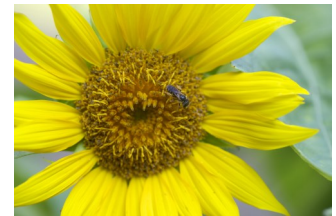




MONTHLY NEWSLETTER



PICTURE BY JOHN MOORE

115 South Third Street
Jacksonville Beach, FL 32250

Telephone: 904-249-3866
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1-800-955-8771/TTY
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

Bryce Chastain

Custodian

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

MARCH 2016

ON THE FIRST DAY



On the first day, God created the dog and said: "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years." The dog said: "That's a long time to be barking. How about only ten years and I'll give you back the other ten?" So God agreed.

On the second day, God created the monkey and said:

"Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said: "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?" And God agreed.

On the third day, God created the cow and said: "You must go into the field with the farmer all day long and suffer under the sun, have calves, and give milk to support the farmer's family. For this, I will give you a life span of sixty years." The cow said: "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?" And God agreed again.

On the fourth day, God created man and said: "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But man said: "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?" "Okay," said God, "You asked for it."

So that is why the first twenty years we eat, sleep, play and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone. And that's how life is explained through God's creation.

~ From the website A Time to Laugh.org

RESIDENT OF THE MONTH— All of You

March is a great month to celebrate the residents of Pablo Towers and Suites. The cold months that keep us cooped-up have come and for the most part gone. The renovation is mostly done, so to me it's time to appreciate our home and all the wonderful people who are fortunate to call it home.

Each of us are unique in our own special way, so it's hard some-

times to choose one person to be the resident of the month. With as many residents as we have, it is impossible to recognize everyone in my year as Vice-President of the Resident Council. So to let all of you know, YOU are the March 2016 resident of the month.

As reported by Joan Brown

Wii BOWLING FEBRUARY RESULTS

Marie Singleton	166	
Jim Ring	153	
Floyd Wilson	151	
Al Boone	146	
Chet Galbraith	138	
Dee Layne	116	
Alice Gillis	85	
Lois Sullivan	78	

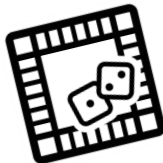
HAPPY BIRTHDAY FRIENDS

- Nancy Tarr March 1
- Margaret Murphy March 3
- Wilma Hayden March 4
- Jean Graeser March 8
- Geraldine Costello March 10
- Anna Dillard March 10
- David Reeves March 11
- Brenda McFaddin March 11
- Lillie Alvarez March 16
- Lois Mullin March 17
- Nell Barrow March 17
- Carla Tracy March 20
- Patsy Graddick March 23
- Angelo Rodriguez March 23
- Barbara West March 24
- Betty Clements March 25
- Tommy Vaughn March 26
- Lois Sullivan March 26
- Bill Davis March 27
- Pauline Collings March 27
- Toni Taylor March 27
- Bonnie Guillet March 28
- Dee Kenna March 30
- Don Kalina March 31
- Roberta Woodlief March 31

PABLO TOWERS AUXILIARY

**GAME NIGHT
THURSDAY
MARCH 10
6:00 PM**

**PLAY
READY**



**RESIDENT
BIRTHDAY
PARTY
MONDAY
MARCH 21
6:00 PM**

*Sponsored
by
Jacksonville
Bank*



**ST. PATRICK'S DAY PARTY
THURSDAY, MARCH 17
5:00 PM**

*Join us for a traditional corned
beef and cabbage
dinner!*



**\$8.00 for residents
\$10.00 for guests
TICKETS ON SALE BEGINNING
MARCH 3RD**

**GET READY FOR THE TALENT SHOW
Thursday, May 5
4:00 PM**

Past talent shows have yielded so many laughs and shouts of joy and amazement. Sharpen your talents and join this afternoon of fun. The show will be held in conjunction with a Cinco de Mayo party.

**WELCOME
Richard Miller**

**WITH FOND MEMORIES
Curtis Barrow
Georgette Quigley**

UNIQUE OPPORTUNITY



SUNDAY, April 3 at 4:00 PM, the Beaches Fine Arts Series at St. Paul's by-the-Sea Episcopal Church will present IMANI WINDS. Imani Winds is more than North America's premier wind quintet, it has established itself as one of the most successful chamber music ensembles in the U.S. The Grammy-nominated quintet is enriching the traditional wind quintet repertoire while meaningfully bridging European, American, African and Latin American traditions.

St. Paul's by-the-Sea has invited you to be their special guests and will reserve a section at this concert for Pablo Tower's residents if you sign up in advance.

And Alan Ennis, President of Dial-a-Ride, has offered to provide free transportation to and from the concert to any residents who want to attend but don't have transportation.

Sign up in the Lobby for seats and/or transportation for this special event.

