

JANUARY 2017

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Managed by Elderly Housing
Management Corporation

Staff Members

Donna Houston-Long

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Lora Burton

Administrative Assistant

Travis McKenzie

Executive Chef

Jason Hopton

Sous Chef

Nell Barrow

Front Desk

Jim Parsons

Maintenance Supervisor

Daniel Deon

Maintenance Tech

John Ring

Maintenance Tech

Shane Perez

Maintenance Tech

Robert Sanchez

Maintenance Tech

Ebony Neville

Housekeeper

Bob Myers

Custodian

Bryce Chastain

Maintenance / Custodian

Melissa Gilreath

Executive Director

EHMC Corp

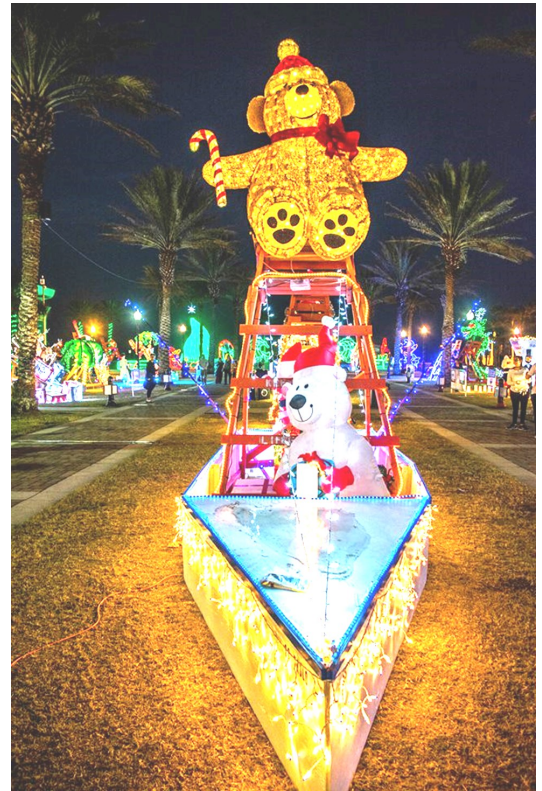
Debra Waters

Operations Manager

11 Things That It Took Me Over 50 Years to Learn by Dave Barry

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. Nobody cares if you can't dance well. Just get up and dance.
3. Never lick a steak knife.
4. The most destructive force in the universe is gossip.
5. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
6. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
7. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
8. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers.
9. A person who is nice to you but rude to a waiter is not a nice person. (This is very important. Pay attention. It never fails.)
10. Your friends love you anyway.
11. Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.

PABLO COMMUNITIES' MAINTENANCE TEAM DOES IT AGAIN!



In case you were unable to visit the annual Deck The Chairs event this year, here's a picture of the fabulous display the Pablo Communities' Maintenance Team built this year. It was clearly a show-stopper, and we think the best one yet. It won 2nd prize!

Remember that your Maintenance Team not only does everything they can to make your life safe and comfortable, they also do so much to ensure you are proud to tell everyone you live at Pablo Towers.

This was a volunteer effort by our staff to make all of us proud. Be sure to congratulate them. They still have to dismantle and store it!



PABLO TOWERS AUXILIARY

**RESIDENT
BIRTHDAY
PARTY
MONDAY
JANUARY 16
6:00 PM**



*Sponsored by
First Christian Church
Neptune Beach*

**GENERAL
AUXILIARY
MEETING
Thursday
January 26
5:00 PM**

**Come see what's
new with the
Auxiliary and plan to
help out where you
can!**

HAPPY BIRTHDAY FRIENDS

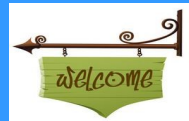
Kay Colson	January 1
Barbara Ann Gordon	January 1
George Toutain	January 3
Mae Erickson	January 4
Doris Wilson	January 6
Carolyn Johnson	January 9
Marilyn Alsobrook	January 11
Pilar Picornell	January 12
George Pringle	January 12
Richard Miller	January 12
Dorothy Martens	January 15
Joan Taylor	January 17
William Headley	January 21
Marcia Busch	January 22
Susan Leaptrott	January 24
Larry Rudd	January 26
Lucy Hale	January 26
Sherry O'Brien	January 27
Lois Baxter	January 28
Fred Carrouth	January 28
Laura Lawrence	January 29



**FIRST COAST
CLARINET SOCIETY
CONCERT
Saturday, January 28
2:00 PM**

The next Music at the Towers Concert will feature musical guests, The First Coast Clarinet Society, who gave a wonderful concert and set of music lessons for us this past June. Please join us for another fun concert. As usual, refreshments will be served.

**Shoallah
Safarian**



With FOND MEMORIES

**Tommie
Blackmon**



**FAREWELL & BEST WISHES
Bill and Priscilla Davis**

**DECEMBER Wii BOWLING
SCORES**

Jim Ring	172
Sue Casper	171
Carol O'Conner	166
Chet Galbraith	162
Judy Earle	159
Alice Gillis	120
Al Boone	112
Alona MEEKS	107
Lois Sullivan	83



Just in case you decide to make any New Year's resolutions, there are many ways at The Towers to help you keep them. Do you know we have three weekly exercise classes for all levels? What about Wii Bowling, or Chair Volleyball?


