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Managed by Elderly Housing
Management Corporation

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Asst. Service Coordinator

Nancy Gabriszeski

Admin Assistant

Nell Barrow

Front Desk

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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

JULY 2014

JULY 2014 AUXILIARY MEMBERSHIP DRIVE

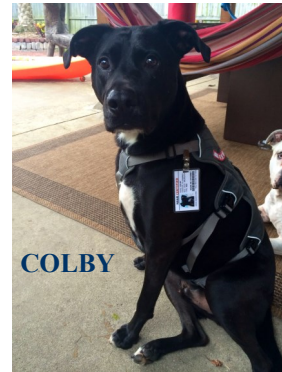
The annual Pablo Towers Auxiliary Membership Drive begins on July 2nd.

Be a member of the Auxiliary family for an annual fee of \$8.00 and enjoy all the fun we have to offer. Memberships will be sold on Mondays, Wednesdays and Fridays in July from 10 –12 in the Lobby.

Please support your Auxiliary!



STOP BY THE WELLNESS CENTER AND MEET COLBY



COLBY

Whitney Fitzgerald, the beautiful face of our Wellness Center, will be bringing her dog, Colby, to work on Mondays and Thursdays in July.

Colby is a trained and certified therapy dog who would love to accept your petting and attention.

Studies show that animals can reduce tension and improve mood. They offer a soothing presence.

Stop by The Wellness Center and meet Colby. We are sure you will be glad you did.

RESIDENT OF THE MONTH—JEANNE AVERILL

To say that Jeanne Averill has had a busy life is an understatement. Although struck with polio in 1954, she refused to let her illness prevent her from living a very full life.

Born in Buffalo, NY, she obtained her nursing degree from Buffalo General Hospital, specializing in Orthopedic and Neurosurgery. She entered the Naval Nurse Corp in 1944 where she met and married husband, Hugh. Jeanne retired from the Navy to start a family and ultimately, they had three sons and a daughter. While raising her family, she served as a substitute school nurse. She also was a founder of a dental auxiliary and was active in the Red Cross Blood Bank.

During the Salk Vaccine Trials, Jeanne and Hugh contracted polio. Unable to resume his dental practice, Hugh became Director of Dental Health for Rochester and Monroe County, New York. Jeanne worked with her husband as his Research Coordinator. They traveled

throughout South America and particularly in the Amazon River region where they conducted a very interesting dental health study on Brazilian school children. While there, they were housed in Henry Ford's guest house.

In 1967, they relocated to Augusta, GA where Hugh joined the faculty of a new dental school. Following his sudden death in 1968, Jeanne resumed her nursing career. For eleven years, she served as head nurse in the Oral Surgery Department for the Veteran Hospitals' Dental Clinics and Operating Room Team. During this time, Jeanne also traveled in Europe and pursued family genealogy. Her children's graduations, marriages and the subsequent arrivals of grand and great grandchildren produced more travels.

During the 1970's, Jeanne toured all of Great Britain with friends. She
(continued on Page 4)

**EBT/SNAP FUNDS NOW ACCEPTED AT
BEACHES GREEN MARKET**

The Beaches Green Market implemented the Fresh Access Bucks program about two months ago.

When customers swipe their EBT/SNAP card at the welcome booth, they receive tokens called Fresh Access Bucks. Each of the tokens holds a different dollar amount and different colors are for different food products.

With Fresh Access Bucks, an individual receives double their EBT/SNAP dollars to spend on Florida-grown fruits and vegetables including edible plants and seeds. If you swipe your card for \$20, you get \$40 to spend on fresh fruits and vegetables. The purpose is to give people financial incentive to shop at farmer's markets to buy fresh produce instead of using their food stamps to shop at stores to buy processed and nutrient-poor foods.

You can also get Fresh Access Bucks on a dollar-for-dollar basis to buy other food stamp-eligible items such as meats, eggs, bread, seafood, jams and jellies.

The goal of Fresh Access Bucks is to expand access to affordable healthy foods, increase fruit and vegetable consumption, enhance local economies, market and viability and strengthen community connections.

The Beaches Green Market is open every Saturday, rain or shine, from 2-5 PM at Jarboe Park, 5th Street in Neptune Beach, just a short bus ride away from Pablo Towers.

WELLNESS CENTER HEALTH TIP

Prevent a Fall—It can be as easy as getting your balance checked or having your home evaluated for potential fall hazards.

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

HAPPY BIRTHDAY FRIENDS

- Judy Frye July 3
- Margaret Adams July 3
- Rosalia Romano July 4
- Adell Crabb July 4
- Ina Carrasquillo July 18
- Dee Nardino July 18
- Rosemary Laird July 18
- Helen McLaughlin July 19
- Ben Reece July 20
- Ron Steinke July 22
- Inez Duren July 23
- Rey Alvarez July 27
- Ruth Jenkins July 28
- Helen Prosser July 28
- Norma Sanders July 29
- Betty Robinson July 29

WELCOME TO THE TOWERS

Joan Litchfield

JUNE Wii BOWLING SCORES

- Winner—Richard Carey 182
- Lois Sullivan 166
- Al Boone 157
- Shirley Silbernagle 155
- Ruth Martin 137
- Helen Bizzarri 130
- Susan Leaptrot 128

(My average in high school was 127, so you are all doing great!)

