



# MONTHLY NEWSLETTER



## JUNE 2016

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Jacksonville Beach, FL 32250

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Managed by Elderly Housing  
Management Corporation

- Staff Members**
- Nancy Gabriszeski**  
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
- Ebony Neville**  
Housekeeper
- Bob Myers**  
Custodian
- Bryce Chastain**  
Custodian
- Melissa Gilreath**  
Executive Director  
EHMC Corp
- Debra Waters**  
Operations Manager  
EHMC Corp



The middle school students from St. Paul's Catholic School joined us for lunch on a Friday in May, each one of them bringing a vase of flowers for someone.



It was beautiful and encouraging to see them

enjoying themselves, interacting with all of us, and sharing their gifts of flowers.

Their tie-dyed shirts reminded us of the 70's, but their infectious smiles and effervescent personalities are typical of the youth of every generation. Don't we hope that some of that energy rubbed off on us?

Thanks to the efforts of Chef Travis and Jason, the children enjoyed a lunch of chicken fingers and French fries, every teenager's ideal lunch.

Thank you, St. Paul's Catholic middle schoolers, for a fun afternoon!



"Abundance is not a state of finances or wealth, it is a state of inner health. Wherever there is joy, appreciation, gratitude, giving, caring, creativity, vision, inspiration, love, patience and playfulness, there is abundance."



-- Author Unknown

**PABLO TOWERS AUXILIARY****1st Coast Clarinet Society**

Performing a Variety of Music

Saturday, June 4

2:00 PM

Music and refreshments generously sponsored  
by the St. Paul's by the Sea Church Foundation.**GAME NIGHT****THURSDAY****JUNE 9****6:00 PM****PLAY  
READY****RESIDENT  
BIRTHDAY  
PARTY****MONDAY****JUNE 20****6:00 PM***Sponsored by The  
Exchange Club***GENERAL  
AUXILIARY  
MEETING****Thursday****JUNE 23****5:00 PM**

Sub sandwiches will be served

**NEVER REGRET A DAY IN YOUR LIFE:  
GOOD DAYS GIVE HAPPINESS, BAD  
DAYS GIVE EXPERIENCE, WORST  
DAYS GIVE LESSONS, AND BEST DAYS  
GIVE MEMORIES.****ONSITE DERMATOLOGY—Friday, June 3**  
**Wellness Center—Call 1-877-345-5300 if you**  
**would like to be seen by Jennifer Tra.****MD2U****Thursdays 1:00—3:00 PM****Wellness Center**Tonita Washington, DPN (Doctorate in Nurse Practitioner)  
will be in the Wellness Center every Thursday to answer  
questions and to help those that need assistance.**HAPPY BIRTHDAY FRIENDS**



Nancy Gray .....	June 1
Rachel Pierce-Abrams .....	June 2
Lynne Dukes .....	June 3
Holly Young .....	June 3
Joyce Barufaldi .....	June 4
Marianne McQueen .....	June 5
Sandra Carrouth .....	June 5
Ann Barni .....	June 6
Lillian Harrison .....	June 7
Edith Morse .....	June 10
Sara Mikelait .....	June 15
John Cross .....	June 17
Ed Bizzarri .....	June 21
Alan Kerr .....	June 28
Clyde Rader .....	June 29

**WELCOME****Charlotte DiFrancesco****Hsiu Kao****Alexander & Roza Rudchenko****GOOD BYE &  
BEST OF LUCK****Doris Coleman****Rose Couret****Lucille Marshall****Shirley Young****MAY****Wii BOWLING RESULTS**

Marie Singleton	179	🏆
Al Boone	149/141	
Chet Galbraith	141	
Sue Casper	136	
Dee Layne	121	
Lois Sullivan	99	
Alice Gillis	94	



