



# MONTHLY NEWSLETTER

## JANUARY 2014

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Managed by Elderly Housing  
Management Corporation

### Staff Members

**Jo-Ann Gherardi**  
Property Manager

**Sheryl Roussin**  
Finance Manager

**Lisa Sheek**  
Service Coordinator

**Nancy Gabriszeski**  
Admin Assistant

**Nell Barrow**  
Front Desk

**Jim Parsons**  
Maintenance Supv.

**Daniel Deon**  
Maintenance Tech

**John Ring**  
Maintenance Tech

**Shane Perez**  
Maintenance Tech

**Ebony Neville**  
Housekeeper

**Melissa Gilreath**  
Executive Director  
EHMCorp

**Debra Waters**  
Operations Manager

### Sharing Their Joy



Photograph by Estelle Medlock

Some of our residents decided to spread Christmas cheer to other Jacksonville Beach residents. On a recent cool December night, this happy group of carolers sang in front of the “Deck the Chair” decorated by the amazing Maintenance Team from Pablo Towers. Singing from left to right are: Sylvia Padgett, Bonnie Guillet, George Pringle, Judy Frye, Margaret Adams, Tamara Rezvina, Jean Moore, Sue Casper, Rey Alvarez and Mitt Pendergraft. Missing from the picture, but also spreading their joy that night were Estelle Medlock and Lillie and Jaye Alvarez.

### PABLO TOWERS FIRST EVER SPELLING BEE



Pablo Towers first ever spelling bee was won by Billie Martin with the word “crucible”. Billie beat out nine other contestants to win first place using her keen sense of recall to correctly spell many words before taking home the prize.

Ortho Home Health sponsored the event which had good participation. Some residents came just to cheer on their friends.

As quoted in last month’s newsletter, Mortimer Adler once said, “The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as long as we live.” It is a proven fact that you don’t stop learning when you grow old; you grow old when you stop learning. Learning is widely recognized as an important factor in keeping a person’s mind active and agile. Brain experts believe that active learning helps maintain brain health by preventing loss of brain function and cognitive skills such as memory, reasoning, and judgment.

Age-related brain function loss is not a necessary outcome of aging: the effects of changes within the brain can be moderated by environmental factors, such as intellectual stimulation. Formal education, leisure activities, and professional pursuits can all contribute to keeping the mind stimulated and healthy. Some believe we can make the brain work better simply by accumulating more knowledge, which builds more networks of connections in the brain.

Billie Martin, Holly Young, Alice Gillis, Sue Casper, Georgette Quigley, Wilma Hayden, Jeanne Averill, Rey Alvarez, Betty Smith and Ruth Martin, all who participated in the Towers first ever spelling bee, proved that no matter what your age, if you keep your mind active and learning, you can conquer all types of challenges.

Thanks to all who participated!



## MY FAVORITE THINGS

New words for the Julie Andrews classic

Maalox & nose drops  
& needles for knitting  
Walkers & handrails  
and new dental fittin's,  
Bundles of magazines  
tied up with string,

These are a few of my favorite things.

Cadillacs, cataracts,  
hearing aids, glasses,  
Polident, Fixodent,  
false teeth in glasses,  
Pacemakers, golf carts  
& porches with swings,

These are a few of my favorite things.

When the pipes leak,  
When the bones creak,  
When the knees go bad,  
Then I remember my favorite things  
And then I don't feel so bad.

Hot tea and crumpets,  
and corn pads for bunions,  
No spicy hot food nor  
food cooked with onions,  
Bathrobes & heat pads,  
hot meals they bring,  
These are a few of my favorite things.




Back pains, confused brains,  
and no fear of sinnin',  
Thin bones and fractures  
and hair that is thinnin'.  
And we won't mention  
our short shrunken frames  
When we remember our  
favorite things.

When the joints ache,  
When the hips break,  
When the eyes grow dim,  
Then I remember the great  
life I've had,  
And then I don't feel so bad.  
THEN I REMEMBER  
THE GREAT LIFE  
I'VE HAD  
AND THEN I DON'T FEEL  
SOOOO BAAAAD !!!!



