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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

MONTHLY NEWSLETTER



SEPTEMBER 2016

NEW SITE MANAGER— DONNA HOUSTON-LONG



Many of you have already met her, some have not been so lucky yet. Our new Property Manager, Donna Houston-Long, arrived here at the beginning of July. Donna is quickly learning all about our vertical neighborhood and how she can best serve each of you.

Donna comes to Pablo Towers from Georgia, where she has more than ten years of experience in managing properties of all types and sizes. She has been living in Jacksonville Beach for the last year with her family. Her family chose to call this area home after having vacationed here multiple times.

Please welcome Donna with the same warm welcome you have extended to each and every new member of our community. She is anxious to meet all of you and hopes to get an opportunity to meet you soon.

LET FREEDOM SING

On Saturday, August 13th, “Let Freedom Sing” gave a performance to honor our men and women that have served in the military. What a performance!! We laughed, we cried, we sang, but the most important emotion all of us shared was that we are proud to be Americans.

We have 22 residents who have served in our military, in every branch of the service. All of us who served or did not serve were touched, as most of us have family and friends who served that are no longer here. Many were heroes, many died, many are still here with us, but all of them put lives on the line for us and the country they loved.

Why do we Americans love this country so much?

We believe in the freedom for everyone. That is why we have fought in our own country as well as other countries. America is not a race of people, it is a concept, an idea that we follow—that every person should be free to choose to worship and to live without fear.

America was formed by people from every point on the compass. People would and still do sell or give everything they have to come to America. Freedom to choose is our right and that is why we will continue to fight to preserve it.

Thank you once again to the St. Pauls by-the-Sea Episcopal Church Foundation for sponsoring this beautiful event for us.

By Joan Brown

PABLO TOWERS AUXILIARY

**GAME NIGHT
with a
COP
THURSDAY
September 8
6:00 PM**

Our Jacksonville
Beach Police
Department's
C.A.P.E. Unit
will be here
to join the FUN!



PLAY
READY

**RESIDENT
BIRTHDAY
PARTY**

**MONDAY
SEPTEMBER 19
6:00 PM
With DJ
Daniel Snyder**

*Sponsored by The
Jacksonville Beach
Women's Club*

Start to collect your
treasures for the
Annual Pablo Towers
Bazaar
To be held
Saturday
October 22

HAPPY BIRTHDAY FRIENDS

Robert Parker	September 3
Fae Williams	September 3
Sharon Judd	September 6
Yuliy Chernyak	September 10
Elizabeth Wade	September 10
Eloise Amos	September 14
Joan Ohler	September 15
Sharon O'Regan	September 15
Betty Randall	September 17
Ruth Corbitt	September 19
Ana Vrban	September 19
Betty Brannon	September 20
Felipa Guia	September 20
Susie Braswell	September 21
Sylvia Padgett	September 21
Mustafo Omerbashi	September 24
Bobbie Ann Smith	September 25
Lorraine Smith	September 27
Betty Simmons	September 29
Gael McKinstry	September 20

SAVE THE DATE

December 31, 2016

PABLO TOWERS NEW YEARS EVE PARTY

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

MAINTENANCE REMINDER

Please do not pour water onto your balcony. The water drains through drain holes directly onto the balcony below, causing problems for the resident who lives below you. Please be considerate and do not pour big amounts of water onto your balcony.

BAKED GOODS DISTRIBUTION DISCONTINUED

We will no longer have our Tuesday morning Baked Goods distribution and our Sunday distribution. Publix has decided to utilize the BEAM food pantry as the single source to distribute their excess baked goods. Any baked goods we receive will come from BEAM and will be distributed here at our Tuesday afternoon general food distribution program. Panera goods will also be distributed on Tuesday afternoons.

HUD INSPECTION RESULTS

Thank you to all residents who prepared so well for our recent HUD inspection. Our score was good enough that we will not have to have another HUD inspection until August 2019. We appreciate all that our fabulous Maintenance Team and you do to keep our vertical neighborhood and your home clean and safe.

