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Managed by Elderly Housing
Management Corporation

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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

MARCH 2015



In this Oct. 4, 1950 file photo, Ida May Fuller, 76, displays a Social Security check for \$4.

A LITTLE BIT OF HISTORY—Seventy-five years ago, the government cut 65-year-old Ida May Fuller a check. It was numbered 00-000-001 — the first Social Security payout. Fuller, of Ludlow, Vermont, didn't realize it at the time, but her check helped launch the Social Security program. And it secured Fuller, who never married and had no children, a place in American history.

"It wasn't that I expected anything, mind you, but I knew I'd been paying for something called Social Security and I wanted to ask the people in Rutland about it," she's quoted as saying in a Social Security Administration document.

Fuller, known around Ludlow as "Aunt Ida," died in 1975 at age 100. By then, she had already become a celebrity of sorts, with a few previous brushes with fame. Fuller was born on a farm two miles outside Ludlow, then a mill town and now a ski town, in the heart of the Green Mountains. Future President Calvin Coolidge was three years ahead of her at the Black River Academy, now a museum. Later, she worked as a secretary for the Vermont law firm of a Ludlow lawyer who had been Coolidge's attorney general.

In early November 1939, she passed by the government office in the larger city of Rutland and decided to pop in to ask about Social Security. While there she was urged to apply for benefits, not realizing she'd get the first check. That Jan. 31, 1940 check was for \$22.54, a little less than the \$25.75 that the agency had been deducting from her paycheck in the previous three years.

By the time she died in 1975 at age 100, she had received a total of \$22,888.92 in benefits. Near the end of her life, when she was living with a niece, she told a reporter that the payments "come pretty near paying for my expenses."

THANKS ARE IN ORDER

Someone once said, "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." Thankfully, we have a large number of people in our vertical neighborhood who want to make Pablo Towers the best it can be. Be sure to say thank you to your friends and neighbors who:

- Plan your parties and serve at them too
- Lead your Auxiliary and Resident Council organizations
- Spend endless hours organizing your library
- Deliver your Meals on Wheels
- Set up and call Bingo every Tuesday and Friday
- Type up the list of your daily activities and post them in the elevators
- Act as our floor representatives and floor captains
- Organize and work at our weekly food distribution efforts

Consider what Albert Pike, journalist and attorney, said, "What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."

PABLO TOWERS AUXILIARY

ST. PATRICK'S DAY PARTY
SATURDAY, MARCH 14
5:00 PM

*Join us for a traditional
 corned beef and cabbage
 dinner!*

\$8.00 for residents

\$10.00 for guests

Catered by Beach Diner

TICKETS ON SALE BEGINNING MARCH 2nd



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

Sponsored by JACKSONVILLE BANK

GENERAL AUXILIARY MEETING
THURSDAY, MARCH 26
5:00 PM

**Election of
 Officers**

Auxiliary Members Only
Per the By-laws



USE IT OR LOSE IT! RUST IS HAZARDOUS

During the Sixties, when the country was bound together in the exciting quest to land a man on the moon, we watched with wonder as America's finest risked their lives to venture into the unknown, and in so doing captured our admiration and became our modern day heroes. On several of the Apollo missions however, we were shocked to see astronauts, recently plucked from their floating capsules, carried off the rescue helicopter on stretchers. We had to wonder, as indeed NASA did, what was it in space that in just a matter of days, caused these highly screened and trained space athletes to become casualties? In time, NASA determined that more lengthy exposure to zero gravity, weightlessness, was the culprit.

In space, you're weightless. You float effortlessly ... no challenge, no sweat. So your muscles take a rest. Your heart, also a muscle, takes a rest since the column of

HAPPY BIRTHDAY FRIENDS

Nancy Tarr March 1
 Margaret Murphy March 3
 Wilma Hayden March 4
 Jean Graeser March 8
 Ann Dillard March 10
 David Reeves March 11
 Brenda McFaddin March 11
 Lillie Alvarez March 16
 Nell Barrow March 17
 Georgette Quigley March 19
 Carla Tracy March 20
 Patsy Graddick March 23
 Angelo Rodriguez March 23
 Betty Clements March 25
 Lois Sullivan March 26
 William Davis March 27
 Pauline Collings March 27
 Toni Taylor March 27
 Bonnie Guillet March 28
 Ruby Gilreath March 30
 Dee Kenna March 30
 Don Kalina March 31
 Roberta Woodlief March 31

WELCOME TO THE TOWERS

Violet Miller
Margaret McDonald


blood it has to pump weighs less. And, what did your grandmother tell you? **"Use it or lose it!"**

As we learned from the astronauts, we earth-bound creatures create our own "weightlessness." An estimated 70% of us fall into the President's Council on Physical Fitness, Sports & Nutrition category of "sedentary." What do you suppose would happen if we coast for decades, using only but a small fraction of what we are capable of? What if our lifestyles are such that we minimize what we ask of our muscles, brain, social skills, hand-eye coordination, reasoning and problem solving? Do we lose those also if we don't use them? The answer is a resounding YES!

This week, consider tasks that you do on a daily basis. What physical, social and intellectual skills would you need to continue to do those tasks six months from now? How about five, ten and twenty years from now? Use it or lose it! Rust is hazardous. Rustproof your life by continuing to challenge yourself in these areas.

