



# MONTHLY NEWSLETTER



## MAY 2016

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www.pablotowers.com  
Managed by Elderly Housing  
Management Corporation

Your new Auxiliary Officers have been elected and will assume their roles on July 1. Following is the list of residents you elected to office:

|                |   |                 |
|----------------|---|-----------------|
| President      | - | Lucy Hale       |
| Vice President | - | Floyd Wilson    |
| Secretary      | - | Judy Frye       |
| Treasurer      | - | Nancy McMichael |

Please support this team and your auxiliary with your membership and participation!

### RESIDENT OF THE MONTH— Mary Florez

#### 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

Mary was born on October 23, 1930 at home in Columbia, South America. Her father passed away when she was four and her mother when she was eight. She then went to live with her grandmother until she passed away, then on to live with her aunt until she passed away. Mary was around eighteen when she went out on her own.

As a child, Mary saw a postcard from America with a snow scene, and she said "I want to go there." This would not be an easy task for her as she knew no one in America. Mary only went to school for a short period of time, and she learned to read from the Bible, but America was in God's plan for her. Mary, being a determined young woman, was bound to be there.

On her way, she went to Puerto Rico first—quite an accomplishment for a young woman to go alone in those days. She arrived there in 1960; after spending two years there she was able to obtain her passport to come to America. So Mary hops on a plane alone again going to New York where she knew no one except a lady she met on the plane.

Mary arrived in New York City in 1962. She volunteered in one of New York City's hospitals from 1972 to 1974. In 1973 she became a U.S. citizen. In 1976 Mary attended a Bible College and received a Certificate in Theology.

Mary has two children—a daughter, Mary, and a son, Miguel, and five grandchildren. Mary's daughter married a military man, and they were transferred to Cecil Field here in Jacksonville. Mary and Miguel moved to Jacksonville in 1991 with them.

One time when Mary went back to Colombia to visit, she saw some people walking down the road with flashlights. She asked them where they were going. They said they were going to church in the next town as they did not have a church in their own town. It was quite a distance as they first had to travel by canoe, then walk, so Mary asked them why they did not build a church in their own town. Of course they didn't have the money.

When Mary returned to Jacksonville, she started saving money to help them build a church. In 1998 she began her missionary work, and with her savings and a donation of \$6,000 from New Covenant Ministries, she went back to the small town and built their first church. Since then she has built nine churches in Colombia. It is not an easy trip for her, as the town sits at the edge of the jungle and a river. She has to travel by canoe then by motor scooter then walking, sleeping in a hammock at night.

In the early years of her ministry, she went every other year. She has just returned from her trip this year. Churches donated Spanish Bibles, CD's audios, videos, a movie projector and children's materials. She plans to go again in May 2017.

Mary moved to Pablo Towers in 2010. She says she is very happy here. Mary is grateful for everything God has done for her, grateful to be here and with her family. Mary may have lost a lot in her early life, alone in the world for some time, but He has replaced that and much more. She is loved by us and everyone she comes in contact with.

As reported by Joan Brown

**PABLO TOWERS AUXILIARY**

**TALENT SHOW  
and CINCO de MAYO  
PARTY  
Thursday, May 5  
5:00 PM**

**(4:30 PM Entrance)**

Past talent shows have yielded so many laughs and shouts of joy and amazement. Join in this evening of fun.

Please call Joan Brown at 327-9255 by May 2 to participate or to let Joan know if you are bringing a guest.

Party is free, but donations welcome.



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

*Sponsored by  
Christ Episcopal  
Church*

**GAME NIGHT  
THURSDAY  
MAY 12  
6:00 PM**



**PLAY  
READY**

**HAPPY BIRTHDAY FRIENDS**

- Marion Spano ..... May 5
- Mak Salib ..... May 8
- Stella Furnari ..... May 8
- Ed Farris ..... May 9
- Myrna Graham ..... May 9
- Evelyn Webb ..... May 10
- Mary Van Hoose ..... May 12
- Kay Steele ..... May 13
- Jure Vrban ..... May 15
- Carlos Rengifo ..... May 16
- Chester Collier ..... May 18
- Nancy McMichael ..... May 18
- Larisa Prikhodko ..... May 19
- Shirley Foster ..... May 21
- Betsy Elliott ..... May 26
- Dee Layne ..... May 29
- Dwight Pavkovich ..... May 29
- Dan Zupa ..... May 31

**WELCOME**

**Nancy Barcliff  
Sharon O'Regan  
Patricia Plant**

**GOOD BYE &  
BEST OF LUCK  
Inez Duren**



If you didn't join the April Hoe-down Party, you missed an outstanding time. There was a shoot-out, dancing girls, and great music. Don't miss out on the next party.



