



MONTHLY NEWSLETTER



JUNE 2018

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Jacksonville Beach, FL 32250

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www.pblotowers.com
Managed by Elderly Housing
Management Corporation

Staff Members

Donna Houston-Long
Property Manager

Sheryl Roussin
Finance Manager

Ellen Hopkins
Service Coordinator

Beth Collins Himes
Service Coordinator

Lora Burton
Administrative Assistant

Priscilla Davis
Administrative Assistant

Travis McKenzie
Executive Chef

Jason Hopton
Sous Chef

Kayla Clayton
Café Cashier

Nell Barrow
Front Desk

Jim Parsons
Maintenance Supervisor

Daniel Deon
Maintenance Tech

John Ring
Maintenance Tech

Bryce Chastain
Maintenance Tech

Paul Pollard
Maintenance Tech

Donna Muenzer
Housekeeper

Bob Myers
Custodian

Melissa Gilreath
Executive Director

EHMC Corp

Debra Waters
Operations Manager
EHMC Corp

VALUE

A popular speaker started off a seminar by holding up a \$20 bill. A crowd of 200 had gathered to hear him speak. He asked, "Who would like this \$20 bill?" 200 hands went up.

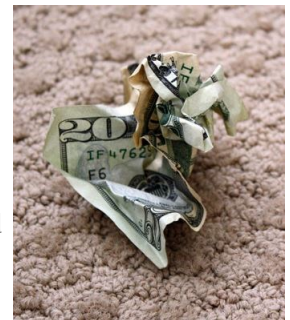
He said, "I am going to give this \$20 to one of you but first, let me do this." He crumpled the bill up.

He then asked, "Who still wants it?" All 200 hands were still raised.

"Well," he replied, "What if I do this?" Then he dropped the bill on the ground and stomped on it with his shoes. He picked it up, and showed it to the crowd. The bill was all crumpled and dirty.

"Now who still wants it?" All the hands still went up.

"My friends, I have just showed you a very important lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, life crumples us and grinds us into the dirt. We make bad decisions or deal with poor circumstances. We feel worthless. But no matter what has happened or what will happen, you will never lose your value. You are special – don't ever forget it!



HAPPY FATHERING DAY

To all of you who have fathered someone in some way: Teachers, Coaches, Police Officers, Firemen, Military, AND all men who have been there for someone in need – sharing your wisdom, inspiring them, lending a helping hand, lifting them up, and loving them.

CHURCH SERVICE TRANSPORTATION

Community Presbyterian Church is pleased to begin offering transportation to church each Sunday for the Pablo Towers and Pablo Hamlet Residents. We will begin this service on June 3. Pablo Towers residents will be picked up at 10:30 AM. You will be escorted to church for our 11:00 traditional service. Our church service is typically over at noon, so you should all be back home by 12:30.

Our only problem for your consideration is that our vehicles (van and/or bus) are not wheelchair friendly. Plus, our volunteer drivers will not be able to help you get in the vehicles so you must be able to get in the van/bus under your own steam.

It does not matter to us if you are or are not a church member. We simply want to afford you the opportunity to be in church.

We are looking forward to seeing you all at church! If you have any questions about this service, please contact your Service Coordinator, Ellen Hopkins.

PABLO TOWERS AUXILIARY

RESIDENT BIRTHDAY PARTY

**Monday, June 18
6:00 PM**

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

Sponsored by The Exchange Club



**GENERAL AUXILIARY MEETING and
INSTALLATION OF OFFICERS**

Thursday, June 28, 5:00 PM
Pizza will be served



**NOTICE—Amendments to the Auxiliary
By-Laws are currently being developed.
The revised by-laws will be available to
read in the Library by June 15.**

SAVE THE DATE

WEDNESDAY, JULY 4th COOKOUT
Freedom Singers will again Entertain

**BINGO ROCKS
JOIN THE FUN**

Tuesday and Friday Nights
Don't miss the opportunity to
win some extra cash

7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

HAPPY BIRTHDAY FRIENDS

- Nancy Gray June 1
- Rachel Pierce-Abrams June 2
- Lynne Dukes June 3
- Joyce Barufaldi June 4
- Marianne McQueen June 5
- Ann Barni June 6
- Lillian Harrison June 7
- Robert McClure June 18
- Maria Bartilucci June 18
- Joan Howell June 18
- Ed Bizzarri June 21
- Alan Kerr June 28
- Shoallah Safarian June 29

**Ernest Panza
Suzanne Fisher
Claudette Stokes**



FAREWELL AND BEST WISHES

**Fred and Sandra
Carrouth**

With Fond Memories

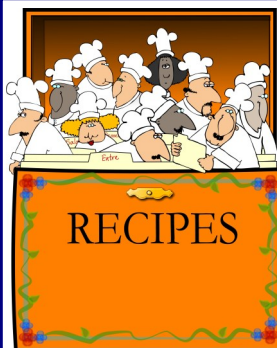
Nikki Smith

**THE PABLO PLAYERS
PRESENT**

“ A Bowl Full of Cherries “

**Saturday, June 9
7:00 PM**

**Free, but \$
donations for
costumes, etc.
appreciated**



*Submit your favorite
recipe to Chef Travis.
If your recipe is chosen
for next month's menu,
you will win a free
meal!*

**Dr. Rev. Gabe Goodman's last day
to preach at Pablo Towers will be
Thursday, June 14. Please
consider participating in his last
day here in some way. See Ruth
Jenkins for information.**

