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Managed by Elderly Housing  
Management Corporation

**Staff Members**

**Jo-Ann Gherardi**

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**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

# MONTHLY NEWSLETTER



## APRIL 2014

### Pablo Towers Residents Take Active Role in Community



Several Pablo Towers residents are currently enrolled in the Jacksonville Beach Citizens Police Academy (CPA) classes. Above, Judy Frye takes part in the shooting portion of the training. Attendees go to the gun range and use officers' guns (including semi-automatic and fully automatic weapons) during this session.

Floyd Wilson, Bonnie Guillet and Mit Pendergraft are also enrolled in this session's classes. Past Citizens Police Academy participants are Georgette

Quigley, Mit Pendergraft, Faye Williams, Norma Sanders, Nancy Graeme, and Clyde Rader.

Since its inception in 1998, the Citizen Police Academy (CPA) has graduated 31 classes with almost 900 graduates. The CPA provides an opportunity for citizens and officers alike to come together in a relaxing and interactive atmosphere to learn more about the "inner workings" of the Jacksonville Beach Police Department.

Presentations are given during a 12-week academy session that meets every Thursday night from 6:30 p.m. to 9:30 p.m. Two academy sessions are held each year and begin on the second Thursday in January and July. Attendees receive a customized CPA logo polo shirt and handout materials. The cost to attend is only \$25 and is due at the time of registration.

We love that our residents take such an active role in our community!



### WALK FIT BEACHCOMBERS CLUB

Friday, March 28, was the inaugural walk for the recently formed Walk Fit Beachcombers Club. The walking club meets on Fridays at 9:00 AM and hopes to inspire living well in 2014.

At right, Sherry O'Brien, Bobbie Ann Smith, Assistant Service Coordinator Jennifer Burns, Bonnie Guillet, Ortho Home Health Marketing Coordinator Lisa Sheek, Nancy Tarr, Judy Frye and Service Coordinator Ellen Hopkins pose for a photo taken by fellow walker and photographer Mit Pendergraft before they begin their first walk on the beach.



If you would like to join the group, please sign up in the lobby and be prepared with appropriate shoes and comfortable clothing on Fridays at 9:00 AM in the lobby.

**“Ode to Ronald” by David Reeves**

How can I go on without you  
 All I do is dream about you  
 Since you went away  
 I think of you at least 3 times a day.

If you'd really love to see me smile  
 Than please come back in just a little  
 while  
 But until you do . . . This is what I  
 say to you.

Oh how I miss you . . . McDonald's  
 Why'd you have to go and shut the  
 door  
 How much longer til you are remod-  
 eled  
 So we can be together like before.

I don't need caviar or pate'  
 But I sure could use a latte  
 That's the kinda thing that satisfies  
 And your nuggets made of chicken  
 Cause my pulse to quicken  
 Not to mention my addiction to your  
 fries  
 (Please supersize them).

In those golden days when you were  
 open  
 All I had to do was cross the street  
 Nowadays I spend my times just  
 hoping  
 I find something half way decent I  
 can eat.

If I'm threatened with a pistol  
 I would walk down to the Krystal  
 To get a shake and maybe something  
 else  
 Cross the street and down the block  
 so I can buy a taco

Or to the Waffle House to try  
 some tuna melts  
 (And a Budweiser).

Living here without you isn't  
 easy  
 And when you get back then I'll  
 be overjoyed  
 I can't wait to sink my teeth in  
 something greasy  
 The kind of thing my doctor says  
 I should avoid.

I'm feeling so forsaken  
 But a cheeseburger with bacon  
 Would help me ease the pain.  
 So Ronald won't you hurry  
 I need an Oreo McFlurry  
 To keep me from going insane.

But what's the use  
 There's no need to continue  
 We'll all just have to wait until  
 the work is through.

And keep on saving pennies  
 For your dollar menu  
 Cause McDonald's we all miss  
 you  
 (you know it's true).

Everybody at the Towers will be  
 countin' down the hours  
 If it isn't too much trouble  
 Could I have a Daily Double  
 Til I get a meal that's happy  
 My outlook will be crappy.

McDonald's, we all miss you.  
 David Reeves  
 Pablo Towers Resident

**HAPPY BIRTHDAY FRIENDS**

- Maya Teper ..... April 1
- Sue Casper ..... April 7
- Priscilla Davis ..... April 8
- Evelyn Miller ..... 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

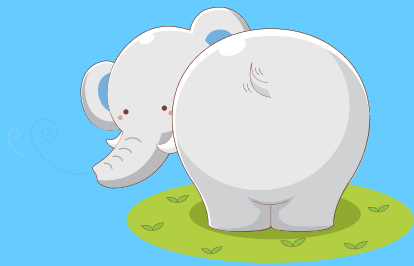
According to the American Gem Society, the birthstone associated with April is the Diamond!



The flowers associated with April are the daisy and the sweet pea.

