



APRIL 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

Jason Hopton
Kitchen Manager

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Paul Pollard
Maintenance Tech

Vitalii Halamaha
Maintenance Tech

Donna Muenzer
Housekeeper

Bob Myers
Custodian

Melissa Gilreath
Director—Business
Development
EHMC Corp

Debra Waters
Executive Director
EHMC Corp



*Wishing everyone
a beautiful Easter
season. Easter is
associated with
rebirth, hope, love
and grace.*

ALLERGY SEASON

Anyone else notice that allergy season seems to be worse this year? While it's a challenge to truly allergy-proof your home, there are certainly practical cleaning tips to reduce allergies if you address allergen traps. Here's some helpful advice:

- Dust and vacuum the entire apartment at least once a week. Dust baseboards and walls once a month. If cleaning has been neglected for several weeks, wearing a protective mask is a good habit.
- When you dust, use microfiber dust cloths, dampened to capture more dust and prevent it from rising. Work down from the ceiling.
- Consign all items exposed to household dust to plastic boxes or fully enclosed shelves, e.g., stuffed animals, small collectables, knickknacks, magazines, and books.
- Enclose bed pillows, mattresses, box springs, and duvet covers with zippered, tightly woven fabrics that prevent dust, and therefore dust mites and use "allergy-proof" sheets and other coverings.
- Replace wool blankets and feather pillows/comforters with synthetic stuffing and coverings.
- Wash laundry in hot water, then dry in dryer.
- Wear a hat outside during the growing season to prevent pollen from collecting on hair.
- Always change your clothes when you come in from pollen-laden outdoor environments.
- Use doormats at entryways, and/or have everyone remove their shoes before entering the house.
- Keep windows closed during high-pollen seasons and run the air conditioner.
- If you choose not to run your air conditioning, run the fan to keep air moving and reduce moisture.

It's difficult to control all allergens, but good housekeeping habits go a long way to reduce your suffering.

PABLO TOWERS AUXILIARY

SPRING BAZAAR APRIL 13 9 AM—2 PM

And we're selling hot dogs!



Tables go on sale Monday, April 1st
from 1:00—3:00 PM
Residents get first pick, but get yours
early.

RESIDENT BIRTHDAY PARTY MONDAY, APRIL 15 6:00 PM



Sponsored by Community Presbyterian
Church

EARTH DAY

Ever wondered how Earth Day started? This observance arose from an interest in gathering national support for environmental issues.

In 1970, San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. McConnell chose the spring equinox (March 21, 1970) and Nelson chose April 22. Millions of people participated, and today, Earth Day continues to be widely celebrated on April 22.

Common Earth Day activities include planting trees, cleaning up litter, choosing to cut back on plastic consumption, conserving water or simply enjoying nature through hiking, gardening, or taking a stroll in a local park.



Pablo Towers' residents Jennifer Enmeier, Jerri Costello, Marti Miller, Diane Ricketts, Beverly Fountain, Sylvia Stone and Joan and Don Howell (not pictured) will graduate on April 4th from the 42nd class of the Jacksonville Beach Citizens on Patrol. We are so proud of all of these graduates and the other residents who have graduated in the past. Thank you for taking your time to learn about what our local police have to endure in order to protect us.

HAPPY BIRTHDAY FRIENDS

Mary Rexford	April 1
Maya Teper	April 1
Susan Stanton	April 6
Sue Casper	April 7
Jo Anne Morand	April 7
Jim Ring	April 10
Marie Hatley	April 11
Marie Singleton	April 14
Carmen Lopez	April 15
Beverly Fountain	April 18
Robert Perkins	April 21
Hsiu Kao	April 22
Suzanne Ferrell	April 23
Eleanor Cass	April 26
Maria Wiszniewski	April 27
Sr. Joan Gabbin	April 30
Marie Hackett	April 30



