



MONTHLY NEWSLETTER



NOVEMBER 2016

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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

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

Robert Sanchez

Maintenance Tech

Ebony Neville

Housekeeper

Bob Myers

Custodian

Bryce Chastain

Custodian

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager



THE BLUE ANGELS RETURN TO THE BEACH

The skies and waterways of the First Coast will be transformed into the backdrop for the most exciting air acts and military demonstrations in the world. The free event on November 5 and 6 will feature a dynamic over-the-ocean sky

show highlighted by the world-famous United States Navy Blue Angels along with other military and civilian flight teams, live entertainment, a street festival featuring static displays of aircraft and military vehicles, simulators, recruitment booths, a kids area and more.

To the residents of Pablo Towers this show means much more. Practice flyovers begin November 3 and 4. The noise can be unsettling for those in our “vertical neighborhood” who have not experienced it before. The crowds at the beach mean parking will be at a premium for the weekend. Plan for the inconveniences now, and you will be prepared. Enjoy the excitement!

Those Who Battled Matthew

Due to Hurricane Matthew, I have not been able to get a resident of the month story. I suppose Matthew decided he wanted to be the resident of the month and have his story told. Sorry to disappoint Matthew, but I prefer to tell the story of the ones who battled him.

As difficult as it was to leave our homes and to find a safe place for ourselves and pets, we survived. “Sorry to disappoint you, Matthew.” I know I complained and even acted like a spoiled child at times; however, I am so grateful there were shelters.

I am grateful for the wonderful people who aided and supported us. We are so blessed to have a Governor, Mayor, Police and Fire Chiefs who were prepared and got us back in our homes so quickly. I am so grateful to Landmark Middle School and those who opened their doors to us. Not only was the Red Cross there, but the Principal and staff,

as well as the National Guard. There were a thousand people and about a 135 animals at Landmark alone.

So when you get discouraged about the state our world seems to be in with all the violence, just remember, there are people out there who are good, caring and willing to help.

I, for one, will continue to sing their praises and be thankful that I live in a city that is prepared to take the best care of their people they can.

Additionally, we are grateful to the Pablo Towers administrative and maintenance staff who put in countless hours to ready the Towers for our return.

By Joan Brown



PABLO TOWERS AUXILIARY

**Thanksgiving
Dinner
Sunday
November 13
5:00 PM**

**Have traditional
Thanksgiving
dinner with your
friends and
neighbors**

**Residents \$8;
Guests \$14**

**RESIDENT
BIRTHDAY
PARTY
MONDAY
NOVEMBER 21
6:00 PM**

*Sponsored by Palms
Presbyterian Church*



HAPPY BIRTHDAY FRIENDS

- Alexander Rudchenko Nov. 1
- Elizabeth Ann Joyner Nov. 4
- Charlotte Tollar Nov. 5
- Harry Heathouse Nov. 5
- Tamara Rezvina Nov. 5
- Michaelyn Edwards Nov. 5
- Shirley Silbernagle Nov. 6
- Joan Brown Nov. 7
- Gladys Johnson Nov. 8
- Linda Reeves Nov. 11
- Jerry Nelson Nov. 13
- Tommie Blackmon Nov. 13
- Bobbie Blanton Nov. 15
- Rebecca Rekitt Nov. 16
- Clyde Bennett Nov. 19
- Faye Gill Nov. 20
- Irene Sherry Nov. 20
- Jeanne Averill Nov. 23
- Roberta Moore Nov. 26
- Thelma Roberts Nov. 27
- Gerry Cooper Nov. 28

**Florida Chamber Music Project
Wednesday, November 16
3:00 PM**

“Music at the Towers” takes its first venture into classical music by presenting “The Florida Chamber Music Project” in the Pablo Towers Community Room. All four members of this quartet play with the Jacksonville Symphony. They formed three years ago to foster and encourage the presentation of classical chamber music in an environment that is inclusive and engaging. This performance at Pablo Towers will be a dress rehearsal of their “Haydn and Shostakovich” concert to be presented at the Ponte Vedra Concert Hall. Please join us to enjoy the music of this very talented and charming group. As usual, refreshments will be served.

SPONSORED BY St. Paul’s by the Sea Episcopal Church



**Marcia Busch
Maria Wiszniewski**



FAREWELL & BEST WISHES

**Don Kalina
Ethel Kennedy**

With FOND MEMORIES

Ron Steinke

SAVE THE DATES




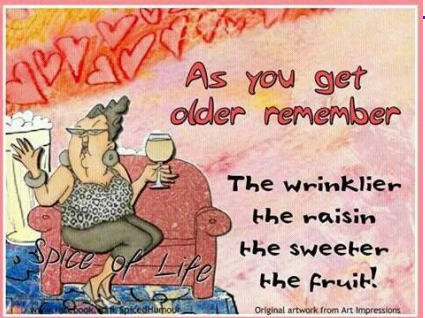
**Christmas Dinner
Sunday, December 11
Residents \$8; Guests \$14**

**New Year’s Eve Party
Sunday, December 31**

Live music / dancing with Don Minard
Favors—Door Prizes
Heavy Hors d’oeuvres
Watch the ball drop at Times Square



