



MONTHLY NEWSLETTER



OCTOBER 2015

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Staff Members

Nancy Gabriszeski

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Sheryl Roussin

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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

Ebony Neville

Housekeeper

Bob Myers

Custodian

Melissa Gilreath

Executive Director

EHMCorp

Debra Waters

Operations Manager

EHMCorp



It was another fun day with the group from Chets Creek Church. This year after completing their assigned tasks in residents' apartments, they hosted a luau for us. The party included music, dancing, food and fun.

Thanks to Chets Creek for a helpful and entertaining day!

RESIDENT OF THE MONTH Alan Kerr

Alan Kerr was born in London, England of Jewish parents in 1928. Alan is an accomplished violinist and also has made violins. In fact, the violin he is currently playing is the first one he made. At a young age he learned to read music; first he learned to play the piano and then the violin. And today at 87 years of age, he is still playing the violin beautifully.

In 1939 when Alan was just 12 years old, World War II began. When the Battle of Britton began, he was evacuated five times. It seemed every place they sent him was being bombed. In Devon he saw a fight between a U-boat and a submarine chaser. In Wales they dropped a landmine a quarter of a mile from the largest coal mine in the country. When he eventually got to go back to London, it was just in time for the bombing of London.

In 1954 Alan left England for America. It was in Jacksonville, FL he learned tailoring, thus becoming a very accomplished tailor. He yearned to travel, which he did as his career as a tailor allowed him to do. He went to Miami twice, Los Angeles four times, then returned to Jacksonville.

It was in Jacksonville where he met Floranna who was to become his wife of 26 years. The last six years of her life she had Parkinson's. When she passed away, Alan came here to Pablo Towers.

Such a rich history and blessed life. We are happy that he survived the war and brought his talents and skills to America. Alan tells me he has many more stories. Unfortunately our space is limited. He said he could write a book of his experiences, and I wholeheartedly encourage him to do so.

Reported by Joan Brown

MUSIC AT THE TOWERS



In Concert

Pablo Towers
Jacksonville Beach-3:00 PM
Thursday, October 8, 2015

Debra Rider-Vocals

Claude Basingthwaite-Bass

Mark Gibson-Guitar

Performing
Songs from the
Great American Songbook

Pablo Towers and Suites is excited to welcome quarterly musical presentations to our community. St. Paul's by the Sea Episcopal Church will be gifting us with the different types of musical presentations through a financial grant from their foundation.

Please plan to attend this inaugural music event, **The Debra Rider Trio, Thursday, October 8, at 3:00 PM.** They will be performing musical standards from The Great American Songbook.

Refreshments will be served.

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
Sandy Ackland	Oct. 10
Shirley Gray	Oct. 13
Beverly Justin	Oct. 15
Emmett Rekitt	Oct. 19
Olga Hernandez	Oct. 21
Mary Florez	Oct. 23
Pat Maxwell	Oct. 30
Joann Collier	Oct. 30
Carmen Gonzalez	Oct. 31

PABLO TOWERS AUXILIARY

ANNUAL AUXILIARY BAZAAR

SATURDAY

OCTOBER 3

9:00 AM—2:00 PM



RESIDENT BIRTHDAY PARTY

MONDAY

OCTOBER 19

6:00 PM

Sponsored by St. Paul's
Catholic Church

★HAPPY★
BIRTHDAY!

HALLOWEEN COSTUME PARTY

Saturday, October 31

6:00 PM

Games & Refreshments
Best Costume Prize

WELCOME

Rebecca Aydelette
Georgia Barnes
Susie Braswell
Eleanor Cass
Chet Galbraith
Faye Gill
Bonnie Mank
Dwight Pavkovich
Bonita Saxton

GOOD BYE AND GOOD LUCK


Ana Santiago

Wii BOWLING SEPT. RESULTS

Game 1		Game 2	
Lois Sullivan	176	Al Boone	155
Jim Ring	141	Floyd Wilson	133
Al Boone	128	Marie Singleton	132
Alice Gillis	108	Betty Robinson	118



