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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

SEPTEMBER 2014

RESIDENT COUNCIL NEW REGIME

On Monday, August 18, the newly-elected Resident Council officers were installed into their respective roles.

Toni Taylor, President; JonMaire Giles, Vice President; and Margaret Knoechel, Secretary, agreed to assume the duties of their offices for their one year term.

The Resident Council is organized for the purpose of addressing issues related to your living environment. The Council meets regularly and is the avenue of communication between all residents and the owners of Pablo Towers. The Council is completely independent of owners, management and their representatives.

Each floor of the building has a resident council representative to whom you can take your constructive suggestions, recommendations or requests for improving the conditions at our building. There is also a Suggestion Box where ideas can be submitted. The Resident Council President is responsible for presenting all ideas to management or to the Board of Directors representing the owners. Responses from management or the owners' Board of Directors are funneled back through the Resident Council President for communication to the residents.

Thank you to this new team for their willingness to represent their fellow residents to the owners and management.

And thank you to the outgoing officers, Carla Tracy, President, and Lorraine Smith, Vice President, who represented the residents so admirably.

THANK YOU FROM PAST PRESIDENT, CARLA TRACY

I want to say "Thanks so much" to my officers, Lorraine Smith and Linda Ryan for a job well done.

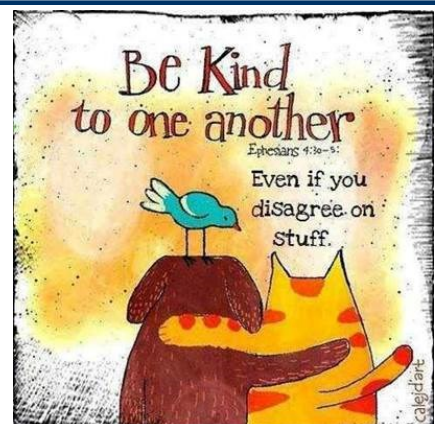
Then to the floor representatives who attended every meeting faithfully, I appreciate your attending each time.

The nominating committee did a great job asking a lot of people to run. Thank you to Dee Kenna, Sherry O'Brien and Betty Simmons.

Last, but not least, a big thank you to the Election Committee for sitting in Strange Hall for four hours. They were George Pringle, Shirley Silbernagle and on her birthday no less, Ruth Jenkins. Thank you so much for your time and dedication to the Pablo residents.

I have enjoyed being your President and look forward to all the new things to come in the year 2014-2015.

Love always,
Carla Komijn Tracy



WELCOME TO THE TOWERS
Lucy Hale

WELLNESS CENTER HEALTH TIP

Injury-proofing your bathroom is very crucial, but also very simple to do. Here are a couple tips to help avoid bathroom injuries: Place non-skid mats and decals on the floor of the shower stall or bathtub, as well as on the surrounding floor. Put nightlights or motion lighting on the path from the bedroom to the bathroom and even in the bathroom itself.

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



PABLO TOWERS AUXILIARY

RESIDENT BIRTHDAY PARTY

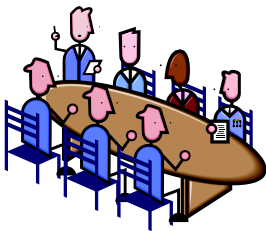
MONDAY
September 15
6:00 PM

*Sponsored by
 Jacksonville Beach Women's Club*



QUARTERLY AUXILIARY MEETING

THURSDAY
SEPTEMBER 25
5:00 PM



★ ★ ★ It's that time again for your annual support of our Auxiliary and another year ahead of entertainment, food and many social activities. Your annual dues of \$8 helps cover our expenses in providing residents of Pablo Towers with our own "Social Network."

Please see resident **Connie Savage** to join the fun.

★ ★ ★

HAPPY BIRTHDAY FRIENDS

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

AUGUST WII BOWLING SCORES


- Winner—Floyd Wilson 157
- Richard Carey 147
- Ruth Martin 133
- Alice Gillis 129
- Lois Sullivan 116
- Maggie Gattrell 110
- Al Boone 103
- Betty Robinson 92



YOUR UNDERSTANDING IS APPRECIATED

When Ellen Hopkins, our Service Coordinator, and Jennifer Burns, our Assistant Service Coordinator, are out of the office at training, it is because they are required to gain a certain number of training hours per year. We try to keep their time out of the office to a minimum, but occasionally it is unavoidable. Thank for your understanding and patience!