The sad part about getting old is...  
You stay young on the inside,  
but nobody can tell anymore



# ~ MAY 2016 ~

| Sun  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Sat   |
|--|---|--|---|--|--|---|
| 1<br>Violin<br>Concert -<br>Lobby<br>3:00 PM | 2<br><u>WALK- AMERICARE</u><br>9:00 AM C.R.<br><u>BP-APEX—LOBBY</u><br>10 – 11:30 AM<br><u>EXERCISE—JAMIE</u><br>11:00 AM C.R.<br><u>HEALTH TALK</u><br><u>MARCY - APEX</u><br>2:00 PM C.R.<br><u>RESIDENT COUNCIL</u><br><u>MEETING</u><br>3:30 PM | 3 <u>BAKED GOODS</u><br>8 – 8:45 AM C.R.<br><u>COMPUTER CLASS</u><br>10:00 AM C.R.<br><u>BP-A CARE CONNECTION</u><br>2:00—3:00 PM LOBBY<br><u>FOOD DISTRIBUTION</u><br>1:30 PM C.R.<br><u>BINGO</u><br>6:00 PM C.R.                      | 4 <u>FOOD TRUCK</u><br>9-11:00 AM<br><u>BIBLE STUDY</u><br><u>CONF. ROOM</u><br>10:00 AM<br><u>BROOKS AMERI-</u><br><u>CARE PRESENTS</u><br><u>THE MUSIC IN ME</u><br>2:30 PM C.R.<br><u>YOGA/STRETCH</u><br>3:30 PM C.R.<br><u>DOWNTON ABBEY</u><br>5:00 PM C.R. | 5 <u>PEST CONTROL</u><br>Apt. Ending in 04<br><u>DEVOTIONS</u><br>9:30 AM C.R.<br><u>SCHWAN'S—BACK DOOR</u><br>1:30—2:15 PM<br><u>BP-APEX—LOBBY</u><br>1:30 PM<br><u>CHAIR EXERCISE</u><br><u>AMERICARE</u><br>3:30 PM C.R.<br><u>CINCO de</u><br><u>MAYO/TALENT</u><br><u>SHOW</u><br>5:00 PM | 6 <u>WALK-AMERICARE</u><br>9:00 AM C.R.<br><u>ONSITE DERMATOLOGY</u><br><u>WELLNESS CENTER</u><br>11:00 AM<br><u>HURRICANE</u><br><u>PREPAREDNESS &amp;</u><br><u>TOWN HALL</u><br>2:00 PM<br><u>BINGO</u><br>6:00 PM C.R. | 7 <u>MOVIE</u><br><u>NIGHT</u><br>6:00 PM<br>C.R.   |
| 8<br><i>Happy<br/>Mother's<br/>Day!</i>      | 9 <u>WALK- AMERICARE</u><br>9:00 AM C.R.<br><u>BP-APEX—LOBBY</u><br>10 – 11:30 AM<br><u>EXERCISE—JAMIE</u><br>11:00 AM C.R.<br><u>HEALTH TALK</u><br><u>MARCY - APEX</u><br>2:00 PM C.R.  | 10 <u>BAKED GOODS</u><br>8 – 8:45 AM C.R.<br><b>NO COMPUTER</b><br><b>CLASS</b><br><b>10:00 AM C.R.</b><br><u>BP-A CARE CONNECTION</u><br>2:00—3:00 PM LOBBY<br><u>FOOD DISTRIBUTION</u><br>1:30 PM C.R.<br><u>BINGO</u><br>6:00 PM C.R. | 11 <u>BIBLE STUDY</u><br><u>CONF. ROOM</u><br>10:00 AM<br><u>YOGA/STRETCH</u><br>3:30 PM C.R.<br><u>DOWNTON ABBEY</u><br>5:00 PM C.R.   | 12 <u>PEST CONTROL</u><br>Apt. Ending in 05<br><u>DEVOTIONS</u><br>9:30 AM C.R.<br><u>SCHWAN'S—BACK DOOR</u><br>1:30—2:15 PM<br><u>BP-APEX—LOBBY</u><br>1:30 PM<br><u>CHAIR EXERCISE</u><br><u>AMERICARE</u><br>3:30 PM C.R.<br><u>GAME NIGHT C.R.</u><br>6:00 PM                              | 13 <u>WALK-AMERICARE</u><br>9:00 AM C.R.<br><u>FOOD TRUCK</u><br>9-11:00 AM<br><u>BOOK CLUB</u><br><u>CONF. ROOM</u><br>2:00 PM<br><u>BINGO</u><br>6:00 PM C.R.  | 14 <u>STORY-</u><br><u>TELLERS</u><br><u>GROUP</u><br>10:00 AM<br>C.R.<br><u>MOVIE</u><br><u>NIGHT</u><br>6:00 PM<br>C.R. |
