



MONTHLY NEWSLETTER



MARCH 2019

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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

Candice Trask
Front Desk

Travis McKenzie
Executive Chef

Jason Hopton
Sous Chef

Jim Parsons
Maintenance Supervisor

Daniel Deon
Maintenance Tech

Bryce Chastain
Maintenance Tech

Paul Pollard
Maintenance Tech

Vitalii Halamaha
Maintenance Tech

Donna Muenzer
Housekeeper

Bob Myers
Custodian

Melissa Gilreath
Business Development
EHMC Corp

Debra Waters
Executive Director
EHMC Corp

Jacksonville University Research Project

Students and staff from Jacksonville University (JU) and Pablo Towers' staff want to say thank you again to those of you who participated in the voluntary survey in November. Each participant was entered in a drawing for a \$100 Publix gift card and the winner was notified. Participation was voluntary and confidential, so only the winner knows who they are!!

As a result of the survey, JU has created a project to help with understanding and managing your medications. Beginning later this month, JU will again be looking for volunteers to participate in their project and help them with their research. Participation again is voluntary and confidential, and you need not have participated in the original survey. The process will include a couple of steps—

- There will be approximately 20 minutes spent answering questions and gathering information about the medications you take.
- Based on your individual medication and dosing instructions, participants will receive a Picture Rx© card which is a tool that has been found to be useful in taking medications in an accurate and informed manner.
- Participants will use these cards for six weeks and then be asked some questions about the usefulness of the Picture Rx© method.

There is no cost to participate in this project, and again, it will be voluntary and confidential. Our goals for this project are:

1. Better medication management for the residents of Pablo Towers. There are many serious consequences for older adults as a result of incorrect medication dosage. We hope this program will reduce the number of negative consequences and increase the effectiveness of your medication.
2. Expansion of the Picture Rx© program to include more residents who are interested.
3. Assisting the JU Doctoral students achieve their doctorate degrees in nursing. We are excited about helping young people achieve their goals and dreams, while helping our fellow residents manage the sometimes difficult task of taking medication correctly.

Please consider participating with us in this important project.

SPRING HAS SPRUNG

Spring arrives on Wednesday, March 20. Spring evokes visions of beautiful spring flowers and brighter clothes that may have been put away for the winter. For those of us over a certain age, we may remember our Moms doing their spring cleaning. While we may not take down the lace curtains and wash and iron them, there are things that need cleaning a minimum of once a year. It's a great time to put on some fun music and make a fun time of tackling those bigger jobs. Here are a few tips to consider before you refresh and renew your apartment:

1. Ask your loved ones for help

Cleaning an entire apartment on your own can be overwhelming. Don't tackle the chores by yourself—instead, reach out to some of your family members or good friends for assistance. An extra helping hand can also take care of the chores that are difficult for you to complete on your own, such as dusting in hard-to-reach places, or rearranging large, bulky pieces of furniture.

2. Make a spring cleaning checklist

Once your helpers have arrived for the day, sit down and create a checklist of all of the tasks you'd like to complete. Spring cleaning generally consists of sanitizing and

PABLO TOWERS AUXILIARY

**RESIDENT BIRTHDAY PARTY
MONDAY, MARCH 18
6:00 PM**



*Sponsored by First Baptist Church
Jacksonville Beach*

**GENERAL AUXILIARY MEETING
THURSDAY, MARCH 28
5:00 PM**

Raffle prizes will be awarded at the meeting
(Buy your chances in the Lobby)
Pizza dinner will be served

**SAVE THE DATE
SPRING BAZAAR
APRIL 13
9 AM—2 PM**



Start saving your items—
tables will be \$15—residents get first
preference

**No St. Patrick's Day Dinner
this year
Cost was prohibitive. . . Sorry.**



(Continued from Page One)

organizing rooms, but there are a dozen other chores that are typically overlooked. Aside from mopping and vacuuming the floors, cleaning the windows, cleaning the refrigerator gasket, dusting and reorganizing, consider discarding all medications and prescriptions that are expired, as well as ones that you no longer use; and eliminate all food that is expired. Also, eliminate area rugs that pose a tripping hazard. Taking care of these additional tasks can reduce physical health threats in your living space.

