



# MONTHLY NEWSLETTER



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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

Beth Collins Himes  
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

Bryce Chastain  
Maintenance Tech

Paul Pollard  
Maintenance Tech

Donna Muenzer  
Housekeeper

Bob Myers  
Custodian

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Melissa Gilreath  
Executive Director

EHMC Corp

Debra Waters  
Operations Manager

EHMC Corp

## JULY 2018

## ATTITUDE

“The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past,

Than education, than money,

Than circumstances, than failures, than successes,

Than what other people think, say or do.

It is more important than appearance, giftedness or skill.

It will make or break a company . . . A church . . . A home.

The remarkable thing is we have a choice

Every day regarding the attitude

We embrace for that day.

We cannot change our past . . .

We cannot change the fact that people

Will act in a certain way.

We cannot change the inevitable.

The only thing we can do is play the one string we have,

And that is our attitude . . .

I am convinced that life is 10% what happens to me

And 90% how I react to it.

*And so it is with you . . . We are in charge of our attitudes.”*

~ Charles Swindoll



**PABLO TOWERS AUXILIARY**

**A 4TH OF JULY COMBO  
Wednesday, July 4  
11:30 AM**

**Music by "Let Freedom Sing" Choral Group  
Barbeque by Pablo Towers Auxiliary**

Residents—\$5  
Guests—\$7



*Sponsored by  
Pablo Towers  
Auxiliary and  
St. Paul's by-the-Sea  
Episcopal Church*

**RESIDENT BIRTHDAY PARTY**

**Monday, July 16  
6:00 PM**

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

*Sponsored by Christ United Methodist Church*



**BINGO ROCKS—JOIN THE FUN**

**Tuesday and Friday Nights**

**Don't miss the opportunity to win some extra cash**

**2018—2019 Auxiliary Member Dues  
Will be \$10. Please plan to join your  
friends and become a member.**



Rev. Dr. Gabe Goodman, shown here with Rev. Peyton Hopkins, preached his final time at Pablo Towers on June 14. Rev. Goodman is retiring from his position as Pastor of Community Presbyterian Church. He has preached at the Thursday morning devotion time once a month at Pablo Towers for many, many years, and his spirit, his wit, his singing and guitar playing will be missed by many of our residents.

**HAPPY BIRTHDAY FRIENDS**

- Judy Frye ..... July 3
- Margaret Adams ..... July 3
- Rosalia Romano ..... July 4
- Terry Woods ..... July 4
- Franca Davis ..... July 5
- Charlie Sellers ..... July 6
- Joan Litchfield ..... July 16
- Elizabeth Kierstead ..... July 17
- Ina Carrasquillo ..... July 18
- Dee Nardino ..... July 18
- Rosemary Laird ..... July 18
- Helen McLaughlin ..... July 19
- Ben Reece ..... July 20
- Charlotte DiFrancesco ..... July 22
- Bill Morgan ..... July 24
- Kathleen Leahy ..... July 25
- Rey Alvarez ..... July 27
- Ruth Jenkins ..... July 28
- Norma Sanders ..... July 29
- Margaret McDonald ..... July 29
- Betty Robinson ..... July 29
- Colette Sellers ..... July 30

