

MONTHLY NEWSLETTER



FEBRUARY 2018

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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

EHMCorp

Debra Waters

Operations Manager

EHMCorp

DO IT WELL—MAKE IT FUN TIPS

Life is not about seriousness. It's about excellence. If you are good at what you do and make the processes in your life more fun you will achieve success.

- Think about how you want to be remembered and make this your goal in life.
- Write down your values and put them where you can see them every day.
- Pay attention to the moment. Don't obsess about the future or the past.
- Change your perspective to reduce stress.
- Look for the humor that is all around you.
- Align yourself with fun and creative people.
- Approach all communication, whether verbal or written, with empathy and clarity.
- Break down the boring parts of your chores and look for ways to make them better and more fun.
- Find ways to make projects enjoyable at every step of the way.
- Create a funny voicemail message.
- Find a hobby and pursue it once a week.
- Volunteer for at least one hour each week.

~Ron Culberson
Speaker, Humorist and Author

Valentine's Day without a partner can be hard. It's one of those holidays that can boldly underline your lack of a partner. Store windows sprout cutouts of hearts (all those boxes of candy or restaurant tables to sell). The subject saturates TV screens, and even your emails may remind you of what you're missing. I just received one promoting "romantic recipes."



Here are some ideas that may work for you:

1. Dine with friends. My friend proposed to her bereavement group a Valentine's Day dinner together at a bistro. Everyone jumped at the suggestion and had a fine time. If you don't participate in such a group, consider rounding up some singles you know to share the evening. Divorced people who aren't in a relationship may dislike this holiday as much as you do.
2. Do something loving for yourself. (Isn't "love" what this day is all about?) A massage or a new haircut or even shopping (for anything from pretty shoes to a new shade of lipstick) can give you a lift.
3. Spend time that day with your grandchildren (if you have them) or young nieces/nephews. I find their exuberance and honesty are powerful therapy for sadness.
4. Do a good deed for someone else. It takes your mind off yourself and what you don't have.
5. Make a list of all the people and things (like your apartment, your job or your dog or cat) that you love in your life. Think about who or what you might want to add to the list.

And try to hang on to your perspective. Remember, it's only 24 hours. Tomorrow is on the way.

PABLO TOWERS AUXILIARY

MARDI GRAS PARTY

Saturday, February 10, 6:00 PM



Parade
(Colors are Purple, Yellow & Green)
Food and Prizes

Entertainment by Ana Rivera

Auxiliary Members & Residents—\$5.00

Guests—\$7.00

Buy your tickets in the Lobby early—Seating is limited to 100 guests

RESIDENT BIRTHDAY PARTY

Monday, February 19

6:00 PM

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

Sponsored by St. Paul's by the Sea Episcopal Church



St. Patty's Day Dinner will be on Saturday, March 17.
Make your plans to be there!

Your used hearing aids and glasses can be recycled to help others.



Donate your used hearing aids to Lend-An-Ear. The plastic ear piece can be recast to fit someone else who cannot afford hearing aids. Tax receipts are on the side of the drop box.

And your used glasses can be donated to the Lions Club to be used by those who cannot afford to purchase them new.

Both of these organizations have drop boxes on the shelf in our Pablo Towers library. Thank you for being generous.

ARTS & CRAFTS MEETING

Thursday, February 15, 7:00 PM

Bring any arts and crafts you would like to work on. There will be a discussion held on how we would like to benefit from this . . . such as how often to meet, do you want to learn a new craft or teach one, and how and where we may be able to sell them. Call Joan at 327-9255.

HAPPY BIRTHDAY FRIENDS

Judy E.	February 3
Barbara C.	February 3
Tilda G.	February 4
Rachel Mc.	February 5
Naum I.	February 6
Darlene Mc.	February 8
Margaret K.	February 13
Don W.	February 15
Vladimir P.	February 16
Tamara R.	February 17
Nelson O.	February 20
McDuffie C.	February 20
Georgia B.	February 21
Carole R.	February 24
Patricia P.	February 25
Rosa R.	February 26
Linda B.	February 28
Maxine O.	February 28

Kathleen Leahy

Susan Shepherd



PABLO TOWERS IS SEARCHING FOR RESPONSIBLE, FOCUSED, DEPENDABLE RESIDENTS TO WORK A FEW HOURS EACH MONTH BEHIND THE FRONT DESK.

Hourly stipend will be paid.

If interested, please call Sheryl Roussin or Priscilla Davis at 249-3866 to discuss the opportunity.

PABLO PLAYERS TRYOUTS

Sunday, February 11, 4:00 PM



The Pablo Players are looking forward to bringing you another fun night. Coming on March 3rd at 7:00 PM, they will present a musical "Stars 'R' Out Tonight." Refreshments will be served.

If you are interested in being in the show, call Joan Brown at 327-9255.

Actors and singers and comedians, are you ready to shine?



