



MONTHLY NEWSLETTER



MAY 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

Priscilla Davis

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

Ebony Neville

Housekeeper

Bob Myers

Custodian

Bryce Chastain

Maintenance / Custodian

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

“I believe that all of us are called to mother another.

We mother the world that shows up at our doorstep whether we call it mothering or not.

We mother whether we're married or we've ever borne down in the battle cry of birth or not.

We mother because we're called to it—this flinging a life preserver to a drowning sister, child, college student, teenager, grandmother.

We mother because we can't not.”



Excerpt from a post by
Lisa Jo Baker entitled
Let's Celebrate All Women
This Mother's Day

Our Vertical Community

For the past two years I have had the pleasure of writing the stories of our residents of the month. This month instead of telling one person's story, I would like to talk about the diverse group of people we have here at our vertical community.

I stand in amazement and in awe of the rich history we have here—women who were the first women to serve in our military; men who fought in horrible wars, and the private citizens who lived in countries where the wars touch their lives as well. People who lived through the Great Depression, the controversy of the Vietnam War and the turmoil of the 50's, 60's and 70's.

We have people here from all walks of life, different cultures, different races, different political views, different careers, and we live in harmony because we have learned that no matter where we came from or what path we chose, we are all of the same human origin.

All these things have molded us through the years into who we are today. I urge you to get to know each other and share your stories, and I am sure you will be amazed too. Not only their stories, but their life today will amaze you. We have people in their 80's and 90's that are so very active. I have a couple more months to tell the resident of the month stories of these beautiful people.

It has been my pleasure to get to know you, and to have served on the board with the President of the Resident Council, Joan Ohler. She has done a terrific job answering our questions and keeping us informed of everything that has been going on, especially through the construction of our new building and now the street construction. Not only did she answer our questions and kept us informed, but with great detail. She works hard, going above and beyond to serve us.

Once again I urge you to get to know each other. I would also encourage you to write your story to pass down to your children and grandchildren. Our legacy is something to be proud of.

Story by Joan Brown

PABLO TOWERS AUXILIARY

RUN FOR THE ROSES
Kentucky Derby's 140th Race
Also presenting
LES FOLLIES
Saturday, May 6, 4:00 PM

Auxiliary Members Free
 Non-Members and Guests
 \$3.00



**RESIDENT
 BIRTHDAY
 PARTY
 MONDAY
 MAY 15
 6:00 PM**



Sponsored by
**Christ
 Episcopal
 Church**

**IT'S A
 SMALL
 WORLD
 Saturday,
 June 10
 6:00 PM**

Let's share our
 heritage with stories
 and
 mementos.
 Call Joan Brown at
 327-9255 for details



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 VanHoose May 12
- Kathryn Steele May 13
- Jure Vrban May 15
- Carlos Rengifo May 16
- Chester Collier May 18
- Larisa Prikhodko May 19
- Shirley Foster May 21
- Judy Wheelless May 21
- Betsy Elliott May 26
- Dee Layne May 29
- Dwight Pavkovich May 29
- Dan Zupa May 31

Charles Hannon



FAREWELL AND BEST WISHES

Frances Diacik



APRIL Wii BOWLING SCORES

- Sally Morgan 205 🏆
- Bill Morgan 180
- Alice Gillis 169
- Al Boone 149
- Susan Stanton 132



DIAL-A-RIDE FUND RAISER

"The Hallelujah Girls"

Atlantic Beach Experimental Theater
Thursday, May 18, 7:00 PM

\$25 buys the wine reception, a raffle ticket
 and the show

Dial-a-Ride will provide transportation!!
 Call 246-1477 to buy your ticket and schedule
 transportation.

Blood Pressure Clinics and Exercise Classes continue to be held for the benefit of all residents. There are three opportunities a week to have your blood pressure checked—Mondays from 10—10:45 AM by APEX Home Healthcare; Wednesdays at 2:30—3:30 PM by Brooks Home Healthcare and Thursdays from 2:00—3:00 PM by APEX.

Exercise classes are held Mondays at 11:00 AM by Justin Dean of APEX. Justin has a degree in exercise sports medicine from UF and wants to help you increase mobility and strength for your whole body. Wednesdays at 3:30 PM there is a Yoga/Stretch class with Sheila Velazquez of Brooks. Thursdays at 3:30 PM Sheila teaches Chair Exercise. Join these wonderful opportunities. It's never too late to start!

OTHER HAPPENINGS AROUND THE TOWERS

TOWN HALL and HURRICANE AWARENESS PREPAREDNESS

Monday, May 22, 3:00 PM

We encourage you to plan now to attend this important informational meeting! With Hurricane Matthew still fresh in the minds of many of us, it is time now to begin to prepare for the upcoming hurricane season. Lt. John McDaniel from the Jacksonville Beach Fire Department will be discussing the 2017 hurricane season and will educate us on how we need to prepare. We have invited other important community leaders to join this session as well. Please join us. Refreshments will be served.

LUNCH WITH ST. PAUL'S CATHOLIC SCHOOL STUDENTS

Friday, May 12, 12 Noon

The 8th grade students from St. Paul's Catholic School are coming to eat lunch with YOU! Last year, the students had such a delightful lunch hour spending time with the residents of Pablo Towers. So please, make plans NOW to have lunch with these delightful, respectful and interesting students. They have a lot they can learn from YOU!. It will give you hope for the future.

ALONE . . . TOGETHER

Friday, May 19, 2:00 PM

Please plan to join this supportive discussion group facilitated by Sheila Harper, counselor with VITAS Healthcare. Sheila will be sharing some ideas that will help you with life's hard or discouraging moments. The group meets in the Board Room, and what is shared is always kept confidential. You will benefit from attending this group! Snacks and drinks will be served.

DR. JANE BURNS

Friday, MAY 19, 9:30 AM

This is a first come, first serve program for your hearing concerns. No appointments. See Dr. Burns in the Wellness Center in the Suites Building.

SHINE and elderSource

Tuesday, May 16, 1:30 PM

During the time you are waiting for food distribution, Andrea Papaj, the SHINE advocate, will be available to speak with you individually to explain the free/unbiased assistance that is offered through the SHINE program and to explain about elderSource resources. Andrea will be distributing bags with the SHINE and elderSource information and the Helpline phone number for easy access to get help with your needs.

GRANDPARENTS GETTING WIRED COMPUTER AND TECHNOLOGY ASSISTANCE PROGRAM

Tuesdays, 10—12 Noon

Expert volunteers from our community come weekly to help you with your questions and problems with your cell phones, tablets and laptops. No question is too odd or silly. Please come meet with Christa, Warren, Mary and Victor who are waiting to help you learn more about your devices. These classes are held in the Board Room in the Suites Building.

VISITING PHYSICIANS ASSOCIATION (VPA)

The Thursday office hours in the Wellness Center are cancelled while Dr. Washington is out for maternity leave.

VPA staff team members will be handling Dr.

Washington's caseload until she returns.

If you have a question or concerns, please call the VPA office at [904-438-3045](tel:904-438-3045). Patients of Tonita Washington, please note the number that you can call for concerns or questions. Presently Dr. Washington is planning to return to Pablo Towers on May 18. Her office will be contacting her patients to schedule appointments.



Singers by the Sea Spring Concert at Palms Presbyterian Church

3410 3rd Street South, Jacksonville Beach, FL

MUSICAL MAY-hem

SUNDAY, MAY 21, 2:30 PM

FREE ADMISSION