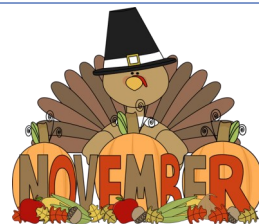




# MONTHLY NEWSLETTER



## NOVEMBER 2017

### AUXILIARY SALE 2017

Every year the Auxiliary leadership works very hard to plan and coordinate the annual bazaar designed to raise funds for the Auxiliary coffers and for a local charity from whom the residents benefit. This year was no exception. Table space was sold for individuals to sell their wares, donated items were accepted so the Auxiliary could sell them, everything was priced, the tables were arranged, some residents baked delicious cookies and cakes for the Auxiliary to sell, the sign was hung on the front lawn and the fun began. The staff even arrived early to sell hot dogs to raise money for Dial-A-Ride.

There was a line of customers waiting outside in the breezeway at 8:30 AM, prior to the opening of the sale at 9:00 AM. Within minutes, people were exiting with their treasures. We saw purple luggage being wheeled out, chairs being carried to cars and beautiful jewelry being proudly worn. Everything donated to the Auxiliary that was not sold by 3:00 PM was donated to Our Father's House, a local charity who helps people who need household items and furniture but cannot afford them.

In the end, \$360 was raised for Dial-A-Ride through the hot dog sale and \$150 will be donated to BEAM from the Auxiliary. Over \$500 will be added to the Auxiliary bank account to be used for entertainment at their functions or to subsidize the cost of dinners at their parties. The Auxiliary currently has 180 members and continues to grow each year!

It's hard work but a worthwhile effort. Thanks to all who worked hard or who participated.

### RESIDENT OF THE MONTH—Beverly (Bev) Justin

Bev was born in Blue Island, Illinois, but grew up in Chicago. At 32 years old, she went to college. From 1980 to 1985 she attended Calumet College of St. Joseph in Hammond, Indiana, graduating Magna Cum Laude with a bachelor's degree in computer information systems with a minor in management.

While employed at Jenner & Block (the 3rd largest law firm in Chicago), Bev worked on the ATT vs. General Dynamics case. Her firm represented General Dynamics. She was employed for ten years for the American Bar Association (ABA) in Chicago. While at the ABA, she travelled extensively and often travelled to unusual places such as the historic Mayflower Hotel next to the White House. Bev dined at the Vanderbilt mansion on Fisher Island near Miami and travelled to New Mexico, New York, Puerto Rico, Bermuda, Texas, Oklahoma, California, Virginia, Kansas, Washington, Washington D.C. and more.

Bev's adventurous spirit let her to some very unusual activities: she went 35 stories into the earth to see Chicago's deep tunnel project, learned to downhill ski at 45 and visited an F15 jet manufacturing plant.

When Bev moved to Jacksonville, she was employed at UNF, CSX and Nationwide Money Service. She has three sons: Mike, Ken and Fred. Mike lives in Texas, Ken and Fred here in Jacksonville. Bev has five grandchildren—two boys and three girls.

She was a hair designer for many years. Now we know why all the different colors. Here at Pablo Towers, Bev is very active in the Auxiliary.

*Reported by Sue Heckert*

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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

##### Bryce Chastain

Maintenance Tech

##### Doug Morris

Maintenance Tech

##### Donna Muenzer

Housekeeper

##### Bob Myers

Custodian

##### Melissa Gilreath

Executive Director

EHMC Corp

##### Debra Waters

Operations Manager

EHMC Corp

**PABLO TOWERS AUXILIARY**

**RESIDENT  
BIRTHDAY PARTY  
Monday, November 13**

**6:00 PM**

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

*Sponsored by Palms Presbyterian Church*



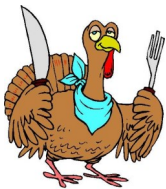
**HAPPY BIRTHDAY FRIENDS**

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

**THANKSGIVING DINNER  
Sunday, November 19  
5:00 PM**

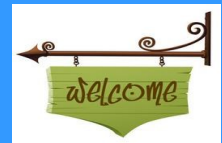
Traditional Thanksgiving Dinner Fare  
\$8 for Auxiliary Members and Residents  
\$12 for Guests  
Bring your own wine

