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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

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

MONTHLY NEWSLETTER

JANUARY 2015

A hardy group of residents, staff, friends and family braved a chilly, damp and foggy evening recently to witness the fourth annual lighting of the Pablo Towers Christmas tree.

It takes a lot of effort from our staff, Beaches Energy, and supportive vendors to pull this off every year. Our gorgeous tree was donated by Ortho Home Health Care and refreshments were donated by Americare Home Health. The chorus from Harvest Community High School sang for us as the wind carried the sound of their voices up, up and away.

Santa even joined the festivities looking very much like our own Daniel Deon charming Jaden Neville.

Thanks to all who made this fun event possible and all who participated.



DECK THE CHAIRS

Pablo Towers participated for the second year in the local Deck the Chairs event. Designed and built by our Maintenance Team, our lifeguard chair is one of the most popular displays that visitors use for their holiday photos.

In the photo at left, Rey Alvarez and Ann Dillard act as ambassadors in front of our display. See additional pictures on Page Two.



WELLNESS CENTER HEALTH TIP

It is vital to take necessary precautions to stay healthy and safe during these cold winter months. Luckily we live in sunny Florida but we can still face freezing temperatures here in Jacksonville. Know your abilities and limit outdoor activity during those especially frigid days. If you must endure the cold make sure to dress in warm layers and wear a hat, scarf, gloves and thick socks.

As you age, your metabolism slows, and you make less body heat than you did when you were younger and are at an increased risk for hypothermia.



Pablo Towers International Choir

GOOD NEWS!

PABLO TOWERS RESIDENTS NOW HAVE DIRECT TRANSPORTATION TO THE BAPTIST MEDICAL CENTER AND THE MAYO CLINIC. CHECK SCHEDULE FOR THE BEACHES SHUTTLE #303 FOR TIMES AND DATES.

HAPPY BIRTHDAY FRIENDS

- Kay Coalson Jan. 1
- George Toutain Jan. 3
- Mae Erickson Jan. 4
- Jean Moore Jan. 6
- Doris Wilson Jan. 6
- Carolyn Johnson Jan. 9
- Anne Kane Jan. 10
- Marilyn Alsobrook Jan. 11
- Pilar Picornell Jan. 12
- George Pringle Jan. 12
- Dorothy Martens Jan. 15
- Joan Taylor Jan. 17
- Susan Leaptrott Jan. 24
- Larry Rudd Jan. 26
- Lucy Hale Jan. 26
- Sherry O'Brien Jan. 27
- Lois Baxter Jan. 28
- Richard Carey Jan. 28
- Laura Lawrence Jan. 29

WELCOME TO THE TOWERS

Olga Hernandez

PABLO TOWERS AUXILIARY

RESIDENT BIRTHDAY PARTY

MONDAY JANUARY 17

6:00 PM

Sponsored by First Christian Church, Neptune Beach

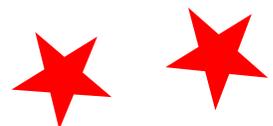


AUXILIARY GENERAL MEETING

Thursday, January 22

5:00 PM

Hear about the changes to the Auxiliary Board.



~ JANUARY 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 HAPPY NEW YEAR	2 <u>PEST CONTROL</u> 4th and 14th Floors All Apartments <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	3
4 <u>VIOLIN CONCERT</u> 3:00 PM	5 <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	6 <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>BINGO</u> 6:00 PM	7 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	8 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	9 <u>BRAIN HEALTH</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	10 <u>STORY- TELLERS</u> 10:15 AM (MEET AT PONTE VEDRA LIBRARY)
11	12 <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>SCHWAN'S HOME DELIVERED MEALS PRESENTATION</u> 3:30 PM	13 <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 <u>BINGO</u> 6:00 PM	14 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	15 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	16 <u>PEST CONTROL</u> 5th & 13th Floor 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	17
18	19 <u>Martin Luther King Day</u> <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	20 <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 <u>BINGO</u> 6:00 PM	21 <u>BIBLE STUDY</u> 10:00 AM <u>BETTER BUSINESS BUREAU—SCAMS AGAINST SENIORS</u> 1:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	22 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>AUXILIARY GENERAL MEETING</u> 5:00 PM	23 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>SAFETY WORKSHOP</u> 1:30 PM <u>BINGO</u> 6:00 PM	24
25	26 <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	27 <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 <u>BINGO</u> 6:00 PM	28 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	29 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	30 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	31

AROUND THE TOWERS

Add More Color to Your Life

In my New England hometown, spectacular colors of the fall foliage are payback for long winters, spring insects, and temperatures not so temperate. I am drawn to the brilliant reds, oranges and yellows of autumn and I've decided that these magnificent leaves are a metaphor for how I want to age. I want to become more colorful as I age. I would like to blend with others to make more beauty than I can alone; and when my time comes, I want to fall gracefully from the tree.

For me, becoming more colorful with age is about shared wisdom and experience. It's about living life with more love, laughter, and compassion, and living more intensely. It's saying "yes" to life, doing what we are moved to do, and getting rid of excuses for not living life to the fullest. That's health. That's successful aging!

What is one step you can take this week that will add a little more color to your life?

Live Long. Live Well!

Dr. Roger Landry

BRAIN HEALTH

FRIDAY, JANUARY 9

10:00 AM

With DOCTORS CHOICE

**TONY and JED with
SCHWAN'S HOME DELIVERED**

HEALTHY MEALS

MONDAY, JANUARY 12

3:30 PM

Samples will be offered

Computer Class Continues

Tuesdays @ 10:30 AM

Join Christa Murphy and her helpers who will give you individual attention with your computer needs.

December Wii BOWLING by Sheila of Americare

Winner— Richard Carey	201
Floyd Wilson	191
Alice Gillis	147
Al Boone	124
Betty Robinson	119
Lois Sullivan	113
Mary Ann Delgaudio	80



BETTER BUSINESS BUREAU

SCAMS AGAINST SENIORS

WHAT TO LOOK OUT FOR

WEDNESDAY, JANUARY 21

1:30 PM

SAFETY WORKSHOP

MINOR REPAIRS ON WALKERS, SCOOTERS OR WHEELCHAIRS

FRIDAY, JANUARY 23

1:30 PM

THERE'S A PHYSICIANS ASSISTANT IN THE HOUSE!

Just a reminder that if you sign up for the wellness package in the Wellness Center, you are eligible for in-house medical and on call help. Visit the Wellness Center on the 1st floor and meet Whitney who will introduce you to DEBBIE WILLIAMS, PA who will address any medical concerns you may have.

NO ONE IS ALLOWED ON THE CONSTRUCTION SITE ANYTIME DAY OR NIGHT. Please do not compromise your safety just to see what progress has been made.