# ~ JUNE 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1</b> <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>BROOKS AMERI-</u> <u>CARE PRESENTS—</u> <u>MEDICATION</u> <u>MANAGEMENT</u> 2:30 PM C.R.  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>2</b> <u>PEST CONTROL</u> Apt. Ending in 08 <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX—LOBBY</u> 1:30 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	<b>3</b> <u>WALK-AMERICARE</u> 9:00 AM C.R.  <u>ONSITE DERMATOLOGY</u> <u>WELLNESS CENTER</u> 11:00 AM  <u>ZUMBA GOLD</u> 2:30 PM  <u>BINGO</u> 6:00 PM C.R.	<b>4</b> 1st <u>COAST</u> <u>CLARI-</u> <u>NET</u> <u>SOCIETY</u> 2:00 PM
<b>5</b>  Violin Concert - Lobby 3:00 PM	<b>6</b> <u>WALK- AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE—JAMIE</u> 11:00 AM C.R.  <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R. <u>RESIDENT COUNCIL</u> <u>MEETING</u> 3:30 PM	<b>7</b> <u>BAKED GOODS</u> 8 – 8:30 AM C.R.  <u>COMPUTER CLASS</u> 10:00 AM C.R.  <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY  <u>FOOD DISTRIBUTION</u> 1:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>8</b> <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>9</b> <u>PEST CONTROL</u> Apt. Ending in 09 <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX—LOBBY</u> 1:30 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.  <u>GAME NIGHT</u> 6:00 PM	<b>10</b> <u>WALK-AMERICARE</u> 9:00 AM C.R.  <u>BOOK CLUB</u> <u>CONF. ROOM</u> 2:00 PM  <u>BINGO</u> 6:00 PM C.R.	<b>11</b> <u>STORY-</u> <u>TELLERS</u> <u>GROUP</u> 10:00 AM C.R.  <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
<b>12</b>	<b>13</b> <u>WALK- AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE—JAMIE</u> 11:00 AM C.R.  <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R.	<b>14</b> <u>FLAG DAY</u>  <u>BAKED GOODS</u> 8 – 8:30 AM C.R.  <u>COMPUTER CLASS</u> 10:00 AM C.R.  <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY  <u>FOOD DISTRIBUTION</u> 1:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>15</b> <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>16</b> <u>PEST CONTROL</u> Apt. Ending in 10 <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX—LOBBY</u> 1:30 PM  <u>FIRE SAFETY</u> 2:00 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	<b>17</b> <u>WALK-AMERICARE</u> 9:00 AM C.R.  <u>DR. BURNS'</u> <u>AUDIOLOGY CLINIC</u> <u>WELLNESS CENTER</u> 9:30 AM  <u>ALONE—TOGTHER</u> 2:30 PM  <u>BINGO</u> 6:00 PM C.R.	<b>18</b>  <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
<b>19</b>  	<b>20</b> <u>WALK- AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE—JAMIE</u> 11:00 AM C.R.  <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R. <u>RESIDENT</u> <u>BIRTHDAY PARTY</u> 6:00 PM	<b>21</b> <u>BAKED GOODS</u> 8 – 8:30 AM C.R.  <u>COMPUTER CLASS</u> 10:00 AM C.R.  <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY  <u>FOOD DISTRIBUTION</u> 1:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>22</b> <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>23</b> <u>PEST CONTROL</u> Apt. Ending in 11 <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX—LOBBY</u> 1:30 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R. <u>GENERAL AUXILIARY</u> <u>MEETING</u> 5:00 PM	<b>24</b> <u>WALK-AMERICARE</u> 9:00 AM C.R.  <u>ICE CREAM SOCIAL</u> 3:00 PM  <u>BINGO</u> 6:00 PM C.R.	<b>25</b>  <u>MOVIE</u> <u>NIGHT</u> 6:00 PM C.R.
<b>26</b>	<b>27</b> <u>WALK- AMERICARE</u> 9:00 AM C.R. <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE—JAMIE</u> 11:00 AM C.R.  <u>HEALTH TALK</u> <u>MARCY - APEX</u> 2:00 PM C.R.	<b>28</b> <u>BAKED GOODS</u> 8 – 8:30 AM C.R.  <u>COMPUTER CLASS</u> 10:00 AM C.R.  <u>BP-A CARE CONNECTION</u> 2:00—3:00 PM LOBBY  <u>FOOD DISTRIBUTION</u> 1:30 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>29</b> <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM  <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>30</b> <u>PEST CONTROL</u> Apt. Ending in 12 <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX—LOBBY</u> 1:30 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	Summer Begins Monday June 20  	

