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Managed by Elderly Housing
Management Corporation

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

MONTHLY NEWSLETTER

MAY 2014

40TH ANNIVERSARY CELEBRATION A SUCCESS

Thanks to everyone who came together to ensure the 40th Anniversary Celebration was a success. And it was a success!

More than 170 residents and guests enjoyed the afternoon celebrating 40 years of Pablo Towers being a safe and comfortable place for seniors to live at Jacksonville Beach. The celebration culminated with the burning of the original HUD mortgage which was paid off in December 2013.

There was delicious food, pictures of the original building site and unique construction methods, pictures of the original board members, and pictures of Julie Nixon Eisenhower and Mickey Rooney at the ribbon cutting ceremony.

We were entertained by the U.S. Navy Band Southeast. Mayor Charlie Latham, Jacksonville Beach and Jacqueline Smith of Congressman Ander Crenshaw's office spoke to encourage and congratulate us. Tim Powell,

President of Pablo Towers' Board of Directors, expressed the continued commitment of all of the Board Members. Prayers were offered by Pastor Jeff Bennett and Father William Kelly, both of Beaches Ministerial Association which has been a supporter of Pablo Towers since the beginning. The entire program was graciously officiated by Patty Bartleson, current Director and Past President of the Board of Directors. Dave Linger, President of the Board of Directors of the Management Company, commented aptly on Pablo Towers' history.

And we were hosted by the beautiful Pablo Towers Auxiliary volunteers, Nancy Graeme, Margaret Adams, Peggy Allgood, Wilma Hayden, Marti Miller, Nancy Tarr, Joan Taylor and Fae Williams. Thanks to Mit Pendergraft and Bonnie Gillette who stayed afterwards to clean up.



Mayor Charlie Latham congratulates Pablo Towers on its success and contribution to Jacksonville Beach.



Jim Parsons assists Dave Linger, President of Elderly Housing Management Corp., with burning the HUD mortgage.



Wilma Hayden smiles before beginning the arduous task of cutting the cake.



Jacqueline Smith of Congressman Ander Crenshaw's office speaks of the value of affordable housing for seniors in the state of Florida.



The U.S. Navy Band Southeast wowed the guests with their lively rendition of many old favorites. They played God Bless America as part of the official program.

OLDER AMERICANS MONTH

May is Older Americans Month. The 2014 Older Americans Month theme is **Safe Today, Healthy Tomorrow.**



History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens

is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

GOOD BYE AND GOOD LUCK

Kay Scivicco

WITH FOND MEMORIES

Ada Chambers
Ronald Coe



HAPPY BIRTHDAY FRIENDS

Mak Salib	May 8
Stella Furnari	May 8
Ed Farris	May 9
Myrna Graham	May 9
Evelyn Webb	May 10
Connie Savage	May 11
Mary Van Hoose	May 12
Kathryn Steele	May 13
Jure Vrban	May 15
Chester Collier	May 18
Larisa Prikhodko	May 19
Shirley Foster	May 21
Ana Santiago	May 22
Helen Madden	May 22
Betsy Elliott	May 26
Dee Layne	May 29
Dan Zupa	May 31

According to the American Gem Society, the birthstone associated with May is the Emerald.



Emerald, derived from the word smaragdus, meaning green in Greek, was mined in Egypt as early as 330 B.C. Today, most of the world's emeralds are mined in Colombia, Brazil, Afghanistan, and Zambia.

PABLO TOWERS AUXILIARY

MAY TEA

**SUNDAY
MAY 18
2:00 PM**



*Free to Auxiliary Members
Bring your favorite cup if
you have one.
If not, we will supply one!*



RESIDENT BIRTHDAY PARTY

**MONDAY, MAY 19
7:00 PM**



Sponsored by Christ Episcopal Church

~ MAY 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>BOOK CLUB</u> 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	2 <u>PEST CONTROL</u> Apts. Ending in 09-10 <u>ILAB</u> 10:00 AM <u>BINGO</u> 6:00 PM	3 Violin Concert 3:00— 4:00 PM MOVIE 6:00 PM
4	5 <u>CINCO de MAYO</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	6 <u>BAKED GOODS</u> 8 – 9:15 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	7 <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	8 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	9 <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	10 <u>STORY-TELLERS</u> 11:00 AM MOVIE 6:00 PM
11 	12 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>LIVE WELL</u> 10:00 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>RESIDENT COUNCIL BOARD MEETING</u> 3:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	13 <u>BAKED GOODS</u> 8 – 9:15 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	14 <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	15 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	16 <u>PEST CONTROL</u> Apts. Ending in 11-12 <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:15 AM <u>TRIVIA with VITAS</u> 2:00 PM <u>BINGO</u> 6:00 PM	17 ARMED FORCES DAY MOVIE 6:00 PM
18 MAY TEA 2:00 PM	19 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>LIVE WELL</u> 10:00 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>RESIDENT BIRTHDAY PARTY</u> 7:00 PM	20 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 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	21 <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	22 <u>DEVOTIONS</u> 10:00 AM <u>HEALTH FAIR LUNCH & ENTERTAINMENT</u> 12:00—3:00 PM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	23 <u>BINGO</u> 6:00 PM	24 MOVIE 6:00 PM
25	26  MEMORIAL DAY <u>DOWNTON ABBEY</u> 6:00 PM	27 <u>BAKED GOODS</u> 8 – 9:15 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	28 <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	29 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	30 <u>FIRE MARSHALL FIRE SAFETY SESSION</u> 10:00 AM <u>BINGO</u> 6:00 PM	31 MOVIE 6:00 PM

OTHER HAPPENINGS AROUND THE TOWERS

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

Thanks to you, the Craft and Yard Sale at Pablo Hamlet was a huge success! Between the crafts, yard sale items, plants, hot dogs, baked goods, and prize baskets, the sale generated over \$2,300 which will be donated to Dial-A-Ride and BEAM.

It was so much fun to work together and to get to know one another better while benefitting these two wonderful causes.

A sincere thank you goes to:

- **All the volunteers who sold raffle tickets (thank you, Mit)!**
 - **All those who bought raffle tickets!**
 - **Those who purchased a table and sold items (thank you Susan Leaptrot, Lorraine Smith, and Fae Williams)!**
 - **Those who volunteered their time, talent and energy (thank you Jimmy and Shane)!**
 - **Those who participated in the event!**
- Mary Wales, Pablo Hamlet*

**HEALTH FAIR LUNCH
AND ENTERTAINMENT**

**Thursday, May 22
12:00—3:00 PM**



Pablo Towers Property Manager, Jo-Ann Gherardi, proudly displays the award recently received from HUD for a REAC score of 95.

REAC (Real Estate Assessment Center) inspections are completed by HUD to ensure the property meets all HUD requirements for decent and safe housing for the residents.

**Before you speak
THINK!**

- **T—is it True?**
- **H—is it Helpful?**
- **I—is it Inspiring?**
- **N—is it Necessary?**
- **K—is it Kind?**

SIMPLER TIMES

“Firelight will not let you read fine stories, but it’s warm and you won’t see the dust on the floor.”

Irish Proverb

The most luxurious homes are not more comfortable in a snowstorm than a warm, dry cabin in the woods. The niceties of life mean little when our needs are simple: warmth when we’re cold; food when we’re hungry, sleep when we’re tired.

We wish for so many things that we think will bring us happiness. Yet we often find ourselves looking back fondly on simpler times.

What small things in my life bring me pleasure? I will recognize them today and be thankful for them.

From The Daily Book of Positive Quotations
By Linda Picone