



MONTHLY NEWSLETTER



JUNE 2017

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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

Priscilla Davis

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

Bryce Chastain

Maintenance Tech

Donna Muenzer

Housekeeper

Bob Myers

Custodian

Melissa Gilreath

Executive Director

EHMCorp

Debra Waters

Operations Manager

EHMCorp



The eighth graders from St. Paul's Catholic School paid us a visit once again this year. They brought flowers and joined us for lunch in the Café.



The conversation was lively, and the young people were attentive and engaging. It appears that Sue Heckert was giving out some wise advice in the picture at left. Pauline Collins, above right, and Estelle Medlock, right, were all smiles.



RESIDENT OF THE MONTH—LUCY HALE

Lucy Hale is like a little whirlwind; she's here, she's there and everywhere. We moved into Pablo Towers a month apart and fast became friends. She has a very outgoing personality and is easy to get to know.

Lucy was born in Ceiba, Puerto Rico which is a US territory. Therefore, babies become American's at birth. Her parents moved to Philadelphia first, then Lucy, her brother and little sister came later. Lucy was eight years old when she came to live with her parents. Like most children not born in the continental US, they view America by what they hear and see on television. So needless to say, Lucy was disappointed that there were no cowboys and Indians in Philadelphia, plus it was cold . . . not anything like the island she spent her first eight years on. Lucy and her little sister went directly to school, unlike her brother who went to learn English first. How difficult!

In 1969 Lucy met, fell in love, and married a Navy man while working in Philadelphia for the city police department. He was transferred to Guantanamo Bay, Cuba. While there she worked for the military. Her son Richard, who was five at the time, was joined by his little sister Michele who was born there. From there they were transferred to Great Lakes, Illinois.

There she worked for a Xerox company as a dispatcher.

Again they were transferred, this time to Treasure Island, California, and Lucy transferred to the Xerox Company in San Francisco. In 1979, they were transferred to Mayport, Florida. By then her husband was a Warrant Officer, and Lucy had to study to become a proper officer's wife. They decided to stay at the beaches where she began a new career, working as an office manager in a medical office. In all the positions she held, she also did interpreting for the Spanish speaking.

Lucy's son who retired from the Navy after 30 years, retired with his family to Tennessee. He and his wife have two daughters and one son. Lucy's daughter finished her degree in Oahu, Hawaii and presently is a science teacher. She has one daughter.

In 2013 Lucy moved to Pablo Towers, and she loves it here. Soon after, she became involved in the Auxiliary, first as Vice President for one year, then as President, now going into her 2nd year. She also works at the front desk on Saturday mornings. You will find her in the Lobby as well, playing cards and mahjong, as well as playing bingo on Tuesday and Friday evenings.

Story by Joan Brown

PABLO TOWERS AUXILIARY

**IT'S A SMALL WORLD
Saturday June 10
6:00 PM**

Let's share our heritage with stories and mementos.

Dinner will be served.

\$4.00—Residents

\$5.00—Guests

Call Joan Brown at 327-9255 to reserve a table to share your heritage.



**RESIDENT BIRTHDAY PARTY
MONDAY
JUNE 19
6:00 PM**

All Residents are invited to come and celebrate with your friends.

Sponsored by The Exchange Club



**GENERAL AUXILIARY MEETING
THURSDAY
JUNE 22
5:00 PM**

Installation of Officers

Dinner will be served.

AUDITIONS FOR THEATRE PRODUCTION of "We Got the Moves"

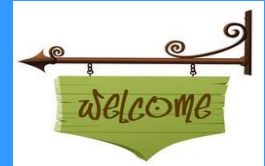
**SUNDAY
JUNE 11
6:00 PM**

Contact Joan Brown for details

HAPPY BIRTHDAY FRIENDS

- Nancy Gray June 1
- Rachel Pierce-Abrams June 2
- Lynne Dukes June 3
- Holly Young June 3
- Joyce Barufaldi June 4
- Marianne McQueen June 5
- Sandra Carrouth June 5
- Ann Barni June 6
- Lillian Harrison June 7
- Edith Morse June 10
- Sara Mikelait June 15
- John Cross June 17
- Robert McClure June 18
- Ed Bizzarri June 21
- Alan Kerr June 28
- Shouaullah Safarian June 29
- Clyde Rader June 29

- Arthur Emery
- Charles Hannon
- Charlie & Collette Sellers
- Walter Sparks





With FOND MEMORIES

Betty Simmons



MAY WII BOWLING SCORES

- Sally Morgan 191 
- Bill Morgan 180 
- Al Boone 179
- Sue Casper 176
- Chet Galbraith 166
- Alice Gillis 151
- Marie Singleton 120
- Lois Sullivan 105

RESIDENT COUNCIL

An election will be held in July to elect new officers of the Resident Council—President, Vice President and Secretary. All residents, except the current four Auxiliary officers, may run for office. All residents are eligible to vote.

Peggy Allgood, Carol Brown, Violet Miller and JoAnne Morand will be seeking nominees to fill these positions.

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.