## OTHER HAPPENINGS AROUND THE TOWERS

### **BROOKS PRESENTS WEDNESDAY, JUNE 1 2:30 PM**

#### **MEDICATION MANAGEMENT**

This is an important program that everyone who takes medication should attend! We all need to know what our medicines are and how those medications interact with other medications. Orapin Lee, registered nurse, will be presenting this education program. Refreshments will be provided.

### **ZUMBA GOLD CHAIR Friday, June 3 2:30 PM**

Have you heard about the fun people have at Zumba exercise classes? We are fortunate to welcome Stephanie Lincoln, a licensed Zumba Gold instructor, as she leads a 30-minute group fitness class demonstration for seniors with or without limited mobility. All exercises are done from a chair or wheelchair and are focused on what seniors need most: balance, flexibility and strength. Stephanie encourages all levels of mobility to attend this class, not just those with limited mobility. Everyone will get a good workout! The 30-minute class is set to fun music with easy to follow movements with this energetic instructor.

### **HELPFUL HEALTH APPS FOR YOUR COMPUTER OR CELL PHONE Tuesday, June 14 10:00 AM**

This month, Christa Murphy, the teacher for Grandparents Getting Wired, will teach us about apps (applications) of helpful websites that you can add to your phone and computer to research and manage your healthcare. Come learn about the interesting opportunities available to you. We are never too old to learn!

### **FIRE SAFETY THURSDAY, JUNE 16 2:00 PM**

Fire Marshal Steve Sciotto with the Jacksonville Beach Fire Department will be presenting an interesting program on preventing fires in your apartment. He will have a live demonstration of how NOT to put out a grease fire. Steve's presentation are always interesting and educational, so plan to attend!!



### **BOOK CLUB Friday, June 10 2:00 PM**

I ♥  
Book Club

**Conference Room**  
Bring a current book to enjoy and share! New members welcome. Call Dee Kenna with questions—270-2784

### **ALONE . . . TOGETHER Friday, June 17 2:30 PM**

Have you experienced changes in your life as you knew it? Was it hard to sell your home or leave your former living arrangement to come to Pablo Towers? Do you have feelings of sadness or loneliness? Do you ever wish you could close your door and never come out? Please take a brave step forward and plan now to attend this informative program which will be held in a supportive and confidential environment, facilitated by Sheila Harper with Vitas Healthcare. Sheila will lead us along a path toward healing and wholeness. This program was so encouraging and helpful in May, we decided to have the program each month. We hope you will join us! Refreshments will be served.

### **THE VIAL OF LIFE MONDAY, JUNE 20 2:00 PM**

What is The Vial of Life? It is a helpful card to record all your important health information. This card may be a good addition or alternative to the Paramedic form that you have on the back of your door. There is also a card to carry in your purse to have all your vital information and list of current medications to share with your healthcare providers. You are encouraged to attend this informative program presented by Justin Dean, the home care representative with APEX Healthcare Services, to obtain the Vial of Life. Please bring your important information if you would like assistance filling out your card.

Refreshments will be served to all who attend.

### **ICE CREAM SOCIAL Friday, June 24 3:00 PM**

Mark your calendars now for our summer ice cream social. This is being presented by John Parks, *Humana representative*, who will share an update on Medicare, Medicaid, and Part D in Northeast Florida for 2016. If you would like information regarding your Humana insurance plan or would like to find out more about Humana, John would be happy to meet with you following the presentation, or he can schedule an appointment with you.