



# MONTHLY NEWSLETTER



## OCTOBER 2017

### OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

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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

##### Doug Morris

Maintenance Tech

##### Donna Muenzer

Housekeeper

##### Bob Myers

Custodian

##### Melissa Gilreath

Executive Director

EHMC Corp

##### Debra Waters

Operations Manager

EHMC Corp

Bullying is defined as “an act of repeated aggressive behavior in order to intentionally hurt another person, physically or mentally.” It is characterized as behaving in a manner to gain power over another person.

The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but it could be someone sitting in our breezeway or the lobby.

It is not always easy to tell the difference between what is bullying and what might just be the result of somebody’s temporary bad mood. Do not tolerate persistent bad moods and bad behavior; repetition is a sign that you are being targeted.

In order to respond to an adult bully, you must first remember that it is the bully who has the problem, not you. Calmly and self-assuredly stand up for yourself. Sometimes the only thing to do in a bullying situation is to walk away.

Bullies don’t have any real power once they realize that you won’t engage in their game.

The tongue has no bones, but it is strong enough to break a heart.



Remember to be careful with your words.

### GUEST RESIDENT OF THE MONTH

Our featured resident for October started her life in the Atlantic Ocean, soon becoming a tropical storm, then turning into a hurricane named Irma. She decided to be our temporary visitor to Pablo Towers in Jacksonville, causing us to evacuate for the second time in 11 months.

She didn’t seem excited to visit our beautiful beach town as most visitors are because she brought her hurricane strength winds and waves and surges. Although she came in a roar and caused us to fear her potential to cause damage based on Hurricane Matthew last year, Hurricane Irma showed us some mercy and did a lot less damage than we were expecting and what our local meteorologists were predicting.

We live in Florida and hurricanes can always be unpredictable from year to year. So far, this has been one of our lucky years. May God keep us all safe!!

Reported by Judy Frye



**PABLO TOWERS AUXILIARY**

**MUSIC AT THE TOWERS  
BRASS ENSEMBLE FROM THE  
Jacksonville Symphony Orchestra  
Wednesday, October 11**



**3:00 PM**  
*Refreshments Provided*

**FALL BAZAAR**

**(Including the infamous hot dog sale)**

**Saturday, October 14, 9:00 AM—2:00 PM**

*15 tables for rent—first come, first served  
Rent your table on October 5 from  
Lorraine Smith in the Lobby 10 AM—12 Noon*

**RESIDENT  
BIRTHDAY PARTY**

**Monday, October 16**

**6:00 PM**

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

*Sponsored by St. Paul's Catholic  
Church*



**HALLOWEEN PARTY**

**Saturday, October 28, 6:00 PM**

Sandwiches, Fruit, Root Beer Floats

*Prize for funniest costume, best  
costume, and best decorated  
pumpkin*

*Monetary Donations for Food Accepted*



**50 / 50 RAFFLE**

**To Benefit Dial-a-Ride**

Lucy Hale, Floyd Wilson and Beverly Justin will  
have tickets available for sale 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.*

**HAPPY BIRTHDAY FRIENDS**

Marti Miller .....	October 1
Marie Hunt .....	October 1
Laura Carmichael .....	October 1
Nikki Smith .....	October 5
James Thomas .....	October 5
Al Boone .....	October 8
Maggie Gattrell .....	October 8
Lynwood Palmer .....	October 9
Sandy Ackland .....	October 10
Shirley Gray .....	October 13
Beverly Justin .....	October 15
Emmett Rekitt .....	October 19
Olga Hernandez .....	October 21
Mary Florez .....	October 23
Patrick Perkins .....	October 26
Joyce Woods .....	October 26
Patricia Maxwell .....	October 30
Linda Martin .....	October 30
Joann Collier .....	October 30

**SEPTEMBER Wii BOWLING SCORES**

Chet Galbraith	160	🏆
Dee Layne	129	
Al Boone	121 & 115	
Sandee Connolly	111	
Alice Gillis	102	
Lois Sullivan	99	



**Please Note**

*This month only, Wii  
Bowling will be held on  
Thursday, October 19 at  
2:00 PM*





**THANK YOU FOR A JOB WELL DONE**

Joan Brown has stepped down from her position as Head of the Special Events Committee. Due to personal, health and financial reasons, Joan feels she can no longer give 100% to this position.

Please be sure to thank Joan for her commitment over the past three years. She has put on some amazing parties for our residents, and her efforts and hard work should be applauded. Joan has made initial plans for future parties leaving the implementation in good hands, and will continue working with the Pablo Players.

