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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



## MARCH 2017

### You Have a Choice!

The cat's out of the bag and there's no going back. Your grandmother's belief that how she ages was primarily determined by genes and a little bit of luck, well, that belief has gone the way of the eight-track player. According to the MacArthur Foundation's 10-year study on aging, approximately 70% of physical aging and 50% of mental aging is up to us. Lifestyle is a major factor in how we age. Which means that we have a choice about how we want to live our lives.

It is these choices that we make every day that determine whether we live the last decades of our lives slowly deteriorating, impaired and isolated, or continuing to grow, accommodating life's curveballs, staying vital and flourishing. How much we move, learn, connect with others, seek meaning, avoid creating stress, eat well - these are the decisions that determine how we age. Making these choices not as a single decision but as part of a commitment to a lifestyle that acknowledges our inherited human needs - that will make the difference in our lives.

***Live Long. Live Well!***

By Dr. Roger Landry

## RESIDENT OF THE MONTH—Patsy Graddick

Patsy Graddick—I really don't know very much about her as I haven't really had much opportunity to sit and chat with her. But from what I do know, I can tell you she has led a very interesting life. I envy her getting to be a flight attendant; it was a dream of mine that never materialized.

Patsy Martin was born on March 23, 1942, in Coffee County, AL to Bill and Mammie Martin. She has one sister. Patsy graduated from Vigor High School in Mobile, AL. After graduation she started working at Merchants National Bank, during which time she met Jesse Graddick, Jr.

They married in 1965 and had two beautiful children—a daughter Joy and a son, Michael. Joy lives here in Jacksonville and Michael passed away in 2004.

Patsy's husband's job took them several places to live, among them St. David, Bermuda. In 1980, they moved to Park City, Utah where she worked for the United States Olympic Ski Team. One year while helping organize the Celebrity Ski Classic, she worked in tandem with Alan and Donny Osmond. She

found them as sweet and down to earth as their reported reputation. After that she worked with the corporate offices of Mrs. Fields Cookies during their initial start-up.

In 1985 Patsy and Jesse decided to go their own separate ways. Being a single woman with grown children, she decided to start to work with Continental Airlines. She says being a flight attendant was the best job she ever had. After only one year with them, she became Flight Service Manager until the program was eliminated in 1996. Patsy was then transferred to the International Department and worked there until she retired in 2005. She had the pleasure of getting to travel all of Europe, parts of the Middle East, Japan and Hong Kong.

Patsy was in the air returning to Newark, NJ from Milan, Italy on 9/11/2001 when the attack on the Twin Towers happened. They were half way there when the Captain told them what had happened and that they would be diverted to Gander, Newfoundland. They were not allowed to tell the passengers though until they landed in Newfoundland.

(Continued at the bottom of Page Two)

**PABLO TOWERS AUXILIARY**

**AUDITIONS—MARCH 5  
6:00 PM**  
For upcoming events.  
Singers, dancers, actors,  
musicians, etc. for Derby  
Day Skit and Talent Show.

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



*Sponsored by  
AMERIS BANK (formerly  
Jacksonville Bank)*

**GET READY  
ARTS & CRAFTS  
SHOW  
April 22**

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

**ST. PATTY'S DAY DINNER  
FRIDAY, MARCH 17  
5:00 PM**



**Traditional Corned Beef & Cabbage Dinner**  
All Residents—\$8.00  
Guests—\$10.00  
Wear your Green and join the fun!

**AUXILIARY  
GENERAL QUARTERLY  
MEETING / ELECTION DAY  
Thursday, March 23  
5:00 PM**  
**Come, Vote, and Enjoy  
A Chili Cook-Off**

(Resident of the Month continued from Page One)

They had to spend five days there, but found the towns people to be very friendly and generous. They took the passengers and housed them in homes, churches and schools. The crew was taken to a hotel about 30 miles from Gander. As Patsy had the only working cell phone, everyone used her phone, including a reporter from CBS news who did remote reporting. When they left and started their landing pattern at Newark, the plane became very quiet and as they looked over New York City, they could still see huge plumes of smoke rising out of the tower ruins.

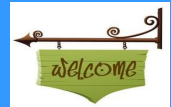
Patsy moved into Pablo Towers in 2012. If you get a chance to talk to her, she can give you more details about 9-11 than I can in this limited space.

Reported by Joan Brown

**HAPPY BIRTHDAY FRIENDS**

- Nancy Tarr ..... March 1
- Jean Graeser ..... March 8
- Deborah Beckham ..... March 8
- Geraldine Costello ..... March 10
- Anne Dillard ..... March 10
- David Reeves ..... March 11
- Brenda McFaddin ..... March 11
- Ronald Barnes ..... March 13
- Lily Alvarez ..... March 16
- Lois Mullin ..... March 17
- Nell Barrow ..... March 17
- Ofelia McClure ..... March 20
- Carla Tracy ..... March 20
- Angelo Rodriguez ..... March 23
- Patsy Graddick ..... March 23
- Tommy Vaughn ..... March 26
- Lois Sullivan ..... March 26
- Pauline Collings ..... March 27
- Toni Taylor ..... March 27
- Bonnie Guillet ..... March 28
- Dee Kenna ..... March 30
- Roberta Woodlief ..... March 31

**Terry Woods  
Patrick Perkins**



**With FOND MEMORIES**

**Barbara  
West**




**FEBRUARY Wii BOWLING  
SCORES**

- Al Boone ..... 170 🏆
- Judith Earle ..... 166
- Arlene Masters ..... 158
- Jim Ring ..... 153
- Alice Gillis ..... 143
- Dee Layne ..... 141
- Lois Sullivan ..... 95
- Susan Stanton ..... 84

The Wii Bowling trophy has been named the Richard Carey Memorial Trophy in honor of one of the original Pablo Towers' bowlers, Richard Carey, who passed away recently. Richard loved to join in and loved it even more when he won the trophy!



