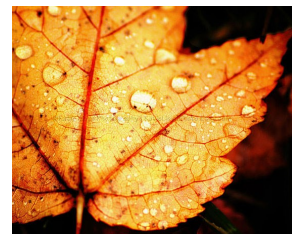




# MONTHLY NEWSLETTER



## NOVEMBER 2015

115 South Third Street  
Jacksonville Beach, FL 32250

Telephone: 904-249-3866  
Fax: 904-249-2011  
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

#### Nell Barrow

Front Desk

#### Jim Parsons

Maintenance Supervisor

#### Daniel Deon

Maintenance Tech

#### John Ring

Maintenance Tech

#### Shane Perez

Maintenance Tech

#### Ebonv Neville

Housekeeper

#### Bob Myers

Custodian

#### Melissa Gilreath

Executive Director

EHMCorp

#### Debra Waters

Operations Manager

EHMCorp



THE BEST WAY TO FIND YOURSELF  
IS TO LOSE YOURSELF  
IN THE SERVICE OF OTHERS.  
GANDHI

QUOTESBYASTING.COM



Residents enjoy both eating and volunteering in The Cafe. Check out the November menu attached to this newsletter and join other residents to see what the smiles are all about. Or contact Bonnie Guillet for volunteer opportunities!

## RESIDENT OF THE MONTH - JACKIE GAFFNEY BOESGER

I've been asked to write a little about myself. As always it's never an easy task to do so, but I will make an effort to share my story with you.

Being born the 7th of eight children in Cleveland, Ohio, I was raised in a Catholic home amidst the Great Depression and had a wonderful childhood surrounded by many siblings of all ages. After graduation from high school, George Albert and I married in January 1951 once he returned and settled back home from the U.S. Navy during WWII. Ten months and ten days later I gave birth to our first of four children, Leslie Ann, and over the next 12 years gave life to George Albert, Jr., Kurt Alan, and youngest Carrie Ann. Our entire family was born in Cleveland, OH, but shortly thereafter in 1965 our first and subsequent moves took place to Greenville, SC, Jacksonville, FL and again back to Cleveland, OH, Atlanta, GA, Macon, GA, then finally returning to Jacksonville Beach, FL where I call home today.

In Atlanta when our last two children became self-sufficient, I took on a full-time position at the Atlanta Merchandise Mart where I managed a show room for an international company. My career truly blossomed, and I came into my own. I traveled overseas to the Orient for business at China's largest craft mart in the world and felt pleasure seeing many of the wonders of the Orient. I am truly thankful for the experience given.

Shortly after moving to Macon, my husband, George, became very ill and died in 2000. In 2002, Jacksonville Beach became my new home and after a short period of waiting, I became a thankful resident of Pablo Towers. Pablo Towers is a wonderful place to live where I have many friends. I work the front desk once a week which I find both financially and socially rewarding.

My interests include a sporting game of Duplicate Bridge, fine dining when able, and spending time with family and friends.

Warm regards,  
Jackie Gaffney Boesger

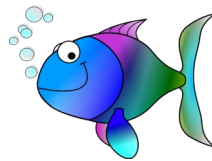
**PLEASE NOTE  
DATE AND TIME  
FOR  
Wii BOWLING  
THIS MONTH ONLY  
Thursday  
November 12  
4:00 PM**

**Volunteer  
Opportunity**

Rachel McClard has been feeding the fish in the lobby for the past 16 years! She is looking to take a rest from this responsibility and is hoping someone will step up.

This responsibility is a seven days a week for a few minutes every day to feed the fish and clean the filter.

If you are interested in helping out, please see Rachel at the Front Desk between Noon and 1:00 PM Monday through Friday.