**Patricia Carter
Denise Costello
James Pepperling
JoAnn Smith
Claudia Waldo
Sandra Wilson**

Farewell and Best Wishes

**Joyce Barnett
Charlotte DiFrancesco
Faye Gill
Pat Maxwell
Jerry Nelson
Betty Robinson**



**Dan, "The Fruit & Vegetable Man"
FRESH PRODUCE
Thursdays 9:30—11:00 AM
Suites building parking area**



*Good produce at
reasonable prices!*



~ APRIL 2019 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 FIT & FAB 9:00—10:30 AM RESIDENT COUNCIL MEETING 3:30 PM MUSIC & FELLOWSHIP 6:30 PM	2 WALKING GROUP 9:00 AM COMPUTER CLASS BOARD ROOM 10:00 AM FOOD DISTRIBUTION 2:00 PM C.R.	3 FIT & FAB 9:00—10:30 AM BIBLE STUDY BOARD ROOM 10:00 AM MSA BLOOD PRESSURE CLINIC 1:00—3:00 PM TAI CHI 2:30 PM	4 PEST CONTROL Apts. Ending in 13 WALKING GROUP 9:00 AM DAN THE PRODUCE MAN 9:30—11:00 AM DEVOTIONS 9:30 AM C.R. BLOOD PRESSURE CLINIC 10:30—11:00 AM CHAIR EXERCISE 11:00 AM TAI CHI 2:30 PM	5 FIT & FAB 9:00—10:30 AM CHAIR EXERCISE 11:00 AM CHAIR VOLLEYBALL 2:30 PM ONSITE DERMATOLOGY By Appointment 1-877-345-5300 Wii BOWLING—C.R. 2:30 PM	6
7 Transport To Community Presbyterian Church 10:30 AM	8 FIT & FAB 9:00—10:30 AM RESIDENT COUNCIL MEETING 3:30 PM	9 WALKING GROUP 9:00 AM COMPUTER CLASS BOARD ROOM 10:00 AM FOOD DISTRIBUTION 2:00 PM C.R. CHATting WITH RITA: 2019 MEDICARE 2:00—4:00 PM ART SHOW—LOBBY 5:00—8:00 PM	10 FIT & FAB 9:00—10:30 AM SENIORS ON A MISSION 9:25 AM BIBLE STUDY BOARD ROOM 10:00 AM MSA BLOOD PRESSURE CLINIC 1:00—3:00 PM TAI CHI 2:30 PM	11 PEST CONTROL All Apartments in the Suites Building WALKING GROUP 9:00 AM DAN THE PRODUCE MAN 9:30—11:00 AM DEVOTIONS 9:30 AM C.R. BLOOD PRESSURE CLINIC 10:30—11:00 AM CHAIR EXERCISE 11:00 AM TAI CHI 2:30 PM	12 FIT & FAB 9:00—10:30 AM CHAIR EXERCISE 11:00 AM DR. NORSHAE ROBINSON Podiatrist Appt. Only 904-513-8304 CHAIR VOLLEYBALL 2:30 PM NO BINGO	13 SPRING GARAGE SALE AND BAZAAR 9:00 AM— 2:00 PM 
14 Transport To Community Presbyterian Church 10:30 AM	15 FIT & FAB 9:00—10:30 AM SCAMS & FRAUD 2:30 PM RESIDENT BIRTHDAY PARTY 6:00 PM	16 WALKING GROUP 9:00 AM COMPUTER CLASS BOARD ROOM 10:00 AM FOOD DISTRIBUTION 2:00 PM C.R.	17 FIT & FAB 9:00—10:30 AM BIBLE STUDY BOARD ROOM 10:00 AM MSA BLOOD PRESSURE CLINIC 1:00—3:00 PM TAI CHI 2:30 PM	18 PEST CONTROL Apts. Ending in 01 WALKING GROUP 9:00 AM DAN THE PRODUCE MAN 9:30—11:00 AM DEVOTIONS 9:30 AM C.R. SCHWAN'S—BACK DOOR 2:00—2:30 PM	19 FIT & FAB 9:00—10:30 AM CHAIR EXERCISE 11:00 AM Wii BOWLING 2:30 PM NO BINGO	20  HAPPY PASSOVER!
21  Transport To Community Presbyterian Church 10:30 AM	22 earth day FIT & FAB 9:00—10:30 AM	23 WALKING GROUP 9:00 AM COMPUTER CLASS BOARD ROOM 10:00 AM FOOD DISTRIBUTION 2:00 PM C.R.	24 FIT & FAB 9:00—10:30 AM BIBLE STUDY BOARD ROOM 10:00 AM MSA BLOOD PRESSURE CLINIC LOBBY 1:00—3:00 PM TAI CHI 2:30 PM	25 PEST CONTROL Apts. Ending in 02 WALKING GROUP 9:00 AM DEVOTIONS 9:30 AM C.R. DAN THE PRODUCE MAN 9:30—11:00 AM BLOOD PRESSURE CLINIC 10:30—11:00 AM CHAIR EXERCISE 11:00 AM DR. JANE BURNS With BURNS AUDIOLOGY 1:00—3:00 PM MEDICATIONS 2:30 PM	26 FIT & FAB 9:00—10:30 AM CHAIR EXERCISE 11:00 AM ALONE... TOGETHER 1:00 PM Board Room CHAIR VOLLEYBALL 2:30 PM - C.R. BINGO 6:00 PM C.R.	27
28 Transport To Community Presbyterian Church 10:30 AM	29 FIT & FAB 9:00—10:30 AM	30 WALKING GROUP 9:00 AM COMPUTER CLASS BOARD ROOM 10:00 AM FOOD DISTRIBUTION 2:00 PM C.R.		MSA OFFICE HOURS <u>Mondays, Wednesdays, and</u> <u>Fridays</u> 10:00 AM—1:00 PM 904-998-4408		