## HAPPY BIRTHDAY FRIENDS

- Kay Coalson ..... January 1
- George Toutain ..... January 3
- Mae Erickson ..... January 4
- Jean Moore ..... January 6
- Doris Wilson ..... January 6
- Carolyn Johnson ..... January 9
- Anne Kane ..... January 10
- Pilar Picornell ..... January 12
- George Pringle ..... January 12
- Dorothy Martens ..... January 15
- Joan Taylor ..... January 17
- Ada Chambers ..... January 19
- Susan Leaptrott ..... January 24
- Susie Nelson ..... January 25
- Larry Rudd ..... January 26
- Sherry O'Brien ..... January 27
- Lois Baxter ..... January 28
- Richard Carey ..... January 28
- Laura Lawrence ..... January 29



JANUARY  
Garnet  
*calmness*  
©GIA

According to the American Gem Society, the birthstone associated with January is the Garnet.

**Perseverance is not a long race; it is many short races one after another.**

## PABLO TOWERS AUXILIARY

*Come Wake Up with the Auxiliary*

BREAKFAST  
SATURDAY, JANUARY 18  
9:30—11:00 AM  
Scrambled Eggs  
Western Omelet  
Bacon, Sausage  
Potatoes  
Biscuits & Gravy  
OJ & Coffee  
Only \$6.00



Cooking by  
Chef Angelo

QUARTERLY AUXILIARY MEETING  
THURSDAY, JANUARY 9  
5:00 PM  
PIZZA WILL BE SERVED -  
JUST SIGN UP IN THE LOBBY

RESIDENT BIRTHDAY PARTY  
MONDAY, JANUARY 20  
7:00 PM  
Sponsored by First Christian Church  
Neptune Beach



..... **SMILE** .....

**May all your troubles last as long as  
your New Year's resolutions!**

**- Joey Adams**

**"Be at war with your vices, at peace  
with your neighbors, and let every  
New Year find you a better man."**

**- Benjamin Franklin**



Bethlehem  
Lutheran Church  
Preschool Choir  
Sang for 24th  
Straight Year at  
the December  
Resident Birthday  
Party

**The Best Things about Being Over 70**

- Your joints are more accurate meteorologists than the National Weather Service.
- People call at 9 PM and ask, "Did I wake you?"
- People no longer view you as a hypochondriac.
- There is nothing left to learn the hard way.
- You can eat dinner at 4 PM.
- You enjoy hearing about other peoples operations.
- You have a party and the neighbors don't even realize it.
- You no longer think of speed limits as a challenge.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You sing along with elevator music.
- Your investment in health insurance is finally beginning to pay off.

**Burned Biscuits**

When I was a kid, my Mom liked to make breakfast food for dinner every now and then. I remember one night in particular when she had made breakfast after a long, hard day at work. On that evening so long ago, my Mom placed a plate of eggs, sausage and extremely burned biscuits in front of my Dad. I remember waiting to see if anyone noticed!

All my Dad did was reach for his biscuit, smile at my Mom and ask me how my day was at school. I don't remember what I told him that night, but I do remember watching him smear butter and jelly on that ugly burned biscuit. He ate every bite of that thing . . . Never made a face nor uttered a word about it!

When I got up from the table that evening, I remember hearing my Mom apologize to my Dad for burning the biscuits. And I'll never forget what he said, "Honey, I love burned biscuits every now and then."

Later that night, I went to kiss Daddy good night, and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said,

"Your Mom put in a hard day at work today, and she's real tired. And besides—a little burned biscuit never hurt anyone!"  
As I've grown older, I've thought about that many times. Life is full of imperfect things and imperfect people.

I'm not the best at hardly anything, and I forget birthdays and anniversaries just like everyone else. But what I've learned over the years is that learning to accept each other's faults and choosing to celebrate each other's differences is one of the most important keys to creating a healthy, growing and lasting relationship.

And today I pray that you will learn to accept the good, the bad, and the ugly parts of your life with that same attitude.

Don't put the key to your happiness in someone else's pocket—keep it in your own. So please pass me a biscuit, and yes, the burned one will do just fine. Be kinder than necessary because everyone you meet is fighting some kind of battle.

**- Anonymous**