



MONTHLY NEWSLETTER



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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

Beth Collins Himes
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

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

NOVEMBER 2018

THE PEACE OF 'ENOUGH' DURING THE HOLIDAYS

Enjoying the bounty of the season while remembering that more is not always more, is an invitation to a more positive holiday.



During this season of bounty, how should we define “enough?” Is there such a thing as enough love? Enough laughter? Enough money? Enough calm?

At first glance, we might be tempted to say, no—those positive things can never be truly fulfilled or completed to the point where we would say, “enough.” But if we reflect more deeply, we can imagine important boundaries that each one of those calls for in a positive, meaningful life.

Believing we can be loved “enough” means trusting the love in our lives rather than always feeling the need to chase or question it.

Laughing with deep, authentic joy is neither possible nor helpful to attempt all the time. If we laugh more than “enough”, we crowd out our other emotions, including the smiles that come from quiet joy more than giggles or guffaws.

While we all strive to better ourselves financially, finding contentment in the resources we have is an important part of living positively. If you still question the idea of “enough” money, just ask lottery winners, whose windfalls are found in multiple scientific studies not to affect overall senses of wellbeing.

Cultivating calm is a lifelong pursuit, but if we never feel calm “enough,” we will never find the motivation to act, to move or to assert ourselves in ways that free us to explore new possibilities for our lives.

This season of Thanksgiving is the perfect opportunity to reflect on the balance between “bounty” and “enough,” both in the contexts of the delicious Thanksgiving foods that we look forward to all year long and the emotional surge many of us experience during the holiday season.

As the Thanksgiving holiday approaches, let’s remember to be grateful for its delicious gifts, but also for the deep peace that comes from knowing how to experience the feeling of being satisfied—knowing how and when to say “enough.”

PABLO TOWERS AUXILIARY



RESIDENT BIRTHDAY PARTY

All Residents are invited to celebrate with your friends

**** MONDAY, NOVEMBER 5, 6:00 PM ****

Please note different date this month

Sponsored by Palms Presbyterian Church

THANKSGIVING DINNER SUNDAY, NOVEMBER 11 5:00 PM



**\$8 for Auxiliary
Members & Residents
\$15 for guests**

*Seating is limited to 100 people
Please buy your tickets early
Sales November 1—9*

*New Year's Eve Party
Monday, December 31*

Together We'll

*Ring
in the
New Year*

And Paint the Town

Red,

Silver,

and Gold

Look for your invitation to be delivered

Mid November—RSVP by

December 1st

**NEW
YEAR'S
EVE**

HAPPY BIRTHDAY FRIENDS

Alexander Rudchenko Nov. 1
Michaelyn Edwards Nov. 5
Harry Heathouse Nov. 5
Tamara Rezvina Nov. 5
Joan Brown Nov. 7
Gladys Johnson Nov. 8
Linda Reeves Nov. 11
Jerry Nelson Nov. 13
Frank Scannello Nov. 14
Bobbie Blanton Nov. 15
Rebecca Rekitt Nov. 16
Faye Gill Nov. 20
Irene Sherry Nov. 20
Roberta Moore Nov. 26
Thelma Roberts Nov. 27
Geri Cooper Nov. 28



Rosalind Moskowitz
Roseanne Parrotta
Charlsie Rigdon



Toni Taylor
Suzanne Fischer

With Fond Memories
Tilda Granfors



**SUNDAY
NOVEMBER 4**



THANK YOU to everyone who has made an effort to keep their walkers and scooters from preventing others walking through the aisles during events in the Community Room. We know you must keep them close, but we are pleased you are considerate of others at the events.