# ~ MARCH 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1 ASH WEDNESDAY</b>  <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>2 PEST CONTROL</b> Apt. Ending in 04  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>Visiting Physicians 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>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>3</b>  <u>ONSITE DERMATOLOGY</u> With Jennifer Tra <u>WELLNESS CENTER</u> For Appointment Call 1-877-345-5300   <u>BINGO</u> 6:00 PM C.R.	<b>4</b>
<b>5</b>	<b>6</b> <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	<b>7</b>  <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>8</b>  <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>9</b> <u>PEST CONTROL</u> Apt. Ending in 05  <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>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>10</b>  <u>PABLO TOWERS BOOK CLUB BOARD ROOM</u> 2:00 PM  <u>Wii BOWLING</u> 3:00 PM  <u>BINGO</u> 6:00 PM C.R.	<b>11</b>
<b>12</b>  <b>DAYLIGHT SAVINGS TIME BEGINS.</b>  <b>MOVE CLOCK FORWARD ONE HOUR</b>	<b>13</b> <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.	<b>14</b>  <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>ART SHOW</u> 5:00—8:00 PM LOBBY  <u>BINGO</u> 6:00 PM C.R.	<b>15</b>  <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>16</b> <u>PEST CONTROL</u> Apt. Ending in 06  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SECURE CHOICES Q&amp;A</u> 10 AM-12 LOBBY  <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>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>17</b>   <i>Happy St. Patrick's Day!</i>  <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM  <u>ALONE ... TOGETHER</u> 2:00 PM BOARD ROOM  <u>ST. PATTY'S DAY DINNER</u> 5:00 PM	<b>18</b>  <u>BEACH CHURCH AFTERNOON OF SERVICE</u> 12 Noon
<b>19</b>	<b>20</b> <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 B-DAY PARTY</u> 6:00 PM	<b>21</b>  <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>22</b>  <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>23</b> <u>PEST CONTROL</u> Apt. Ending in 07  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>VPA</u> 1:00—2:30 PM  <u>CHAIR EXERCISE AMERICARE</u> 2:00 PM C.R.  <u>AUXILIARY QUARTERLY MTG.</u> 5:00 PM	<b>24</b>  <u>BINGO</u> 6:00 PM C.R.	<b>25</b>
<b>26</b>	<b>27</b> <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.	<b>28</b>  <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>29</b>  <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>30</b> <u>PEST CONTROL</u> Apt. Ending in 08  <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>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>31</b>  <u>CHAIR VOLLEYBALL</u> 3:00 PM  <u>BINGO</u> 6:00 PM C.R.	

## OTHER HAPPENINGS AROUND THE TOWERS

### INSURANCE Q & A

Thursday, March 16, 10—12 Noon

Do you have questions about your Medicare or current healthcare plan? Would you like to be caught up to speed on what your Medicare options are? Would you like to see if you qualify for Extra Help with your prescriptions? If you do have questions or are having a problem with your insurance, plan to join Katie Wilson from Secure Choices Insurance Services for coffee and St. Patrick's Day treats! Katie will be in the Lobby during that time to help you with any questions or concerns.

### **GRANDPARENTS GETTING WIRED COMPUTER AND TECHNOLOGY ASSISTANCE PROGRAM**

**Tuesdays, 10—12 Noon in the Board Room**

Expert volunteers from our community come weekly to help you with your questions and problems with your cell phones, tablets and laptops. No question is too odd or silly. Please come meet with Christa, Warren, Mary and Victor who are waiting to help you learn more about your devices. These classes are held in the Board Room in the Suites Building.

### **VISITING PHYSICIANS ASSOCIATION (VPA)**

Thursdays, 1:00—2:30 PM

Tonita Washington will have office hours in the Wellness Clinic. PLEASE NOTE: Tonita is having a baby this month, so the schedule may change. Tonita has VPA staff team members who will be handling her caseload until she returns. If you have a question or concerns, please call the VPA office at 904-281-1915, Extension 83036.

### **DR. JANE BURNS**

Friday, March 17, 9:30 AM

This is a first come, first serve program for your hearing concerns. No appointments. See Dr. Burns in the Wellness Center in the Suites Building.

### ALONE . . . TOGETHER

Friday, March 17, 2:00 PM

PLEASE NOTE: The day of the month and time of the program have changed.

Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with VITAS Healthcare. Sheila will be sharing some ideas that will help you with life's hard or discouraging moments. The group meets in the board room, and what is shared is always kept confidential. You will benefit from attending this group! Snacks and drinks will be served.

### **BEACH CHURCH AFTERNOON OF SERVICE**

Saturday, March 18, 12 PM until . . .

Due to the overwhelming desire for assistance during the IMPACT JACKSONVILLE DAY of SERVICE, not everyone that requested help was able to receive it. Members of a life group at BEACH CHURCH have volunteered to come to Pablo Towers to help the residents who did not receive assistance in February. For those of you who will receive assistance on this day, please make sure to note the date and the time. You will be contacted prior to March 18th to confirm that you are on the list for the services. These volunteers are very excited to be able to come to meet and to help you!

### **TAX PREPARATION LOCATIONS**

Neptune Beach Senior Center  
Fridays until April from Noon—4:00 PM

Jacksonville Beach Library  
Wednesdays and Thursdays  
1:00—5:00 PM

No appointments taken at either location.

### **PLEASE**

#### **NOTE:**

**CHAIR VOLLEYBALL** has been moved to the last Friday in March due to a schedule conflict.



May your  
**blessings**  
outnumber  
The **Shamrocks**  
that grow,  
And may **trouble**  
avoid **you**  
Wherever **you** go.