



MONTHLY NEWSLETTER



MARCH 2018

DINING TOGETHER

“To eat is a necessity, but to eat intelligently is an art,” said the 17th-century writer François de La Rochefoucau. And there are many facets of this intelligence that comes to benefit our good health.

There are great health benefits that just gathering together as family and friends around a dining table provides – that rank right up there with nutritious heart and mind healthy foods. Yes, generally when we think about health benefits of eating, we typically consider what we should – or should not – eat; or what nutritious value is within what we are consuming; or calculating how much salt or sugar and even how much we should be eating. However, experts agree—along with the prospect of the eating experience being delicious and enjoyable – gathering around a dining table together has far reaching physical and mental health benefits, for every one of all ages. At the table, we share stories, build upon relationships, learn from each other’s mistakes and triumphs; and not only creating bonds that define us...but also architecting the hallmarks of our wellbeing. In fact, this time benefits every aspect of your wellbeing — emotionally, physically, socially, occupationally, spiritually, intellectually and mentally – which all acts and interacts in a way that contributes to our overall quality of life.

Studies show that dining tables, when used to gather with one another, are great agents in living a healthier life. Dining in front of the TV on a TV tray should be the exception, not the norm.

Social connection is vital to successful aging. One way we connect with others is through sharing a meal. The Italians have a tradition, La Tavola (the table), which is essentially an invitation to come and dine together. When we dine together, we share stories and feel our sense of place and purpose in the world. Why not come downstairs and join others for a hot meal in the café? Check out the enclosed menu and pick a day when you can join your neighbors and friends.

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

Kayla Clayton
Café Cashier

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

COMMUNITIES OF RESPECT

Monday, March 26, 2018
3:00 PM—Community Room



Please join the staff of Pablo Towers as we all listen and learn together about the value of treating others with respect and honor with our words and deeds. This presentation will be facilitated by Mrs. Queen Bailey-Brooks. Queen has been a keynote speaker and instructor at Elder Care professional association conventions, she is the Chief Inspirational Officer with an organization by the name of A Wholistic Approach, and she is also a Quality Assurance Director. **Queen is so dynamic, so fun, and so inspirational** that you don’t want to miss the opportunity to meet her and listen to her wisdom and perspective.

PABLO TOWERS AUXILIARY

**ST. PATTY'S DAY
DINNER
THURSDAY, MARCH 15
6:00 PM**

Traditional Corned Beef & Cabbage
Dinner

All Residents—\$8.00

Guests—\$12.00

Wear your Green and join the fun!



**Tickets will be sold in the
Lobby.**

RESIDENT BIRTHDAY PARTY

Monday, March 19

6:00 PM

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

Sponsored by Ameris Bank.



**QUARTERLY AUXILIARY
ELECTIONS**

Thursday, March 22

5:00 PM

Closed door meeting for
resident active Auxiliary members only
Sandwiches will be served.

FOR EVERYONE'S INFORMATION

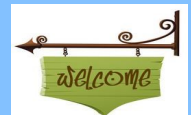
Per the By-Laws of the Auxiliary of Pablo Towers,
“membership shall be open to all interested persons who shall be
loyal to the purpose of the Auxiliary and abide by its regulations.
Membership requires payment of annual dues. Members are en-
couraged to be of voluntary service to the Auxiliary and attend its
functions.”

“There shall be the following types of Memberships:
ACTIVE MEMBER—a resident of Pablo Towers who has ob-
tained a current membership. Active members have a right to
hold office, participate in discussions and vote. ASSOCIATE
MEMBER—a non-resident who desires to join the Auxiliary and
obtains a current membership. They have no right to hold office,
participate in discussions or vote.”

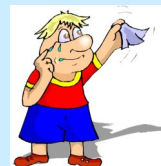
HAPPY BIRTHDAY FRIENDS

| | |
|-------------------|----------|
| Nancy T | March 1 |
| Jean G | March 8 |
| Deborah B | March 8 |
| Geraldine C | March 10 |
| Anna D | March 10 |
| David R | March 11 |
| Susan S | March 11 |
| Brenda Mc | March 11 |
| Ronald B | March 13 |
| Lili A | March 16 |
| Lois M | March 17 |
| Nell B | March 17 |
| Ofelia Mc | March 20 |
| Carla T | March 20 |
| Angelo R | March 23 |
| Patsy G | March 23 |
| Tommy V | March 26 |
| Lois S | March 26 |
| Pauline C | March 27 |
| Toni T | March 27 |
| Bonnie G | March 28 |
| Dee K | March 30 |
| Roberta W | March 31 |