Dr. Roger
 Author of *Live Long, Die Short*

~ MARCH 2015 ~

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|---|--|--|---|---|---|
| 1 VIOLIN CONCERT 3:00 PM | 2 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM | 3 <u>BAKED GOODS</u> 8 – 8:45 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 | 4 <u>BIBLE STUDY</u> 10:00 AM <u>OPEN ENROLLMENT FOR MMA</u> 1:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM | 5 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM | 6 <u>PEST CONTROL</u> 8th and 10th Floors All Apartments <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>AUXILIARY BOARD MEETING</u> 3:00 PM <u>BINGO</u> 6:00 PM | 7 |
| 8 DAYLIGHT SAVINGS TIME BEGINS  | 9 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM | 10 <u>BAKED GOODS</u> 8 – 8:45 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 | 11 <u>BIBLE STUDY</u> 10:00 AM <u>FOODIES MEET & GREET</u> 2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM | 12 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>KEEPING YOUR BRAIN HEALTHY AND YOUNG</u> 1:30 PM <u>WELLNESS CLINIC</u> 1:30 PM | 13 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM | 14 <u>STORY-TELLERS</u> 10:15 AM (MEET AT PONTE VEDRA LIBRARY) <u>AUXILIARY ST. PAT'S DAY PARTY</u> 5:00 PM |
| 15 | 16 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>RESIDENT COUNCIL MEETING</u> 12:00 NOON <u>GIRL SCOUTS</u> 12:00—4:00 PM <u>DRUG INTERACTION</u> 2:00 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM | 17 Happy St. Pat's Day <u>BAKED GOODS</u> 8 – 8:45 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 | 18 <u>BIBLE STUDY</u> 10:00 AM <u>SPRING FLING FLORAL ARRANGEMENTS</u> 2:00—3:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM | 19 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM | 20 1ST DAY OF SPRING <u>PEST CONTROL</u> 9th and 1st Floors All Apartments <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>DANCE THE AFTER-NOON AWAY</u> 2:00 PM <u>BINGO</u> 6:00 PM | 21 |
| 22 | 23 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM | 24 <u>BAKED GOODS</u> 8 – 8:45 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 | 25 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM | 26 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11:00 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>GENERAL AUXILIARY MEETING</u> 5:00 PM | 27 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM | 28 |
| 29 | 30 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM | 31 <u>BAKED GOODS</u> 8 – 8:45 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 | | | | |

AROUND THE TOWERS

OPEN ENROLLMENT FOR MMA PLANS

Questions will be answered
By Linda Tate, of Automated Health Systems
WEDNESDAY, MARCH 4
1:30 PM

To get your questions answered,
sign up in the lobby for a private appointment

FOODIES MEET AND GREET WEDNESDAY

MARCH 11 @ 2:00 PM

Rosaria Anderson, a chef with Beaches Local Food Network, and Esther Scott, with the Duval County Institute of Food & Agriculture, will be sharing their plan to help you learn to prepare meals that are low in cost and delicious to eat.

Come enjoy seasonal market munchies!

SENIOR GIRL SCOUT TROOP

1216

MONDAY, MARCH 16

12:00—4:00 PM

Do you need help with household chores or would you like a visit from some young ladies? Contact the Service Coordinator's office to set up an appointment!



SPRING FLING DAY

WEDNESDAY, MARCH 18

2:00—3:30 PM

Tracy Underwood, Director of Community Relations at Beach House, will be bringing fresh flowers and vases so you can make and take home a spring floral arrangement.



DANCE A SPRING AFTERNOON AWAY

FRIDAY, MARCH 20

2:00 PM

Lucinda Morici of Doctor's Choice will be educating us on how to avoid increased allergy risks in the Spring. Then we'll dance the Spring afternoon away to all of your favorite oldies but goodies.



ATTENTION ALL CRAFTERS & ARTISTS

The Auxiliary is having an
Arts and Crafts Show
Saturday, April 18
10:00 AM—4:00 PM



Tables are available to rent for \$12.00

Call Joan Brown if interested
327-9255

Deadline to register is March 25

VOLUNTEERS ARE NEEDED

If you have any interest in books, reading or just being organized, please call Connie Savage and offer your services to her and her team to help keep the library organized and clean.

This is your library, and it needs love and care to keep it operating for all to use.

If you have an hour, a few hours, or a day, please contact Connie at 249-0487 to offer your help.



Don't forget to thank your front desk staff for all they do for you, day and night.

Jim and Irene Sherry show off their five-year anniversary certificates of appreciation

and service pins they recently received for their five years of employment at Pablo Towers.

ALL RESIDENTS ARE WELCOME TO RUN FOR AUXILIARY OFFICE.

★ **IF YOU HAVE A DESIRE TO SERVE OTHERS AND THE ABILITY / SKILLS TO CONTRIBUTE, CONTACT A MEMBER OF THE NOMINATING COMMITTEE. NAMES OF THE COMMITTEE MEMBERS AND THEIR CONTACT INFO ARE LISTED ON THE BULLETIN BOARDS IN THE LOBBY, THE LAUNDRY ROOM and ON YOUR FLOOR'S BULLETIN BOARD.** ★