*Take-outs available but no delivery*



**BUY YOUR TICKETS EARLY**  
*On Sale November 1—17*

**Frank Scannello**



**FAREWELL AND BEST WISHES**

**George Toutain**

**SAVE THE DATES**

**TREE LIGHTING w/SINGERS BY THE SEA**

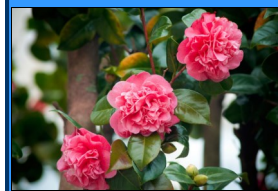
Friday, December 8, 4:30 PM

**CHRISTMAS DINNER**

Sunday, December 17, 5:00 PM

**NEW YEARS' EVE PARTY**

Sunday, December 31  
8:00 PM—12:30 AM



**WITH FOND  
MEMORIES  
Mary Florez**

**50 / 50 RAFFLE  
To Benefit Dial-a-Ride**

Lucy Hale, Floyd Wilson and Beverly Justin will have tickets available for sale through Sunday, December 31

2 for \$1.00, 5 for \$2.00 or 15 for \$5.00

*Winners will be announced at the New Years Eve Party—not necessary to be present to win.*




**VETERANS DAY**

By Cheryl Dyson

On Veterans Day we honor all,  
Who answered to a service call.  
Soldiers young, and soldiers old,  
Fought for freedom, brave and bold.  
Some have lived, while others died,  
And all of them deserve our pride.  
We're proud of all the soldiers who,  
Kept thinking of red, white and blue.  
They fought for us and all our rights,  
They fought through many days and nights.  
And though we may not know each name,  
We thank ALL veterans just the same.



# ~ NOVEMBER 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1</b> <u>BIBLE STUDY</u> <u>BOARD 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.	<b>2</b> <u>PEST CONTROL</u> Apts. Ending in 11 <u>DEVOTIONS</u> 9:30 AM C.R.  <u>BP-APEX —LOBBY</u> 2:00—3:00 PM  <u>LET'S MAKE</u> <u>JEWELRY—B.R.</u> 2:30 PM	<b>3</b> <u>ONSITE</u> <u>DERMATOLOGY</u> 10:00 AM  <u>BINGO</u> 6:00 PM C.R.	<b>4</b> <u>SING ALONG</u> <u>WITH</u> <u>ALAN KERR</u> 3:00 PM In the Lobby
<b>5</b> DAYLIGHT SAVINGS TIME ENDS. MOVE CLOCK BACK ONE HOUR.	<b>6</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.  <u>HIDDEN DANGERS</u> <u>OF CHOLESTEROL</u> <u>AND SODIUM</u> 2:00 PM  <u>RESIDENT</u> <u>COUNCIL</u> <u>MEETING</u> 3:30 PM	<b>7</b> <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>8</b> <u>BIBLE STUDY</u> <u>BOARD 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.  <u>MEDICARE</u> <u>OPEN</u> <u>ENROLLMENT</u> 2:00 PM	<b>9</b> <u>PEST CONTROL</u> Apts. Ending in 12 <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX —LOBBY</u> 2:00—3:00 PM <u>LET'S MAKE</u> <u>JEWELRY—B.R.</u> 2:30 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	<b>10</b> <u>PABLO TOWERS</u> <u>BOOK CLUB</u> <u>BOARD ROOM</u> 2:00 PM  <u>Wii BOWLING</u> 3:00 PM  <u>BINGO</u> 6:00 PM C.R.	<b>11</b> 
<b>12</b>	<b>13</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.  <u>HOLIDAY</u> <u>SAFETY TIPS</u> 2:30 PM  <u>RESIDENT B-DAY</u> <u>PARTY</u> 6:00 PM	<b>14</b> <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>ART SHOW</u> 5:00—8:00 PM LOBBY  <u>BINGO</u> 6:00 PM C.R.	<b>15</b> <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM  <u>MEDICARE 2018</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.	<b>16</b> <u>PEST CONTROL</u> Apts. Ending in 13 <u>DEVOTIONS</u> 9:30 AM C.R.  <u>BP-APEX—LOBBY</u> 2:00—3:00 PM  <u>LET'S MAKE</u> <u>JEWELRY—B.R.</u> 2:30 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	<b>17</b> <u>DR. JANE BURNS</u> With <u>BURNS</u> <u>AUDIOLOGY and</u> <u>BALANCE</u> 9:30 AM  <u>ALONE ...</u> <u>TOGETHER</u> <u>BOARDROOM</u> 2:00 PM  <u>CHAIR VOLLEYBALL</u> 3:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>18</b>
<b>19</b> <u>AUXILIARY</u> <u>THANKS-</u> <u>GIVING</u> <u>DINNER</u> 5:00 PM  	<b>20</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.  <u>FIRE PREVENTION</u> 2:30 PM	<b>21</b> <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>22</b> <u>BIBLE STUDY</u> <u>BOARD 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.	<b>23</b> HAPPY  THANKSGIVING	<b>24</b> <u>NO BINGO</u> <u>TONIGHT</u>	<b>25</b>
<b>26</b>	<b>27</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.	<b>28</b> <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>29.</b> <u>BIBLE STUDY</u> <u>BOARD 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.	<b>30</b> <u>PEST CONTROL</u> All Apts. In Suites Bldg. <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX—LOBBY</u> 2:00—3:00 PM <u>LET'S MAKE</u> <u>JEWELRY—B.R.</u> 2:30 PM  <u>CHAIR EXERCISE</u> <u>AMERICARE</u> 3:30 PM C.R.	<div style="border: 2px solid red; padding: 10px; background-color: #333; color: white;"> <p><b>FRIENDLY REMINDER</b></p> <p>Remember, no live Christmas trees or candles in your apartment!</p> </div>	