3. Eliminate the clutter

It may be difficult to part with the items you've accumulated over the years, but hoarding the things that you rarely use takes up space and has the potential to negatively impact your physical and mental health. Talk to your family members about helping you tackle the room with the most clutter first. Make three separate piles: yes, no and maybe. Place all of the items you use often in the yes pile, and turn items that are just taking up space in your home to the no pile. For items you're unsure of parting with, place them in the maybe pile. For all of the things that you're willing to part with, determine the condition and either throw them in the trash, or donate them to charity.

Sprucing up your surroundings may give you a brighter outlook on the beautiful season ahead. Happy cleaning!

HAPPY BIRTHDAY FRIENDS

- Nancy Tarr March 1
- Jean Graeser March 8
- Deborah Beckham March 8
- Jerri Costello March 10
- Anna Dillard March 10
- David Reeves March 11
- Susan Shepherd March 11
- Brenda McFaddin March 11
- Don Howell March 11
- Ron Barnes March 13
- Lili Alvarez March 16
- Lois Mullin March 17
- Nell Barrow March 17
- Ofelia McClure March 20
- Carla Tracy March 20
- Lou Ann Swann March 22
- Angelo Rodriguez March 23
- Patsy Graddick March 23
- Lois Sullivan March 26
- Pauline Collings March 27
- Bonnie Guillet March 28
- Dee Kenna March 30
- George Moore March 30
- Roberta Woodlief March 31



**George Moore
Carolyn Roof**

**Farewell and Best
Wishes**



MARIE HUNT



**Don't forget to move
your clocks ahead
Sunday, March 10, at
2:00 AM**

**Dan, "The Fruit & Vegetable Man"
FRESH PRODUCE**


Thursdays 9:30—11:00 AM

Suites building parking area



*Good produce at
reasonable prices!*

~ MARCH 2019 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		MSA OFFICE HOURS <u>Mondays, Wednesdays, and Fridays</u> 10:00 AM—1:00 PM 904-998-4408			1 <u>FIT & FAB</u> 9:00—10:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>ONSITE DERMATOLOGY</u> By Appointment 1-877-345-5300	2
3 <u>Transport To Community Presbyterian Church</u> 10:30 AM	4 <u>FIT & FAB</u> 9:00—10:30 AM <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	5 <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>2019 MEDICARE CHANGES</u> 2:00—4:00 PM	6 <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>ADVANCE DIRECTIVES DAY</u> 10:00 AM—3:00 PM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM <u>TOTAL FOOT CARE</u> 2:00 PM	7 <u>PEST CONTROL</u> Apts. Ending in 09 <u>WALKING GROUP</u> 9:00 AM <u>SENIORS ON A MISSION</u> 9:25 AM <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>TAI CHI</u> 2:30 PM	8 <u>FIT & FAB</u> 9:00—10:30 AM <u>DR. NORSHAE ROBINSON</u> Podiatrist Appt. Only 904-513-8304 <u>Wii BOWLING—C.R.</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	9
10 DAYLIGHT SAVINGS TIME BEGINS Spring Forward One Hour <u>Transport To Community Presbyterian Church</u> 10:30 AM	11 <u>FIT & FAB</u> 9:00—10:30 AM	12 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>WALGREENS' PNEUMONIA VACCINE CLINIC</u> 11:00 AM—1:30 PM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>ART SHOW—LOBBY</u> 5:00—8:00 PM	13 <u>FIT & FAB</u> 9:00—10:30 AM <u>HARVEST HELPS</u> 10:00 AM—12:00 PM <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	14 <u>PEST CONTROL</u> Apts. Ending in 10 <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. <u>SCHWAN'S—BACK DOOR</u> 2:00—2:30 PM <u>THE POWER OF TECHNOLOGY</u> 2:30 PM	15 <u>FIT & FAB</u> 9:00—10:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	16
17  <small>Happy St. Patrick's Day</small> <u>Transport To Community Presbyterian Church</u> 10:30 AM	18 <u>FIT & FAB</u> 9:00—10:30 AM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	19 <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.	20 <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	21 <u>PEST CONTROL</u> Apts. Ending in 11 <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	22 <u>FIT & FAB</u> 9:00—10:30 AM <u>ALONE... TOGETHER</u> 1:00 PM Board Room <u>Wii BOWLING</u> 2:30 PM - C.R. <u>BINGO</u> 6:00 PM C.R.	23
24 / 31 <u>Transport To Community Presbyterian Church</u> 10:30 AM	25 <u>FIT & FAB</u> 9:00—10:30 AM <u>PERSONAL & INTIMATE AFTER SIXTY</u> 2:30 PM	26 <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.	27 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>DR. JANE BURNS With BURNS AUDIOLOGY</u> 1:00—3:00 PM <u>MSA BLOOD PRESSURE CLINIC LOBBY</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM	28 <u>PEST CONTROL</u> Apts. Ending in 12 <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>GENERAL AUXILIARY MEETING</u> 5:00 PM	29 <u>FIT & FAB</u> 9:00—10:30 AM	30

