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www.pablotowers.com  
Managed by Elderly Housing  
Management Corporation

**Staff Members**

**Jo-Ann Gherardi**  
Property Manager

**Sheryl Roussin**  
Finance Manager

**Lisa Sheek**  
Service Coordinator

**Nancy Gabriszeski**  
Admin Assistant

**Nell Barrow**  
Front Desk

**Jim Parsons**  
Maintenance Supv.

**Daniel Deon**  
Maintenance Tech

**John Ring**  
Maintenance Tech

**Shane Perez**  
Maintenance Tech

**Ebony Neville**  
Housekeeper

**Melissa Gilreath**  
Executive Director  
EHMCorp

**Debra Waters**  
Operations Manager

# MONTHLY NEWSLETTER

## OCTOBER 2013

### “LIFE AT PABLO TOWERS”

David Reeves, Pablo Towers resident extraordinaire, brought laughs and tears to the guests at a recent Auxiliary dinner with his creative writing of “Life at Pablo Towers.” For all of us, here is his work, sung to the tune of “If I Only Had a Brain.”

“When you live at Pablo Towers  
You can spend your golden hours  
Doin’ anything you like.  
You can come down to devotion  
Take a stroll down by the ocean  
Or go ridin’ on your bike.

If you’re lookin’ for a hobby  
Look no further than the lobby.  
You’ll find games and all that jazz.  
There are puzzles on the table.  
You can do ‘em if you’re able  
Unless George already has.

Every Tuesday we all go nuts  
Over cakes and pies and donuts.  
It’s all free, just come and take.  
If you want an extra bagel  
Just tell Shirley Silbernagle  
And you’ll never have to bake.

You can say hello to Daniel  
When you take your Cocker Spaniel  
To the dog run in the park.  
And to keep it super-duper  
Don’t forget your pooper scooper  
For the end that doesn’t bark.

Toni Taylor shows the movies.  
They’re always fun and groovy.  
New or old, we just don’t care.  
If the movie gets too creepy  
It’ll scare the living peepee  
Out of everybody there.

Some Thursday come and have a wiener.  
Sit and chat with Don Kalina  
On subjects big and small.  
And I’ll betcha sure as shootin’  
You’re gonna hear George Toutain  
Playin’ “Stardust” in the hall.

Angelo would be delirious  
If we heard a cafeteria’s

In the planning stage next year.  
That would be a blow for Ronald  
They’d have to close McDonald’s  
Cause we’d all be eatin’ here.

Twice a week we have the bingo.  
But it’s really not your thing so  
You don’t come down and play.  
Don’t feel bad it’s not your fancy  
Cause Rosemary, Ruth and Nancy  
Always win it anyway.

When the show is over later  
If there’s just one elevator  
And you don’t want to wait  
If you’re thinkin’ you might fair well  
If you try to climb the stairwell  
You’re just twenty years too late.

It’s OK if you are drinkin’  
In your room until you’re stinkin’  
And you don’t get to your feet  
By a slightly different token  
If you let ‘em catch you smokin’  
You could end up on the street.

Well this song is almost done now  
And I only hope that somehow  
It’s made you kinda giggly  
Though I had every good intention  
Many names I just can’t mention  
Like what the hell do you rhyme with Quigley.

I suppose I could continue  
But we must vacate the venue  
So I’ll close with one last verse.  
We’re all so lucky just to be here  
And I hope that you’ll see me here  
Til they take me out feet first.”

Next time you see  
Dave, let him know how his  
work made you smile and  
thank him for sharing his  
talent with all of us.

Dave is just one of  
the many talented people we  
have at The Towers. Thanks  
to all who make it such a joy  
to spend our lives here.



## DID YOU KNOW?

Your Medicare benefits are not changing under the Affordable Care Act (Obamacare). If you are already covered under Medicare, your benefits are not changing and you do not have to do anything differently from what you have done in the past.

Federal health officials say that seniors will not be able to purchase Medicare supplemental insurance or Part D drug plans through the state exchanges that have been set up to service medical insurance needs under the Affordable Care Act. Medicare-insured seniors will continue to purchase supplemental insurance through your current insurance carrier.

Please be aware of scams that may pop up regarding the Affordable Care Act. Continue to be vigilant about safeguarding your personal information.

**NO LEGITIMATE** business nor any federal, state or local government agency will call you on the telephone and ask you for your personal information. **NEVER** give out your personal information to an unsolicited telephone caller.