PABLO TOWERS AUXILIARY

**July 4th
Auxiliary Party**

FRIDAY, JULY 4TH

1:00 PM

- Hamburgers**
- Hotdogs**
- Cole Slaw**
- Baked Beans**

**\$3.00 for members
\$5.00 for non-members**

**RESIDENT
BIRTHDAY
PARTY**

**MONDAY
July 21
7:00 PM**



Sponsored by Christ United Methodist

ETC., ETC., ETC.

NU-STEP IS NOW AVAILABLE FOR USE

We are grateful to the family and friends of Billie Martin, our Wellness Center and Elderly Housing Management Company who have all made it possible for us to have our own Nu-Step Recumbent Trainer. The equipment is located in the small room off of the library.

If you would like to use the equipment, please see Whitney in the Wellness Center to sign a Waiver Form and be shown how to correctly use the trainer. The key to the room will be given out at the front desk, but only to those who have signed the waiver and received the training. **Happy exercising !**

TV VOLUME

You may not realize it, but if you have to raise the volume on your TV in order to hear it, your neighbors may also be hearing your TV. Increasingly we are receiving complaints about loud TV's.

Please be considerate of your neighbors and keep your TV volume down.

If you feel you may need to have your hearing tested, Dr. Jane Burns visits us monthly. Watch the calendar for her visit.

FLORIDA MANAGED MEDICAL ASSISTANCE PRESENTATION / RESIDENT HELP

Monday, July 7 3:00—5:00 PM

Help for those who must sign up for the new Medicare / Medicaid Dual Eligible Program

OPEN HOUSE AT THE WELLNESS CENTER

Wednesday, July 16

12—2:30 pm

COMPLIMENTARY FROZEN TREAT !

Come let us know how we can help you.

COMPUTER CLASS—GRANDPARENTS GETTING WIRED

TUESDAYS IN JULY

10:30 AM

If you have a tablet, computer, cell phone or any other tech device that you need a little help with, please join Christa Murphy, daughter of resident, Margaret Murphy, for instruction on Tuesdays in July.

Christa worked with the Duval County School System Technology Department, and while she doesn't claim to have all the answers, she will do her best to help you with all of your questions.

You may also notice a few teenagers milling around willing to help with your tech questions. They will be here to help you and gain community service hours toward their high school graduation requirements.

We are so lucky to have community family willing to help with what we need!

visited Stonehenge and many Anglican churches where she heard the music of many famous composers—Handel, Bach, Beethoven, etc. She enjoyed shopping at Harrods and Piccadilly Square as well as attending the theatre while in London.

She went to Brancaster Staithe in Northeast England where she experienced sailing in the English Channel in Force Five Winds (above 60 MPH) during a Jolly Boat Regatta.

Jeanne took a train from London to Glasgow, Scotland where she hired a driver who drove her through the Highlands and to her ancient Cameron Castle. He took her to the Highland games and to a Scottish Dance. They were almost expelled due to excessive attention to Jeanne—a Bonnie Blond Lass from America. She also toured Ireland where she learned how to make (and drink) real Irish Coffee.

In 1971, Jeanne visited Munich, Germany during Fasching (Mardi Gras) and just prior to the 1972 Olympics. She also visited the Von Trapp family home in Salzburg.

A change of command ceremony of a friend who was a Navy Submarine Captain took Jeanne to London in the 1980's. This was followed by driving to Paris via a Hovercraft across the English Channel. "We saw the Eiffel Tower, visited the Louvre Art Museum and Versailles, the palace of Emperor Napoleon. Traveling south from Paris through Lyon and the Italian Alps in Northern Italy, my friend's Porsche experienced water heater problems. We were scooped up onto the flatbed of a wrecking truck and transported to the Navy yard of Southern Italy. Two days of repairs finally allowed us to finish our trip to Naples, Italy for another change of Command ceremony which took place at the large Naval base. While there, we traveled to Rome, visited the Vatican, the Sistine Chapel and the Pope's southern home and rescued my friend's cat from the airlines.

Jeanne enjoyed her many enervating journeys during a time when her children were away at college and being married. She now has six grandchildren, ten great grandchildren and anticipates being a great-great grandmother in December.

She truly appreciates her 15 years at Pablo Towers.

WANT TO SIGN UP FOR ABSENTEE VOTING FOR THE NEXT ELECTION?

Make an appointment with Ellen Hopkins or Jennifer Burns @ 904-339-0061



You can choose to live in the front row or the third row...