~ JUNE 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 BINGO 6:00 PM C.R.	2 <u>SING ALONG WITH ALAN KERR LOBBY</u> 3:00 PM
3	4 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>RESIDENT COUNCIL MEETING</u> 3:30 PM <u>DR. GORDON, PODIATRIST</u> By Appointment	5 <u>WALKING GROUP</u> 10:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	6 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>HURRICANE PREPAREDNESS TOWN HALL</u> 2:30 PM	7 <u>PEST CONTROL</u> Apts. Ending in 13 <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>WALKING GROUP</u> 10:00 AM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	8 <u>ALONE . . . TOGETHER</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R.	9 <u>“A BOWL FULL OF CHERRIES”</u> 7:00 PM
10	11 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>FRESH FACED AND FABULOUS</u> 3:00 PM	12 <u>WALKING GROUP</u> 10:00 AM <u>COMPUTER CLASS 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.	13 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM	14 <u>FLAG DAY</u> <u>PEST CONTROL</u> All Apts. In Suites <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R.—Rev. Goodman's last day <u>WALKING GROUP</u> 10:00 AM <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	15 <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM <u>BINGO</u> 6:00 PM C.R.	16
17 <u>Happy Father's Day!</u>	18 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>RESIDENT B-DAY PARTY</u> 6:00 PM	19 <u>WALKING GROUP</u> 10:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	20 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM	21 <u>1st Day of Summer</u> <u>PEST CONTROL</u> Apts. Ending in 01 <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>WALKING GROUP</u> 10:00 AM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	22 <u>BOOK CLUB</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R.	23
24	25 <u>SENIORS WITH A MISSION</u> 9:30 AM <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R.	26 <u>WALKING GROUP</u> 10:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	27 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM	28 <u>PEST CONTROL</u> Apts. Ending in 02 <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>WALKING GROUP</u> 10:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM <u>GENERAL AUXILIARY MEETING & INSTALLATION OF OFFICERS</u> 5:00 PM	29 <u>ONSITE DERMATOLOGY</u> By Appointment <u>BINGO</u> 6:00 PM C.R.	30

OTHER HAPPENINGS AROUND THE TOWERS

HURRICANE PREPAREDNESS TOWN HALL

We encourage you to plan now to attend this EXTREMELY IMPORTANT informational meeting. With Hurricanes Matthew and Irma still fresh in the minds of many of us, it is time NOW to begin our preparations for the upcoming hurricane season. Fire Marshall Steve Sciotto and Lt. Paul Metcalf from the Jacksonville Beach Fire Department will be discussing our upcoming 2018 hurricane season and will educate us on how we need to prepare. We would really appreciate if everyone of our Pablo Towers family would attend this program. Refreshments will be served.

PODIATRY ASSOCIATES OF FLORIDA

Monday, June 4

Dr. Diandra Gordon, a visiting podiatrist with Podiatry Associates, will be seeing patients here at Pablo Towers. If you would like to schedule an appointment with Dr. Gordon, please call 904-765-5554.

ALONE . . . TOGETHER Friday, June 8, 2:00 PM

You are not alone!!! Please plan to join this supportive discussion group facilitated by Sheila Harper, a counselor with Vitas Healthcare. Sheila will be sharing some helpful coping skills so that you learn how to address negative feelings and emotions. You will benefit from attending this group! This is a support group, and anything that is discussed will be kept confidential. Snacks and drinks will be served.

FRESH FACED AND FABULOUS

Monday, June 11, 3:00 PM

Have you noticed that makeup does not go on as it did in the past? Does your makeup cake in your fine lines? We are thrilled to welcome Gisela Liu, a representative with Mary Kay, who will be teaching us some helpful makeup and skin-care tips that will address common mistakes we may be making. There will be samples given out and refreshments



Tuesday and Thursday Morning Walks 10:00 A.M.

Does your doctor tell you to exercise regularly? Have you heard the term, "Use it or lose it?" Do you miss going out to walk, because of fear that you may fall? We invite you to join this group of residents that will walk around the block each Tuesday and Thursday morning. This group is for anyone that would like to get some exercise, sunlight, and fresh air. There will be residents to walk with those that need some assistance. Please meet in the breezeway facing 3rd Street on Tuesdays and Thursdays at 10:00 A.M.

NOTE: It is Disaster Preparedness Time at Pablo Towers. Every resident needs to think seriously about preparing to evacuate should we have a hurricane again this year. You will be receiving a Disaster Preparedness Evacuation Plan form that we request you complete fully. A new form needs to be completed each year, because your personal information may change from year to year. If you think that you may need to go to a special needs shelter, please call Service Coordinator Ellen Hopkins' office at 904-339-0061 or leave a message for Ellen at the front desk, so that you can obtain and complete the special needs shelter application. We encourage you to attend the Hurricane Preparedness Program on June 6 at 2:30 PM!!!

SENIORS WITH A MISSION

Monday, June 25, 9:30 AM

This month the volunteers will be assisting with a project for the "Girls on the Run" program. We encourage you to join this group of active seniors who enjoy going out into the community to help others. The bus will pick up our Pablo Towers group at 9:20 AM, and lunch will be provided. This is a great opportunity to serve others!! If you are interested in going or need additional information, please call Ellen Hopkins, Service Coordinator at 904-339-0061 or Seniors with a Mission at 904-551-4373.

ONSITE DERMATOLOGY

Friday, June 29 Note date change this month**

If you would like an appointment, please call the Onsite Dermatology office at 1-877-345-5300. It is important to schedule an appointment if you would like to be seen. Jennifer Tra, P.A. will be in the Wellness Clinic to meet with her scheduled appointment patients.

Dan, "The Fruit & Vegetable Man"

FRESH PRODUCE

**Every Thursday in June
9:30—11 AM Suites Side South Parking Lot**

SOMETIMES his wife will make:

\$2 BOILED PEANUTS

\$1 BANANA PUDDING

\$1 PINEAPPLE UPSIDE DOWN CAKES

Good produce at reasonable prices!