**HAPPY BIRTHDAY FRIENDS**

|                           |         |
|---------------------------|---------|
| Tamara Rezvina .....      | Nov. 5  |
| Charlotte Tollar .....    | Nov. 5  |
| Harry Heathouse .....     | Nov. 5  |
| Michaelyn Edwards .....   | Nov. 5  |
| Shirley Silbernagle ..... | Nov. 6  |
| Cecil Glenn .....         | Nov. 7  |
| Joan Brown .....          | Nov. 7  |
| Linda Reeves .....        | Nov. 11 |
| Jerry Nelson .....        | Nov. 13 |
| Tommie Blackmon .....     | Nov. 13 |
| Bobbie Blanton .....      | Nov. 15 |
| Rebecca Rekitt .....      | Nov. 16 |
| Clyde Bennett .....       | Nov. 19 |
| Faye Gill .....           | Nov. 20 |
| Irene Sherry .....        | Nov. 20 |
| Jeanne Averill .....      | Nov. 23 |
| Roberta Moore .....       | Nov. 26 |
| Thelma Roberts .....      | Nov. 27 |
| Gerry Cooper .....        | Nov. 28 |

**CRAFT SALE at  
PABLO HAMLET  
SATURDAY  
NOVEMBER 7  
9:00 AM—3:00 PM  
All proceeds go  
to K-9 for  
Warriors**

**PABLO TOWERS  
AUXILIARY**

**RESIDENT  
BIRTHDAY PARTY  
MONDAY  
NOVEMBER 16  
6:00 PM**  
*Happy Birthday*  
**Sponsored by Palms  
Presbyterian Church**

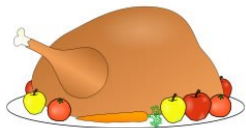


**WELCOME  
Jo Anne Morand  
Mustafo Omerbashi  
Thomas Vaughn  
Donald Williams**

**GOOD BYE AND GOOD LUCK  
Roland Gagnon  
Dottie Galbraith  
Helen Madden**

**THANKSGIVING  
DINNER  
SUNDAY, NOVEMBER 22  
5:00 PM**

**Turkey and all the  
trimmings  
\$7.00 for residents  
Watch for ticket  
sales in the Lobby soon!**





**ANNUAL TREE LIGHTING  
FRIDAY, DECEMBER 4  
Save the Date!  
SINGERS BY THE SEA  
4:30 PM (inside)  
Tree lighting outside at sunset**



