

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

Bryce Chastain

Maintenance Tech

Donna Muenzer

Housekeeper

Bob Myers

Custodian

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp

MONTHLY NEWSLETTER



JULY 2017

NEW AUXILIARY TEAM IS READY



Please make sure you join the Auxiliary this year during their July 1—31 Membership Drive. You won't be disappointed, and those who join will be entered into a drawing for a gift card!

Your 2017-2018 Auxiliary Team is now in place and ready to continue the important work of ensuring you and your fellow residents enjoy the entertaining, cultural and educational opportunities that their efforts bring to The Towers.

At left are Floyd Wilson, Vice President; Richard Miller, Treasurer; Lucy Hale, President; and Nancy Barcliff, Secretary.

This team will put in thankless hours of service to you, and they hope you will be pleased with their labors. They are always willing to accept help with planning, set-up, decorating, and serving at the Auxiliary events.

RESIDENT OF THE MONTH—Estelle Medlock

Don't mess with Texas (Estelle). If you look at her picture when her resident of the month is posted in the Lobby by the elevator, you'll see why I say this.

Her father worked for Shell Oil Company, and in the early 40's, they were transferred to Florida. Estelle was raised in Jacksonville Beach and attended Jax Beach Elementary. Get this, you are now living on the same spot where the school she attended was located. So Estelle is right back where she spent her days in elementary school; now she eats, sleeps and still makes friends in the same spot. After elementary school, she attended Fletcher High and was voted friendliest person in her senior year. When she graduated from Fletcher, she started working in the brand new Prudential building.

Estelle says life really began when she met the love of her life, Richard Medlock. Richard had just gotten out of the Air Force, and he had a brand new Ford with white walls. (He really knew how to turn a girl's head!) They met at the Surfmaid Drive-In on Beach Boulevard—all the Fletcher kids went there—ate hamburgers and drank their Cokes served on trays that the carhop attached to your car (Happy Days). I bet there was a cute Fonzie, too.

Richard and Estelle were married three months later. They bought a little house and started their family, and she began a new life as a housewife and mother with their three children who soon followed—Anne, Ricky and Linda. During that time she also was elected President of the PTA and taught at a church kindergarten. The children called her Mrs. Meadowlark.

When her children got older, she started a new phase of her life in the antique business with a friend of hers. They even sold antiques from their shop out of the back of a pick-up truck at festivals. In 1979, she opened an antique mall at Pablo Plaza (now near the post office at Jax Beach.) It was the first large antique mall in north Florida.

In 2001, Richard had a stroke and in 2006 he passed away. Life changed again for Estelle, but she never gives up. She and her daughter opened a consignment shop. She also did estate sales which led her to Pablo Towers.

Estelle says she is blessed to live here, but I think we are blessed to have her. There is much more to her story, but my space is limited. She is a wonderful person—talk to her and get the rest of the story. (The photo is when she took patrol school as a beach patrol officer.)

Story by Joan Brown

PABLO TOWERS AUXILIARY

A 4TH OF JULY COMBO

July 4, 11:30 AM

Music by "Let Freedom Sing" Choral Group
Barbeque by Pablo Towers Auxiliary

Residents—\$5

Guests—\$7



*Sponsored by
Pablo Towers
Auxiliary and
St. Paul's by-the-
Sea
Episcopal Church*

RESIDENT BIRTHDAY PARTY

MONDAY

JULY 17

6:00 PM

*All Residents are invited
to come and celebrate
with your friends.*

*Sponsored by Christ
United Methodist
Church*



COUNTRY & WESTERN PARTY

THURSDAY, JULY 20

6:00 PM

Including a play
entitled "We Still Got
the Moves" along with
Big Al's Saloon and
The Pablo Players

*Auxiliary Members—Free
Non-Members & Guests—
\$3.00*

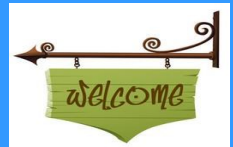


HAPPY BIRTHDAY FRIENDS


Judy Frye	July 3
Margaret Adams	July 3
Rosalia Romano	July 4
Terry Woods	July 4
Franca Davis	July 5
Charlie Sellers	July 6
Joan Litchfield	July 16
Ina Carrasquillo	July 18
Dee Nardino	July 18
Rosemary Laird	July 18
Helen McLaughlin	July 19
Ben Reece	July 20
Charlotte DiFrancesco	July 22
Bill Morgan	July 24
Rey Alvarez	July 27
Ruth Jenkins	July 28
Norma Sanders	July 29
Margaret McDonald	July 29
Betty Robinson	July 29
Colette Sellers	July 30

NELSON

OSBORN



JUNE Wii BOWLING SCORES

Bill Morgan	204	
Al Boone	164	
Judy Earle	150	
Sally Morgan	136	
Marie Singleton	129	
Dee Layne	114	
Alice Gillis	105	



GENTLE REMINDERS

- There is no longer a "give-away" area in the Laundry Room. Please do not leave any items there. If items are found there, they are immediately thrown away.
- Bagged items left hanging on resident doors are open to others with sticky fingers and are not safe.
- Our Library is full and cannot accept your used cookbooks. Thank you for your good intentions, but there is no room.