~ SEPTEMBER 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1  HAPPY LABOR DAY	2 <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	3 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	4 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	5 <u>COLBY HERE</u> <u>PEST CONTROL</u> 4th & 14th Floors All Apartments	6
7 NATIONAL GRAND-PARENTS DAY <u>VIOLIN CONCERT</u> 3:00 PM	8 <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	9 <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	10 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	11 <u>PATRIOT DAY</u> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	12 <u>COLBY HERE</u> <u>BOOK CLUB</u> 1:00 PM <u>Wii BOWLING</u> 3:30 PM	13 <u>STORY-TELLERS</u> 11:00 AM
14	15 <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 <u>RESIDENT BIRTHDAY PARTY</u> 6:00	16 <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	17 <u>BIBLE STUDY</u> 10:00 AM <u>BATHROOM SAFETY</u> 12:30—2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	18 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	19 <u>COLBY HERE</u> <u>PEST CONTROL</u> 5th & 13th Floors All Apartments <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM	20 <u>CHETS CREEK ANNUAL DAY AT PABLO TOWERS</u> 9:15 AM
21	22 <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	23 <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>JTA CARD PROGRAM</u> 10—12 Noon <u>DOG DAYS OF SEPT.</u> 12:00—1:30 PM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM	24 <u>BIBLE STUDY</u> 10:00 AM <u>JTA CARD PROGRAM</u> 1:00—3:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	25 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>QUARTERLY AUXILIARY MEETING</u> 5:00 PM	26 <u>COLBY HERE</u> <u>BOOK CLUB</u> 1:00 PM	27
28	29 <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	30 <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	31 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	<p style="text-align: center;">During the month of September when the exact date of the destruction of Strange Hall is not known, we have left Bingo and other large gatherings off of the calendar. Please watch the lobby area for announcements that pertain to the activities formerly held in Strange Hall.</p>		

AROUND THE TOWERS

JUST A REMINDER

Following are the only reasons that you should request our Maintenance Team be called after hours:

- Water emergency
- A/C not working and outside temperature is over 80°
- Heat not working and outside temperature is below 60°
- Fire
- Refrigerator not cooling

For all others problems, please expect repair on the next normal working day.

Thank you for understanding that this is the policy our front desk staff is expected to follow.

“DOG DAYS OF SEPTEMBER”

**Tuesday, September 23
12—1:30 PM**

For residents who own dogs or would just like to be entertained by them. Therapist will also be discussing how to improve balance.

- ⇒ Prizes for best dressed dog and best trick
- ⇒ Additional giveaways / raffle
- ⇒ Refreshments provided by our Wellness Center

CHETS CREEK ANNUAL VISIT TO PABLO TOWERS SATURDAY, SEPTEMBER 20

BREAKFAST
9:15—10:00 AM

SIGN UP in the Lobby
FOR HELP WITH
DIFFICULT HOME CHORES

JTA SENIOR STAR CARD PROGRAM SIGN-UP

Tuesday, September 23

10:00—12:00 Noon

Wednesday, September 24

1:00—3:00 PM

BATHROOM SAFETY

Wednesday, September 17

12:30—2:00 PM

A speaker will discuss and demonstrate how to make your bathroom safe.

Refreshments provided by our Wellness Center



A few of your neighbors took the opportunity recently to try out their best Rambo impersonation at their Citizens On Patrol class.

Bobbie Ann Smith, Carla Tracy, Estelle Medlock and Marty Miller all donned 50 pounds of SWAT team gear to try to understand a little of what the police experience during an emergency situation. Shirley Silberagle and Joann Beck were also at the session.

If I were you, I'd steer clear of these otherwise charming ladies until they get more of their aggressions out. Between the smiles and the bazookas, I'm not sure what side of their personalities to believe.

Seriously, these photos are priceless, and we appreciate these ladies sharing the photos with all of us.