**Jennifer Enmeier  
Marie Hackett  
Brenda Reed  
Lou Ann Swann**



**With Fond  
Memories**

**Ruth Martin**



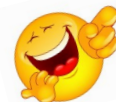
**FAREWELL AND BEST WISHES**

**Ann Joyner  
Evelyn Webb  
Doris Wilson**

**I Always Thought it was The  
Dryer shrinking My clothes**




**Turns out it was The  
Refrigerator The Whole Time!**



**I didn't mean to  
gain weight.  
It happened by  
snaccident.**

# ~ JULY 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>1</b> <u>Transport To Community Presbyterian Church</u> 10:15 AM	<b>2</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.  <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	<b>3</b> <u>WALKING GROUP</u> 9:00 AM  <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>LET FREEDOM SING and 4th OF JULY COOKOUT</u> 11:30 AM	<b>5</b> <u>PEST CONTROL</u> Apts. Ending in 03  <u>WALKING GROUP</u> 9:00 AM  <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	<b>6</b> <u>ONSITE DERMATOLOGY</u> By Appt. 1-877-345-5300  <u>BINGO</u> 6:00 PM C.R.	<b>7</b> <u>SING ALONG WITH ALAN KERR</u> LOBBY 3:00 PM
<b>8</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>9</b> <u>McGOVERN'S JEWELRY SERVICE</u> 9 AM—2 PM  <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.  <u>DR. GORDON, PODIATRIST</u> By Appointment	<b>10</b> <u>WALKING GROUP</u> 9:00 AM  <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>11</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>MEDICAL SERVICES OF AMERICA MEET &amp; GREET</u> 2:30 PM	<b>12</b> <u>PEST CONTROL</u> Apts. Ending in 04  <u>WALKING GROUP</u> 9:00 AM  <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	<b>13</b> <u>ALONE... TOGETHER</u> 2:00 PM  <u>BINGO</u> 6:00 PM C.R.	<b>14</b> <u>SERVE DAY</u> 9:00 AM—1:00 PM
<b>15</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>16</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.  <u>RESIDENT B-DAY PARTY</u> 6:00 PM	<b>17</b> <u>WALKING GROUP</u> 9:00 AM  <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>18</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>GAME NIGHT WITH OUR JACKSONVILLE BEACH POLICE FRIENDS</u> 6:00 PM	<b>19</b> <u>PEST CONTROL</u> Apts. Ending in 05  <u>WALKING GROUP</u> 9:00 AM  <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	<b>20</b> <u>BOOK CLUB</u> 2:00 PM  <u>BINGO</u> 6:00 PM C.R.	<b>21</b>
<b>22</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>23</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.	<b>24</b> <u>WALKING GROUP</u> 9:00 AM  <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>AVANTE MEET &amp; GREET</u> 2:30 PM	<b>26</b> <u>PEST CONTROL</u> Apts. Ending in 06  <u>WALKING GROUP</u> 9:00 AM  <u>SENIORS WITH A MISSION</u> 9:20 AM  <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	<b>27</b> <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM  <u>BINGO</u> 6:00 PM C.R.	<b>28</b>
<b>29</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>30</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.	<b>31</b> <u>WALKING GROUP</u> 9:00 AM  <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

### **McGOVERN JEWELRY SERVICES**

**Monday, July 9  
9:00 AM—2:00 PM**

We are thrilled to welcome Matt McGovern to Pablo Towers this month. Matt will be at a table in the lobby of Pablo Towers to meet with you. Matt 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.

### **GAME NIGHT WITH OUR JACKSONVILLE BEACH POLICE FRIENDS**

**Wednesday, July 18, 6:00 PM**

Plans are underway to have a great game night here at Pablo Towers. We hope to offer you the opportunity to play a variety of activities at this event. Some possible activities will be chair volleyball, beanbag toss, musical chairs, etc. . . Refreshments will be served!

### **MSA MEET AND GREET WITH FALL RISK ASSESSMENTS**

**Wednesday, July 11, 2:30 PM**

Representatives from MSA (Medical Services of America) are sponsoring a Meet and Greet program. We encourage everyone to come to the "Meet and Greet" to learn more about this home health company which will be available to provide services to the residents of Pablo Towers. A physical therapist will be at the program to complete fall risk assessments. There will be lots of tasty refreshments and a raffle drawing for prizes, so be sure to come to this program.

### **SENIORS WITH A MISSION**

**Thursday, July 26, 9:20 AM**

We encourage you to join this group of active seniors who enjoy going out into the community to help others. The bus will pick up our Pablo Towers' group at 9:20 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 Ellen Hopkins, Service Coordinator, at 904-339-0061, or Seniors with a Mission at 904-551-4373.

### **ALONE . . . TOGETHER**

**Friday, July 13, 2:00 PM**

You are not alone!!! Please plan to join this supportive discussion group facilitated by a counselor with Vitas Healthcare. At this group, you can learn how to address the changes in your life, frustrations, 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.

### **MEET AND GREET WITH AVANTE @ JACKSONVILLE BEACH**

**Monday, July 25, 2:30 PM**

AVANTE is a rehabilitation and skilled care facility in Jacksonville Beach. Come and meet the executive director, the marketing director and therapists from the rehabilitation department. They will share the mission of AVANTE and ways that they can help you if you should need rehabilitation or skilled care. Delicious deli sandwiches, fruit and dessert will be served during the Meet and Greet.

### **SERVE DAY**

**Saturday, July 14  
9:00 AM—1:00 PM**

Mark your calendars now!! A wonderful group of volunteers from the Church of 11:22 is coming to Pablo Towers 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 of projects 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 other collections and remove for donation to Hope's Closet, wash the sliding glass door or clean a bathroom. Our neighbors from the Church of 11:22 are looking forward to spending time with the wonderful residents of Pablo Towers.



### **Dan, "The Fruit & Vegetable Man"**

**FRESH PRODUCE**

**Every Thursday in July  
9:30—11 AM Suites Side South Parking Lot**

SOMETIMES his wife will make:

**\$2 BOILED PEANUTS**

**\$1 BANANA PUDDING**

**\$1 PINEAPPLE UPSIDE DOWN CAKES**

*Good produce at reasonable prices!*



**If the person who named Walkie Talkies named  
everything:**

**Stamps = Lickie Stickie**

**Defibrillators = Hearty Starty**

**Bumble Bees = Fuzzy Buzzy**

**Pregnancy Test = Maybe Baby**

**Fork = Stabby Grabby**

**Nightmare = Screamy Dreamy**