



# MONTHLY NEWSLETTER



## OCTOBER 2016

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

#### Donna Houston-Long

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Lora Burton

Administrative Assistant

Travis McKenzie

Executive Chef

Jason Hopton

Sous 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

Bryce Chastain

Custodian

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

### 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.

### RESIDENT OF THE MONTH— Mustafa Omerbashi

Mr. Omerbashi was born September 4, 1937 in Tirana, Albania. At the time, Albania was under communist rule, and to become such a musical artist as he is was not an easy feat. We here in America take our freedom of speech for granted. But not under communist rule; your every word had to be scrutinized because saying the wrong thing could land you in prison for a long, long time. So an artist really sacrificed a lot to be able to express themselves through their art whether in painting, music or prose.

His family was a very poor family and at age 14, he had to start working in a textile mill as an electrician. During that time he was an amateur singer with the Culture House in Tirana. Every male was expected to serve in the military, so during his tour in the armed services, he was a member of the Choir of the Military.

Mr. Omerbashi continued his education and was a graduate from the Academy of Fine Arts in musicology. He was a scientific employer near the popular Cultural Institute in Tirana’s Department of Ethnomusicology and Ethno choreography. His activity in the folk field spanned 40 years. His attention to gathering the folk value helped him in creating the Albanian Musical Folk Archives with about 3,500 folk units. He was the promoter of founding the “Albanian College for the Folklore Association,” and its

Executive Head. His musical resume’ includes singer, director of music department, artistic director of Tirana Folk Ensemble, as well as 23 traditional concerts edition of May, organizer of folk festivals and expeditions, founder of the symphonic orchestra of Tirana, manager of professional programs of the young talent, author and composer of many songs, choreographies with folk character as well as composer of many children’s songs. WOW!

Mustafa and his lovely wife Bukurije were married 56 years. They had two children—a son, Tony, and a daughter, Mirela, and four grandchildren. Their son Tony lived here in New York when they applied for a green card and moved to New York in 2002. In 2004, they moved as a family to Florida. Bukurije passed away in 2013 as she had been ill for many years. Mustafa put his music career on hold to care for his wife. She has now been gone for a little over three years, and he misses her very much. I have found Mr. Omerbashi to be a proud man with a kind heart and gentle spirit. I asked him how he liked being retired—he responded “retired, I never retired and still would love to be involved in music if there was an opportunity.”

By Joan Brown

## PABLO TOWERS AUXILIARY

**Annual Pablo  
Towers Bazaar  
Saturday  
October 22  
9:00 AM—2:00 PM**

Including the infamous  
hot dog sale—  
all proceeds from the  
hot dog sale go to  
Dial-a-Ride

**RESIDENT  
BIRTHDAY  
PARTY  
MONDAY  
October 24  
6:00 PM**

*Sponsored by St. Paul's  
Catholic Church*



**HALLOWEEN PARTY  
MONDAY, OCTOBER 31  
7:00 PM**

Donations for Tickets accepted  
Prize given for best costume



## SAVE THE DATES

**Thanksgiving Dinner  
Sunday, November 13**  
Auxiliary Member \$8; Guests \$14

**Christmas Dinner  
Sunday, December 11**  
Auxiliary Member \$8; Guests \$14

**New Year's Eve Party  
Sunday, December 31**

Live music / dancing with Don Minard  
Favors—Door Prizes  
Heavy Hors d'oeuvres  
Watch the ball drop at Times Square

## HAPPY BIRTHDAY FRIENDS

Marti Miller .....	Oct. 1
Marie Hunt .....	Oct. 1
Laura Carmichael .....	Oct. 1
Nikki Smith .....	Oct. 5
James Thomas .....	Oct. 5
Al Boone .....	Oct. 8
Maggie Gattrell .....	Oct. 8
Lynwood Palmer .....	Oct. 9
Sandy Ackland .....	Oct. 10
Shirley Gray .....	Oct. 13
Beverly Justin .....	Oct. 15
Emmett Rekitt .....	Oct. 19
Olga Hernandez .....	Oct. 21
Mary Florez .....	Oct. 23
Patricia Maxwell .....	Oct. 30
Joann Collier .....	Oct. 30

**ELIZABETH JOYNER  
GLADYS JOHNSON**



## FAREWELL & BEST WISHES

**Peter Beddoe  
Betty Clements  
Nancy Graeme**

## SEPTEMBER Wii BOWLING RESULTS



 Al Boone	180 & 178
Chet Galbraith	170
Jim Ring	144
Judith Earle	139
Alice Gillis	133 & 109
Sue Casper	132