~Mortimer Adler

~ JUNE 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <u>PEST CONTROL</u> Apt. Ending in 03 <u>DEVOTIONS</u> 9:30 AM C.R. <u>BP-APEX—LOBBY</u> 2:00—3:00 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	2 <u>BINGO</u> 6:00 PM C.R.	3 <u>SING ALONG</u> <u>WITH</u> <u>ALAN KERR</u> 3:00 PM In the Lobby
4	5 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>APEX</u> 2:00 PM C.R.	6 <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	7 <u>BIBLE STUDY</u> <u>BOARD 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.	8 <u>PEST CONTROL</u> Apts. Ending in 04 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX —LOBBY</u> 2:00—3:00 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	9 <u>ONSITE DERMATOLOGY</u> With Jennifer Tra <u>WELLNESS CENTER</u> For Appointment Call 1-877-345-5300 Will see walk-ins also. <u>PABLO TOWERS</u> <u>BOOK CLUB</u> <u>BOARD ROOM</u> 2:00 PM <u>Wii BOWLING</u> 3:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	10 <u>IT'S A</u> <u>SMALL</u> <u>WORLD</u> <u>HERITAGE</u> <u>DAY</u> 6:00 PM
11 <u>AUDITIONS</u> For <u>THEATRE</u> <u>PRODUCTION</u> 6:00 PM	12 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>APEX</u> 2:00 PM C.R.	13 <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 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>BOARD 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 05 <u>DEVOTIONS</u> 9:30 AM C.R. <u>BP-APEX—LOBBY</u> 2:00—3:00 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	16 <u>DR. JANE BURNS</u> With <u>BURNS</u> <u>AUDIOLOGY and</u> <u>BALANCE</u> 9:30 AM <u>ALONE . . . TOGETHER</u> 2:00 PM B.R. <u>CHAIR VOLLEYBALL</u> 3:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	17
18 Happy Father's Day!	19 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>APEX</u> 2:00 PM B.R. <u>RESIDENT B-DAY</u> <u>PARTY</u> 6:00 PM	20 <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	21 First Day of Summer <u>BIBLE STUDY</u> <u>BOARD 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.	22 <u>PEST CONTROL</u> Apt. Ending in 06 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 2:00—3:00 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R. <u>GENERAL</u> <u>AUXILIARY MTG.</u> 5:00 PM	23 <u>BINGO</u> 6:00 PM C.R.	24
25	26 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK</u> <u>APEX</u> 2:00 PM C.R.	27 <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	28 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>BEACHES LIBRARY</u> <u>PROGRAM</u> 2:00—3:00 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 07 <u>DEVOTIONS</u> 9:30 AM C.R. <u>BP-APEX—LOBBY</u> 2:00—3:00 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

APEX AND SILVER REHAB PARTNER WITH PABLO TOWERS

Apex Home Healthcare and Silver Rehab are partnering with Pablo Towers to make health care more accessible to you. Courtney Ainsworth with Apex Home Healthcare can connect you with home healthcare, occupational therapy, speech therapy, behavioral health, or a social worker. If you would like to receive physical therapy in your apartment or in the rehab clinic in the Towers, this is available through Silver Rehab.

You can contact Courtney on her cell phone at 904-838-7245 or at her office number at 904-425-4203.

Courtney's email address is: courtneyainsworth@apexhealthcare.com

APEX OPEN HOUSE

Monday, June 5th

2:00 PM to 4:00 PM

Come to meet the APEX team in the rehab clinic and exercise room on the 1st Floor of the Towers building. You can bring your questions, and there will be refreshments. You can sign up to be able to use the exercise equipment or get a refresher course on using the equipment.

ALONE . . . TOGETHER

Friday, June 16, 2:00 PM

Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with VITAS Healthcare. Sheila will be sharing some ideas that will help you with life's hard or discouraging moments. The group meets in the Board Room, and what is shared is always kept confidential. You will benefit from attending

DR. JANE BURNS

Friday, JUNE 16, 9:30 AM

This is a first come, first serve program for your hearing concerns. No appointments. See Dr. Burns in the Wellness Center in the Suites Building.

Need Help Paying for Your Groceries? Learn About SNAP.

Friday, June 23

2:30 PM

We hope you will attend this educational program about the Supplemental Nutrition Assistance Program (SNAP.) This is a federal nutrition program that helps you stretch your food budget, so that you can buy healthy food. This program will be presented by Sherrie Keshner, the SNAP representative with ElderSource.

BEACHES LIBRARY PROGRAM

WEDNESDAY, JUNE 28

2:00—3:00 PM

What is new for YOU at the Beaches Branch Library? When is the last time you went to the library? This informative program will share what services are available to you. The library offers so much more than just books these days. Did you know that there are classes you can take? Come learn how to navigate the library's website to access information or to order books or to use the library's computers that are available. Staff members from the library will be providing this enlightening program, and they hope you will plan to attend!!

GRANDPARENTS GETTING WIRED COMPUTER AND TECHNOLOGY ASSISTANCE PROGRAM

Tuesdays, 10—12 Noon

Expert volunteers from our community come weekly to help you with your questions and problems with your cell phones, tablets and laptops. No question is too odd or silly. Please come meet with Christa, Warren, Mary and Victor who are waiting to help you learn more about your devices. These classes are held in the Board Room in the Suites Building.

Knowledge is knowing
what to say. Wisdom
is knowing whether or
not to say it.



Finally my
winter fat is
gone.
Now I have
spring
rolls!