OTHER HAPPENINGS AROUND THE TOWERS

MUSIC & FELLOWSHIP: AN EVENING OF MUSIC & DESSERT with the families of the Beaches Vineyard Church **Monday, April 1, 6:30 PM**

Do you love music? Do you love to sing or to hear others sing? Do you enjoy meeting children and adults that really care about you? The families of Beaches Vineyard welcome you to join them for an evening of desserts and singing.

CHATTING WITH RITA: 2019 MEDICARE CHANGES

Tuesday, April 9, 2:00—4:00 PM

Rita Stanford with Secure Choices will be in the Lobby to answer any questions you may be having with your insurance coverage and any changes that are affecting 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 the doctors on your present plan? Learn about Long-Term Care costs and obtain information. Can you change your insurance coverage now? This is an informal opportunity to stop by the table to ask Rita questions. Please understand that if she is helping someone, you may need to sit and wait until she is free to answer your questions.

SENIORS ON A MISSION

Wednesday, April 10, 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 for a kids triathlon. 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.

TOTAL FOOT CARE **DR. NORSHAE ROBINSON Podiatrist**



Appointments Only

Friday, April 12, 9:00 AM

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.

PROTECTING YOURSELF FROM SCAMS & FRAUD

Monday, April 15, 2:30 PM

Seniors are often targets of scams and fraud. And unscrupulous people are always dreaming up new ways to swindle others.

We hope that you will attend this informational program to learn the skills you need to recognize fraud, scams and how to prevent them from happening to you! Please join our friend, John Parks, who is preparing this program to help you be scam and fraud smart! Refreshments will be served.

Wii BOWLING

Friday, April 5 & Friday, April 19
2:30 PM

CHAIR VOLLEYBALL

Friday, April 12 & Friday, April 26
2:30 PM

DR. JANE BURNS

BURNS AUDIOLOGY AND BALANCE

Thursday, April 25, 1:00—3:00 PM

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

ALONE . . . TOGETHER

Friday, April 26, 1:00 PM

You are not alone! Plan to join this supportive discussion group facilitated with Vitas Healthcare. This is a support group where anything that is discussed will be kept confidential. Snacks and drinks will be served.

MEDICATIONS: WHAT'S IN YOUR MEDICINE CABINET?

Thursday, April 25, 2:30 PM

Bring your prescription bottles of your current medications and also bring any expired or unusable medications with you. Maritza James, a nurse with MSA Home Healthcare, will be discussing the purpose, side effects and interactions of medications. Additionally, she will talk about the importance of disposing of expired medications. We plan to have a box for you to dispose of your expired and unusable drugs which will then be taken to a safe drop off site. We will also give you a list of prescription drop-off sites.

BLOOD PRESSURE CLINIC

Thursdays from 10:30—11:00 AM

This blood pressure clinic is held in the Lobby most Thursdays. Come see our friendly EMT, Justin Dean, with All At Home Healthcare. If you have any questions, please call Justin at 904-742-8042, or the All At Home office at 904-551-6942. Please note: Justin will be his fire station on April 18 and will not be here for the blood pressure clinic or do his excellent chair exercise class.

Low Impact Chair Exercise

Fridays in April at 11:00 AM

Shelly from APEX Home Healthcare will be coming weekly to meet all of our residents and to lead Chair exercise. Let's welcome Shelly who is excited to get to know everyone!!