OTHER HAPPENINGS AROUND THE TOWERS

2019 MEDICARE CHANGES

Tuesday, March 5, 2:00—4:00 PM

Rita Stanford with Secure Choices will be in the Lobby to answer questions you may have about your insurance coverage and any changes that may affect you adversely. Topics to discuss with Rita may be: Do you know if you might qualify for a Low Income Subsidy or Extra Help to help with your prescriptions? How is your Medicare "A&B" and your hospital coverage and doctors on your present plan? Learn about Long Term Care costs and obtain information. This is an information opportunity; please understand if Rita is helping another, you may need to sit and wait until she is free to answer your questions.

SENIORS ON A MISSION

Wednesday, March 6, 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 to do various work projects. This is a great opportunity to go out into the community to assist the volunteer organization with projects that bless others. A Seniors on a Mission bus comes to pick up our residents to take them to the location. A delicious lunch is provided. If you are interested in learning more about Seniors on a Mission, please call Margaret or Joanne in the office at 904-551-4373 or talk with someone in the Service Coordinator's office.

ADVANCE DIRECTIVES DAY

**Wednesday, March 6
10:00 AM—3:00 PM**

This program is being provided by attorneys with Jacksonville Area Legal Aid. In order to participate in this program, you must have a prescheduled appointment time to have your legal documents prepared. If you would like to have your documents prepared, you can contact Ellen Hopkins, Service Coordinator, at 904-339-0061, to find out more information and be placed on a wait list in case of a cancellation.

TOTAL FOOT CARE

DR. NORSHAE ROBINSON Podiatrist 
Appointments Only

Wednesday, March 6, 2:00 PM

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.

Wii BOWLING

**Friday, March 8 and March 22
2:30 PM**

Please sign up to participate & check location

**CHAIR VOLLEYBALL—Friday
March 1 & March 15
2:30 PM**

DR. JANE BURNS

BURNS AUDIOLOGY AND BALANCE

Wednesday, March 27, 1:00—3:00 PM

Dr. Burns will be available to address your hearing concerns. This is a first-come, first-serve program. There are no appointments for this service.

WALGREENS' PNEUMONIA VACCINE CLINIC

Tuesday, March 12, 11:00 AM—1:30 PM

You must sign up at the sign-up table, or contact Ellen Hopkins at 904-339-0061 to receive your vaccine from the pharmacists. Beauty and make-up advice while you wait from Walgreens' beauty advisor.

THE POWER OF TECHNOLOGY:

Devices to Assist You as You Age

Thursday, March 14, 2:30 PM

Have you noticed that as we age, it seems to get harder to do every day tasks that were so easy just a while ago? Have you noticed that your muscles are weaker and stiffer, and it is hard to open a jar or pill bottle? Perhaps your joints are arthritic, and this affects many things that you need to do? Reading pill bottles and opening them? Please join Eric Witherspoon with FFAST as he explains how technology can help you. Eric will have some of the Assistive Technology devices at the program. ICE Cream SOCIAL, too, with prizes

ALONE . . . TOGETHER

Friday, March 22, 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. This is a support group where anything that is discussed will be kept confidential. Snacks and drinks will be served.

**PERSONAL & INTIMATE AFTER 60: SEX,
SEXUALLY TRANSMITTED DISEASES, STD RATES,
INCONTINENCE, HYGIENE, PROSTATE CARE**
Monday, March 25, 2:30 PM

These topics may be uncomfortable to discuss but are VERY important. What do they have in common? These topics are all health concerns for us as we age. This program is for WOMEN and MEN as these health topics affect both. This program offers you the opportunity to hear the answers to embarrassing questions without asking the questions at the program. If your question makes you blush or feel uncomfortable, no worries, as there will be a locked question box placed in the lobby near the mailbox where you can put your anonymous questions. On the day of the program, Maritza James with MSA Home Healthcare Company will address your questions in a professional, honest way. No one will know who asked the questions. Refreshments will be served.