## HAPPY BIRTHDAY FRIENDS

Marty Miller	Oct. 1
Marie Hunt	Oct. 1
Laura Carmichael	Oct. 1
Kay Sciavico	Oct. 4
John Moore	Oct. 4
Nikki Smith	Oct. 5
James Thomas	Oct. 5
Al Boone	Oct. 8
Felix Gonzalez	Oct. 8
Sandy Ackland	Oct. 10
Shirley Gray	Oct. 13
Mary Florez	Oct. 23
George Sorensen	Oct. 23
Rebecca Wells	Oct. 28
Pat Maxwell	Oct. 30
Joann Collier	Oct. 30
Carmen Gonzalez	Oct. 31



Does anyone remember the 60's????

Marty Miller and Betty Smith were trying to remember with their fun costumes donned for a recent outing.

“You live but once; you might as well be amusing.”  
Coco Chanel



The Marigold is the flower for September; the birthstone is the Opal or Tourmaline.



## WELCOME TO YOUR NEW HOME Ginny Pfaff

### PABLO TOWERS AUXILIARY

#### OCTOBERFEST

**SATURDAY, OCTOBER 5, 5:00 PM**

**Live Entertainment by Steve Scarborough**

**\$4 for Auxiliary members; \$6 for non-members and guests**

#### AFTERNOON TEA & FASHION SHOW given by **STEIN MART**

**SATURDAY, OCTOBER 12, 1:30 PM**

*Tea and dessert will be served.*

*Fashion show will begin promptly at 2:00 PM*

#### RESIDENT BIRTHDAY PARTY

**MONDAY, OCTOBER 21, 7:00 PM**

*Sponsored by St. Paul's Catholic Church*

#### ANNUAL AUXILIARY BAZAAR

**SATURDAY, OCTOBER 26**

**9:00 AM—2:00 PM**

*Come buy a treasure for yourself or a friend!*

**Enjoy a \$1.50 Hot Dog served to you by the Staff. Proceeds from the hot dog sale will be donated to Dial A Ride.**

## ~ OCTOBER 2013 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> <u>BAKED GOODS</u> 8 – 9:15 AM  <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM  <u>BINGO</u> 6:00 PM	<b>2</b> <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	<b>3</b> <u>DEVOTIONS</u> 10:00 AM  <u>SCHWAN'S</u> 12 – 1:00 PM  <u>BOOK CLUB</u> 1:00 PM <u>JEWELRY MAKING</u> 1:00 PM  <u>WELLNESS CLINIC</u> 1:30 PM	<b>4</b> <u>PEST CONTROL</u> Apts. Ending in 07-08  <u>MED MGMT CLINIC</u> 10 – 11:00 AM  <u>STRENGTH &amp; CONDITIONING</u> 1:30 PM  <u>BINGO</u> 6:00 PM	<b>5</b> <u>OCTOBERFEST</u> 5:00 PM
<b>6</b>	<b>7</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM  <u>PILLS, SPILLS &amp; DRILLS</u> 1:30 PM  <u>DOWNTON ABBEY</u> 6:00 PM	<b>8</b> <u>BAKED GOODS</u> 8 – 9:15 AM  <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM  <u>STRENGTH &amp; STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	<b>9</b> <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	<b>10</b> <u>DEVOTIONS</u> 10:00 AM  <u>ASK A NURSE</u> 11–3 PM <u>SCHWAN'S</u> 12 – 1:00 PM <u>JEWELRY MAKING</u> 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	<b>11</b> <u>MED MGMT CLINIC</u> 10 – 11:00 AM  <u>STRENGTH &amp; CONDITIONING</u> 1:30 PM  <u>Wii BOWLING</u> 3:30 PM  <u>BINGO</u> 6:00 PM	<b>12</b> <u>STORYTELLERS</u> 11:00 AM  <u>AFTERNOON TEA &amp; FASHION SHOW</u> 1:30 PM  <u>MOVIE</u> 7:00 PM
<b>13</b>	<b>14</b> <b>COLUMBUS DAY</b>  <u>WELLNESS CLINIC</u> 10 – 11:30 AM  <u>PILLS, SPILLS &amp; DRILLS</u> 1:30 PM  <u>DOWNTON ABBEY</u> 6:00 PM	<b>15</b> <u>BAKED GOODS</u> 8 – 9:15 AM  <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM  <u>STRENGTH &amp; STRETCH</u> 3:30 PM  <u>BINGO</u> 6:00 PM	<b>16</b> <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	<b>17</b> <u>DEVOTIONS</u> 10:00 AM  <u>SCHWAN'S</u> 12 – 1:00 PM <u>JEWELRY MAKING</u> 1:00 PM  <u>WELLNESS CLINIC</u> 1:30 PM	<b>18</b> <u>PEST CONTROL</u> Apts. Ending in 09-10 <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:15 AM <u>MED MGMT CLINIC</u> 10 – 11:00 AM  <u>STRENGTH &amp; CONDITIONING</u> 1:30 PM  <u>BINGO</u> 6:00 PM	<b>19</b> <u>MOVIE</u> 7:00 PM
<b>20</b>	<b>21</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM  <u>PILLS, SPILLS &amp; DRILLS</u> 1:30 PM  <u>RESIDENT B-DAY PARTY</u> 7:00 PM	<b>22</b> <u>BAKED GOODS</u> 8 – 9:15 AM  <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM  <u>AMAZING BRAIN GAMES</u> 3:30 PM  <u>BINGO</u> 6:00 PM	<b>23</b> <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	<b>24</b> <u>DEVOTIONS</u> 10:00 AM  <u>SCHWAN'S</u> 12 – 1:00 PM <u>ASK A NURSE</u> 11–3:00 PM  <u>HAVEN HOT DOG DAY/HEALTH FAIR</u> 12:30 – 3:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	<b>25</b> <u>MED MGMT CLINIC</u> 10 – 11:00 AM  <u>STRENGTH &amp; CONDITIONING</u> 1:30 PM  <u>BINGO</u> 6:00 PM	<b>26</b> <u>AUXILIARY BAZAAR AND STAFF HOT DOG SALE</u> 9 AM – 2 PM  <u>MOVIE</u> 7:00 PM
<b>27</b>	<b>28</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM  <u>PILLS, SPILLS &amp; DRILLS</u> 1:30 PM  <u>DOWNTON ABBEY</u> 6:00 PM	<b>29</b> <u>BAKED GOODS</u> 8 – 9:15 AM  <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>FOOD DISTRIBUTION</u> 2:00 PM  <u>AMAZING BRAIN GAMES</u> 3:30 PM <u>BINGO</u> 6:00 PM	<b>30</b> <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	<b>31</b> <u>DEVOTIONS</u> 10:00 AM  <u>SCHWAN'S</u> 12 – 1:00 PM  <u>ASK A NURSE</u> 11–3:00 PM  <u>WELLNESS CLINIC</u> 1:30 PM		

