



# MONTHLY NEWSLETTER



## AUGUST 2018

### YOUR NEW AUXILIARY TEAM

115 South Third Street  
Jacksonville Beach, FL 32250  
  
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Fax: 904-249-2011  
1-800-955-8771/TTY  
www.pablotowers.com  
Managed by Elderly Housing  
Management Corporation

Effective July 1, 2018, your new Pablo Towers and Suites Auxiliary team is ready to serve you. Following are the officers you have elected for the 2018—2020 term:

#### 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

From left to right—  
Fae Williams, Treasurer;  
Lucy Hale, Vice President;  
Nancy Barcliff, Secretary and  
President Beverly Justin hope  
to enhance your lives at The  
Towers and Suites through the  
entertainment and activities  
sponsored by the Auxiliary.

Let them know their  
efforts are appreciated. You  
can also volunteer to help out.



### THE MEDICAL SERVICES OF AMERICA OFFICE Opens for Business Monday, August 1



Medical Services of America (MSA) will be opening their doors to the MSA Health Clinic on Wednesday, August 1<sup>st</sup>. The office will be open from 10:00 AM to 1:00 PM on Mondays, Wednesdays and Fridays. They are excited to be the newest addition to the Pablo Towers family. Jasmine Adriano, DPT will be the lead physical therapist in the clinic. Jasmine has her doctorate in physical therapy and has 30+ years experience in nursing, rehab, pediatric, acute and outpatient therapy.

MSA is a licensed and Medicare-certified agency that offers skilled nursing, physical therapy, psychiatric nursing, wound care, diabetic education, occupational and speech therapy, social workers and home health aides. Please stop by the office if you have questions or would like your blood pressure taken. MSA can be contacted at 904-998-4408.

**Melissa Gilreath**  
Executive Director

EHMC Corp

**Debra Waters**  
Operations Manager  
EHMC Corp

**PABLO TOWERS AUXILIARY**

**GAME NIGHT WITH OUR JACKSONVILLE BEACH POLICE FRIENDS WEDNESDAY, AUGUST 8, 6:00 PM**



Chair Volleyball, Beanbag Toss, Dart Toss, Board Games, etc.  
Refreshments will be served along with a lot of laughter and fun.

**RESIDENT BIRTHDAY PARTY Monday, August 20 7:00 PM**

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

*Sponsored by Neptune Baptist Church*



**ICE CREAM SOCIAL Saturday, August 25 2:00 PM**

*Ice Cream with all the toppings!  
\*\*Sugar-free ice cream will be available.\*\**

**BINGO ROCKS CRAZY T is Over**

Lorraine Smith & Pearl Porter (Hamlet)  
Each won \$50 on July 20  
50/50 Bingo Game starts in September  
**Tuesday night Bingo will return in September**

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

**HURRICANE MYTH DEBUNKED**

**MYTH:** We don't need to evacuate; the Red Cross will provide shelter.

**FACT:** Some folks feel no need to leave even when evacuation orders are issued because they believe the city and the Red Cross will open close-by public shelters with comfy cots and tasty meals. Emergency shelters have a singular purpose: Keeping people alive. They are not comfortable, are often crowded and usually noisy. In many shelters the only bedding or food you'll have is what you bring. Your first and best option if told to flee is to go to the home of a relative or friend who is not in the path of the severe weather event.

**HAPPY BIRTHDAY FRIENDS**

- Ana Grullon . . . . . August 3
- Rebecca Aydelette . . . . . August 6
- Helen Bizzarri . . . . . August 7
- Eileen Smith . . . . . August 7
- Paul George . . . . . August 8
- Sue Heckert . . . . . August 12
- Barbara Miller . . . . . August 14
- Arthur Emery . . . . . August 17
- Karen Bolster . . . . . August 20
- Chet Galbraith . . . . . August 21
- Margaret Ricketts . . . . . August 23
- Tricia Dyer . . . . . August 23
- Cecelia Bergum . . . . . August 23
- Ginny Pfaff . . . . . August 24
- Betty Smith . . . . . August 26