~ NOVEMBER 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 <u>NO COMPUTER CLASS</u> <u>TAI CHI FOR HEALTH</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	2 <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.	3 <u>PEST CONTROL</u> Apt. Ending in 03 <u>DEVOTIONS</u> 9:30 AM C.R. MD2U 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>TAI CHI FOR HEALTH</u> 2:00 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	4 <u>ONSITE DERMATOLOGY</u> <u>WELLNESS CENTER</u> For Appointment Call 1-877-345-5300 <u>MEDICARE</u> <u>MEDICAID</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R.	
6 DAYLIGHT SAVINGS TIME ENDS Move clock back one hour	7 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	8  <u>COMPUTER CLASS</u> <u>CONF. ROOM</u> 10:00 AM <u>TAI CHI FOR HEALTH</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>ART SHOW</u> 5:00—8:00 PM LOBBY <u>BINGO</u> 6:00 PM C.R.	9 <u>MORNING OF SERVICE</u> 9:30 AM <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>THE NEW MEDICARE PLANS FOR 2017</u> 2:30 PM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	10 <u>PEST CONTROL</u> Apt. Ending in 04 <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM MD2U 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>TAI CHI FOR HEALTH</u> 2:00 PM <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	11 VETERANS DAY No Mail Delivery  <u>BOOK CLUB</u> <u>CONF. ROOM</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R.	12 <u>STORY-TELLERS</u> 10:00 AM
13 <u>Auxiliary Thanks-Giving Dinner</u> 5:00 PM	14 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	15 <u>COMPUTER CLASS</u> <u>CONF. ROOM</u> 10:00 AM <u>TAI CHI FOR HEALTH</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	16 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>THE FLORIDA CHAMBER MUSIC PROJECT</u> 3:00 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	17 <u>PEST CONTROL</u> Apt. Ending in 05 <u>DEVOTIONS</u> 9:30 AM C.R. MD2U 1:00—2:30 PM <u>BP-APEX—LOBBY</u> 1:30 PM <u>ANNUAL APEX HOME HEALTHCARE</u> <u>PIE DAY</u> 1:00 PM <u>TAI CHI FOR HEALTH</u> 2:00 PM	18 <u>Wii BOWLING</u> 3:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	19
20	21 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R. <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	22 <u>COMPUTER CLASS</u> <u>CONF. ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	23 <u>BIBLE STUDY</u> <u>CONF. ROOM</u> 10:00 AM <u>COLORING FOR ADULTS</u> 2:00 PM <u>BP-BROOKS</u> <u>AMERICARE</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM C.R.	24  HAPPY THANKSGIVING	25 <u>NO BINGO</u>	26 <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM
27	28 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>HEALTH TALK JANE—APEX</u> 2:00 PM C.R.	29 <u>COMPUTER CLASS</u> <u>CONF. ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 1:30 PM C.R. <u>BINGO</u> 6:00 PM C.R.	30 <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.			

OTHER HAPPENINGS AROUND THE TOWERS

TAI CHI FOR HEALTH

Tuesday, November 1, 8, 15

10:00 AM

Thursday, November 3, 10, 17

2:00 PM

“This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. Tai Chi might well be called “medication in motion”. There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren’t in top shape or the best of health.” (Harvard Medical School Health Publications). This exercise class is led by certified instructor, Deirdre Dwyer, who will explain the benefits of Tai Chi and will teach the basic Tai Chi movements. Tai Chi can be done standing or sitting, so Deirdre will demonstrate chair and standing exercises as she goes through each exercise. The price is \$5.00 for each class. If you would like to attend, but you cannot afford to pay this much, please contact Deirdre at 904-651-3549 or the service coordinator, Ellen Hopkins at 904-339-0061 to make arrangements.

THE NEW MEDICARE PLANS FOR 2017

Wednesday, November 9

2:30 PM

Now that it is open, Karen Ansell with Secure Choices is returning to educate us on the new plans that are available for 2017.

THE ANNUAL APEX HOME HEALTHCARE PIE DAY



Thursday, November 17

1:00 PM

Thanksgiving is coming, so Pie Day is here!! This year the APEX Home Healthcare team of Chris Merritt, Justin Dean, and Jane Merritt will be joining us in the Pablo Cafe for lunch. After lunch, APEX will be providing dessert for us. They invite everyone to join them for lunch in the Pablo Cafe. But if you can’t come to lunch, please plan to come just before 1:00 for pie and coffee. The APEX team asks, "What is *your* favorite pie?" Please let Justin and Jane know what *your* favorite pie is and they will do their best to bring your favorite pie to Pie Day.

MEDICARE, MEDICAID AND EXTRA HELP FOR THE DUAL ELIGIBLE PLANS FOR 2017

Friday, November 4

2:00 PM

It’s Open Enrollment Season!! Plan now to attend this educational program presented by John Parks with Humana. John will be available after the meeting to answer questions you may have.

Refreshments will be served.

MORNING OF SERVICE

Wednesday, November 9

9:30 AM

A ladies group from BEACH Church will be coming to Pablo Towers to assist with some housekeeping needs you may have in your homes. There will be a flyer and a signup sheet on the table for you to put down your name and what you would like the ladies to do for you. Since this is a small group of women coming, not everyone will be served on this day. Other groups will be coming in the future.