**SAVE THE DATE  
December 31, 2015  
PABLO TOWERS NEW YEARS EVE  
PARTY  
Live music / dancing with The Coconuts**

# ~ NOVEMBER 2015 ~

| Sun   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Sat  |
|---|---|--|--|--|---|--|
| <b>1</b><br><b>DAYLIGHT SAVINGS TIME ENDS 2:00 AM MOVE CLOCKS BACK ONE HOUR</b><br><br>Violin Concert 3:00 PM | <b>2</b><br><u>WELLNESS CLINIC</u><br>10 – 11:30 AM<br><u>PRINCIPLES OF FITNESS</u><br>11:00 AM<br><u>LET'S TALK HEALTH</u><br>2:00 PM<br><u>RESIDENT COUNCIL MEETING</u><br>3:30 PM                                      | <b>3</b><br><u>BAKED GOODS</u><br>8 – 8:45 AM<br><u>COMPUTER CLASS</u><br>10:00 AM<br><u>LIVE WELL CLINIC</u><br>1:00—3:00 PM<br><u>FOOD DISTRIBUTION</u><br>2:00 PM<br><u>BINGO</u><br>6:00 PM  | <b>4</b><br><u>BIBLE STUDY</u><br>10:00 AM<br><u>BROOKS - OUTPATIENT REHAB INFO</u><br>2:30 PM<br><u>WELLNESS CLINIC</u><br>2:30 – 3:30 PM<br><u>YOGA/STRETCH</u><br>3:30 PM | <b>5</b><br><u>DEVOTIONS</u><br>10:00 AM<br><u>SCHWAN'S</u><br>12 – 1:00 PM<br><u>WELLNESS CLINIC</u><br>1:30 PM<br><u>MEDICARE CHANGES</u><br>2:30 PM                                   | <b>6</b><br><u>PEST CONTROL</u><br>7th Floor & 10th Floor<br><u>elderSource ROUNDTABLE</u><br>9:00—10:30 AM<br><u>BLOOD PRESSURE CLINIC</u><br>10:00— 11:00 AM<br><u>ONSITE DERMATOLOGY</u><br>11:00 AM<br><u>HUMANA MEDICARE</u><br>1:30 PM<br><u>BINGO</u><br>6:00 PM | <b>7</b>   |
| <b>8</b>  | <b>9</b><br><u>WELLNESS CLINIC</u><br>10 – 11:30 AM<br><u>PRINCIPLES OF FITNESS</u><br>11:00 AM<br><u>LET'S TALK HEALTH</u><br>2:00 PM  | <b>10</b><br><u>BAKED GOODS</u><br>8 – 8:45 AM<br><u>COMPUTER CLASS</u><br>10:00 AM<br><u>LIVE WELL CLINIC</u><br>1:00—3:00 PM<br><u>FOOD DISTRIBUTION</u><br>2:00 PM<br><u>BINGO</u><br>6:00 PM   | <b>11</b><br><br><u>BIBLE STUDY</u><br>10:00 AM<br><u>WELLNESS CLINIC</u><br>2:30 – 3:30 PM | <b>12</b><br><u>DEVOTIONS</u><br>10:00 AM<br><u>SCHWAN'S</u><br>12 – 1:00 PM<br><u>WELLNESS CLINIC</u><br>1:30 PM<br><u>FUNERAL PLANNING</u><br>2:30 PM<br><u>Wii BOWLING</u><br>4:00 PM | <b>13</b><br><u>THANKSGIVING CENTERPIECES</u><br>10:00 AM<br><u>BLOOD PRESSURE CLINIC</u><br>10:00— 11:00 AM<br><u>BOOK CLUB</u><br>1:30 PM<br><u>BINGO</u><br>6:00 PM  | <b>14</b><br>STORY-TELLERS 10:15 AM<br>Ponte Vedra Library |
| <b>15</b>   | <b>16</b><br><u>WELLNESS CLINIC</u><br>10 – 11:30 AM<br><u>FLU SHOT DAY</u><br>11:30—2:30 PM<br><u>PRINCIPLES OF FITNESS</u><br>11:00 AM<br><u>LET'S TALK HEALTH</u><br>2:00 PM<br><u>RESIDENT B-DAY PARTY</u><br>6:00 PM | <b>17</b><br><u>BAKED GOODS</u><br>8 – 8:45 AM<br><u>COMPUTER CLASS</u><br>10:00 AM<br><u>LIVE WELL CLINIC</u><br>1:00—3:00 PM<br><u>FOOD DISTRIBUTION</u><br>2:00 PM<br><u>STRENGTH &amp; STRETCH</u><br>3:30 PM<br><u>BINGO</u><br>6:00 PM | <b>18</b><br><u>BIBLE STUDY</u><br>10:00 AM<br><u>PLAYERS BY THE SEA</u><br>2:00 PM<br><u>WELLNESS CLINIC</u><br>2:30 – 3:30 PM<br><u>YOGA/STRETCH</u><br>3:30 PM            | <b>19</b><br><u>DEVOTIONS</u><br>10:00 AM<br><u>SCHWAN'S</u><br>12 – 1:00 PM<br><u>WELLNESS CLINIC</u><br>1:30 PM<br><u>GREEN MARKET MUNCHIES</u><br>5:00 PM                             | <b>20</b><br><u>PEST CONTROL</u><br>8th Floor & 9th Floor<br><u>DR. BURNS' AUDIOLOGY CLINIC</u><br>9:30 AM<br><u>BLOOD PRESSURE CLINIC</u><br>10:00—11:00 AM<br><u>BINGO</u><br>6:00 PM   | <b>21</b>  |
| <b>22</b><br><b>AUXILIARY THANKS-GIVING DINNER 5:00 PM</b>  | <b>23</b><br><u>WELLNESS CLINIC</u><br>10 – 11:30 AM<br><u>PRINCIPLES OF FITNESS</u><br>11:00 AM<br><u>LET'S TALK HEALTH—ANNUAL PIE DAY</u><br>2:00 PM  | <b>24</b><br><u>BAKED GOODS</u><br>8 – 8:45 AM<br><u>COMPUTER CLASS</u><br>10:00 AM<br><u>LIVE WELL CLINIC</u><br>1:00—3:00 PM<br><u>FOOD DISTRIBUTION</u><br>2:00 PM<br><u>BINGO</u><br>6:00 PM   | <b>25</b><br><u>BIBLE STUDY</u><br>10:00 AM<br><u>WELLNESS CLINIC</u><br>2:30 – 3:30 PM<br><u>YOGA/STRETCH</u><br>3:30 PM  | <b>26</b><br>  | <b>27</b><br><u>BLOOD PRESSURE CLINIC</u><br>10:00—11:00 AM<br><u>BINGO</u><br>6:00 PM  | <b>28</b>  |
| <b>29</b>   | <b>30</b><br><u>WELLNESS CLINIC</u><br>10 – 11:30 AM<br><u>PRINCIPLES OF FITNESS</u><br>11:00 AM<br><u>LET'S TALK HEALTH</u><br>2:00 PM   |  |  |  |   |  |