| 15   | 16 <u>WALK- AMERICARE</u><br>9:00 AM C.R.<br><u>BP-APEX—LOBBY</u><br>10 – 11:30 AM<br><u>EXERCISE—JAMIE</u><br>11:00 AM C.R.<br><u>HEALTH TALK</u><br><u>MARCY - APEX</u><br>2:00 PM C.R.<br><u>RESIDENT</u><br><u>BIRTHDAY PARTY</u><br>6:00 PM    | 17 <u>BAKED GOODS</u><br>8 – 8:45 AM C.R.<br><u>COMPUTER CLASS</u><br>10:00 AM C.R.<br><u>BP-A CARE CONNECTION</u><br>2:00—3:00 PM LOBBY<br><u>FOOD DISTRIBUTION</u><br>1:30 PM C.R.<br><u>BINGO</u><br>6:00 PM C.R.                     | 18 <u>BIBLE STUDY</u><br><u>CONF. ROOM</u><br>10:00 AM<br><u>YOGA/STRETCH</u><br>3:30 PM C.R.<br><u>DOWNTON ABBEY</u><br>5:00 PM C.R.   | 19 <u>PEST CONTROL</u><br>Apt. Ending in 06<br><u>DEVOTIONS</u><br>9:30 AM C.R.<br><u>SCHWAN'S—BACK DOOR</u><br>1:30—2:15 PM<br><u>BP-APEX—LOBBY</u><br>1:30 PM<br><u>CHAIR EXERCISE</u><br><u>AMERICARE</u><br>3:30 PM C.R.   | 20 <u>WALK-AMERICARE</u><br>9:00 AM C.R.<br><u>DR. BURNS'</u><br><u>AUDIOLOGY CLINIC</u><br><u>WELLNESS CENTER</u><br>9:30 AM<br><u>ALONE...TOGETHER</u><br>2:30 PM<br><u>BINGO</u><br>6:00 PM C.R.                        | 21 <u>MOVIE</u><br><u>NIGHT</u><br>6:00 PM<br>C.R.  |
| 22   | 23 <u>WALK- AMERICARE</u><br>9:00 AM C.R.<br><u>BP-APEX—LOBBY</u><br>10 – 11:30 AM<br>McGOVERN<br><u>JEWELRY SERVICES</u><br>10:00AM—2:00 PM<br><u>EXERCISE—JAMIE</u><br>11:00 AM C.R.<br><u>HEALTH TALK</u><br><u>MARCY - APEX</u><br>2:00 PM C.R. | 24 <u>BAKED GOODS</u><br>8 – 8:45 AM C.R.<br><u>COMPUTER CLASS</u><br>10:00 AM C.R.<br><u>BP-A CARE CONNECTION</u><br>2:00—3:00 PM LOBBY<br><u>FOOD DISTRIBUTION</u><br>1:30 PM C.R.<br><u>BINGO</u><br>6:00 PM C.R.                     | 25 <u>BIBLE STUDY</u><br><u>CONF. ROOM</u><br>10:00 AM<br><u>BP-BROOKS</u><br><u>AMERICARE</u><br>2:30 – 3:30 PM<br><u>YOGA/STRETCH</u><br>3:30 PM C.R.<br><u>DOWNTON ABBEY</u><br>5:00 PM C.R.   | 26 <u>PEST CONTROL</u><br>Apt. Ending in 07<br><u>DEVOTIONS</u><br>9:30 AM C.R.<br><u>SCHWAN'S—BACK DOOR</u><br>1:30—2:15 PM<br><u>BP-APEX—LOBBY</u><br>1:30 PM<br><u>CHAIR EXERCISE</u><br><u>AMERICARE</u><br>3:30 PM C.R.   | 27 <u>WALK-AMERICARE</u><br>9:00 AM C.R.<br><u>BINGO</u><br>6:00 PM C.R.   | 28 <u>MOVIE</u><br><u>NIGHT</u><br>6:00 PM<br>C.R.  |
| 29   | 30<br>   | 31 <u>BAKED GOODS</u><br>8 – 8:45 AM C.R.<br><u>COMPUTER CLASS</u><br>10:00 AM C.R.<br><u>BP-A CARE CONNECTION</u><br>2:00—3:00 PM LOBBY<br><u>FOOD DISTRIBUTION</u><br>1:30 PM C.R.<br><u>BINGO</u><br>6:00 PM C.R.                     |   |    |  |   |

