new team assumes their roles.



Staff Members

Jo-Ann Gherardi

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

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

TELEPHONE AND EMAIL SCAMS

Watch out for new email and telephone scams! Several particularly bothersome ones are:

- Your cell phone rings one time. Because you fear you missed an important call, you hit redial to return the call. The number you redial will charge you \$9 per minute, including partial minutes.
- You receive an official-looking email from a court of appeals or other judicial court stating they have received your complaint. They ask you to click on a LINK to check your complaint. When you click on the LINK, malware is downloaded that will cause damage to your computer.

- You receive an email notice from a funeral home about the funeral of your dear friend. They ask you to click on a LINK to see the details of the funeral. When you click on the LINK, malware is downloaded that will cause damage to your computer.

Remember to be suspicious of any call or email that you receive that you did not request.

If you have any questions about these or any other scams, please ask Debra Waters in the office. If you feel you have been the victim of a scam and have lost money to the scam, you should report the fraud to the non-emergency telephone number of the Jacksonville Police Department.

The Origin of Birthstones

It's uncertain how the specific months became connected with the various stones. However, some speculate that their origins date back to biblical times when the breastplate belonging to a priest was decorated with 12 assorted colored gems. As time wore on, the 12 gems became associated with the zodiac and the months connected to it. This started the tradition of wearing a colored stone each month as a sort of good luck charm. Initially people wore all twelve stones, rotating according to the month of the year to derive the greatest benefit of each stone.

Believing that the various gems held magical powers for the individual born within a given month, people started to wear the stone associated with their birth month for the entire year. In 1912, the American National Association of Jewelers designed a list dedicating different gems to various months.

According to the American Gem Society, the birthstone associated with March is the Aquamarine.



Happy  St. Patrick's Day

HAPPY BIRTHDAY FRIENDS

- Nancy Tarr March 1
- Margaret Murphy March 3
- Wilma Hayden March 4
- Jean Graeser March 8
- Ada Hanna March 9
- Ann Dillard March 10
- David Reeves March 11
- Brenda McFaddin March 11
- Lillie Alvarez March 16
- Nell Barrow March 17
- Georgette Quigley March 19
- Carla Tracy March 20
- Patsy Graddick March 23
- Angelo Rodriguez March 23
- Betty Clements March 25
- Lois Sullivan March 26
- Bill Davis March 27
- Pauline Collings March 27
- Toni Taylor March 27
- Bonnie Guillet March 28
- Ruby Gilreath March 30
- Dee Kenna March 30
- Don Kalina March 31

“A part of kindness consists in loving people more than they deserve.”
- Joseph Joubert

PABLO TOWERS AUXILIARY

ST. PATTY'S DAY PARTY
DINNER & LIVE ENTERTAINMENT
By Don Miniard
40's, 50's & 60's Music
SUNDAY, MARCH 16
5:00 PM

Corned Beef Dinner
\$6.00 Auxiliary Members
\$7.00 Non-Members & Guests



Auxiliary Quarterly Meeting
Slate for Auxiliary Leadership Team
will be Voted
Thursday, March 13
4:00 PM

PIZZA WILL BE SERVED!

