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Managed by Elderly Housing

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

Ebony Neville
Housekeeper

Melissa Gilreath
Executive Director
Elderly Housing
Management Corp.

Debra Waters
Operations Manager
EHMC

MONTHLY NEWSLETTER

SEPTEMBER 2013

NEW RESIDENT COUNCIL OFFICERS INSTALLED

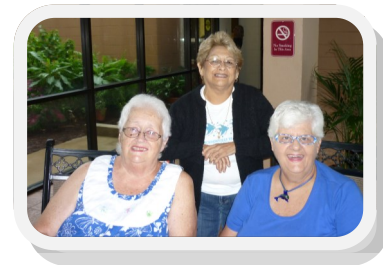
Jean Averill, Joan Ohler, Dee Kenna, Sherry O'Brien, George Pringle, Shirley Silbernagle and Ruth Jenkins worked together to ensure a fair and easy Resident Council election took place this year.

The newly-elected Resident Council officers were installed at the monthly Council meeting on Monday, August 18. Approximately 50 residents attended the meeting.

Carla Tracy is the new President, Lorraine Smith is the new Vice President, and Linda Ryon will continue her duties as Secretary for an additional year.

After hearing the responsibilities of each of their offices, the new Council officers accepted the duties of their offices with pride. As Carla Tracy commented, "I am happy to represent all of the residents and will do everything I can to satisfy any issue."

Good luck to the new Council officers and thank you to Rey Alvarez, Margaret Knoechel and Linda Ryon for their service this past year.



New Officers - from left to right, Linda Ryon, Sec.; Lorraine Smith, VP and Carla Tracy, Pres.

FROM REY ALVAREZ, RESIDENT COUNCIL PAST PRESIDENT

I just wanted to convey my appreciation for allowing me to serve as the Past President of the Pablo Tower's Resident Council. I thoroughly enjoyed the camaraderie that the Council provided me and my wife Lili. I especially want to thank Margaret Knoechel and Linda Ryon for the wonderful support they gave me . . . they made me look good!

A special note goes out to all the floor representatives and Floor Captains. You all made it easy to get the news out and keep everyone in the loop.

Thank you to the Nominating and Election Committee for your hard work to ensure the good work continues.

Congratulations to the newly elected Resident Council. You will have my support to maintain this wonderful community throughout the next year.

My Sincerest Regards, Rey Alvarez

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FROM CARLA TRACY, NEW PRESIDENT OF THE RESIDENT COUNCIL

First: A “Thanks a million” to Jeanne Averill, who was the Nominating Committee Chairman and did a terrific job, organizing everything so that the Installation of the new officers went smoothly. Joan Ohler helped her by being her very capable assistant and doing the “leg work.”

Second: The Nominating Committee, Joan Ohler, Dee Kenna and Sherry O’Brien. Thank you for finding people who wanted to run for office (not an easy task).

Third: Thank you, Election Committee, George Pringle, Ruth Jenkins and Shirley Silbernagle for sitting in Strange Hall from 10 am—2 pm and counting all the votes with the supervision of Lisa Sheek, Service Coordinator.

Lastly, thanks to Debra Waters for the delicious, healthy lunch and for setting up our monthly newsletter with personal info of and for the Pablo residents. Great job; we love it!



The Aster is the flower for September; the birthstone is the Sapphire.



HAPPY BIRTHDAY FRIENDS

Thomas Schilling	Sept. 1
Curtis Barrow	Sept. 2
Fae Williams	Sept. 3
Sharon Judd	Sept. 6
Jonmaire Giles	Sept. 8
Jean Wade	Sept. 10
Yuliy Chernyak	Sept. 10
Betty Selph	Sept. 12
Ina Amos	Sept. 14
Joan Ohler	Sept. 15
Betty Randall	Sept. 17
Ana Vrban	Sept. 19
Betty Brannon	Sept. 20
Felipa Guia	Sept. 20
Linda Ryon	Sept. 20
Sylvia Padgett	Sept. 21
Evelyn Maxie	Sept. 22
Bobbie Ann Smith	Sept. 25
Lorraine Smith	Sept. 27
Betty Simmons	Sept. 29
Gael McKinstry	Sept. 30

WELCOME TO YOUR NEW HOME

MICHAELYN EDWARDS
ANA SANTIAGO

Good-Bye and Good Luck

FRAN COOMBS
FLORENCE VELASQUEZ
LOU ANN MARSHALL

PABLO TOWERS AUXILIARY

**SLOPPY JOE DINNER / LIVE
ENTERTAINMENT
SATURDAY, SEPTEMBER 14**

7:00 PM

*Entertainment by our own very talented
Dave Reeves
Free to Auxiliary Members
\$4 for non-members and Guests*