Come explore these professionally-led classes to help with stress, stamina, balance and strength. Check the calendar for dates and times.

Above is a picture of the Yoga/Stretch class that meets every Wednesday at 3:30 PM in the Community Room and is led by Sheila Vasquez with Brooks-Americare.

We also have two dietitian students from FSCJ who will be leading a class entitled "Nutrition for the New Year" on Wednesday, January 11, at 2:30 PM. Come learn what foods can help you stay healthy in 2017.



~ JANUARY 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 	2 <u>OFFICE AND CAFÉ CLOSED FOR NEW YEAR'S HOLIDAY</u> <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	3 <u>COMPUTER CLASS CONF. ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	4 <u>BIBLE STUDY CONF. ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	5 <u>PEST CONTROL</u> Apt. Ending in 10 <u>DEVOTIONS</u> 9:30 AM C.R. VPA 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	6 <u>ONSITE DERMATOLOGY WELLNESS CENTER</u> For Appointment Call 1-877-345-5300 <u>BINGO</u> 6:00 PM C.R.	7
8	9 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	10 <u>COMPUTER CLASS CONF. ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>ART SHOW</u> 5:00—8:00 PM LOBBY <u>BINGO</u> 6:00 PM C.R.	11 <u>BIBLE STUDY CONF. ROOM</u> 10:00 AM <u>NUTRITION FOR THE NEW YEAR</u> 2:30 PM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	12 <u>PEST CONTROL</u> Apt. Ending in 11 <u>DEVOTIONS</u> 9:30 AM C.R. VPA 1:00—2:30 PM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	13 <u>BOOK CLUB CONF. ROOM</u> 2:00 PM <u>Wii BOWLING</u> 2:00—3:30 PM <u>BINGO</u> 6:00 PM C.R.	14 <u>STORY- TELLERS</u> 10:00 AM
15	16 Martin Luther King Jr. Day—No Mail <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	17 <u>COMPUTER CLASS CONF. ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	18 <u>BIBLE STUDY CONF. ROOM</u> 10:00 AM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	19 <u>PEST CONTROL</u> Apt. Ending in 12 <u>DEVOTIONS</u> 9:30 AM C.R. VPA 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM	20 <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>CHAIR VOLLEYBALL</u> 3:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	21
22	23 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	24 <u>COMPUTER CLASS CONF. ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	25 <u>BIBLE STUDY CONF. ROOM</u> 10:00 AM <u>COLORING FOR ADULTS</u> 2:00 PM <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	26 <u>PEST CONTROL</u> Apt. Ending in 13 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM VPA 1:00—2:30 PM <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R. <u>GENERAL AUXILIARY MEETING</u> 5:00 PM	27 <u>ALONE ... TOGETHER</u> 3:00 PM <u>BINGO</u> 6:00 PM C.R.	28 <u>Jacksonville Area Legal Aid Day</u> 9:00 AM— 12:00 <u>FIRST COAST CLARINET SOCIETY CONCERT</u> 2:00 PM
29	30 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	31 <u>COMPUTER CLASS CONF. ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.				

OTHER HAPPENINGS AROUND THE TOWERS



A gentle reminder to those of you with dogs. Please ensure your little one does not relieve him/herself in inappropriate places on our property. Sidewalks, community patio and other places that residents walk are not appropriate places.

NUTRITION FOR THE NEW YEAR **Wednesday, January 11** **2:30 PM**

Start your new year off right! Join our interns, Val and Anna, from the FSCJ Family Nutrition program who have been working in the Pablo Café, to learn about healthy eating. Learn how to select healthy fast food and snack options. They will teach you how to set resolutions that you will stick to. The interns will be serving tasty treats they have prepared for us to sample.

“Never believe that a few caring people can’t change the world. For indeed, that’s all who ever have.”

~Margaret Mead

JACKSONVILLE LEGAL AID DAY **PART TWO**

Saturday, January 28, 9:00 to 12:00

On this day, attorneys and paralegals will be coming to Pablo Towers to create your advanced directive documents with you during individual appointments. This program is planned to provide documents for the residents who signed up for the program in October, but were unable to be serviced that day. If there is any extra availability for others to be served, a signup sheet will be placed on the signup table. Ellen Hopkins, Service Coordinator, will contact you and will give you some paperwork to complete to prepare for your appointments on that Saturday. This free service is provided through the generosity of Jacksonville Legal Aid, volunteers from area law offices, Florida Blue Foundation, and the Small Firm Section of the Florida Bar.

ALONE . . . TOGETHER **Friday, January 27, 3:00 PM**

It is winter and often with colder weather and less sunshine, many people may struggle with loneliness, depression, sadness, grief, and other negative emotions. You are not alone! Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with Vitas Healthcare. Sheila will be sharing some helpful coping skills so that you learn how to deal with these emotions. You will benefit from attending this group! Snacks and drinks will be served.



Singers by the Sea, sponsored by the St. Paul’s Episcopal Foundation, rang in the holiday season with some traditional and some funny renditions of seasonal music. Santa was even here to assure that we had all been good in 2016. The Christmas tree was officially lit and Christmas cookies were shared. “What fun it is to laugh and sing a sleighing song tonight . . .”