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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

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

# MONTHLY NEWSLETTER



## AUGUST 2017

### RESIDENT COUNCIL OFFICERS ELECTED

The Resident Council is a tenants' organization of residents of Pablo Towers and Suites, for the purpose of addressing issues related to their living environment, and is completely independent of owners, management and their representatives. The Council meets regularly and is an avenue of communication between all residents, management and Beaches Christian Services Corp, Inc., the owners of Pablo Towers. The Resident Council consists of a President, Vice President, Secretary and a Representative and Captain from each floor.

Your new Resident Council President, Lillian Harrison, and Vice President, Judy Frye have been elected and will be installed at the Resident Council meeting on August 7 at 3:30 PM. No resident ran for the position of Secretary, but Suzanne Ferrell has graciously agreed to fill the position. Sue Heckert has also volunteered her time to assist the Council as needed.

Please give your thanks to Joan Ohler, President; Joan Brown, Vice President; and Irene Sherry, Secretary, for their service to you these past two years. We believe much has been accomplished during their tenure, and you should be proud and grateful for their hard work.

**Please plan to attend the meetings which are held the first Monday of every month at 3:30 PM.**

### RESIDENTS OF THE MONTH— Jim & Irene Sherry

The Yankees are coming!! The Yankees are coming!! No, it's Jim and Irene Sherry. They've been here long enough to qualify as southerners. Well, at least in location; but when they speak, there's no doubt where they are from. Why do northerners use so many words when sometimes a simple "yup," "nope," "down yonder," (in the South that qualifies as one word), "y'all," etc. works. Short, yes, but will convey the same message. But we love you anyway.

Jim and Irene are both natives of New York. Irene was born in Queens, and Jim a country boy from a town called Hicksville.

Jim joined the Army in 1956 and was stationed in Germany. Following his tour in the Army, he went to work for Grumman Aircraft on Long Island and worked there until he retired in 1990.

Irene and Jim met on a blind date in 1960 and will be married 56 years in September. They have four sons—Jim, Jr., John and Kenny who still live on Long Island. Their youngest son, Charlie, lives here in Jacksonville. They have eight grandchildren.

Following Irene's retirement from Southern Oaks Hospital Pharmacy, they sold their home of 34 years and hit the road in their 35 ft. Winnebago. They traveled from coast to coast, checking off items on their bucket list as they went. They visited almost every national park in the United States.

In 2006, they came here to visit their youngest son, Charlie, and never left. They moved to Pablo Towers in 2008 and both have been very active in the Auxiliary. Irene also served as Secretary for the Resident Council, and they both work at the Front Desk.

Jim enjoys playing golf, and Irene enjoys knitting, crocheting and Swedish weaving. Irene also volunteers in tax season with AARP's Tax-Aide Program. They both enjoy cruising now that they aren't tooling around in their beloved Winnebago.

Oh, lest I forget, Jim is an avid Yankees and Jets fan. Yup, I guess we'll keep 'em here in the South, even though they didn't mention they're Jaguar fans. Maybe they'll come around.

*Story by Joan Brown*

**PABLO TOWERS AUXILIARY**

**PUT ON YOUR GRASS SKIRT and JOIN US AT THE HAWAIIAN LUAU**  
**Saturday, August 26**  
**6:00 PM**



Come join the fun, games, contest and entertainment! Prize for the best Hawaiian get-up. Free to Residents—Guests are \$4.00. Space is limited. Food is ordered based on sign-up sheet. Sheet will be available in the Lobby from Monday, August 14—Thursday, August 24. Sign up ASAP!

**RESIDENT BIRTHDAY PARTY**

**Monday, August 21**  
**6:00 PM**

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

*Sponsored by Neptune Beach Baptist Church*



**50 / 50 RAFFLE**  
**To Benefit Dial-a-Ride**

Lucy Hale, Floyd Wilson and Beverly Justice will have tickets available for sale Monday, August 14 through Sunday, December 31  
 2 for \$1.00 or 5 for \$2.00

*Winners will be announced at the New Years Eve Party—not necessary to be present to win.*

**TALENT SHOW**  
**Saturday, September 23**  
**6:00 PM**

Don't forget the talent show!  
 It's almost here . . . Are you ready?  
 There will be rehearsals this year to ensure equipment requirements are met for your special talent.