**Kathleen Leahy
Susan Shepherd**



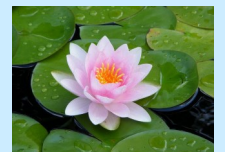
**FAREWELL and
BEST WISHES**




**Charles Hannon
Gael McKinstry**

**With Fond
Memories**

**Chester Collier
Edith Morse
Clyde Rader
Barry Uchic**



~ MARCH 2018 ~

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--|--|---|---|--|--|---|
| | | | | 1 <u>PEST CONTROL</u> Apts. Ending in 13 <u>DEVOTIONS</u> 9:30 AM C.R. | 2 <u>ONSITE DERMATOLOGY</u> 11:00 AM <u>WHAT LEGAL DOCUMENTS DO I NEED?</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R. | 3 <u>SING ALONG WITH ALAN KERR</u> 3:00 PM <u>THE STARS ARE OUT TONIGHT</u> 7:00 PM |
| 4 | 5 <u>McGOVERN JEWELRY SERVICES</u> 9:00 AM—1:00 PM <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>JACKSONVILLE AREA LEGAL AID DAY</u> By Appointment | 8 <u>PEST CONTROL</u> All Suites Apts. <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>BINGO</u> 6:00 PM C.R. | 10 |
| 11 DAYLIGHT SAVINGS TIME BEGINS—SPRING FORWARD ONE HOUR | 12 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>AGING LIKE A PRO</u> 2:30 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 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>SENIORS WITH A MISSION</u> 9:30 AM | 15 <u>PEST CONTROL</u> Apts. Ending in 01 <u>DEVOTIONS</u> 9:30 AM C.R. <u>ST. PATTY'S DAY DINNER</u> 6:00 PM | 16 <u>BOOK CLUB</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R. | 17 HAPPY ST. PATTY'S DAY  |
| 18 | 19 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>RESIDENT B-DAY PARTY</u> 6:00 PM | 20 1ST DAY OF SPRING <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 | 22 <u>PEST CONTROL</u> Apts. Ending in 02 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>GENERAL AUXILIARY ELECTIONS</u> 5:00 PM | 23 <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM <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>COMMUNITIES OF RESPECT</u> 3:00 PM 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 | 29 <u>PEST CONTROL</u> Apts. Ending in 03 <u>DEVOTIONS</u> 9:30 AM C.R. | 30 PASSOVER BEGINS NO BINGO | 31 |

OTHER HAPPENINGS AROUND THE TOWERS

McGOVERN JEWELRY SERVICES

**Monday, March 5
9:00 AM—1:00 PM**

We are thrilled to welcome Matt McGovern back to Pablo Towers this month. Matt will be at a table in the Lobby of the Towers and will be happy to put new batteries in watches, clean your jewelry, fix clasps and look at your jewelry to see if it can be fixed.

WHAT LEGAL DOCUMENTS DO I NEED!

Friday, March 2, 2:30 PM

Have you put your plans and wishes into legal, notarized documents? It's VERY IMPORTANT that we have legal documents designating the trusted people who we would like to make decisions on our behalf if we ever become unable to make those decisions for ourselves. We are very fortunate to welcome Pat Vail, a Jacksonville attorney, who will be presenting this educational program provided by Jacksonville Area Legal Aid to educate you on the purpose of having your plans arranged before they are needed. The Advanced Directive for Seniors is a pro bono project that provides many area senior citizens with the opportunity to create these documents free of charge and with the assistance of a licensed attorney. Plan now to attend this presentation to learn the purpose of each legal document and to find out what you need to do to participate in the Jacksonville Area Legal Aid Day at Pablo Towers.

JACKSONVILLE AREA LEGAL AID DAY

Wednesday, March 7

There will be morning and afternoon appointments. The Jacksonville Area Legal Aid, the University of Florida, and The Jacksonville Bar Association are offering free legal services by Florida licensed attorneys and law students in support of senior citizens in our community. The goal of the event is to create advance directive documents including Durable Power of Attorney, Health Care Surrogate Designation, Living Will, and Designation of Pre-Need Guardian. If you would like to have an appointment, please sign up on the signup sheet in the Lobby or please leave a message for Ellen Hopkins at 904-339-0061.

ALONE . . . TOGETHER

Friday, March 9, 2:00 PM

You are not alone!!! Please plan to join this supportive discussion group facilitated by Sheila Harper, a counselor with Vitas Healthcare. Sheila will be sharing some helpful coping skills so that you learn how to address negative feelings and 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.

AGING LIKE A PRO: KEYS TO HEALTHY LIVING

Monday, March 12, 2:30 PM

Mark your calendars now for this important informational program. We are happy to welcome Rachel Weinstein with the Baptist AgeWell Institute who will explain what the AgeWell Center is. If you are 65 and older, the AgeWell Center may be for you! If you need help with managing your medications, coping with declining memory, managing emotions or depression, improving your mobility and strength, helping you live on your own, help finding special resources that you need to remain independent—these are some areas that the AgeWell Center addresses with their patients. We hope that you will plan to attend.

Refreshments will be provided.

SENIORS WITH A MISSION

Wednesday, March 14, 9:30 AM

This is our first opportunity to join this group to go out to serve our community. A bus will pick up our Pablo Towers group at 9:30 AM and lunch will be provided. This is a great opportunity to serve others. If you are interested in going or need additional information, please call the Seniors with a Mission phone number at 904-551-4373

APEX CHAIR EXERCISE

Mondays at 11:00 AM

We hope you will attend this full body exercise class taught by Justin Dean with APEX Home Healthcare. Not only do the participants get a good workout, Justin is entertaining as well. Laughter is good medicine!

We are fortunate to have this free exercise class provided for us. Good participation is required for this class to continue.



THE STARS ARE OUT

TONIGHT

**Saturday, March 3
7:00 PM**

VARIETY SHOW

**Refreshments will be served
*Donations appreciated***