Joyce Barnett  
Diana Flynn



**FAREWELL AND BEST WISHES**

Judy Frye  
Marj Greene  
Estelle Medlock  
Floyd Wilson

**With Fond Memories**

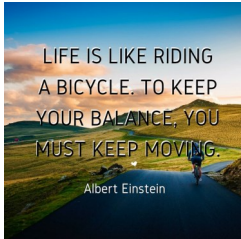
Pauline Graham



**GREAT NEWS—FIT AND FAB EXERCISE CLASSES ARE COMING TO PABLO TOWERS.** Starting in September, we will be offering morning exercise classes on Mondays, Wednesdays and Fridays from 9:00—10:30 AM. There will be a demonstration class on Wednesday, September 5 at 2:30 PM so that you can watch a class and ask questions. More information will be provided in the September newsletter.



# ~ AUGUST 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM	<b>2</b> <u>PEST CONTROL</u> Apts. Ending in 07 <u>WALKING GROUP</u> 9:00 AM  <u>DEVOTIONS</u> 9:30 AM C.R.	<b>3</b> <u>ONSITE DERMATOLOGY</u> By Appt. 1-877-345-5300  <u>BINGO</u> 6:00 PM C.R.	<b>4</b> <u>SING ALONG WITH ALAN KERR</u> LOBBY 3:00 PM
<b>5</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>6</b> <u>DR. GORDON, PODIATRIST</u> By Appointment 904-765-5554  <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	<b>7</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.	<b>8</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM  <u>GAME NIGHT WITH POLICE</u> 6:00 PM	<b>9</b> <u>PEST CONTROL</u> Apts. Ending in 08 <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> 2:00—2:30 PM  <u>AMPLIFIED PHONES</u> 3:30 PM	<b>10</b> <u>BOOK CLUB</u> 2:00 PM  <u>BINGO</u> 6:00 PM C.R.	<b>11</b>
<b>12</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>13</b> <u>SENIORS WITH A MISSION</u> 9:15 AM  <u>BP-APEX—LOBBY</u> 10 – 11:00 AM  <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.  <u>AN HOUR WITH SOCIAL SECURITY</u> 2:30 PM	<b>14</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	<b>15</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM  <u>FALL PREVENTION AND RISK ASSESSMENT</u> 2:30 PM C.R.	<b>16</b> <u>PEST CONTROL</u> Apts. Ending in 09 <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.	<b>17</b> <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM  <u>NEW DIETS EXPLAINED</u> 2:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>18</b>
<b>19</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>20</b> <u>BP-APEX—LOBBY</u> 10 – 11:00 AM  <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.  <u>RESIDENT B-DAY PARTY</u> 6:00 PM	<b>21</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.	<b>22</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM  <u>Wii BOWLING</u> 2:30 PM	<b>23</b> <u>PEST CONTROL</u> Apts. Ending in 10  <u>WALKING GROUP</u> 9:00 AM  <u>DEVOTIONS</u> 9:30 AM C.R.	<b>24</b> <u>ALONE... TOGETHER</u> 2:00 PM  <u>BINGO</u> 6:00 PM C.R.	<b>25</b> <u>ICE CREAM SOCIAL</u> 2:00 PM
<b>26</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>27</b>	<b>28</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.	<b>29</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM  <u>WHAT IS FRAUD?</u> 2:30 PM	<b>30</b> <u>PEST CONTROL</u> Apts. Ending in 11 <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.	<b>31</b> <u>CHAIR VOLLEYBALL</u> 2:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	

## OTHER HAPPENINGS AROUND THE TOWERS

### AMPLIFIED PHONES

**Thursday, August 9, 3:30 PM**

The representatives with the FTRI (Florida Relay Telecommunications, Inc.) and FFAST (Florida Alliance for Assistive Services and Technology) will be returning to provide free amplified phones for those who need them. The representatives will have a table set up in the Lobby near the fish tank to help you find the right amplified phone for your needs. If you have an amplified phone that you no longer need or if it is broken, please bring it to the representatives and they will give you a new phone and will teach you how to use it.

