



115 South Third Street  
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1-800-955-8771/TTY  
www.pablotowers.com  
Managed by Elderly Housing  
Management Corporation

### **Staff Members**

#### **Jo-Ann Gherardi**

Property Manager

#### **Sheryl Roussin**

Finance Manager

#### **Ellen Hopkins**

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

## NOVEMBER 2014

### It Has Begun

Henry Ford once said, "Coming together is a beginning, staying together is progress, and working together is success."

We have now begun the phase of our time at Pablo Towers when we will have to work together to ensure we make it successfully to the end of our building project. That work will involve some inconvenience and change. Al Boone has already found a new route for his hourly walks; our dog walkers and smokers have to exit to the north and east sides of the building instead of the south side; and the lobby is now the hub of our daily activities. Thank you for being so flexible.

It has not been surprising to us that everyone is coping rather well, knowing that the end result will be well worth the effort.

But it won't all be easy, and we appreciate and recognize everyone's efforts to be grateful for the good things going on in our "vertical neighborhood." Thank you for playing your part in keeping up the positive vibes that inhabit Pablo Towers. We all appreciate it!

Also be sure to thank the Maintenance team who is doing their best to accommodate everyone during this challenging time. We are so lucky to have such an incredible support team.



Strange Hall was demolished quicker than anyone could believe!

### Resident of the Month—Marie Hunt

On October 1st of 1936, the San Francisco Golden Gate Bridge opened and Marie was born near Santa Rosa in northern California. In her 23 years there, she enjoyed Bodega Bay the most. Her "Best Boss" owned the house and wharf there used in the film "The Birds." Before coming to Pablo Towers in 2002, she lived briefly in Mayport, FL and Hertford, NC.

Her only sister is a widow outside Denver, CO. Marie has one daughter, five sons and one step-son, 25 grand-children, 27 great-grands and one great-great grandson. She has two sons in St. Augustine and grands in south Georgia. The rest live out west.

Marie is an excellent seamstress and has sewn and crocheted for many of our residents. She studied Graphic Arts in college and also trained in Electronics Assembly.

Marie has served our residents in the past as Secretary of the Auxiliary for two years and four years as Chairman of the Welcoming Committee.

Besides enjoying the sand, water and warmer weather of Jax Beach, she and her family like the socials and dinners at Pablo Towers.

Along with artwork by two of her sons, Marie is completing a "mural" of her very large family tree.

**WELCOME TO THE TOWERS  
KC Arabi  
Judith Earle**

**WELLNESS CENTER HEALTH TIP**

Preventing any illness, including the common cold, begins with the following basic prevention strategies:

- Hand washing! Hand sanitizer can be used when washing hands is not an option.
- Never touch your mouth, nose, or eyes without washing your hands.
- Encourage others to cover their mouths with a tissue when they cough or sneeze and to dispose of the tissue themselves. No time to grab a tissue? Cough or sneeze into the inside of your elbow instead of your hands.
- Avoid sharing personal items like toiletries, towels, and pillows.
- Get proper rest and good nutrition to improve resistance and bolster immunity.




**HAPPY BIRTHDAY FRIENDS**

- Tamara Rezvina ..... Nov. 5
- Michaelyn Edwards ..... Nov. 5
- Shirley Silbernagle ..... Nov. 6
- Cecil Glenn ..... Nov. 7
- Joan Brown ..... Nov. 7
- Doris Drost ..... Nov. 10
- Linda Reeves ..... Nov. 11
- Jerry Nelson ..... Nov. 13
- Tommie Blackmon ..... Nov. 13
- Bobbie Blanton ..... Nov. 15
- Dottie Galbraith ..... Nov. 17
- Clyde Bennett ..... Nov. 19
- Irene Sherry ..... Nov. 20
- Jeanne Averill ..... Nov. 23
- Judith Bickley ..... Nov. 23
- Roland Gagnon ..... Nov. 25
- Roberta Moore ..... Nov. 26
- Thelma Roberts ..... Nov. 27
- Gerri Cooper ..... Nov. 28

**FAREWELL AND GOOD LUCK  
Judith Bickley  
Ada Hanna  
Susie Nelson  
Marie Zulick**

**PABLO TOWERS AUXILIARY**

**RESIDENT  
BIRTHDAY  
PARTY  
MONDAY  
NOVEMBER 17  
6:00 PM**




*Sponsored by Palms Presbyterian Church*

**MAKE PLANS FOR A HOLIDAY DINNER  
HOSTED BY THE AUXILIARY  
Two seatings—Dec. 7 & 14—5:00 PM  
Tickets will be sold Nov. 24-26  
and Dec. 1-5  
\$7.00 for Residents  
No Guests due to space constraints**

**AUXILIARY FUND-RAISING  
ACTIVITIES for NOVEMBER**

- ◆ ***Holiday wreath contest.*** We need residents to volunteer to make a holiday wreath, put it on their door and pay a fee of \$3.00 to register the wreath in the lobby on Nov. 18, 19, or 20. On Nov. 24 until Dec. 5, residents can buy a raffle ticket to vote for their choice of best wreath. The wreath maker who wins gets a cash prize, the resident wins a prize of a donated holiday wreath and the Auxiliary makes a little money.
- ◆ We will be selling raffle tickets Nov. 24—26 and Dec. 1—5 on a doll with multiple clothes and two \$25 money trees.