## OTHER HAPPENINGS AROUND THE TOWERS

### LET'S LEARN TO MAKE JEWELRY

**Thursdays, November 2, 9, 16 and 30—2:30 PM**

We are excited to offer this class on learning to make jewelry. Our own talented resident, Susan Leaptrott, has offered to teach this creative and fun class. Susan's idea is that the jewelry you make during the class could be given as Christmas presents. Classes will be small, so that each classmate will get individual attention. There will be no charge for the class, and all the supplies will be provided. The class will be meeting in the Board Room, except for November 16th. On that date, we will be in a different location. If you would like more information about this class, please contact Susan at 904-349-5271.

### THE HIDDEN DANGERS OF CHOLESTEROL AND SODIUM

**Monday, November 6, 2:00 PM**

Do you know how much cholesterol and sodium you are consuming daily? Some of you who eat lunch in Pablo Café may have met our friendly dietetic intern, Yolanda Stevenson, from the Duval County Health Department. Yolanda is studying to become a registered nutritionist. Yolanda has a wealth of information to share with us on how to make some subtle changes in the foods we eat and what we add to our foods so that we are eating more healthily. We encourage all of you to attend this informational program which will benefit you daily. Samples will be provided.

### MEDICARE OPEN ENROLLMENT: WHAT PLANS ARE BEST FOR YOU?

**Wednesday, November 8, 2:00 PM**

Are you busy educating yourself about the potential changes to your Medicare plans for 2018? We have the opportunity to learn more about the changes for 2018 and to learn how to make wise choices regarding your healthcare coverage. Jim Mace, who has been a volunteer with SHINE for several years, will be presenting a program about how to choose the right health insurance for your individual needs. SHINE (Serving Health Insurance Needs of Elders) is a free program offered by the Florida Department of Elder Affairs to assist you with your Medicare, Medicaid, and health insurance questions by providing informational programs and one-on-one counseling. The open enrollment period for 2017 ends on December 7th. Please do not assume that your plan will not change!! Mace will answer your questions after the program.

### SHINE INDIVIDUAL APPOINTMENTS

**November 9 and November 16, 2:00—5:00 PM**

Jim Mace, a volunteer with SHINE (Serving Health Insurance Needs of Elders), a free program offered by the Florida Department of Elder Affairs, will be available to meet with you individually to review your current Medicare Part B health supplemental or advantage plans and Part D prescription plans to make sure that those plans will still be the best plans for you in 2018. Mr. Mace will be located in the Wellness Center. In November, there will be a sign-up sheet on the table in the Lobby for you to select an appointment time.

### MEDICARE 2018 OPEN ENROLLMENT CHANGES FOR 2018, DRUG PLANS & MORE

**Wednesday, November 15, 2:00 PM**

Open enrollment season has arrived!! Mark your calendars now to attend this informative presentation. Plan to join Karen Ansell with Secure Choices as she explains the new changes in Medicare, what you need to consider when choosing or changing your insurance plan and what is important in choosing your prescription drug plan. Following the presentation, there will be a Q&A session. Refreshments will be served and there will be a raffle for prizes.

### HOLIDAY SAFETY TIPS

**Monday, November 13, 2:30 PM**

Come learn some ways to stay safe from burglary during the busy holiday season. Attend this informative program to learn how to protect yourself when you are out shopping and how to protect yourself from cash, credit and debit card theft. This program, presented by our CAPE policy officers, will help you learn to become more aware of your surroundings so you will not be affected by the crime going on around us.

### ALONE . . . TOGETHER

**Friday, November 17, 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. Snacks and drinks will be served.

### FIRE PREVENTION

**Monday, November 20, 2:30 PM**



Do you know the Pablo Towers Escape Plan if there is a fire in either building? Do you know what you should do if the fire alarm sounds? When should you stay in your apartment and when should you leave? Do you know when the sprinklers in your apartment may activate? It is important that you attend this program presented by our fire Marshal Steve Sciotto and our maintenance supervisor, Jim Parsons. Refreshments will be served.