Growing older means the blessing of looking back on where we've come from . . . Looking forward to where we're going . . . And still having no idea where we parked the car.

**So much of life, including aging,
goes better with a dose of humor.**

~ Author Unknown

~ JULY 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	<p>3 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM</p> <p><u>EXERCISE</u> 11:00 AM C.R.</p> <p><u>RESIDENT COUNCIL MEETING</u> 3:30 PM</p>	<p>4 HAPPY 4TH OF JULY</p>  <p>CAFÉ CLOSED</p> <p><u>4TH OF JULY COMBO CONCERT & BARBEQUE</u> 11:30 AM</p>	<p>5 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM</p> <p><u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM</p> <p><u>YOGA/STRETCH</u> 3:30 PM C.R.</p>	<p>6 <u>PEST CONTROL</u> Apts. Ending in 08</p> <p><u>DEVOTIONS</u> 9:30 AM C.R.</p> <p><u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM</p> <p><u>BP-APEX—LOBBY</u> 2:00—3:00 PM</p> <p><u>WHAT TO DO WHEN YOUR EYE DOCTOR...</u> 2:30 PM</p> <p><u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.</p>	<p>7 <u>ONSITE DERMATOLOGY</u> With Jennifer Tra <u>WELLNESS CENTER</u> 11:00 AM For Appointment Call 1-877-345-5300 Will see walk-ins also.</p> <p><u>BINGO</u> 6:00 PM C.R.</p>	<p>8 <u>SING ALONG WITH ALAN KERR</u> 3:00 PM In the Lobby</p>
9	<p>10 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM</p> <p><u>EXERCISE</u> 11:00 AM C.R.</p> <p><u>HEALTH TALK APEX BOARDROOM</u> 1:00 PM</p>	<p>11 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM</p> <p><u>FOOD DISTRIBUTION</u> 2:00 PM C.R.</p> <p><u>ART SHOW</u> 5:00—8:00 PM LOBBY</p> <p><u>BINGO</u> 6:00 PM C.R.</p>	<p>12 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM</p> <p><u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM</p> <p><u>YOGA/STRETCH</u> 3:30 PM C.R.</p>	<p>13 <u>PEST CONTROL</u> Apt. Ending in 09</p> <p><u>DEVOTIONS</u> 9:30 AM C.R.</p> <p><u>BP-APEX—LOBBY</u> 2:00—3:00 PM</p> <p><u>MY CHOICE HOUSECALLS MEET & GREET</u> 2:30 PM</p>	<p>14 <u>PABLO TOWERS BOOK CLUB BOARD ROOM</u> 2:00 PM</p> <p><u>Wii BOWLING</u> 3:00 PM C.R.</p> <p><u>BINGO</u> 6:00 PM C.R.</p>	15
16	<p>17 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM</p> <p><u>EXERCISE</u> 11:00 AM C.R.</p> <p><u>HEALTH TALK APEX BOARDROOM</u> 1:00 PM</p> <p><u>RESIDENT B-DAY PARTY</u> 6:00 PM</p>	<p>18 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM</p> <p><u>FOOD DISTRIBUTION</u> 2:00 PM C.R.</p> <p><u>BINGO</u> 6:00 PM C.R.</p>	<p>19 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM</p> <p><u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM</p> <p><u>YOGA/STRETCH</u> 3:30 PM C.R.</p>	<p>20 <u>PEST CONTROL</u> Apt. Ending in 10</p> <p><u>DEVOTIONS</u> 9:30 AM C.R.</p> <p><u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM</p> <p><u>APEX BALANCE ASSESSMENTS</u> 2:00 PM</p> <p><u>BP-APEX—LOBBY</u> 2:00—3:00 PM</p> <p><u>COUNTRY & WESTERN PARTY</u> 6:00 PM</p>	<p>21 <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM</p> <p><u>ALONE... TOGETHER BOARDROOM</u> 2:00 PM</p> <p><u>CHAIR VOLLEYBALL</u> 3:00 PM C.R.</p> <p><u>BINGO</u> 6:00 PM C.R.</p>	22
23	<p>24 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM</p> <p><u>EXERCISE</u> 11:00 AM C.R.</p>	<p>25 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM</p> <p><u>FOOD DISTRIBUTION</u> 2:00 PM C.R.</p> <p><u>BINGO</u> 6:00 PM C.R.</p>	<p>26 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM</p> <p><u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM</p> <p><u>YOGA/STRETCH</u> 3:30 PM C.R.</p>	<p>27 <u>PEST CONTROL</u> Apt. Ending in 11</p> <p><u>DEVOTIONS</u> 9:30 AM C.R.</p> <p><u>BP-APEX—LOBBY</u> 2:00—3:00 PM</p> <p><u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.</p>	<p>28 <u>CONFLICT RESOLUTION</u> 2:30 PM C.R.</p> <p><u>BINGO</u> 6:00 PM C.R.</p>	29
30	<p>31 <u>BP-APEX-LOBBY</u> 10 – 11:30 AM</p> <p><u>EXERCISE</u> 11:00 AM C.R.</p> <p><u>HEALTH TALK APEX BOARDROOM</u> 1:00 PM</p>					