~ NOVEMBER 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		TUESDAY BINGO HAS BEEN SUSPENDED UNTIL FURTHER NOTICE DUE TO LACK OF PARTICIPATION	MSA OFFICE HOURS Every Wednesday 10:00 AM— 1:00 PM	1 <u>PEST CONTROL</u> Apts. Ending in 06 <u>WALKING GROUP</u> 9:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM	2 <u>ONSITE DERMATOLOGY</u> By Appointment 1-877-345-5300 <u>FIT & FAB</u> 9:00—10:30 AM <u>Wii BOWLING</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	3 <u>SING ALONG WITH ALAN KERR</u> LOBBY 3:00 PM
4 <u>DAYLIGHT SAVINGS TIME ENDS</u> MOVE CLOCKS BACK ONE HOUR AT 2:00 AM <u>Transport To Community Presbyterian Church</u> 10:30 AM	5 <u>FIT & FAB</u> 9:00—10:30 AM <u>McGOVERN JEWELRY SERVICES</u> 9:00 AM—1:00 PM <u>BP-APEX—LOBBY</u> 10 – 11:00 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R. <u>RESIDENT COUNCIL MEETING</u> 3:30 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	6 Election Day <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>NO BINGO</u>	7 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC LOBBY</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM	8 <u>PEST CONTROL</u> Apts. Ending in 07 <u>WALKING GROUP</u> 9:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>SCHWAN'S—BACK DOOR</u> 2:00—2:30 PM <u>HEARING LOSS? SOLUTIONS!</u> 2:30 PM	9 <u>FIT & FAB</u> 9:00—10:30 AM <u>BOOK CLUB</u> 2:00 PM <u>CHAIR VOLLEYBALL</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R.	10
11  <u>Transport To Community Presbyterian Church</u> 10:30 AM <u>AUXILIARY THANKSGIVING DINNER</u> 5:00 PM	12 <u>BP-APEX—LOBBY</u> 10 – 11:00 AM <u>FIT & FAB</u> 9:00—10:30 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.	13 <u>WALKING GROUP</u> 9:00 AM <u>SENIORS WITH A MISSION</u> 9:15 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>NO BINGO</u>	14 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM <u>HOLIDAY SAFETY</u> 2:30 PM	15 <u>PEST CONTROL</u> Apts. Ending in 08 <u>WALKING GROUP</u> 9:00 AM <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R.	16 <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM <u>FIT & FAB</u> 9:00—10:30 AM <u>Wii BOWLING</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	17
18 <u>Transport To Community Presbyterian Church</u> 10:30 AM	19 <u>FIT & FAB</u> 9:00—10:30 AM	20 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>NO BINGO</u>	21 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM	22  Happy Thanksgiving	23 <u>FIT & FAB</u> 9:00—10:30 AM <u>BINGO</u> 6:00 PM C.R.	24
25 <u>Transport To Community Presbyterian Church</u> 10:30 AM	26 <u>FIT & FAB</u> 9:00—10:30 AM <u>BP-APEX—LOBBY</u> 10 – 11:00 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R. <u>COMMON FOOT CONCERNS</u> 3:00 PM	27 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>NO BINGO</u>	28 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM <u>AN AFTERNOON WITH COMCAST</u> 2:00—4:00 PM <u>TAI CHI</u> 2:30 PM	29 <u>PEST CONTROL</u> Apts. Ending in 09 <u>WALKING GROUP</u> 9:00 AM <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R.	30 <u>FIT & FAB</u> 9:00—10:30 AM <u>ALONE ... TOGETHER</u> 2:00 PM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	

OTHER HAPPENINGS AROUND THE TOWERS

Dan, "The Fruit & Vegetable Man"

FRESH PRODUCE

Every Thursday in November EXCEPT Thanksgiving

9:30—11:00 AM

In the front of the Suites building

Good produce at reasonable prices!



The Beaches Society of St. Vincent de Paul (SVDP) will be providing Thanksgiving Dinners for residents who will be alone on Thanksgiving Day. A notice will be hung on your door to give you the opportunity to sign up if you would like to receive this generous gift from our wonderful SVDP friends.

McGOVERN JEWELRY SERVICES

Monday, November 5

9:00 AM—1:00 PM

Matt McGovern will be here on this day to replace watch batteries, clean jewelry and to repair jewelry. Matt will be in the Lobby—his services are in much demand, so you may need to take a seat and wait for him to help you.

HEARING LOSS? SOLUTIONS!

Thursday, November 8, 2:30 PM

If you have trouble hearing over your telephone, Caption Call provides a solution so that you will be able to communicate with your loved ones and friends over the telephone.

We welcome Dr. Jane Burns with Burns Audiology, and Samuel Griswold, account manager, who will explain the program that is available for eligible recipients. Caption Call provides free, easy to read captioned phones.

Refreshments will be served.

COMMON FOOT CONCERNS

Monday, November 26, 3:00 PM

This is a Meet and Greet to welcome Dr. Norshae Robinson, a podiatrist with Total Foot Care and Wellness Clinic. Dr. Robinson will be providing podiatry services to any interested Pablo Towers residents. At this program Dr. Robinson will discuss treatments to resolve common foot concerns that you may have. If you would like to schedule an appointment with Dr. Robinson, please call her office at 904-323-0954. Refreshments will be served at the Meet and Greet.

SENIORS WITH A MISSION

Tuesday, November 13, 9:15 AM

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 9:15 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.

CHAIR VOLLEYBALL

Friday, November 9, 2:00 PM

Friday, November 30, 2:30 PM

AN AFTERNOON WITH COMCAST

Wednesday, November 28, 2:00—4:00 PM

Stephen Crane, Comcast Representative, will be available in the Lobby to answer your Comcast questions and to address any problems you may be experiencing.

HOLIDAY SAFETY WHILE OUT AND ABOUT

Wednesday, November 14, 2:30 PM

This program will address what we need to do to be safe while out during the holidays. The CAPE police will provide helpful information that will make us more aware of our surroundings, so that we will be safe when we are out in public.

Refreshments will be served.

ALONE . . . TOGETHER

Friday, November 30, 2:00 PM

You are not alone! Plan to join this supportive discussion group facilitated by a counselor with Vitas Healthcare. At this group, you can learn how to address the changes in your life, frustrations, 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.

Wii BOWLING

Friday, November 2, 2:30 PM



Every year as Thanksgiving and Christmas approach, it is a good opportunity to reflect on our blessings. In that same spirit, many adults and children have so much less than we do. We will be participating in the Salvation Army Christmas Stocking program this year. If you would like to fill a Christmas stocking for a child or teen, we will have a signup sheet available in the Lobby. The stockings will be available the week of November 12. Please sign up if you would like to buy some gifts to fill a Christmas stocking for one of these children.