

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

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
EHMCorp

Debra Waters
Operations Manager
EHMCorp

MONTHLY NEWSLETTER

JANUARY 2019

IT WAS A FUN DECEMBER AT THE TOWERS



The Pablo Painters enjoyed a holiday lunch in our café.



As Sinatra might sing, "It was a very good year." As we take time to reflect on all that we accomplished this past year, and our hopes for the future, we look forward to sharing our lives with you for another year.



The East Coast Ballet dancers performed pieces from The Nutcracker Ballet.



Singers by the Sea officially opened the holiday season at Pablo Towers.

NEW YEAR'S QUOTES

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.
~ Benjamin Franklin

Cheers to a New Year and another chance for us to get it right.
~ Oprah Winfrey

Now there are more overweight people in America than average-weight people. So overweight people are now average, which means, you have met your New Year's resolution.
~ Jay Leno

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day. ~Edith Lovejoy Pierce

PABLO TOWERS AUXILIARY

BRUNCH FOR AUXILIARY MEMBERS ONLY SUNDAY, JANUARY 13 1:30 PM



Join your fellow auxiliary members for a delicious brunch
Free to Auxiliary Members—please sign up on the sign-up sheet in the Lobby



RESIDENT BIRTHDAY PARTY MONDAY, JANUARY 21 6:00 PM

Sponsored by First Christian Church of Neptune Beach

GENERAL AUXILIARY QUARTERLY MEETING Thursday, January 24 5:00 PM

Come find out the latest Auxiliary news and enjoy a light dinner with your friends and neighbors

THE JACKSONVILLE SYMPHONY BRASS QUINTET Wednesday, January 30 3:00 PM

Welcome back, by popular demand for a second visit, the Jacksonville Symphony Orchestra Brass Quintet, featuring:

- Brian Osborn — Trumpet
- Randy Tinnin — Trumpet
- Kathrine Caliendo — French Horn
- James Tobias — Trombone
- James Jenkins — Tuba



*Sponsored by St. Paul's-by-the-Sea Episcopal Church
Refreshments provided by Jim and Beverly Stuck*

HAPPY BIRTHDAY FRIENDS

| | |
|--------------------|------------|
| Barbara Ann Gordon | January 1 |
| Mae Erickson | January 4 |
| Joyce Barnett | January 9 |
| Carolyn Johnson | January 9 |
| Marilyn Alsobrook | January 11 |
| Pilar Picornell | January 12 |
| George Pringle | January 12 |
| Richard Miller | January 12 |
| Dorothy Martens | January 15 |
| Claudette Stokes | January 15 |
| Joan Taylor | January 17 |
| Marcia Busch | January 22 |
| Susan Leaptrott | January 24 |
| Larry Rudd | January 26 |
| Lucy Cruz | January 26 |
| Sherry O'Brien | January 27 |
| Lois Baxter | January 28 |
| Laura Lawrence | January 29 |



Nancy Potter



**Farewell and
Best Wishes**


**Felipa Guia
Tommy Vaughn**

**The Pablo Players will be holding auditions in January for a March variety show.
Please consider sharing your talents and watch the bulletin boards for audition dates.**

Never get tired of doing little things for others. Sometimes, those little things take up a big place in their heart!