## OTHER HAPPENINGS AROUND THE TOWERS

### **BROOKS PRESENTS- EVERYTHING YOU EVER WANTED TO KNOW ABOUT OUTPATIENT REHABILITATION**

**Wednesday, November 4, 2:30 PM**

Please plan to attend this informative presentation by Brooks Rehabilitation. Learn how rehabilitation can help you live a more active life! There will be a raffle for prizes. Snacks and drinks will be served.

### **MEDICARE CHANGES TO YOUR HEALTHCARE PLAN FOR 2016 THURSDAY, NOVEMBER 5 2:30 PM**

Plan to come to this presentation by Karen Ansell and Rob Tribbey with **Secure Choices**. Medicare has been late to release the changes to Medicare this year. Come learn what the changes are and how they will affect your healthcare!!

### **elderSource Roundtable Friday, November 6 9:00 AM—10:30 AM**

This presentation will focus on VA benefits for those who have been in the military or their spouses.

### **2016 MEDICARE EDUCATIONAL PRESENTATION**

**Friday, November 6, 1:30 PM**

John Parks with **Humana Insurance** will be here to educate us on the Medicare changes for 2016. If you have Medicare, Medicaid, or Extra Help, this program will address each of these. After the presentation John will be available to answer individual questions and to schedule private appointments.

### **UNDERSTANDING THE SIMPLE STEPS OF FUNERAL PLANNING Thursday, November 12, 2:30 PM**

Please plan to join Joanne Pike with **Quinn Shalz Family Funeral Home** as she shares the importance of making your plans ahead of time. Please bring your questions! There will be a drawing for a prize and refreshments will be provided.

### **FLU SHOT DAY MONDAY, NOVEMBER 16 11:30 AM—2:30 PM**

The pharmacist with **Medtown Pharmacy** will be giving flu shots. Have you gotten your flu shot yet? Please sign up on the signup sheet in the lobby so that you can receive a form to complete prior to the flu shot day.

### **LET'S MAKE THANKSGIVING CENTERPIECES**

**Friday, November 13, 10:00 AM**

Plan now to attend this hands on class where you will have material provided to make a Thanksgiving centerpiece for your apartment. Lucinda Morici with **Doctor's Choice** will be providing the materials so that you can make these decorations. Even if you have never done anything like

### **PLAYERS BY THE SEA ACTING & IMPROVISATION CLASS WEDNESDAY, NOVEMBER 18 2:30 PM**

Plan to join your neighbors to stimulate your brain cells, improve your memory and to bring a smile to your face and laughter into your soul. Last month's class was a blast!

### **GREEN MARKET MUNCHIES THURSDAY, NOVEMBER 19, 5:00 PM**

Let's see what chef Rosaria Anderson has planned for our November program. Learn how to prepare healthy, low-cost meals that don't take much time to prepare.

### **Burns Audiology and Balance FRIDAY, NOVEMBER 20**

Dr. Burns will see patients in the Wellness Center. Come to the Lobby at 9:30 AM to participate.

### **It's Time to be Thankful . . . It's the APEX Annual Pie Day Monday, November 23, 2:00 PM**

Plan now to join Marcy Dross, Chris Merritt and Justin Dean with **APEX Home Healthcare Services** as they bring many different kinds of tasty pie for you to enjoy.