### SENIORS WITH A MISSION

**Monday, August 13, 9:15 AM**

We encourage you to join this group of active seniors who enjoy going out into the community to help others. This month the group will be going to Mandarin Oaks Elementary to help the teachers prepare for the school year. The bus will pick up our group at 9:15 AM, and lunch will be provided. 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.

### AN HOUR WITH SOCIAL SECURITY

**Monday, August 13, 2:30 PM**

We are excited to offer you this opportunity to attend this program with Elizabeth Baez-Beatey, Public Affairs Specialist with the Social Security Administration. She will be presenting information about various topics which will include retirement benefits, spousal and survivors benefits and more. If you have specific questions that you would like answered, please write them down, put them in a sealed envelope and give them to the front desk receptionist for the Service Coordinator, Ellen Hopkins. Ellen will send these questions to Ms. Baez-Beatey before the presentation.

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

### FRESH PRODUCE

**August 9, 16 and 30**

**9:30—11:00 AM**

**Suites Side South Parking Lot**

*Good produce at reasonable prices!*



### Fall Prevention and Risk Assessments

**Wednesday, August 15, 2:30 PM**

Are you finding that your balance is off or perhaps you have fallen down? Please plan to attend this fall prevention program in the Community Room. Jasmine Adriano, Doctor of Physical Therapy with MSA, will share helpful information that may make a big difference in your life. Jasmine will also be completing risk assessments with anyone who would like to see if they are in danger of falling. Ice Cream Treats will be served to all that attend.

### NEW DIETS EXPLAINED

**Friday, August 17, 2:30 PM**

There are so many new diets or health trends that we are hearing are so good for us. Paleo, Keto, Low Carb, Vegan, Low Salt, DASH . . . We all know that we need to eat the foods that are good for us and will help us prevent health issues. But what are these diets and which one is best for you? Plan now to join Justin Dean, APEX Home Care representative, blood pressure clinic and chair exercise leader and EMT, as he explains each of these diets and helps you understand how to create a healthy plan for yourself. Refreshments will be served.

### Wii BOWLING

**Wednesday, August 22, 2:30 PM**

Good news!! Wii Bowling returns. Did you know that playing Wii Bowling is good for your balance? Plan now to join Jasmine Adriano with MSA Home Health Care company as we kick off this monthly program. If you have any questions about how to play Wii Bowling, ask Al Boone or stop by the MSA office to find out more. This is a fun activity that anyone can play, and you just might win the trophy!! If you have fallen or have balance concerns, come learn how this activity can improve your balance and reduce the chances of falling.

### ALONE . . . TOGETHER

**Friday, August 24, 2:00 PM**

Plan to join this supportive discussion group facilitated by a counselor with Vitas Healthcare. At this group, you can learn how to address frustrations, negative feelings and emotions.

### WHAT IS F-R-A-U-D? WHAT ARE S-C-A-M-S? WHAT ARE YOUR CHANCES OF BECOMING A VICTIM?

**Wednesday, August 29, 2:30 PM**

What are the current scams and fraud in 2018? Seniors are often targets of scam and fraud. We hope that you will attend this informational program to learn the skills you need to recognize fraud, scams, and how to prevent them from happening to you!! Our CAPE officers with the Jacksonville Beach Police Department would like to give us tools to protect ourselves. Refreshments will be served.

### CHAIR VOLLEYBALL

**Friday, August 31, 2:30 PM**

We are thrilled to announce that Chair Volleyball is returning!! Representatives with MSA Home Health will be sponsoring this program monthly. This is such a fun activity and is a great way to get exercise. The game is played sitting down, so everyone is able to play. If you have never played Chair Volleyball and are a little timid to try, we encourage you to come and watch a game or two. Perhaps you will see that is just the activity for you, and it's a great way to meet your neighbors.