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Managed by Elderly Housing
Management Corporation

Staff Members

Jo-Ann Gherardi

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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

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

MONTHLY NEWSLETTER

AUGUST 2014

STRANGE HALL UNRAVELED

As we anticipate the demolition of the building that houses Strange Hall, it seems appropriate that we look back on why the Pablo Towers community room was named Strange Hall. Many people question the name, as it connotes thoughts of things that are not normal or expected.

Charles H. Strange was the first President of Beaches Christian Service Corps, Inc., the founders and owners of Pablo Towers. It was through his efforts and those of the other early directors that this facility exists. Looking back on the circuitous government process that finally resulted in the building of Pablo Towers, we can only stand in amazement that someone who was simply volunteering his retirement years to this cause did not throw in the towel early on.

HUD was located in Atlanta at that time, and much travel was required to meet with them. HUD programs were phased out during the process. Every year from 1969 to 1971, HUD denied our application for a federal loan stating that our plan was not feasible as their market survey showed there were not enough eligible people to guarantee full occupancy, even though we had a list of 800 pre-applicants.

There were financial hurdles. There was no money, and even a \$1,000 deposit required by the contractor as a retainer seemed like an impossibility. But Mr. Strange prevailed, the retainer was reduced to a small token amount, and the process continued.

There were Jacksonville Beach electrical permit problems; the city held up the occupancy license due to a last minute issue.

In his farewell speech to the Board of Directors in early 1974, Mr. Strange admits he almost had a nervous breakdown while pursuing the dream of Pablo Towers. One of the other directors noted in a local newspaper article that she believed a younger man would have been so discouraged that he would have given up the battle for the loan.

But the dream of Charles H. Strange and other members of the Beaches Council of Christian Men triumphed in 1973, and the "Recreation Center" of Pablo Towers was appropriately named for Mr. Strange.



Charles Strange, 4th from rt., hands Pablo Towers' keys to first management company.

NEW APARTMENTS—NOT ASSISTED LIVING

It is the intention of Elderly Housing Management Corporation to maintain Pablo Towers as an independent living community for lower income seniors.

Any plans that are implemented in the future will not change our HUD status.

The additional 15 market-rate units that will be built in the adjoining newly-constructed building will also be independent living apartments. There will be no assisted living housing.

Please do not listen to hearsay or gossip that contradicts any of the facts listed above. If you have any questions, please address them to Debra Waters, Operations Manager.

WELCOME TO THE TOWERS
Jim Ring

WELLNESS CENTER HEALTH TIP



If you happen to be traveling this month to get away from this Florida heat, make sure you plan for anything you might need while you are gone, including special food and medicine needs, and try to pack light!

*Free coffee available
Monday—Friday
starting at 10:00 AM
In the Wellness Center.*

PABLO TOWERS AUXILIARY

**RESIDENT
BIRTHDAY
PARTY**

**MONDAY
August 25
6:00 PM**

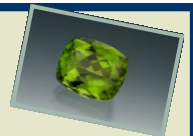


Sponsored by Neptune Baptist Church

HAPPY BIRTHDAY FRIENDS

- Helen Bizzarri August 7
- Eileen Smith August 7
- Paul George August 8
- Floyd Wilson August 9
- Barbara Miller August 14
- Jackie Boesger August 18
- Karen Bolster August 20
- Pauline Graham August 22
- Margaret Ricketts August 23
- Tricia Dyer August 23
- Ginny Pfaff August 24
- Betty Smith August 26
- Marj Greene August 26

August counts the Peridot as its birthstone according to the American Gem Society.



