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www.pablotowers.com  
Managed by Elderly Housing  
Management Corporation

### Staff Members

#### Nancy Gabriszeski

Property Manager

#### Sheryl Roussin

Finance Manager

#### Ellen Hopkins

Service Coordinator

#### Tisha Jarvis

Administrative Assistant

#### Travis McKenzie

Executive 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

#### Melissa Gilreath

Executive Director

EHMC Corp

#### Debra Waters

Operations Manager

EHMC Corp

# MONTHLY NEWSLETTER



## SEPTEMBER 2015

### Daily Meal Update

We know everyone is anxiously awaiting the opening of our new Pablo Towers meal service program. We have received the Certificate of Occupancy for the new building but still need approval from the Department of Hotel and Business Regulation for the new kitchen.

We anticipate we will receive our approval soon. The first meal will be scheduled mid to late September. As a little teaser to get you more excited, we have enclosed a tentative end of September / October menu plan so you can see what types of food will be served. Thank you for your patience and positive feedback on our plans. Please continue to encourage Travis as he works hard to do his best to meet your expectations.

Also, as we continue in the planning phase, we know we will need volunteers who might be willing to take food to apartments where the residents are not physically able to come down to the dining room or even to some who may be able to come downstairs, but can't walk through a buffet line and need someone to carry their food to their table. If you are willing to give a few hours of your time to this effort, please contact Ellen Hopkins, Service Coordinator, at 339-0061.

It will take all of us to make this program successful. Thank you for your willingness to consider taking a part in the effort. We are a "family" after all.

### RESIDENT OF THE MONTH—Lillian Harrison

Lillian was born in Jacksonville but was adopted as a baby by a local couple. Her father was at that time the Speaker of the House in Tallahassee and developing Davis Island in Tampa, so the family didn't really settle in Jacksonville until she was three. The family also adopted another girl when Lillian was five.

Lillian attended private schools in Jacksonville and Anderson, South Carolina, and later attended college for two years. When she was twelve years old, she started drawing and painting. She also loves crafts and flower arranging. She has won a number of prizes for all of these hobbies.

In 1947, Lillian married her best friend's brother, Ray Harrison. They had seven children – five girls and two boys. Six of the children live at the beach. Today she has 13 grandchildren and 12 great grandchildren.

She has operated several tea rooms and a catering business, known as This Old House. The business was written up in 1972 in Southern Living Magazine.

She and the family moved to the beach in 1980. Her husband died in 1984 and she moved to Pablo Towers in 1997. She got involved in the Auxiliary right away, became President a few years later and served for six years. After some years out, Lillian came back this past year to help, since the new President was unable to complete her term.

Lillian has also been active in the Jacksonville Beach Woman's Club - served as President twice, Garden Circle, Parliamentarian Club and is a member of the Storytellers' League. She is a life member of the Woman's Club, the Garden Club and Pablo Towers' Auxiliary.

For many years Lillian has been interested in finding her biological family, and after many years of help from her daughters and the internet, she found her half-sister about 22 years ago. They became very close, and her sister just died last year at the age of 96.

Lillian is a member of Community Presbyterian Church and has lived at Pablo Towers for almost 19 years and loves it.

**WITH FOND MEMORIES**

**JoAnn Beck  
Brian Darden**

**Wii BOWLING AUGUST RESULTS**

<u>Game 1</u>		<u>Game 2</u>	
Floyd Wilson	140	Jim Ring	163
Jim Ring	133	Al Boone	161
Al Boone	101	Lois Sullivan	116

Resident Mit Pendergraft takes pictures of all new residents for our front desk resident book. If you have not had your picture taken, please let the front desk staff know, and they will ask Mit to take your picture.

**PABLO TOWERS  
AUXILIARY**

**GAME NIGHT  
THURSDAY  
SEPTEMBER 17  
6:30 PM  
FUN NIGHT OF GAMES  
and GIFTS**

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

*Sponsored by the Jacksonville  
Beach Woman's Club  
Entertainment & Food!*



Start to collect your treasures for the  
Annual Pablo Towers Bazaar  
To be held  
Saturday, October 3

**HAPPY BIRTHDAY FRIENDS**

Curtis Barrow	Sept. 2
Fae Williams	Sept. 3
Robert Parker	Sept. 3
Sharon Judd	Sept. 6
Elizabeth Wade	Sept. 10
Yuliy Chernyak	Sept. 10
Eloise Amos	Sept. 14
Joan Ohler	Sept. 15
Betty Randall	Sept. 17
Ana Vrbancic	Sept. 19
Betty Brannon	Sept. 20
Felipa Guia	Sept. 20
Sylvia Padgett	Sept. 21
Bobbie Ann Smith	Sept. 25
Lorraine Smith	Sept. 27
Betty Simmons	Sept. 29
Gael McKinstry	Sept. 30

**WELCOME**

**Barbara Ann Gordon  
Harry Heathouse  
Beverly Justin  
Emmett and Becky Rekitt**

**GOOD BYE AND GOOD LUCK**

**Ruby Gilreath**

**RESIDENT COUNCIL**

The Resident Council is an independent organization of Pablo Towers Residents whose purpose is to address issues related to our living environment.