~ OCTOBER 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>Sea & Sky Spectacular at the Beaches The Blue Angels October 23, 24, 25 Practice flyovers beginning October 21 Please be prepared for the noise and the crowds.</p>				1 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	2 <u>PEST CONTROL</u> 5th Floor & 12th Floor <u>WALGREEN'S FLU SHOT CLINIC</u> 10—2:00 PM <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>ONSITE DERMATOLOGY</u> 11:00 AM <u>BINGO</u> 6:00 PM	3 AUXILIARY BAZAAR 9—2:00
4 Violin Concert 3:00 PM	5 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>LET'S TALK HEALTH</u> 2:00 PM <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	6 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 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>BROOKS PRESENTS</u> 2:30 PM <u>WELLNESS CLINIC</u> 2:30 – 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 <u>MUSIC AT THE TOWERS</u> 3:00 PM	9 <u>elderSource and SHINE</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>BOOK CLUB</u> 1:30 PM <u>BINGO</u> 6:00 PM	10 STORY-TELLERS 10:15 AM Ponte Vedra Library
11	12 COLUMBUS DAY <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>McGOVERN JEWELRY SERVICES</u> 10—2:00 PM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>LET'S TALK HEALTH</u> 2:00 PM	13 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 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	14 <u>BIBLE STUDY</u> 10:00 AM <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> 6th Floor & 11th Floor <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	17
18	19 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>LET'S TALK HEALTH</u> 2:00 PM <u>RESIDENT B-DAY PARTY</u> 6:00 PM	20 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	21 <u>BIBLE STUDY</u> 10:00 AM <u>PLAYERS BY THE SEA</u> 2:30 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>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>UF FAMILY NUTRITION PROGRAM</u> 2:00 PM	23 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	24
25	26 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>LET'S TALK HEALTH</u> 2:00 PM	27 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 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>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 <u>MARKET FRESH MUNCHIES</u> 2:30 PM	30 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>elderSource and SHINE</u> 2:30 PM <u>BINGO</u> 6:00 PM	31 HALLOWEEN PARTY 6:00 PM 

OTHER HAPPENINGS AROUND THE TOWERS

FARM TO TABLE FOOD TRUCK EVERY FRIDAY 10:00—NOON

This nonprofit mobile farmers market provides fresh, healthy produce from North Florida farmers and producers. Use your EBT cards and you will receive double the produce.

WALGREEN'S FLU SHOT CLINIC FRIDAY, OCTOBER 2 10:00—2:00 PM

Walgreen's returns to Pablo Towers to provide flu and pneumonia shots. Please sign up at the signup table in the Lobby and pick up your consent for vaccination at the front desk. Please complete Section A of the form, the highlighted questions in Section B, and sign and date the form. Please bring this with you when you come to the clinic.

Onsite Dermatology Friday, October 2

To schedule an appointment, please call 1-877-345-5300. Appointments start beginning at 11:00 AM in the Wellness Center.

BROOKS™ PRESENTS . . . FALLS Rehabilitation PREVENTION

Wednesday, October 7, 2:30 PM

This will be an in-depth program using screening tools, education, assessment and intervention to improve your quality of life. Focus will be on avoiding falls, what to do if you fall and safety, safety, safety.

Light snacks and beverages will be served.

PABLO TOWERS' BOOK CLUB FRIDAY, OCTOBER 9 1:30 PM

Please come and share with others what books you have enjoyed reading in recent months.

elderSource & SHINE SENIOR RESOURCE PRESENTATION FRIDAY, OCTOBER 9 10:00 AM

Please plan to attend this informative presentation about this helpful resource in our community! elderSource is a program that connects elders with the services they need.

STORYTELLERS GROUP

Saturday, October 10, 10:15 AM

The group meets at the Ponte Vedra Library. If interested in attending, please call Lillian Harrison.

McGOVERN JEWELRY SERVICE MONDAY, OCTOBER 12 10:00 AM—2:00 PM

Do you have jewelry that you have been unable to wear due to a clasp being broken? Does your watch need a battery? Do you need your pearls restrung? Matt McGovern provides these services at a low cost, so that you can enjoy your jewelry again.

Burns Audiology and Balance FRIDAY, OCTOBER 16

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

PLAYERS BY THE SEA WEDNESDAY, OCTOBER 21, 2:30 PM

The importance of Consuming Adequate Fluids

UF Family Nutrition Program

THURSDAY, OCTOBER 22, 2:00 PM

Plan to join Sloan Griffith as she presents this educational program. If you have difficulty drinking enough water, Sloan will provide suggestions of how to get adequate fluids in your body to prevent dehydration. A snack will be provided.

MARKET FRESH MUNCHIES THURSDAY, OCTOBER 29, 2:30 PM

Chef Rosaria Anderson returns to provide an interesting and informational program on how to prepare meals for yourself which are low in cost, easy to prepare, and are nutritious. Samples from the chef's food demonstration will be provided.

elderSource/SHINE FRIDAY, OCTOBER 30, 2:30 PM

Please come to this information meeting in which Andrea Papaj, SHINE advocate, will introduce you to SHINE, a community resource which addresses the health insurance needs of elders through the Florida Department of Elder Affairs. Andrea will share the upcoming changes in Medicare for the upcoming 2016 year.