FAREWELL AND GOOD LUCK

**Patsy Logsdon
Evelyn Maxie
Evelyn McGovern
Linda Ryon**

JULY Wii BOWLING SCORES

- Winner—Richard Carey 157
- Lois Sullivan 144
- Sue Casper 139
- Alice Gillis 133
- Sandee Connolly 118
- Al Boone 105



~ AUGUST 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 PEST CONTROL 2nd & 16th Floors All Apartments BINGO 6:00 PM	2
3 VIOLIN CONCERT 3:00 PM	4 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	5 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 AM <u>COMPUTER CLASS</u> <u>CANCELLED FOR TODAY</u> <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM	6 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	7 <u>COLBY HERE</u> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>VA AID & ATTEND- ANCE PENSION BENEFIT</u> 1:30 PM <u>WELLNESS CLINIC</u> 1:30 PM	8 <u>Wii BOWLING</u> 3:30 PM	9 <u>STORY- TELLERS</u> 11:00 AM
10	11 <u>COLBY HERE</u> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	12 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 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	13 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	14 <u>COLBY HERE</u> <u>FIRE MARSHALL INSPECTIONS</u> 9:00 AM <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	15 <u>PEST CONTROL</u> 3rd & 15th Floors All Apartments <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BOOK CLUB</u> 11:00 AM <u>SUPERVISED ABSENTEE VOTING</u> 1:00—4:00 PM <u>TRIVIA WITH VITAS</u> 2:00 PM	16
17	18 <u>COLBY HERE</u> <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	19 <u>BAKED GOODS</u> 8 – 9:15 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	20 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CENTER ICE CREAM SOCIAL</u> 12:30—2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	21 <u>COLBY HERE</u> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	22	23
24	25 <u>COLBY HERE</u> <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	26 <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 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	27 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	28 <u>COLBY HERE</u> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	29 <u>BOOK CLUB</u> 11:00 AM	30

ETC., ETC., ETC.

HUMIDITY AND HOT AIR

During these hot and humid summer months, please **DO NOT** crack your windows open or let your sliding glass doors to the outside stand open.

The humidity coming into your apartment when your door or windows are open causes vents to sweat and excess moisture to form on your ceilings and walls.

Please **DO** run your air conditioner. The air conditioner helps to circulate air and prevents condensation from forming inside.

BOOK CLUB MEETS TWICE MONTHLY— Escape to the World of Knowledge

Did you know Pablo Towers has a Book Club that meets twice monthly? Why not join them to discuss your recent favorite read? The purpose of the club has also been expanded to include other knowledge-based information sharing such as cultural experiences or other life enriching experiences.

The next meeting is Friday, August 15, at 11:00 AM. Location of the meetings to be announced. Please see the sign-up sheet in the Lobby.

POSITIVE ATTITUDE

“A strong positive mental attitude will create more miracles than any wonder drug.”

~ *Patricia Neal*

We don't understand entirely why positive thoughts impact our bodies in positive ways; we just know that they do. Research has shown that people who are sick improve more quickly when they have a positive attitude rather than a negative attitude. And we all know the power of the placebo effect.

A positive attitude by itself may not cure an illness, but at the very least it helps us cope better. If a positive attitude can help us when we're sick, how might it benefit us when we're not sick?

I can face whatever comes today with a positive attitude.

From The Daily Book of Positive Quotations
By Linda Picone

OUR VETERANS

Are you a veteran or the surviving spouse of a veteran? If so, you may be eligible for a unique benefit through the Veterans Administration called Aid and Attendance which provides funding for non-medical home care assistance. There is no cost whatsoever to sign up for the benefit.

If you want to know more, please attend our information sharing session with St. Michael's Home Care:

**THURSDAY, AUGUST 7
1:30 PM**

During the month of August when the exact date of the destruction of Strange Hall is not known, we have left Bingo and other large gatherings off of the calendar. Please watch the lobby area for announcements that pertain to the activities formerly held in Strange Hall.

ICE CREAM SOCIAL & OPEN HOUSE WELLNESS CENTER

AUGUST 20, 12:30—2:00 PM



FIRE MARSHALL “STEVE”

Will Do

VOLUNTARY APARTMENT SAFETY INSPECTIONS

Thursday, August 14

Sign up in the Lobby if interested

**The Wednesday Art Class is now being held at St. Paul's Catholic Church, Father Murphy Hall
628 1st Avenue North
Noon—2 PM**

I believe my house is haunted. Everytime I look in my mirror a crazy old lady stands in front of me so I can't see my reflection!