The Council meets monthly and consists of a Representative and Captain from each floor and an elected President, Vice President and Secretary.

If you have suggestions or issues you wish addressed, contact your Floor Representative who will bring them before the Council. A copy of the Minutes of each meeting will be placed in the Library with the Resident Council By-laws. They are available for all to review and should not be removed.

# ~ SEPTEMBER 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> <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	<b>2</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>3</b> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>FARM TO TABLE PROGRAM</u> 2:00 PM	<b>4</b> <u>PEST CONTROL</u> 3rd Floor & 14th Floor <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>ONSITE DERMATOLOGY</u> 11:00 AM <u>BINGO</u> 6:00 PM	
<b>6</b>  Violin Concert 3:00 PM	<b>7</b>  <i>Happy Labor Day!!</i> 	<b>8</b> <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	<b>9</b> <u>BIBLE STUDY</u> 10:00 AM <u>MEDICARE &amp; YOU</u> 2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	<b>10</b> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>PIANO CONCERT</u> 7:00 PM	<b>11</b> <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>BOOK CLUB</u> 1:30 PM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	
	<b>14</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>RESIDENT COUNCIL MEETING</u> 2:00 PM	<b>15</b> <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 &amp; STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	<b>16</b> <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM <u>MARKET FRESH MUNCHIES FARM TO TABLE DINNER</u> 5:00 PM	<b>17</b> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>GAME NIGHT</u> 6:30 PM	<b>18</b> <u>PEST CONTROL</u> 4th Floor & 13th Floor <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>PLAYERS BY THE SEA</u> 2:30 PM <u>BINGO</u> 6:00 PM	
	<b>21</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>RESIDENT B-DAY PARTY</u> 7:00 PM	<b>22</b> <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	<b>23</b> <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BIBLE STUDY</u> 10:00 AM <u>UF FAMILY NUTRITION PROGRAM</u> 2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	<b>24</b> <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	<b>25</b> <u>McGOVERN JEWELRY SERVICES</u> 10—2:00 PM <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	<b>26</b>  CHET'S CREEK  9:30— 1:00 PM
	<b>28</b> <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM	<b>29</b> <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	<b>30</b> <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM			

## OTHER HAPPENINGS AROUND THE TOWERS

### FARM TO TABLE PROGRAM FRIDAY, SEPTEMBER 3 2:00 PM

Exciting news!!!! Plan to attend this informative program that will introduce a new weekly Farm to Family Food Truck Program. This is a nonprofit mobile farmers market who provides fresh, healthy produce from North Florida farmers and producers. Use your EBT cards and you will receive double the produce.

### Onsite Dermatology Friday, September 4

To schedule an appointment, please call 1-877-345-5300. Appointments start beginning at 11:00 AM in the Wellness Center.

### PABLO TOWERS' BOOK CLUB FRIDAY, SEPTEMBER 11 1:30 PM

Please come and share with others what books you have enjoyed reading in recent months.

### Wii BOWLING FRIDAY, SEPTEMBER 11 3:30 PM

Come join the fun sponsored by BrookdaleAmeriCare Home Health Care

### MARKET FRESH MUNCHIES FARM TO TABLE DINNER WEDNESDAY, SEPTEMBER 16 5:00 PM

Please join us as Chef Rosaria returns to introduce new foods and healthy recipes that we can prepare easily for ourselves while saving money.

### PLAYERS BY THE SEA FRIDAY, SEPTEMBER 18 2:30 PM

Would you like to keep your brain active and young? Please join your neighbors as we learn about improvisation and acting. This class is non-threatening and provides an afternoon of laughter and fun. PLEASE bring a drink along with you. Snacks will be provided.

### Making Healthy Eating a Part of your Total Lifestyle

### UF Family Nutrition Program Wednesday, September 23 2:00 PM

Please come to this informative and educational class presented by Sloan Griffith. Would you please bring a drink with you? Snacks will be provided.

### Burns Audiology and Balance Wednesday, September 23

Dr. Burns will see patients in the Wellness Center. Come to the Lobby at 9:30 AM to participate.

### McGOVERN JEWELRY SERVICE Friday, September 25 10:00 AM—2:00 PM

Do you have jewelry that you have been unable to wear due to a clasp being broken? Does your watch need a battery? Do you need your pearls restrung? Matt McGovern provides these services at a low cost, so that you can enjoy your jewelry again.

### CHETS CREEK ANNUAL VISIT SATURDAY, SEPTEMBER 26 SIGN UP in the Lobby FOR HELP WITH DIFFICULT HOME CHORES CHORES COMPLETE 9:30– 12:00 PARTY WITH LUNCH 12:00 NOON

### Adult Protective Services

REPORT ELDER ABUSE - IT'S A CRIME!  
Call: 1-800-962-2873 | Online at:  
[ReportAbuse.dcf.state.fl.us](http://ReportAbuse.dcf.state.fl.us)

Florida law requires the reporting of known or suspected abuse, neglect, exploitation, or self-neglect of vulnerable adults (elderly or disabled.) The Florida Abuse Hotline receives reports 24 hours a day. Call 1-800-962-2873 or 1-800-96-ABUSE. report online at <https://reportabuse.dcf.state.fl.us>. If you suspect or know of a vulnerable adult in immediate danger, call 911.