## ~ NOVEMBER 2014 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						<b>1</b> Bread Distribution
<b>2</b> Daylight Saving Time Ends  Move clock Back one hour  VIOLIN CONCERT 3:00 PM	<b>3</b>  <u>COLBY HERE</u>  <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>MEDICARE CHOICES</u> 10:00 AM—12:00 <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	<b>4 Election Day</b> <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 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	<b>5</b> <u>BIBLE STUDY</u> 10:00 AM  <u>TALKING BOOKS</u> 1:30 PM  <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM	<b>6</b>  <u>DEVOTIONS</u> 10:00 AM  <u>SCHWAN'S</u> 11:00 – 12:00 PM  <u>WELLNESS CLINIC</u> 1:30 PM	<b>7</b>  <u>PEST CONTROL</u> 8th & 10th Floors All Apartments  <u>Medicare Choices Presentation</u> 1:30 PM  <u>BINGO</u> 6:00 PM	<b>8</b>  <u>STORY- TELLERS</u> 11:00 AM  <u>Bread Distribution</u>
<b>9</b>	<b>10</b>  <u>COLBY HERE</u>  <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	<b>11 Veterans' Day</b>  <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 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 &amp; STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	<b>12</b> <u>BIBLE STUDY</u> 10:00 AM  <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM	<b>13</b> <u>DEVOTIONS</u> 10:00 AM  <u>SCHWAN'S</u> 11:00 – 12:00 PM  <u>WELLNESS CLINIC</u> 1:30 PM	<b>14</b>  <u>Wii BOWLING</u> 3:30 PM  <u>BINGO</u> 6:00 PM	<b>15</b> Bread Distribution
<b>16</b>	<b>17</b> <u>COLBY HERE</u>  <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>LIVE WELL</u> 10:00 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	<b>18</b>  <u>BAKED GOODS</u> 8 – 9:15 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 &amp; STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	<b>19</b> <u>BIBLE STUDY</u> 10:00 AM  <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM	<b>20 Great American Smokeout</b>  <u>DEVOTIONS</u> 10:00 AM  <u>SCHWAN'S</u> 11:00 – 12:00 PM  <u>WELLNESS CLINIC</u> 1:30 PM	<b>21</b>  <u>PEST CONTROL</u> 9th Floor All Apartments  <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM  <u>BINGO</u> 6:00 PM	<b>22</b> Bread Distribution
<b>23</b>	<b>24</b>  <u>COLBY HERE</u>  <u>WELLNESS CLINIC</u> 10 – 11:30 AM  <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>DRUG INTERACTION</u> 2:00 PM	<b>25</b>  <u>BAKED GOODS</u> 8 – 9:15 AM <u>WELLNESS CLINIC</u> 9:30 – 10:30 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 &amp; STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	<b>26</b> <u>BIBLE STUDY</u> 10:00 AM  <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM		<b>28</b>  <u>BINGO</u> 6:00 PM	<b>29</b> Bread Distribution
<b>30</b>						

## AROUND THE TOWERS

### OPEN ENROLLMENT TIME!

Each year, from **October 15—December 7**, you can make changes to your Medicare Advantage Plan or Medicare prescription drug coverage for the following year.

**You can do any of the following during this time:**

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

**Geff Lewis**  
**Independent Agent**  
**Medicare Choices**  
**Monday, November 3**  
**10:00 AM— NOON**

**Karen Ansell with Secure Choices**  
**Educational Seminar—2015 Medicare**  
**Changes, Medicare supplement and**  
**Medicare advantage plans and Part D**  
**Prescription Plans**  
**Friday, November 7**  
**1:30 PM**

**Greg Naam from St. Vincent de Paul**  
**Medicare Choice Individual Assistance**  
**Afternoons**  
**November 18—21**  
**November 25, 26**  
**Contact Service Coordinator's office for**  
**an appointment**

### October Wii BOWLING by Sheila of Americare

<b>Winner—Floyd Wilson</b> . . . . .	<b>212</b>
<b>Richard Carey</b> . . . . .	<b>168</b>
<b>Jim Ring</b> . . . . .	<b>147</b>
<b>Lois Sullivan</b> . . . . .	<b>147</b>
<b>Susan Leaptrot</b> . . . . .	<b>133</b>
<b>Al Boone</b> . . . . .	<b>121</b>
<b>Ruth Martin</b> . . . . .	<b>116</b>



### ELEVATOR ETIQUETTE

- When waiting for the elevator, stand clear of the doors. Only board the elevator when you are sure no one else is exiting.
- If the elevator is already full, don't try to squeeze on. Be polite and wait for the next one.
- You should only hold the door for someone who is running toward the elevator when the car is empty or there is consensus among the passengers that they do not mind waiting. Please do not hold the elevator and finish a conversation that takes longer than a few seconds. You are keeping the elevator from picking up others and you may even cause the elevator sensor to malfunction.

Thank you for remembering your manners when using the elevators. Everyone will appreciate it!

**Talking Books Presentation**  
**Department of Blind Services**  
**Wednesday, November 5**  
**1:00 PM**

**STOCKINGS FOR SALVATION**  
**ARMY WILL BE AVAILABLE**  
**TO FILL WITH TOYS AND FUN**  
**FOR CHILDREN NEEDING**  
**CHRISTMAS JOY . . .**  
**START PLANNING NOW TO**  
**STUFF THE STOCKINGS**