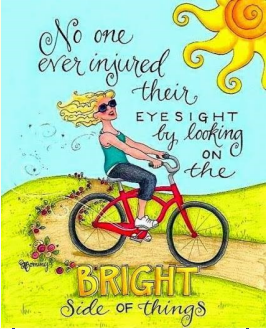


AUGUST

Wii BOWLING RESULTS

Jim Ring	174	🏆
Chet Galbraith	143	
Judith Earle	140	
Susan Stanton	134	
Al Boone	129	
Alice Gillis	124	
Roberta Moore	118	
Lois Sullivan	109	



~ SEPTEMBER 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <u>PEST CONTROL</u> Apt. Ending in 08 <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>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	2 <u>ONSITE DERMATOLOGY</u> <u>WELLNESS CENTER</u> 11:00 AM <u>BINGO</u> 6:00 PM C.R.	3 <u>MOVIE NIGHT</u> 6:00 PM C.R.
4 Violin Concert - Lobby 3:00 PM	5 	6 <u>COMPUTER CLASS</u> 10:00 AM C.R. <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	7 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>BROOKS</u> <u>PRESENTS: LIVING INDEPENDENTLY</u> 2:30 PM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	8 <u>PEST CONTROL</u> Apt. Ending in 09 <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>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R. <u>GAME NIGHT</u> 6:00 PM	9 <u>BOOK CLUB</u> <u>CONF. ROOM</u> 2:00 PM <u>I ♥</u> Book Club <u>Wii BOWLING</u> 3:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	10 <u>STORY-TELLERS</u> 10:00 AM <u>MOVIE NIGHT</u> 6:00 PM C.R.
11 Happy Patriots Day  HAPPY GRAND-PARENTS DAY	12 <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.	13 <u>COMPUTER CLASS</u> 10:00 AM C.R. <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.	14 <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.	15 <u>PEST CONTROL</u> Apt. Ending in 10 <u>DEVOTIONS</u> 9:30 AM C.R. <u>MD2U</u> 1:00—2:30 PM <u>MEDICARE & YOU</u> 2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	16 <u>DR. BURNS' AUDIOLOGY CLINIC</u> <u>WELLNESS CENTER</u> 9:30 AM <u>CHAIR VOLLEYBALL</u> 3:00 PM <u>BINGO</u> 6:00 PM C.R.	17 <u>MOVIE NIGHT</u> 6:00 PM C.R.
18	19 <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 BIRTHDAY PARTY</u> 6:00 PM	20 <u>COMPUTER CLASS</u> 10:00 AM C.R. <u>FLU SHOT CLINIC</u> 10:00 AM—3:00 PM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	21 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>COLORING FOR 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.	22 <u>PEST CONTROL</u> Apt. Ending in 11 <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>POISON PREVENTION AT HOME</u> 2:00 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	23 <u>ALONE ... TOGETHER</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	24 <u>MOVIE NIGHT</u> 6:00 PM C.R.
25	26 <u>McGOVERN JEWELRY REPAIR</u> 9:30 AM—2:00 PM <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.	27 <u>COMPUTER CLASS</u> 10:00 AM C.R. <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	28 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>WHAT LEGAL DOCUMENTS DO I NEED?</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.	29 <u>PEST CONTROL</u> Apt. Ending in 12 <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>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	30 <u>BINGO</u> 6:00 PM C.R.	

OTHER HAPPENINGS AROUND THE TOWERS

DEVOTIONS

Thursday, September 1, 9:30 AM

This will be a very special morning for our Devotions program. Pastor Peyton Hopkins of Community Presbyterian Church and the founder and faithful minister of the Father's Housewares Program will be leading Devotions for the last time before retiring from his 16 years of ministry here at Pablo Towers. Even if you do not attend Devotions on a regular basis, we hope that you will join this special day where we will honor Pastor Peyton. We will be providing a light brunch prior to Devotions. We hope you will join us in thanking Pastor Peyton for his many years of service to the residents of Pablo Towers. Please plan to help us to send him off with warm wishes!