~ JANUARY 2019 ~

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|---|---|--|--|---|-----------|
| | TUESDAY BINGO HAS BEEN SUSPENDED UNTIL FURTHER NOTICE DUE TO LACK OF PARTICIPATION | | MSA OFFICE HOURS <u>Mondays, Wednesdays, and Fridays</u> 10:00 AM—1:00 PM 904-998-4408 | | WALKING GROUP SUSPENDED UNTIL THE SPRING | |
| | | 1  | 2 <u>FIT & FAB</u> 9:00—10:30 AM <u>DR. NORSHAE ROBINSON</u> Podiatrist Appt. Only 904-513-8304 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC LOBBY</u> 1:00—3:00 PM | 3 <u>PEST CONTROL</u> All Suites Apartments <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>BP-APEX—LOBBY</u> 10:30 - 11:00 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R. | 4 <u>FIT & FAB</u> 9:00—10:30 AM NO BINGO | 5 |
| 6 <u>Transport To Community Presbyterian Church</u> 10:30 AM | 7 <u>FIT & FAB</u> 9:00—10:30 AM <u>RESIDENT COUNCIL MEETING</u> 3:30 PM | 8 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>ART SHOW—LOBBY</u> 5:00—8:00 PM | 9 <u>FIT & FAB</u> 9:00—10:30 AM <u>SENIORS ON A MISSION</u> 9:25 AM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM | 10 <u>PEST CONTROL</u> Apts. Ending in 01 <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>BP-APEX—LOBBY</u> 10:30 - 11:00 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R. <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 2:00—2:30 PM <u>WHAT'S UP WITH THAT COUGH</u> 2:30 PM | 11 <u>ONSITE DERMATOLOGY</u> By Appointment 1-877-345-5300 <u>FIT & FAB</u> 9:00—10:30 AM <u>BINGO</u> 6:00 PM C.R. | 12 |
| 13 <u>Transport To Community Presbyterian Church</u> 10:30 AM <u>AUXILIARY ONLY BRUNCH</u> 1:30 PM | 14 <u>FIT & FAB</u> 9:00—10:30 AM | 15 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. | 16 <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 | 17 <u>PEST CONTROL</u> Apts. Ending in 02 <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. | 18 <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R. | 19 |
| 20 <u>Transport To Community Presbyterian Church</u> 10:30 AM | 21 <u>Martin Luther King Jr. Day</u> <u>FIT & FAB</u> 9:00—10:30 AM <u>LAMINATING IMPORTANT DOCUMENTS</u> 11:00 AM—1:00 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM | 22 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. | 23 <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 | 24 <u>PEST CONTROL</u> Apts. Ending in 03 <u>DEVOTIONS</u> 9:30 AM C.R. <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>BP-APEX—LOBBY</u> 10:30 - 11:00 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R. <u>GENERAL AUXILIARY QUARTERLY MEETING</u> 5:00 PM | 25 <u>ALONE ... TOGETHER</u> 1:00 PM Board Room <u>Wii BOWLING</u> 2:30 PM - Lobby <u>BINGO</u> 6:00 PM C.R. | 26 |
| 27 <u>Transport To Community Presbyterian Church</u> 10:30 AM | 28 <u>FIT & FAB</u> 9:00—10:30 AM | 29 <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. | 30 <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>JACKSONVILLE SYMPHONY</u> 3:00 PM | 31 <u>PEST CONTROL</u> Apts. Ending in 04 <u>DEVOTIONS</u> 9:30 AM C.R. <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>BP-APEX—LOBBY</u> 10:30 - 11:00 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R. | | |

OTHER HAPPENINGS AROUND THE TOWERS

TOTAL FOOT CARE **DR. NORSHAE ROBINSON, Podiatrist** **Wednesday, January 2** **Appointments Only**

If you would like to be seen, please call 904-513-8304 to schedule an appointment. Dr. Robinson will be located in the Wellness Center.

PLEASE NOTE:

The APEX Blood Pressure Clinic is moving to Thursdays from 10:30—11:00 AM. It is held in the Lobby.

Apex Chair Exercise is moving to Thursdays at 11:00 AM. We hope you will attend this full body exercise class taught by Justin Dean with APEX Home Healthcare. Justin's contact number is 904-742-8042.

SENIORS ON A MISSION

Wednesday, January 9, 9:25 AM

This is a great volunteer activity for seniors to help others. This month, the volunteers will be going to the Seniors on a Mission Workspace. A Seniors on a Mission bus comes to pick up our residents to take them to the location. A delicious lunch is provided. Contact Seniors on a Mission at 904-551-4373 for more information.

WHAT'S UP WITH THAT COUGH?

Thursday, January 10, 2:30 PM

MSA will be presenting an educational session on respiratory health. Coughing can be related to so many different factors such as allergies, irritated airways, asthma or serious respiratory infections. We will be discussing methods of controlling your cough, figuring out the root cause of the cough and how to maintain a healthy respiratory system. We will also discuss hand washing with soap and water versus hand sanitizer, keeping your cough to yourself and cleaning and wiping down surfaces. There will be interactive games and role play and giveaways. Please come and join us!

CHAIR VOLLEYBALL

Friday, January 18, 2:30 PM

DR. JANE BURNS **BURNS AUDIOLOGY AND BALANCE**

Friday, January 18, 9:30 AM

Dr. Burns will be available to address your hearing concerns. Please come to the Wellness Center if you would like to be seen. This is a first-come, first-serve program. There are no appointments for this service.

LAMINATING IMPORTANT DOCUMENTS

Monday, January 21

11:00 AM to 1:00 PM

You have received or will be receiving new Medicare cards, health insurance and car insurance cards. Maritza James with MSA Home Healthcare Company will be in the lobby to laminate your cards or documents for you.

Please come by to meet and greet Maritza.

Wii BOWLING

Friday, January 25, 2:30 PM

ALONE . . . TOGETHER

Friday, January 25, 1:00 PM

You are not alone! Plan to join this supportive discussion group facilitated by Patrick Connolly, a chaplain and 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 where anything that is discussed will be kept confidential. Snacks and drinks will be served.

Dan, "The Fruit & Vegetable Man"

FRESH PRODUCE

Thursdays

9:30—11:00 AM

In the front of the Suites building

Good produce at reasonable prices!



me as soon as the temperature drops 2 degrees and i feel a little breeze