**HAPPY BIRTHDAY FRIENDS**

- Ana Grullon ..... Aug. 3
- KC Sharifai ..... Aug. 3
- Rebecca Aydelette ..... Aug. 6
- Helen Bizzarri ..... Aug. 7
- Eileen Smith ..... Aug. 7
- Paul George ..... Aug. 8
- Floyd Wilson ..... Aug. 9
- Sue Heckert ..... Aug. 12
- Barbara Miller ..... Aug. 14
- Arthur Emery ..... Aug. 17
- Karen Bolster ..... Aug. 20
- Chet Galbraith ..... Aug. 21
- Pauline Graham ..... Aug. 22
- Diane Ricketts ..... Aug. 23
- Tricia Dyer ..... Aug. 23
- Ginny Pfaff ..... Aug. 24
- Betty Smith ..... Aug. 26
- Marj Greene ..... Aug. 26

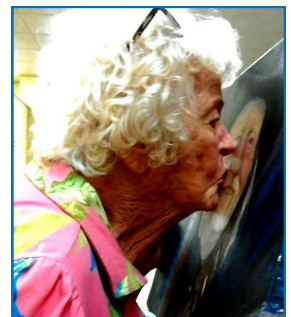
**With FOND MEMORIES**

**Holly Young**  
**Charles Blakeman**




**JULY Wii BOWLING SCORES**

- Al Boone ..... 211 and 164 (11 combined strikes!)
- Alice Gillis ..... 103 and 146
- Dee Layne ..... 140 and 93



Mary Pratt, Pablo Painter, presents her commissioned portrait of Willie Nelson to resident Sandy Ackland. Sandy was extremely happy with her purchase, as evidenced by her show of affection to Willie.

# ~ AUGUST 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> <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.	<b>2</b> <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.	<b>3</b> <u>PEST CONTROL</u> Apts. Ending in 12  <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.	<b>4</b> <u>ONSITE DERMATOLOGY</u> With Jennifer Tra <u>WELLNESS CENTER</u> 11:00 AM For Appointment Call 1-877-345-5300 Will see walk-ins also.  <u>MEDICAID UPDATE</u> 2:30 PM  <u>BINGO</u> 6:00 PM C.R.	<b>5</b> <u>SING ALONG</u> <u>WITH</u> <u>ALAN KERR</u> 3:00 PM In the Lobby
<b>6</b>	<b>7</b> <u>JEWELRY MAN</u> 9:00 AM—Noon <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.  <u>RESIDENT</u> <u>COUNCIL</u> <u>MEETING</u> 3:30 PM	<b>8</b> <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.	<b>9</b> <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM	<b>10</b> <u>PEST CONTROL</u> Apts. Ending in 13  <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.	<b>11</b> <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.	<b>12</b>
<b>13</b>	<b>14</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.  <u>DIABETES EDUCA-</u> <u>TION EMPOWER-</u> <u>MENT PROGRAM</u> 2:30—4:30 PM	<b>15</b> <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.	<b>16</b> <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM	<b>17</b> <u>PEST CONTROL</u> All Suites Apts.  <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.	<b>18</b> <u>DR. JANE BURNS</u> With BURNS <u>AUDIOLOGY and</u> <u>BALANCE</u> 9:30 AM  <u>ALONE ...</u> <u>TOGETHER</u> <u>BOARDROOM</u> 2:00 PM <u>CHAIR VOLLEYBALL</u> 3:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>19</b>
<b>20</b>	<b>21</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R. <u>DIABETES EDUCA-</u> <u>TION EMPOWER-</u> <u>MENT PROGRAM</u> 2:30—4:30 PM  <u>RESIDENT B-DAY</u> <u>PARTY</u> 6:00 PM	<b>22</b> <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.	<b>23</b> <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM	<b>24</b> <u>PEST CONTROL</u> Apt. Ending in 01  <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.	<b>25</b> <u>BINGO</u> 6:00 PM C.R.	<b>26</b> <u>HAWAIIAN</u> <u>LUAU</u> 6:00 PM
<b>27</b>	<b>28</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.  <u>DIABETES EDUCA-</u> <u>TION EMPOWER-</u> <u>MENT PROGRAM</u> 2:30—4:30 PM	<b>29</b> <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.	<b>30</b> <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM	<b>31</b> <u>PEST CONTROL</u> Apt. Ending in 02  <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.		

