



MONTHLY NEWSLETTER



APRIL 2015

FUN TIMES

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Managed by Elderly Housing
Management Corporation

- Staff Members**
- Jo-Ann Gherardi**
Property Manager
- Sheryl Roussin**
Finance Manager
- Ellen Hopkins**
Service Coordinator
- Jennifer Burns**
Asst. Service Coordinator
- Nancy Gabriszeski**
Admin Assistant
- Nell Barrow**
Front Desk
- Jim Parsons**
Maintenance Supervisor
- Daniel Deon**
Maintenance Tech
- John Ring**
Maintenance Tech
- Shane Perez**
Maintenance Tech
- Ebony Neville**
Housekeeper
- Bob Myers**
Custodian
- Melissa Gilreath**
Executive Director
EHMCorp
- Debra Waters**
Operations Manager
EHMCorp



Spring brings out the best in our neighbors as they arranged gorgeous flowers and danced an afternoon away during the month of March.



Recently a group of residents gathered in the lobby prior to attending the production "I Love Lucy" at the Times-Union Center. Transportation was provided free of charge by JTA for those who purchased tickets to

the production. The play evoked memories of times past, and the theatre-goers were able to enjoy the lights of Jacksonville on the drive home.

Ramblings of a Retired Mind...

Today I was in a store that sells sunglasses, and only sunglasses. A young lady walks over to me and asks, "what brings you in today?". I looked at her, and said, I'm interested in buying a refrigerator. She didn't quite know how to respond. Am I getting to be that age?

I was thinking about old age and decided that old age is when you still have something on the ball but you are just too tired to bounce it.

I thought about making a fitness movie for folks my age and call it 'Pumping Rust'.

I've gotten that dreaded furniture disease. That's when your chest is falling into your drawers!

The easiest way to find something lost around the apartment is to buy a replacement.

Might wake up early and go for a run. Might also win the lottery; the odds are about the same!

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me. They were cramming for their finals. As for me, I'm just hoping God grades on the curve.

When people see a cat's litter box they always say, 'Oh, have you got a cat?' Just once I want to say, 'No, it's for company!'



HAPPY BIRTHDAY FRIENDS

- Maya Teper April 1
- Sue Casper April 7
- Priscilla Davis April 8
- Evelyn Miller April 10
- Jim Ring April 10
- Shirley Young April 10
- Barry Uchic April 13
- Marie Singleton April 14
- Carmen Lopez April 16
- Robert Perkins April 21
- Suzanne Ferrell April 23
- Lucille Marshall April 25
- Sr. Joan Gabbin April 30

GOOD BYE AND GOOD LUCK ANNE KANE



The latest Citizens on Patrol training participants from Pablo Towers. From left to right, Maggie Gattrell, Toni Taylor and Karen Bolster. Ginny Pfaff is also training but not available for the photo. Good job, ladies!

PABLO TOWERS AUXILIARY



**SATURDAY
APRIL 18
10:00 AM-
4:00 PM**

- * Arts & crafts in the trailer
- * Art show & jewelry repair booth in the lobby.
- * Sign up to donate baked goods and small items for white elephant table




**RESIDENT
BIRTHDAY
PARTY**



**MONDAY, APRIL 20
6:00 PM**

*Sponsored by
Community Presbyterian
Church*

~ APRIL 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		 TOMORROW	1 <u>BIBLE STUDY</u> 10:00 AM <u>DIABETES 101</u> 11:30 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	2 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>TOWN HALL MEETING</u> 6:00 PM	3 START OF PASSOVER <u>PEST CONTROL</u> 2nd & 16th Floors All Apartments <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>AUXILIARY BOARD MEETING</u> 3:00 PM <u>BINGO</u> 6:00 PM	
5  Violin Concert 3:00 PM	6 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	7 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	8 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	9 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>BEACHES DIAL-A-RIDE</u> 1:30 PM	10 <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	11 <u>STORY-TELLERS</u> 11:00 AM
12	13 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	14 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	15 <u>BIBLE STUDY</u> 10:00 AM <u>MANAGING CHRONIC PAIN</u> 1:30—3:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	16 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	17 <u>PEST CONTROL</u> 3rd & 15th Floors All Apartments <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	18 <u>ARTS & CRAFTS FAIR</u> 10—4PM
19	20 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	21 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	22 <u>BIBLE STUDY</u> 10:00 AM <u>VITAS HOSPICE CARE</u> 12:00 NOON <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	23 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	24 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	25
26	27 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	28 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	29 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	30 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>MARKET FRESH MUNCHIES</u> 1:30 PM		

OTHER HAPPENINGS AROUND THE TOWERS

DIABETES 101

Wednesday, April 1
11:30 AM

Medtown Pharmacy's pharmacist, Dr. Chen Oeur, will be presenting information on diabetes.

A delicious lunch from Mambo's Cuban Bistro will be provided

TOWN HALL MEETING

Thursday, April 2
6:00 PM

Jacksonville Beach's Mayor Charlie Latham and Chief of Police Patrick Dooley

will join us to discuss current events in the community and to listen to your thoughts and ideas for improving our city.

Please attend this very important meeting.

Refreshments provided.

BEACHES DIAL-A-RIDE

THURSDAY, APRIL 9
1:30 PM

Please come meet the new president of Beaches Dial-a-Ride, Alan Ennis, to hear an overview of what services the program offers and how this non-profit organization is operated.

CHRONIC PAIN SEMINAR

WEDNESDAY, APRIL 15
1:30—3:00 PM

Do you live with aches and pains? Are you tired of being stiff and rigid? Do you have back pain? Do you have core weakness? Do you lack good posture: Please join Darly Thoppil, Occupational Therapist and Myofascial Therapist and owner of Revive Rehab Wellness, as she presents innovative techniques that are available to treat and manage chronic pain.

Darly teaches regularly at Osher Lifelong Learning Institute at the University of North Florida and provides seminars at various senior centers.

MYTHS AND MISCONCEPTIONS OF HOSPICE CARE

Wednesday, April 22
12:00 Noon

Come enjoy lunch with Pam Dri, Community Liaison with Vitas Hospice Care and enjoy learning about the services hospice provides.

MARKET FRESH MUNCHIES

THURSDAY, APRIL 30
1:30 PM

Cooking Matters continues this month with Rosaria Anderson, chef with This Chick Can Cook and Dig Local, and a representative from the Duval County Extension office. Learn how to obtain and prepare healthy foods on an EBT budget.

Support your Sister Property

Pablo Hamlet is having a yard sale / bake sale plant sale/ hot dog sale



**SATURDAY
APRIL 25
9 AM—3 PM**

Proceeds will go to Hart Felt Ministries

YOUR HELP IS NEEDED

Our Service Coordinators are very busy helping many of our 208 residents. It is impossible to help everyone at the same time, especially given the telephone waiting times for the Social Security Administration or the many state offices with whom Ellen and Jennifer deal.

They want to give each of you the personal and private time and attention that you require. And it is difficult to accomplish that with others knocking at the door.

If you need assistance, please call 904-339-0061 to make an appointment to get the help you need! Thank you.