**Come join us next  
month!**



# ~ OCTOBER 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2 Violin Concert - Lobby 3:00 PM	3 <b>ROSH HASHANAH</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	4 <u>COMPUTER CLASS</u> <u>CONF. ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 1:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	5 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	6 <u>PEST CONTROL</u> Apt. Ending in 13 <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>TAI CHI</u> 2:00 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	7 <u>ONSITE DERMATOLOGY</u> <u>WELLNESS CENTER</u> 11:00 AM  <u>MEDICARE 2017</u> 2:30 PM  <u>BINGO</u> 6:00 PM C.R.	8 <u>STORY-TELLERS</u> 10:00 AM
9	10  <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R.	11 <u>COMPUTER CLASS</u> <u>CONF. ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 1:30 PM C.R.  <u>ART SHOW</u> 5:00—8:00 PM LOBBY  <u>BINGO</u> 6:00 PM C.R.	12 <b>YOM KIPPUR</b> <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	13 <u>PEST CONTROL</u> Apt. Ending in 14 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>MD2U</u> 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM  <u>TOWN HALL</u> <u>MEETING</u> 3:30 PM	14  <u>I ♥</u> Book Club  <u>BOOK CLUB</u> <u>CONF. ROOM</u> 2:00 PM  <u>Wii BOWLING</u> 3:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	15 <b>SWEETEST DAY</b>   <u>JACKSONVILLE AREA</u> <u>LEGAL AID</u> <u>DAY</u> 9—12 Noon
16	17 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R.	18 <u>COMPUTER CLASS</u> 10:00 AM  <u>TAI CHI</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 1:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	19 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>COLORING FOR</u> <u>ADULTS</u> 2:00 PM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	20 <u>PEST CONTROL</u> Apt. Ending in 15 <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>TAI CHI</u> 2:00 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	21 <u>DR. BURNS'</u> <u>AUDIOLOGY CLINIC</u> <u>WELLNESS CENTER</u> 9:30 AM  <u>CHAIR VOLLEYBALL</u> 3:00 PM  <b>NO BINGO</b>	22  <u>AUXILIARY</u> <u>FALL</u> <u>BAZAAR</u> 9-2 PM
23/30 	24/31 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>JANE—APEX</u> 2:00 PM C.R. (24TH ONLY)  <u>24th—RESIDENT</u> <u>BIRTHDAY PARTY</u> 6:00 PM  <u>31st—HALLOWEEN</u> <u>PARTY</u> 7:00 PM	25 <b>NO COMPUTER CLASS</b>  <u>TAI CHI</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 1:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	26 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>BROOKS PRESENTS:</u> <u>FALL RISK</u> <u>SCREENING</u> 2:00 PM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	27 <u>PEST CONTROL</u> Apt. Ending in 16  <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—2:30 PM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM  <u>TAI CHI</u> 2:00 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	28  <u>BINGO</u> 6:00 PM C.R.	29

## OTHER HAPPENINGS AROUND THE TOWERS

### IT'S OPEN ENROLLMENT TIME! MEDICARE 2017

**Friday, October 7, 2:30 PM**

We hope you will plan to come learn about the changes to the insurance plans for 2017. John Parks with Humana Healthcare will discuss the changes in our plans for 2017 and the benefits of dual eligible plans. Refreshments will be provided.

### PABLO TOWERS TOWN HALL MEETING

**Thursday, October 13, 3:30 PM**

We are so excited!

Mark your calendar now!

Our Mayor, Charlie Latham, and our Police Chief, Patrick Dooley, are coming to meet with you to discuss what is happening in our city. Let's be thinking of some positive suggestions to share with our leaders that can make our city an even better place to live! And bring your questions too!!  
Dessert will be served.

### BROOKS PRESENTS: WEDNESDAY, OCTOBER 26, 2:30 PM

To follow up on the extremely educational program last month, Ila Iyewarun, physical therapist and Fall Prevention Intervention Coordinator at Brooks Rehabilitation, will be returning to continue her program about what YOU can do to minimize the risk of falling as you mature. If you have stumbled or fallen, felt wobbly or dizzy, had numbness in your feet, or other concerns, this is the program for you. There will be physical and occupational therapists here to complete a screening to see if you are at risk and to help you learn what to do to diminish that risk. This is a free program, so plan now to take advantage of this opportunity. And since Halloween is coming, a Halloween activity will be available for you to do as well as treats, not tricks.

### INTRODUCTION TO TAI CHI FOR HEALTH THURSDAY, OCTOBER 6, 2:00 PM

This class is a wonderful opportunity to learn about the health benefits of Tai Chi and to give Tai Chi a try. "This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. Tai Chi might well be called 'medication in motion.' There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health." (Harvard Medical School Health Publications) This introductory class will be led by certified instructor, Deirdre Dwyer, who will explain the benefits of Tai Chi and will teach the basic Tai Chi movements. Tai Chi can be done standing or sitting, so Deirdre will demonstrate chair and standing exercises. Whether you exercise regularly, occasionally or think that it would hurt you to exercise, please plan to attend this class. We are all beginners, so no one needs to feel intimidated by coming. And if you are not sure about Tai Chi, please come and watch the class and learn about the benefits of exercise in our lives. Deirdre teaches Tai Chi at FSUJ, Foundation Academy, and at other locations around Jacksonville.

If there is enough interest in continuing these classes, Deirdre will be offering her classes for four weeks. They are scheduled on Tuesdays, October 18 and 25 at 10:00 AM and Thursdays, October 20 and 27 at 2:00 PM. Then in November, the classes are scheduled on Tuesday, November 1 and 8 at 10:00 AM and Thursdays, November 3 and 10 at 2:00 PM.

### ALONE . . . TOGETHER

**Friday, October 28, 3:00 PM**

Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with Vitas Healthcare. Sheila will be sharing some helpful coping skills, so that we can live our lives more positively, healthily and fully. You will benefit from attending this group! Snacks and drinks will be served.

## JACKSONVILLE AREA LEGAL AID DAY SATURDAY, OCTOBER 15, 9:00—12:00 Noon

On this day, area attorneys and paralegals will be coming to Pablo Towers to create your advanced directive documents with you during individual appointments. If you are interested in having your legal documents created, please make sure to sign up on the signup table. Ellen Hopkins, Service Coordinator, will contact you and will give you some paperwork to complete to prepare for your appointment on that Saturday. This free service is provided through the generosity of Jacksonville Legal Aid, volunteers from area law offices, Florida Blue Foundation, and the Small Firm Section of the Florida Bar.