## ON GETTING OLDER

A distraught senior citizen  
 phoned her doctor's office.  
 "Is it true," she wanted to know,  
 "that the medication  
 you prescribed has to be taken  
 for the rest of my life?"  
 "Yes, I'm afraid so," the doctor told her.  
 There was a moment of silence  
 before the senior lady replied,  
 "I'm wondering, then,  
 just how serious is my condition  
 because this prescription is marked  
 'NO REFILLS'.."

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### Aging:

Eventually you will reach a point  
 when you stop lying about your age  
 and start bragging about it. This is so true. I  
 love to hear them say "you don't look that  
 old."

The older we get,  
 the fewer things  
 seem worth waiting in line for.

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 Some people  
 try to turn back their odometers.  
 Not me!  
 I want people to know why  
 I look this way.  
 I've traveled a long way  
 and some of the roads weren't paved.

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 Ah, being young is beautiful,  
 but being old is comfortable.

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 (And this final one especially for me.)  
 "Lord,  
 keep Your arm around my shoulder  
 and Your hand over my mouth!"

## OTHER HAPPENINGS around the Towers

**A huge thank you goes out to Angelo Rodriguez and the following members of the Pablo Towers Auxiliary for the generous, professional, delicious and beautiful way in which they served at the Pablo Towers Board of Directors Annual Dinner and Meeting:**

**Margaret Adams, Rey Alvarez, Ann Dillard, Judy Frye, Nancy Graeme, Susan Leaptrot, Estelle Medlock, Sherry O'Brien, Joan Ohler, Lorraine Smith, Joan Taylor and Floyd Wilson.**

**Their efforts made the evening a success, and the owners and management of Pablo Towers appreciate all the hard work that it took to ensure that success !**

### **PABLO TOWERS AUXILIARY**

**Accepting Donations of Home Goods  
 FOR THE BAZAAR thru**

**October 24**

**No Clothing or Shoes**

**Contact Nancy Graeme**

**@ 246-0804**



### **OPEN ENROLLMENT FOR MEDICARE IS OCTOBER 15—DECEMBER 7**

**If you need assistance, please make an appointment with Lisa Sheeks, Service Coordinator, as early as possible. Her schedule will fill up quickly.**