OTHER HAPPENINGS AROUND THE TOWERS

WHAT TO DO WHEN YOUR EYE DOCTOR TELLS YOU HE CANNOT DO ANYTHING ELSE FOR YOU

Thursday, July 6, 2:30 PM

We are fortunate to have Carol Michael with the Vision Education and Rehabilitation Center (VERC) come to speak to us about what to do when you get a vision diagnosis and need help to address the concerns you have. Carol will discuss the pathologies of eye diseases, along with explaining what low vision screenings and assessments are and how they could possibly benefit an individual. Carol will provide information about what services are available through VERC, how to obtain the services, and information about services in our community for people with vision loss. This will be an excellent informational program for everyone to attend whether you have vision loss or know someone who does. Carol will be available after the program to speak with you individually.

MY CHOICE HOUSECALLS MEET & GREET

Thursday, July 13, 2:30 PM

We are fortunate to announce that we have a new visiting primary care (PCP) group who can provide the convenience of physician services in your apartment or in the Wellness Center. Many of you may remember Jason Runyan who worked for MD2U three years ago and saw patients at Pablo Towers. Jason is the founder of My Choice Housecalls, and this business is locally owned and operated. The nurse practitioners who will see patients at Pablo Towers are primarily Jason Runyon and Imee McGrath. We hope you will come to this Meet and Greet to learn more about My Choice Housecalls and to meet Imee and Jason.

Refreshments will be served as Jason and Imee tell us about their vision of how they want to meet the needs of their patients at Pablo Towers.

ONSITE DERMATOLOGY

Friday, July 7

**Appointments starting at
11:00 AM**

Each month we are fortunate to have Jennifer Tra, a PA with OnSite Dermatology, come to Pablo Towers to provide services for the residents in the Wellness Center. Please call 1-877-345-5300 to schedule an appointment. OnSite Dermatology is a Medicare participating provider and accepts United Healthcare, BCBS, Humana, Aetna, Cigna.

Call today to schedule an appointment.

APEX HEALTH TALKS

Mondays—July 10, 17 and 31

1:00 PM

Please note dates and time for July classes.

A healthy snack will be served.

APEX BALANCE ASSESSMENTS

Thursday, July 20, 2:00 PM

Do you often feel like you are about to fall or have you found that you are occasionally or frequently falling? What is happening to your balance? What is balance? Can balance be improved, so that we aren't at risk of falling and breaking something? Please plan to attend this informational and interactive program presented by the therapists of APEX Home Healthcare and Silver Rehab Services. After the presentation, the therapists will provide assessments to determine if you may be at risk. Refreshments will be served.

ALONE . . . TOGETHER

Friday, July 21, 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.

CONFLICT RESOLUTION

Friday, July 28, 2:30 PM

How do you handle it when you get upset with someone or they get upset with you? Conflicts are inevitable, so learning to deal with them in a healthy way is crucial. We are privileged that Corporal Tonya Tator of the Jacksonville Beach Police Department will be providing us with some strategies to handle the disagreements or uncomfortable situations that you experience here at The Towers, with your families, and in the community.

We encourage ALL of you to come to this program, as we will also be addressing how what we say can affect others, AKA—BULLYING! We may think we're only speaking our mind, or sharing interesting information, but in reality we may be bullying others with our strong words. Please mark your calendar now and plan to attend this important program!