# ~ OCTOBER 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>1</b>	<b>2</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>DIABETES EDUCATION EMPOWERMENT PROGRAM</u> 2:30—4:30 PM <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	<b>3</b> <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	<b>4</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>5</b> <u>PEST CONTROL</u> Apts. Ending in 06 <u>DEVOTIONS</u> 9:30 AM C.R. <u>VPA MEET &amp; GREET</u> 2:00 PM <u>BP-APEX —LOBBY</u> 2:00—3:00 PM	<b>6</b> <u>ONSITE DERMATOLOGY</u> 1:00 AM <u>BINGO</u> 6:00 PM C.R.	<b>7</b> <u>SING ALONG WITH ALAN KERR</u> 3:00 PM In the Lobby
<b>8</b>	<b>9</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>DIABETES EDUCATION EMPOWERMENT PROGRAM</u> 2:30—4:30 PM	<b>10</b> <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	<b>11</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>JACKSONVILLE SYMPHONY</u> 3:00 PM	<b>12</b> <u>PEST CONTROL</u> Apts. Ending in 07 <u>DEVOTIONS</u> 9:30 AM C.R. <u>BP-APEX —LOBBY</u> 2:00—3:00 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>13</b> <u>PABLO TOWERS BOOK CLUB BOARD ROOM</u> 2:00 PM <b><u>NO BINGO TONIGHT DUE TO PREPARATIONS FOR BAZAAR</u></b>	<b>14</b> <b><u>FALL BAZAAR</u></b> 9:00 AM— 2:00 PM
<b>15</b> <u>MEDICARE OPEN ENROLLMENT SEASON BEGINS</u>	<b>16</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>FRAUD PREVENTION</u> 2:30 PM <u>RESIDENT B-DAY PARTY</u> 6:00 PM	<b>17</b> <u>COMPUTER CLASS 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>18</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>19</b> <u>PEST CONTROL</u> Apts. Ending in 08 <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>Wii BOWLING</u> 2:00 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>20</b> <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM <u>ALONE . . . TOGETHER BOARDROOM</u> 2:00 PM <u>CHAIR VOLLEYBALL</u> 3:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	<b>21</b> <u>CHURCH OF ELEVEN22 SERVE DAY!</u>
<b>22</b>	<b>23</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R.	<b>24</b> <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	<b>25</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>26</b> <u>PEST CONTROL</u> Apt. Ending in 09 <u>DEVOTIONS</u> 9:30 AM C.R. <u>BP-APEX—LOBBY</u> 2:00—3:00 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>27</b> <u>BINGO</u> 6:00 PM C.R.	<b>28</b> <u>HALLOWEEN PARTY</u> 6:00 PM
<b>29</b>	<b>30</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R.	<b>31</b> <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.				

## OTHER HAPPENINGS AROUND THE TOWERS

### VISITING PHYSICIANS ASSOCIATION MEET AND GREET

**Thursday, October 5, 2:00 PM**

We are fortunate to announce that we have a new MD, Dr. Austin Moody, and Rebecca Reza, Nurse Practitioner, who are available to provide the convenience of physician services in your apartment or in the Wellness Center. We hope that everyone will come to this Meet and Greet to learn more about Dr. Moody and Ms. Reza. Dr. Moody and Rebecca Reza will tell us about their vision of providing integrated health care for their patients at Pablo Towers. Refreshments will be served.

### MUSIC AT THE TOWERS

#### THE BRASS ENSEMBLE—JACKSONVILLE SYMPHONY ORCHESTRA

**Wednesday, October 11, 3:00 PM**

The ensemble will be playing a variety of music for our enjoyment. The Jacksonville Symphony's mission is to enrich the human spirit through symphonic music. Be sure to mark your calendars now, and please sign your name on the signup sheet in the lobby for this event. Music at the Towers is provided by the generosity of the St. Paul's by the Sea Episcopal Church Foundation. We are so fortunate to be the recipients of this wonderful gift of music! We encourage everyone to attend this musical enrichment program!! Let's show these musicians how grateful we are for their willingness to come to entertain us! Mr. and Mrs. Jim Stuck will be providing refreshments for this event once again.

### DIABETES EDUCATION

#### EMPOWERMENT PROGRAM (DEEP)

**Monday, October 2 & 9, 2:30 PM (Final Days of the Program)**

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.)

### WHAT IS F-R-A-U-D?

#### WHAT ARE YOUR CHANCES OF BECOMING A VICTIM?

**Monday, October 16, 2:30 PM**

Come learn how to protect yourself from becoming a victim of fraud. As the holiday season approaches, scams and fraud increase. We hope that you will attend this informational program to learn the skills you need to recognize fraud and how to prevent it. Our CAPE officers with the Jacksonville Beach Police Department, Corporal Tonya Tator, and Officer Richard Miller return to give us tools to protect ourselves. Refreshments will be served.

### ONSITE DERMATOLOGY

**Friday, October 6, By Appointment**

Each month we are fortunate to have Jennifer Tra, 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!

### SERVE DAY

**Saturday, October 21**

**9:00 AM—1:00 PM**

Mark your calendars now!! A group of volunteers from the Church of Eleven22 are coming to Pablo Towers on this date to help you with projects or chores that you are unable to do or it is hard for you to do. Begin thinking about what assistance you need to get a project or two completed in your home. These are some suggestions for thought that have been done in past volunteer days: flip a mattress and make the bed up, pull out appliances and clean the floor behind them, vacuum and/or mop the floors, help organize or clean out a closet or help sort through clothes or collections and remove for donation to Hope's Closet, wash the sliding glass door or clean a bathroom . . . Our neighbors from the Church of Eleven22 are looking forward to spending time with the residents of Pablo Towers.

### ALONE . . . TOGETHER

**Friday, October 20, 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. Please contact Ellen Hopkins to sign up for this program. Snacks and drinks will be served.