## OTHER HAPPENINGS AROUND THE TOWERS

### UNDERSTANDING THE MEDICARE PROGRAMS MAZE

**Friday, August 4, 2:30 PM**

What are the Medicare Savings/Buy In, Extra Help and Share of Cost programs? There are some programs that are managed by Social Security, some programs for people with Medicare and then there is Medicaid. It can be so confusing!! Mark your calendars now and plan to attend this informational program to learn what benefits are provided by each program, whether you may qualify for the programs and how to apply. John Parks with Humana will be teaching this program and will hopefully clarify these programs for you. Dessert will be served with coffee and soft drinks.

### JEWELRY MAN RETURNS

**Monday, August 7, 9:00—Noon**

McGovern Jewelry Services returns this month to change watch batteries, clean jewelry, make minor repairs and to appraise your jewelry. Matt McGovern will be located in the Lobby. Please note he will be here for three hours in the morning only.

### ONSITE DERMATOLOGY

**Friday, August 4**

**Appointments starting at 11:00 AM**

Each month we are fortunate to have Jennifer Tra, a PA with OnSite Dermatology, come to Pablo Towers to provide services for the residents in the Wellness Center. Please call 1-877-345-5300 to schedule an appointment. OnSite Dermatology is a Medicare participating provider and accepts United Healthcare, BCBS, Humana, Aetna, Cigna.

Call today to schedule an appointment.

### ALONE . . . TOGETHER

**Friday, August 18, 2:00 PM**

Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with VITAS Health-care. 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. Please contact Ellen Hopkins to sign up for this program.

Snacks and drinks will be served.

### PABLO PAINTERS ART WALK OPPORTUNITY

You don't have to be a painter to participate in the monthly Art Walk held in the Pablo Towers Lobby. Many more residents are participating with other artistic talents.

This month's Art Walk will be Tuesday, August 8, from 5:00 PM to 8:00 PM. Plan to join your friends and neighbors to admire, purchase or display art of all types.

### TAKE CONTROL OF YOUR DIABETES- DIABETES EDUCATION

**EMPOWERMENT PROGRAM (DEEP)**

**Monday, August 14, 2:30 PM**

Diabetes is rampant in America and statistics say that there are many people who have pre-diabetes and do not know it. What is diabetes and how does it affect our bodies? This is a program that encourages small lifestyle changes while learning about diabetes self-care, healthcare provider relationships, eating habits, ensuring adequate nutrition, and improving and maintaining their quality of life. Participants will learn ways to prevent complications, increase physical activity, and improve goal setting, problem-solving, and communication skills. Each class will be two hours long and will meet once a week for six weeks. This educational program will be interactive and will provide a workbook and materials. Requirements: 8-20 participants with Medicare. This program is provided by Northeast Florida AHEC (Area Health Education Center.) There will be a sign-up sheet on the table in the lobby; or you may contact Ellen Hopkins to sign up for the program.

### YOGA/STRETCH CLASS TEMPORARILY SUSPENDED

Due to a continuing education requirement for the instructor, Sheila Velazquez, the Wednesday Yoga/Stretch class will be suspended until Wednesday, September 13.

We are sorry for any inconvenience and hope you will return to the class on September 13.

### TOOLS TO QUIT

**Wednesday, September 6, 2:30 PM**

This program is a two-hour seminar where participants develop a Personalized Quit Plan and receive a Starter Quit Kit to begin the journey to a tobacco free life! This program is taught by a trained tobacco cessation specialist who will guide the participants in recognizing triggers and learning tips to cope with the triggers and withdrawal symptoms. This program will provide four weeks of free NRT (Nicotine Replacement Therapy) if medically appropriate and while supplies last, including patches, gum, or lozenges. Encourage your friends to join you on this journey!