~ FEBRUARY 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <u>PEST CONTROL</u> Apts. Ending in 09 <u>DEVOTIONS</u> 9:30 AM C.R. <u>THE NEED FOR DIABETIC SHOES</u> 2:30 PM	2 <u>ONSITE DERMATOLOGY</u> 11:00 AM <u>BINGO</u> 6:00 PM C.R.	3 <u>A MATTER OF BALANCE</u> 2:30—4:30 PM
4	5 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	6 <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.	7 <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.	8 <u>PEST CONTROL</u> Apts. Ending in 10 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BREAKFAST TIPS</u> 2:30 PM	9 <u>ALONE . . . TOGETHER BOARDROOM</u> 2:00 PM <u>Wii BOWLING</u> 3:00 PM <u>BINGO</u> 6:00 PM C.R.	10 <u>A MATTER OF BALANCE</u> 2:30—4:30 PM <u>MARDI GRAS</u> 6:00 PM
11 <u>TRYOUTS FOR PABLO PLAYERS</u> 4:00 PM	12 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>A MATTER OF BALANCE</u> 2:30—4:30 PM	13 <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.	14 ASH WEDNESDAY <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. 	15 <u>PEST CONTROL</u> Apts. Ending in 11 <u>DEVOTIONS</u> 9:30 AM C.R. <u>ARTS and CRAFTS GET TOGETHER</u> 7:00 PM	16 <u>CHAIR VOLLEYBALL</u> 3:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	17 <u>A MATTER OF BALANCE</u> 2:30—4:30 PM
18	19 PRESIDENT'S DAY <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>A MATTER OF BALANCE</u> 2:30—4:30 PM <u>RESIDENT B-DAY PARTY</u> 6:00 PM	20 <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.	21 <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.	22 <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>FAAST PROGRAM</u> 2:30 PM	23 <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM <u>SENIORS ON A MISSION</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	24 <u>IMPACT JAX DAY OF SERVICE</u>
25	26 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R.	27 <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.	28 <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.	<p style="text-align: center;">JANUARY Wii BOWLING SCORES</p> <p>Al Boone 217 and 170 🏆</p> <p>Chet Galbraith 170 and 131</p> <p>Connie Gilbert 166</p> <p>Judy Earle 142</p> <p>Alice Gillis 130</p> 		

OTHER HAPPENINGS AROUND THE TOWERS

THE NEED FOR DIABETIC SHOES **Thursday, February 1, 2:30 PM**

We are thrilled to announce that representatives from Boger's Shoes will be coming to Pablo Towers to explain why it is so important to care for your feet and to wear diabetic shoes if you have diabetes. If you need new shoes, please have your doctor give you a prescription for diabetic shoes and the representatives will fit you for shoes. (You can have your doctor's office fax your prescription to Ellen Hopkins' office at 904-339-0354 if you would like.) Ordering diabetic shoes is a several visit process, and we hope by having Boger's come to us, we can make the process a little easier for you. Refreshments!

IMPACT JAX DAY OF SERVICE **Saturday, February 24**

It is time for the annual Chets Creek Church's Day of Service!! Volunteers will be coming to Pablo Towers to help you with household tasks that are hard for you to do. And not only will they be helping you with that, they also plan to host a party in your honor. Their parties are legendary. Start thinking now about what these wonderful volunteers can do to help you around your home. An information sheet will be left on your door asking you to write down how these volunteers can help you. When you receive the informational sheet, please complete the form and turn it in at the Front Desk.

ALONE . . . TOGETHER **Friday, February 9, 2:00 PM**

We are in the midst of winter and often with colder weather and less sunshine, many people may struggle with loneliness, depression, sadness, regret, grief, and other negative emotions. You are not alone!!!

Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with Vitas Healthcare. Sheila will be sharing some helpful coping skills, so that you learn how to better deal with these emotions. You will benefit from attending this group! This is a support group and anything that is discussed will be kept confidential. Snacks and drinks will be served.

AMPLIFIED PHONES AND FAAST **Thursday, February 22, 2:30 PM**

The representatives with the FTRI (Florida Relay Telecommunications, Inc.) and FAAST (Florida Alliance for Assistive Services and Technology) will be returning to provide free amplified phones for those who need them and to present a program about FAAST. FAAST provides free device loans, device demonstrations, trainings, and information and assistance to help all ages get the assistance they need. FAAST also provides training to use assistive technology. This educational program will provide new information that you may need now or in the future. We hope you will plan to attend.

A MATTER OF BALANCE—MANAGING CONCERNS ABOUT FALLS **Mondays February 12 and 19;** **Saturdays February 3, 10 and 17** **2:30—4:30 PM**

This is a four to five week class that began in January and continues in February. Note the class will not be held on February 5 due to the Resident Council meeting at 3:30 PM. Participants, please make a note of your class days for February.

I don't have grey hair, I have wisdom highlights!

Healthy Ways to Start Each Day: **Easy Breakfast Foods** **Thursday, February 8, 2:30 PM**

We hope you will attend this program presented by the Florida State College in Jacksonville interns, Emily and Amber. The young ladies are going to share some helpful hints about what we can eat in the mornings to start our day off right. They will share recipes that are easy to prepare, but nutritious to eat and will serve samples of the recipes.

Let's support our interns by coming to this presentation.

SENIORS ON A MISSION **Friday, February 23** **2:30 PM**

We welcome the founder and director of Seniors on a Mission to Pablo Towers. Come learn about this program that takes seniors on day trips to help others in the community. The residents of Pablo Towers receive so many blessings through agencies that assist us with our needs. This is an opportunity for you to join a group to help others in the community.

Seniors on a Mission exists to honor, love and encourage independent senior adults, inspiring them to live invigorated lives willed with purpose and grace. They take senior adults on team-oriented mission trips to local nonprofit organizations. Seniors find meaningful work, purpose and friendships while lending their helping hands, engaged minds and seasoned skill-sets to area charities and ministries.