~ MARCH 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 <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.	2 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>BROOKS/AMERICARE</u> <u>STROKE AWARENESS</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R. <u>DOWNTON ABBEY</u> 5:00 PM C.R.	3 <u>PEST CONTROL</u> Apt. Ending in 08 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	4 <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.	5 <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
6 Violin Concert - Lobby 3:00 PM	7 <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 COUNCIL</u> <u>MEETING</u> 3:30 PM	8 <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.	9 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>COMCAST</u> <u>COMMUNITY REP</u> 1:00—4:00 PM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R. <u>DOWNTON ABBEY</u> 5:00 PM C.R.	10 <u>PEST CONTROL</u> Apt. Ending in 09 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R. <u>GAME NIGHT C.R.</u> 6:00 PM	11 <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.	12 <u>STORY-</u> <u>TELLERS</u> <u>GROUP</u> Meet at PABLO TOWERS 10:00 AM C.R. <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
13 DAYLIGHT SAVINGS TIME BEGINS MOVE CLOCKS FORWARD ONE HOUR	14 <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.	15 <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.	16 <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. <u>DOWNTON ABBEY</u> 5:00 PM C.R.	17 <u>ST. PATTY'S DAY</u> <u>PEST CONTROL</u> Apt. Ending in 10 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R. <u>ST. PATTY'S DAY</u> <u>PARTY C.R.</u> 5:00 PM	18 <u>PEST CONTROL</u> Apts. Ending in and <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.	19 <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
20 FIRST DAY OF SPRING 	21 <u>GIRL SCOUTS</u> <u>VOLUNTEER 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	22 <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.	23 <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. <u>DOWNTON ABBEY</u> 5:00 PM C.R.	24 <u>PEST CONTROL</u> Apt. Ending in 11 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>ALZHEIMER'S</u> <u>DISCUSSION</u> 2:00 PM C.R. <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	25 <u>GOOD FRIDAY</u> <u>WALK-AMERICARE</u> 9:00 AM C.R. <u>BINGO</u> 6:00 PM C.R.	26 <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
27 	28 <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.	29 <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.	30 <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. <u>DOWNTON ABBEY</u> 5:00 PM	31 <u>PEST CONTROL</u> Apt. Ending in 12 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 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 STROKE AWARENESS AND PREVENTION

Wednesday, March 2, 2:30 PM

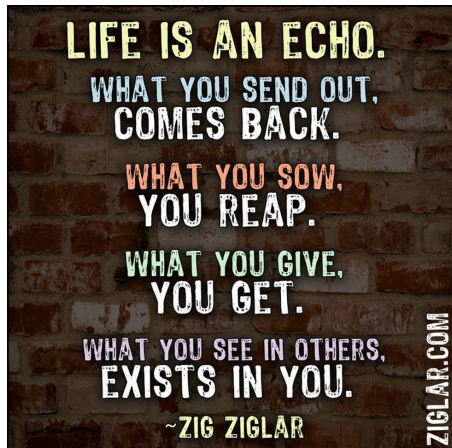
Please plan to attend this timely, information program on learning to recognize the signs of a potential stroke and what we can do to lessen our chances of having a stroke. Refreshments will be served.

Onsite Dermatology Friday, March 4

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.

GIRL SCOUTS VOLUNTEER DAY MONDAY, MARCH 21 10:00 AM—2:00 PM

Girls Scout Troop 1216 will be coming to Pablo Towers during their spring break to volunteer to help you! A signup sheet will be placed on the table in the lobby in mid-March for you to request assistance. This is not a large group of girls, so the list will be limited to a small number of spots.



EVERYTHING YOU EVER WANTED TO KNOW ABOUT ALZHEIMER'S DISEASE: A discussion to address your concerns.

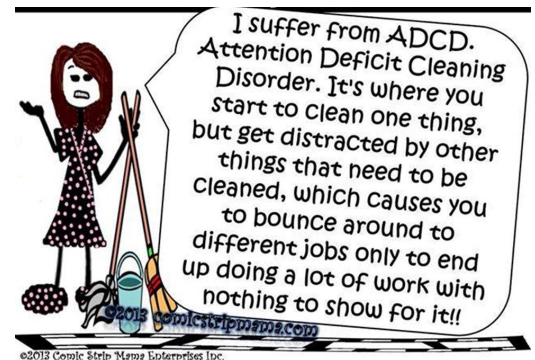
Thursday, March 24, 2:00 PM

Dr. Carolyn Love, Vitas Healthcare Bereavement Specialist, will share with us some information about Alzheimer's Disease and will address your questions and concerns about this disease.

ASK THE DOCTOR

Friday, March 25, 2:00 PM

Start making a list now of questions you would like to ask your healthcare provider, but you always forget to ask. Then plan to join Dr. Tonita Washington with MD2U, one of our visiting physicians groups at Pablo Towers, to get the answers to your questions. Dr. Washington will be speaking about healthcare concerns that affect our demographic population. Refreshments will be provided.



TAX HELP

AARP Foundation Tax-Aide is offering its free tax preparation services at two Beaches locations. The Beaches branch library location in Neptune Beach is open from 1 to 5 PM on Tuesdays and Wednesdays, and the Neptune Beach Senior Activity Center location is open Fridays from noon to 4 PM.

Taxpayers should bring Social Security cards for themselves and any dependents, photo ID, all relevant tax forms and receipts (W-2, SSA-1099, etc.), last year's tax return, and all health care-related documents.