**RESIDENT BIRTHDAY PARTY
MONDAY, SEPTEMBER 16**

7:00 PM

Sponsored by Jax Beach Women’s Club

**THE EXCHANGE CLUB
ANNUAL FISH FRY
MONDAY, SEPTEMBER 23
5:00 PM**

Be sure to sign up in the Lobby

**QUARTERLY AUXILIARY MEETING
WEDNESDAY, SEPTEMBER 25
5:00 PM**

PIZZA WILL BE SERVED
Free to Auxiliary Members

~ September 2013 ~						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	3 <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	4 <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	5 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>BOOK CLUB</u> 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	6 <u>PEST CONTROL</u> Apts. Ending in 02-03 <u>MED MGMT CLINIC</u> 10 – 11:00 AM <u>STRENGTH & CONDITIONING</u> 1:30 PM <u>BINGO</u> 6:00 PM	7 MOVIE 7:00 PM
8	9 <u>CHANGES IN MEDICARE</u> 10:00 AM <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	10 <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 & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	11 <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	12 <u>DEVOTIONS</u> 10:00 AM <u>STORYTELLING</u> 11:00 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	13 <u>MED MGMT CLINIC</u> 10 – 11:00 AM <u>STRENGTH & CONDITIONING</u> 1:30 PM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	14 SLOPPY JOE DINNER & LIVE MUSIC 7:00 PM
15	16 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>RESIDENT B-DAY PARTY</u> 7:00 PM	18 <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 & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	18 <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	19 <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 <u>DOWNTON ABBEY</u> 6:00 PM	20 <u>PEST CONTROL</u> Apts. Ending in 04-05 <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:15 AM <u>MED MGMT CLINIC</u> 10 – 11:00 AM <u>STRENGTH & CONDITIONING</u> 1:30 PM <u>BINGO</u> 6:00 PM	21 MOVIE 7:00 PM
22	23 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>EXCHANGE CLUB FISH FRY</u> 5:00 PM	24 <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	25 <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 <u>AUXILIARY QRTLRY MEETING</u> 5:00 PM	26 <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	27 <u>MED MGMT CLINIC</u> 10 – 11:00 AM <u>STRENGTH & CONDITIONING</u> 1:30 PM <u>BINGO</u> 6:00 PM	28 MOVIE 7:00 PM
29	30 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PILLS, SPILLS & DRILLS</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	DON'T FORGET: Annual Auxiliary Bazaar is <u>October 26.</u>				

MAINTENANCE TIP

Please run your kitchen disposal at least one time per week with the water running. The blades lock up if the disposal is not run for longer periods of time. Thank you!!



DID YOU KNOW?

Dial A Ride will take you to Walmart the 2nd Tuesday morning (8:30 AM) of each month or the third Wednesday afternoon (12:00 Noon). Cost is \$5 for a roundtrip ticket, and you must call Dial A Ride at 246-1477 to secure your seat.



Some of our residents having fun with their red-hatted friends.

I'VE LEARNED . . .

That the best classroom in the world is at the feet of an elderly person.

That just one person saying to me, 'You've made my day!' makes my day.

That being kind is more important than being right.

That sometimes all a person needs is a hand to hold, an ear to listen, and a heart to understand.

That no one is perfect, but everyone has wonderful attributes and valuable qualities.

That a warm and sincere smile is an inexpensive way to improve your looks.

That we should keep our words both soft and tender, because tomorrow we may have to eat them.

That when you harbor bitterness, happiness will dock in another port.

That under everyone's hard shell is someone who wants to be appreciated and loved. . . . AUTHOR UNKNOWN

OTHER HAPPENINGS around the Towers

2014
CHANGES IN MEDICARE
Monday, September 9
10:00 AM

Karen Ansell, President
Secure Choices Insurance Services

EVERYONE IS INVITED
TO THE WEEKLY
CRS (COME, RELAX, SOCIALIZE)
LUNCHES—
FRIDAYS
SPONTANEOUS, UNPLANNED,
UNORGANIZED GET TOGETHERS
Check out what will be happening—posted in the lobby

JUMP ON THE BANDWAGON !
Annual Auxiliary Bazaar
Saturday, October 26, 9:00 AM—2:00 PM
Accepting Donations of Home Goods; No Clothing or Shoes
Contact Nancy Graeme @ 246-0804