RESIDENT BIRTHDAY PARTY
MONDAY, MARCH 17
7:00 PM
Sponsored by JACKSONVILLE BANK

~ MARCH 2014 ~						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 Violin Concert 3:00— 4:00 PM MOVIE 6:00 PM
2	3 WELLNESS CLINIC 10 – 11:30 AM PRINCIPLES OF FITNESS 11:00 AM DRUG INTERACTION 2:00 PM DOWNTON ABBEY 6:00 PM	4 MARDI GRAS BAKED GOODS 8 – 9:15 AM FOOD DISTRIBUTION 2:00 PM BINGO 6:00 PM	5 ASH WEDNESDAY BIBLE STUDY 10:00 AM ART CLASS 12:30 PM WELLNESS CLINIC 2:30 – 3:30 PM YOGA/STRETCH 3:30 PM	6 DEVOTIONS 10:00 AM SCHWAN'S 12 – 1:00 PM BOOK CLUB 1:00 PM WELLNESS CLINIC 1:30 PM	7 PEST CONTROL Apts. Ending in 01-02 HUMANA PROGRAM 2—4:00 PM BINGO 6:00 PM	8 MOVIE 6:00 PM
9 DAY- LIGHT DAVINGS TIME BEGINS Spring Forward One Hour	10 WELLNESS CLINIC 10 – 11:30 AM LIVE WELL 10:00 AM PRINCIPLES OF FITNESS 11:00 AM DRUG INTERACTION 2:00 PM DOWNTON ABBEY 6:00 PM	11 BAKED GOODS 8 – 9:15 AM WELLNESS CLINIC 9:30 – 10:30 AM FOOD DISTRIBUTION 2:00 PM STRENGTH & STRETCH 3:30 PM BINGO 6:00 PM	12 BIBLE STUDY 10:00 AM ART CLASS 12:30 PM WELLNESS CLINIC 2:30 – 3:30 PM YOGA/STRETCH 3:30 PM	13 DEVOTIONS 10:00 AM STORYTELLERS 11:00 AM SCHWAN'S 12 – 1:00 PM WELLNESS CLINIC 1:30 PM QUARTERLY AUXILIARY MEETING 4:00 PM	14 Wii BOWLING 3:30 PM BINGO 6:00 PM	15 MOVIE 6:00 PM
16 ST. PATRICK'S DAY DINNER & LIVE ENTERTAIN- MENT 5:00 PM	17 ST. PAT'S DAY WELLNESS CLINIC 10 – 11:30 AM LIVE WELL 10:00 AM PRINCIPLES OF FITNESS 11:00 AM DRUG INTERACTION 2:00 PM RES. COUNCIL BOARD MTG. 3:00 PM RESIDENT BIRTHDAY PARTY 7:00 PM	18 BAKED GOODS 8 – 9:15 AM WELLNESS CLINIC 9:30 – 10:30 AM FOOD DISTRIBUTION 2:00 PM STRENGTH & STRETCH 3:30 PM BINGO 6:00 PM	19 BIBLE STUDY 10:00 AM ART CLASS 12:30 PM WELLNESS CLINIC 2:30 – 3:30 PM YOGA/STRETCH 3:30 PM	20 First Day of Spring DEVOTIONS 10:00 AM SCHWAN'S 12 – 1:00 PM WELLNESS CLINIC 1:30 PM DOWNTON ABBEY 6:00 PM	21 PEST CONTROL Apts. Ending in 03-04 DR. BURNS' AUDIOLOGY CLINIC 9:15 AM BINGO 6:00 PM	22 MOVIE 6:00 PM
23/30	24/31 WELLNESS CLINIC 10 – 11:30 AM LIVE WELL 10:00 AM PRINCIPLES OF FITNESS 11:00 AM DRUG INTERACTION 2:00 PM DOWNTON ABBEY 6:00 PM	25 BAKED GOODS 8 – 9:15 AM WELLNESS CLINIC 9:30 – 10:30 AM FOOD DISTRIBUTION 2:00 PM AMAZING BRAIN GAMES 3:30 PM BINGO 6:00 PM	26 BIBLE STUDY 10:00 AM ART CLASS 12:30 PM WELLNESS CLINIC 2:30 – 3:30 PM YOGA/STRETCH 3:30 PM	27 DEVOTIONS 10:00 AM HAVEN HOT DOG DAY 12:00—3:00 PM SCHWAN'S 12 – 1:00 PM WELLNESS CLINIC 1:30 PM	28 BINGO 6:00 PM	29 BEAUTY PAGEANT 1:30 PM MOVIE 6:00 PM

OTHER HAPPENINGS AROUND THE TOWERS

**MONTHLY VIOLIN CONCERT
BY OUR OWN ALAN KERR
SATURDAY, MARCH 1
3:00—4:00 PM
EVERYONE IS INVITED**

THANK YOU, THANK YOU, THANK YOU

Ruth Jenkins would like to thank all of those whom she has been privileged to work along side over the past many years. She very much appreciates the gift of a lifetime membership to the auxiliary that she was blessed with last month, but she also knows she could not have continued her efforts without the help of the many people who were her team members. They are too numerous to mention by name, but she truly thanks each of you for your service.

BEAUTY PAGEANT

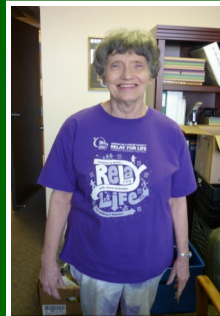
**SPONSORED BY
ORTHO HOME HEALTH CARE
SATURDAY
MARCH 29
1:30 PM
COME SEE CLOTHING FROM
PATCHINGTON—SAWGRASS VILLAGE
MODELED BY OUR RESIDENTS**



The new owner of the local McDonalds locations brought treats on Wednesdays in February. He is going to continue his generosity for a few weeks in March until the construction is complete on the new building. The Grand Opening is scheduled for March 28. Until then, join us in Strange Hall on the 5th, 12th and 19th at 9:30 am.

Humana.

**EXPLAINS
THEIR BENEFITS
Friday, March 7
2:00—4:00 PM**



Cancer survivors are the heart of Relay for Life. The American Cancer Society celebrates all those who have faced cancer whether you are newly diagnosed or have overcome the battle. The American Cancer Society wants to honor cancer survivors during the Relay for Life on May 3rd at Jarboe Park, Neptune Beach. They have asked Sue Casper, Pablo Towers resident, to sign up survivors who will be honored as they walk the Survivors Victory Lap and are provided a t-shirt and a survivor reception.

Your presence would be an inspiration to everyone at Relay! If you are a cancer survivor and are interested in participating in the Relay for Life event, please see Sue Casper to register.

Keeping Perspective

“Most folks are about as happy as they make up their minds to be.”

- Abraham Lincoln

“I’d be happy if only . . .” There’s always something we’re waiting for—the right relationship, the right job, the right living situation; a child, a raise, a change of seasons—to make us happy.

When we look around, though, we see plenty of people who are happy even without any of the things we want. They simply decide to be happy now, rather than postponing their happiness for a time that may never come.

Happiness is a state of mind, not a set of circumstances. I can—and will—choose to be happy today.

From The Daily Book of Positive Quotations
By Linda Picone