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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

OCTOBER 2014

WHAT A PARTY!

Saturday, September 20, was cloudy and rainy outside but crazy and fun inside Pablo Towers. Chet's Creek Church hosted a sock hop, lunch and chores project for our community.

As you can see by the pictures below, everyone had a great time, including the Chick-Fil-A mascot.

Residents were treated to some great music and lunch sponsored by

Chick-Fil-A. Prior to the lunch, teams of workers had washed windows, flipped mattresses, cleaned ovens and much more for residents who has signed up for this annual opportunity to get their difficult chores completed.

Thanks to Ellen Hopkins, Service Coordinator, Jennifer Burns, Assistant Service Coordinator and Mit Pendergraft for coordinating this fun and extremely helpful event.



Residents and volunteers alike were all smiles at this annual fun event.



All pictures by Mit Pendergraft.

WELCOME TO THE TOWERS
Alma Brown

WELLNESS CENTER HEALTH TIP

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

Eating well gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy throughout your life.

*Free coffee available
Monday—Friday
starting at 10:00 AM*



PABLO TOWERS AUXILIARY

**RESIDENT
BIRTHDAY
PARTY**

**MONDAY
OCTOBER 20
6:00 PM**

*Sponsored by St. Paul's Catholic
Church*



The Pablo Towers' summer class of 2014 Citizens on Patrol is shown above. From left to right—Marti Miller, Els Petiet (friend of residents), Carla Tracy, Bobbie Ann Smith, Joann Beck and Estelle Medlock.

HAPPY BIRTHDAY FRIENDS

- Marti Miller Oct. 1
- Marie Hunt Oct. 1
- Laura Carmichael Oct. 1
- John Moore Oct. 4
- Nikki Smith Oct. 5
- James Thomas Oct. 5
- Al Boone Oct. 8
- Felix Gonzalez Oct. 8
- Maggie Gattrell Oct. 8
- Sandra 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

FAREWELL AND GOOD LUCK
Lucille Kuklantz

September Wii BOWLING
by Sheila of Americare



- Winner—Richard Carey 212
- Ruth Martin 185
- Lois Sullivan 159
- Floyd Wilson 157
- Ginny Pfaff 154
- Marie Singleton 154
- Sandee Connolly 128
- Al Boone 126
- Betty Robinson 113
- Alice Gillis 106

~ OCTOBER 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 <u>BIBLE STUDY</u> 10:00 AM <u>MEDICARE CHOICES</u> 1:30—2:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	2 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	3 <u>COLBY HERE</u> <u>PEST CONTROL</u> 6th & 12th Floors All Apartments Educational Enrichment	4 YOM KIPPUR
5 <u>VIOLIN CONCERT</u> 3:00 PM	6 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	7 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM	8 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	9 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	10 <u>COLBY HERE</u> <u>BOOK CLUB</u> 1:00 PM <u>JACKSONVILLE LEGAL AID PROGRAM</u> 1:30—2:30 PM <u>Wii BOWLING</u> 3:30 PM	11 <u>STORY-TELLERS</u> 11:00 AM
12	13 COLUMBUS DAY <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	14 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>COMPUTER CLASS</u> 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	15 <u>BIBLE STUDY</u> 10:00 AM <u>CHANGES TO MEDICARE/MEDICAID</u> 1:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	16 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	17 <u>COLBY HERE</u> <u>PEST CONTROL</u> 7th & 11th Floors All Apartments <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>WALGREEN'S FLU SHOTS</u> 10:00 AM—4:00 PM <u>CHANGES TO MEDICARE</u> 1:00 PM	18 SWEETEST DAY
19	20 <u>COLBY HERE</u> <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> 6:00 PM	21 <u>BAKED GOODS</u> 8 – 9:15 AM <u>COMPUTER CLASS</u> 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	22 <u>BIBLE STUDY</u> 10:00 AM <u>INDEPENDENT LIVING RESOURCE CENTER</u> 1:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	23 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	24 <u>COLBY HERE</u> <u>BOOK CLUB</u> 1:00 PM	25 <u>JACKSONVILLE LEGAL AID</u> 9:00 AM
26	27 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	28 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>COMPUTER CLASS</u> 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	29 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	30 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>HMO SEMINAR</u> 2:30 PM	31 HALLOWEEN <u>COLBY HERE</u>	

AROUND THE TOWERS



TRASH CHUTE ETIQUETTE

Please do not throw full or near full containers of liquids, spoiled food and drinks including milk, juice or spoiled meat down the trash chute.

If you have these types of items to discard, please bring them down to the outside dumpster for disposal.

Using the trash chute for smelly, wet items causes huge maintenance issues for our team. Please help them out!

OPEN ENROLLMENT TIME!

Each year, from **October 15—December 7**, you can make changes to your Medicare Advantage Plan or Medicare prescription drug coverage for the following year.

You can do any of the following during this time:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

NAVIGATING MEDICARE OPEN ENROLLMENT

Greg Naam from St. Vincent de Paul will come to explain to you how to navigate through Medicare choices to find the best health care option for your particular health care concerns.

**WEDNESDAY, OCTOBER 1
1:30—2:30 PM**

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

Bullying is defined as “an act of repeated aggressive behavior in order to intentionally hurt another person, physically or mentally”. It is characterized as behaving in a manner to gain power over another person.

The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children.

It is not always easy to tell the difference between what is bullying and what might just be the result of somebody's temporary bad mood. Do not tolerate persistent bad moods and bad behavior; repetition is a sign that you are being targeted.

In order to respond to an adult bully, you must first remember that it is the bully who has the problem, not you. Calmly and self-assuredly stand up for yourself. Sometimes the only thing to do in a bullying situation is to walk away.

Bullies don't have any real power once they realize that you won't engage in their game.

FLU & PNEUMONIA SHOTS FRIDAY, OCTOBER 17 10:00 AM—4:00 PM

Administered by Walgreen's

INDEPENDENT LIVING RESOURCE CENTER

Free hearing screenings & free amplified phones for those who qualify.

**Wednesday, October 22
1:00 PM**

JACKSONVILLE LEGAL AID PROGRAM

**Free Wills, Powers of Attorney, Durable Powers of Attorney
Friday, October 10
1:30—2:30 PM**

**Documents ready for signature and pickup
Saturday, October 25
9:00—12:00 Noon**