**PABLO TOWERS AUXILIARY**

**WHITE ELEPHANT  
 DICE  
 GAME  
 AND  
 SLOPPY  
 JOE  
 LUNCH**



**Sunday, April 27  
 1:00 PM**




**RESIDENT  
 BIRTHDAY  
 PARTY**

**MONDAY, APRIL 21  
 7:00 PM**



*Sponsored by  
 Community Presbyterian Church*

## ~ APRIL 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> <u>BAKED GOODS</u> 8 – 9:15 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	<b>2</b> <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	<b>3</b> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>BOOK CLUB</u> 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	<b>4</b> <u>PEST CONTROL</u> Apts. Ending in 05-06 <u>BEACHCOMBERS WALKING CLUB</u> 9:00 AM <u>BINGO</u> 6:00 PM	<b>5</b> Violin Concert 3:00—4:00 PM MOVIE 6:00 PM
<b>6</b>	<b>7</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	<b>8</b> <u>BAKED GOODS</u> 8 – 9:15 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	<b>9</b> <u>BIBLE STUDY</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	<b>10</b> <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	<b>11</b> <u>BEACHCOMBERS WALKING CLUB</u> 9:00 AM <u>40th ANNIVERSARY CELEBRATION</u> 2:00—4:00 PM	<b>12</b> <u>STORY-TELLERS</u> 11:00 AM MOVIE 6:00 PM
<b>13</b>	<b>14 Passover</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>LIVE WELL</u> 10:00 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	<b>15</b> <u>BAKED GOODS</u> 8 – 9:15 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	<b>16</b> <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	<b>17</b> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	<b>18</b> <u>PEST CONTROL</u> Apts. Ending in 07-08 <u>BEACHCOMBERS WALKING CLUB</u> 9:00 AM <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:15 AM <u>BINGO</u> 6:00 PM	<b>19</b> MOVIE 6:00 PM
<b>20</b>	 <b>21</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>LIVE WELL</u> 10:00 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>RES. COUNCIL BOARD MTG.</u> 3:00 PM <u>RESIDENT BIRTHDAY PARTY</u> 7:00 PM	<b>22 Earth Day</b> <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH &amp; STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	<b>23</b> <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	<b>24</b> <u>DEVOTIONS</u> 10:00 AM <u>HAVEN HOT DOG DAY</u> 12:00—3:00 PM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>DOWNTON ABBEY</u> 6:00 PM	<b>25 Arbor Day</b> <u>BEACHCOMBERS WALKING CLUB</u> 9:00 AM <u>BINGO</u> 6:00 PM	<b>26</b> MOVIE 6:00 PM
<b>27</b> WHITE ELEPHANT DICE GAME & SLOPPY JOE LUNCH 1:00 PM	<b>28</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>LIVE WELL</u> 10:00 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>DOWNTON ABBEY</u> 6:00 PM	<b>29</b> <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>AMAZING BRAIN GAMES</u> 3:30 PM <u>BINGO</u> 6:00 PM	<b>30</b> <u>BIBLE STUDY</u> 10:00 AM <u>ART CLASS</u> 12:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM			

## OTHER HAPPENINGS AROUND THE TOWERS

**MONTHLY VIOLIN CONCERT  
BY OUR OWN ALAN KERR  
SATURDAY, APRIL 5  
3:00—4:00 PM  
EVERYONE IS INVITED**

**SUPPORT YOUR SISTER  
PROPERTY**

**PABLO HAMLET  
CRAFTS and YARD SALE  
APRIL 12  
8 AM—3 PM  
Hot Dog Sale 9—1 PM**

**Baked Goods, Grilled Hot Dogs,  
Plants, Glassware, Collectibles and  
many other items.**

**All Proceeds  
will go to  
BEAM and Dial-A-Ride**

### *40th* ANNIVERSARY CELEBRATION

**Friday, April 11  
2:00—4:00 PM**



**Local dignitaries, supporters,  
friends and  
residents will come together to celebrate our  
40 years of success.**

Thanks to your book donations to our library,  
we are able to bless our residents and others!

According to Connie Savage who leads the vol-  
unteers who keep our library organized, this past month  
the library was able to donate six cases of duplicate or  
excess books to the Vietnam Veterans of America.

The Vietnam Veterans of America chapters run  
thrift shops to help fund VVA  
programs. Our donation will be used  
for this purpose. Thank you for your  
generosity!



### SMILE

The 2.99 Special

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99. 'Sounds good,' my wife said. 'But I don't want the eggs...' Then, 'I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously. 'YES!' stated the waitress.. 'I'll take the special then,' my wife said.. 'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' my wife replied.

She took the two eggs home and baked a cake.

**DON'T MESS WITH SENIORS!!! WE'VE been around the block more than once!**

### CHARACTER

*"People seem not to see that their opinion of the world is also a confession of their character."*

Ralph Waldo Emerson

The world isn't especially concerned with making us happy, as much as we would like it to be. Most of us are well aware of this fact. So when we complain that things aren't going the way we would like them to, we only annoy those around us, while further darkening our own mood.

The more we whine and criticize, the smaller and more unpleasant we become.

**Today, instead of complaining about negative things, I will praise positive things.**

From The Daily Book of Positive Quotations  
By Linda Picone