BROOKS PRESENTS: LIVING INDEPENDENTLY

WEDNESDAY, SEPTEMBER 7, 2:30 PM

Do you desire or plan to live independently the rest of your life? If so, you need to be proactive in working toward that goal daily! We encourage you to attend this important program. Come, learn, see and feel simple things you can do and tools you can use to live safely and independently. Refreshments will be served.

MONDAY MORNING EXERCISE WITH APEX 11:00 AM- Beginning Sept. 12

Plan now to come get your week off to a great start. Justin Dean will start each session with a good warm up before the exercise part of the class. This class will address core strengthening, stability and endurance, moving into all types of planes of motion while employing all the muscle groups of the body. Come join an interactive fun class that promotes health and community! *Please note this is a weekly class.*

MEDICARE AND YOU

Thursday, September 15, 2:30 PM

Open Enrollment season is starting very soon!! We encourage you to review your plan every year, as the plans tend to change from year to year. Karen Ansell with Secure Choices Insurance Services, an independent insurance company, will address the Medicare changes for 2017 and will share the new health care reforms coming our way. There are so many Medicare plans available, so Karen will explain the different plans and how to find the right one for you. You are welcome to invite your family members to come to this educational presentation. There will be a Q&A time after the presentation. Sign up for the raffle for prizes! Snacks and drinks will be provided.

FLU SHOT CLINIC

Tuesday, September 20, 10 AM—3:00 PM

September means Flu Shot season. Mark your calendars and come to the Wellness Clinic to get your flu shot. Sign up in the Lobby the week prior to the Clinic and complete the form you will be given and bring it with you. The clinic is sponsored by Medtown Pharmacy.

COLORING FOR ADULTS

WEDNESDAY, SEPTEMBER 21, 2:00 PM

Mark your calendars now and plan to attend this enjoyable, informal group. Did you know that coloring is good for you? The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. All supplies will be provided for you or you can bring your own pages and pens. This program is being sponsored by Brooks Rehabilitation.

POISON PREVENTION AT HOME

THURSDAY, SEPTEMBER 22, 2:00 PM

When is the last time you really looked around your home for items that are poisonous? We are delighted to welcome Debi Forrest, RN and CSPI, from the Poison Center, to Pablo Towers to educate us on the many dangers that may lurk in our homes, our cars or in the Jacksonville area. In addition to poison prevention, the program will include: most common calls from seniors, poisonous snakes and other critters in Florida, look-alikes found in the home, when I should call the Poison Center and general information about the Poison Center

ALONE . . . TOGETHER

Friday, September 23, 2:30 PM

Have you experienced changes in your life as you knew it? How do you handle change? Do you have some suggestions or coping skills that have helped you that you could share with others? Please come to this informative program which will be held in a supportive and confidential environment, facilitated by Sheila Harper with Vitas Healthcare. Sheila will be sharing some ways that we can implement in our own lives to live our lives more positively, healthily and fully. You will benefit from attending this group! Snacks and drinks will be served.

WHAT LEGAL DOCUMENTS DO I NEED?

Wednesday, September 28, 2:00 PM

Have you put your plans and wishes into legal, notarized documents? For all of us, it's important that we have legal documents designating the trusted people who we would like to make decisions on our behalf if we ever become unable to make those decisions for ourselves. We are very fortunate to welcome Debi Clark and Pat Vail, Jacksonville attorneys, who will be presenting this educational program provided by Jacksonville Area Legal Aid to educate you on the purpose of having your plans arranged before they are needed. On Saturday, October 15th, we will be having a *Jacksonville Area Legal Aid Day* to complete the legal documents you will need. Plan now to attend this presentation to learn the purpose of each document and to find out what you need to do to participate in the Jacksonville Area Legal Aid Day at Pablo Towers.

**McGOVERN'S JEWELRY SERVICE RETURNS
MONDAY, SEPTEMBER 26, 9:30 AM TO 2:00 PM**