## OTHER HAPPENINGS AROUND THE TOWERS

### **BROOKS PRESENTS THE MUSIC IN ME WEDNESDAY, MAY 4 2:30 PM**

Have you ever wondered why you can remember song lyrics but not your friend's phone number? Ever wonder why your feet automatically tap along to music? Then come discover the science behind music! Rehabilitation therapists are TAPPING into this musical therapeutic world to help us live life more fully. Rhonda Felice, Physical Therapy Manager with Brooks Rehabilitation Hospital.

### **HURRICANE PREPAREDNESS and TOWN HALL MEETING Friday, May 6 2:00 PM**

Everyone, especially new residents, is strongly encouraged to come learn about preparing for a hurricane. Here at the beach the requirements are different than they are "across the ditch." Lieutenant McDaniels with the City of Jacksonville Beach Fire Department will tell us what we will need to do in case of a hurricane. The management team will also be available to answer questions.

### **BOOK CLUB Friday, May 13 2:00 PM**

I  Book Club

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

### **LEARNING TO TEXT MESSAGE ON YOUR CELL PHONE Tuesday, May 17 10:00 AM**

Text messaging on your cell phone can save time and cell phone minutes. It can be helpful to know how to do it because the younger generation surely likes to communicate that way. And it can be very helpful at times when making plans or meeting someone. Plan now to come to our regularly scheduled Computer Class to learn how coming to class can increase your technological knowledge. We have an awesome group of volunteers who come faithfully on most Tuesdays to help us with our techie problems. Our volunteers can help you with computer, tablet and phone problems. No question is too small or simple.

### **UF FAMILY NUTRITION PROGRAM FOOD TRUCK**

**MAY 4 & 13 from 9—11 AM**  
Look for flyer for more information to come . . . Produce will be from farmers—organic & pesticide free!

### **ALONE . . . TOGETHER Friday, May 20 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 again? 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.

**Refreshments provided**

### **McGOVERN JEWELRY SERVICES Monday, May 23 10 AM—2:00 PM**

Matt McGovern, "The Jewelry Man" will be in the lobby to help you with your jewelry needs. He will be available to put batteries into your watches, clean your jewelry, and may be able to help you by fixing your jewelry. Come by and welcome Matt who is so faithful to provide us with this service.

### **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.

### **OTHER HELPFUL INFORMATION**

Singers by the Sea Spring Concert—Sunday, May 1, 2:30 pm in the sanctuary of Palms Presbyterian Church

Beaches Energy Hazardous Waste and e-Waste Mobile Collection Event—May 14 Shredding available from 9:00 AM—12 Noon. 3-4 boxes or bags per household.

Caregiver Expo—Saturday, May 7, 9:30 AM—3:00 PM at Hyatt Regency Jacksonville Riverfront.

Senior Expo—Wednesday, May 18 and Thursday, May 19 daytime at Prime Osborn Convention Center. Free Admission and Parking.

**FOR MORE DETAILED INFO, SEE THE FLYERS  
POSTED ON THE BULLETIN BOARDS.**