



MONTHLY NEWSLETTER



MAY 2019

Join Us for Our...
Grand Re-Opening!

Come join the fun in the Pablo Café during the grand re-opening month of May. Taste new recipes or modified past favorite recipes prepared by the team of *Jason Hopton* and *Coats Wood*. Participate in drawings for free food. Enjoy salad and sandwich choices in addition to the two hot entrees that are prepared each day for lunch. Resident lunches are \$4.50 for an entrée and two sides. Drink and dessert are \$1.50. Breakfast is very reasonably priced.

We have heard your recommendations in the recent survey and hope to satisfy your need for healthy, delicious meals. Please give the **NEW** Café a try. You will be pleasantly pleased!



Café Hours 7:00 AM – 1:30 PM

Offering breakfast and coffee 7:00—10:00 AM

Lunch Served 11:00 AM – 1:30 PM

MEMORIAL DAY'S PURPOSE

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2019 occurs on Monday, May 27. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries. By the late 1860's, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I, the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars.

In 1968 Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees; the change went into effect in 1971. The same law also declared Memorial Day a federal holiday. May we never forget the sacrifices made for our freedom.

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Managed by Elderly Housing
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Service Coordinator

Lora Burton
Administrative Assistant

Priscilla Davis
Administrative Assistant

Candice Trask
Front Desk

Jason Hopton
Kitchen Manager

Coats Wood
Sous Chef

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
EHMCorp

Debra Waters
Executive Director
EHMCorp

PABLO TOWERS AUXILIARY

THE FLORIDA CHAMBER PROJECT
Wednesday, May 1
3:00 PM

Once again we will host the very charming and talented members of *The Florida Chamber Music Project*. They will perform a dress rehearsal of their upcoming PV Concert Hall performance, featuring music by Glass and Beethoven. As is always the case, refreshments will be served, and the musicians would love to meet the residents.

Sponsored by the St. Paul's by the Sea Episcopal Church Foundation.

Refreshments by St. Paul's by the Sea and Jim and Bev Stuck.



HAPPY BIRTHDAY FRIENDS

- Dawn Heiderer May 1
- Marion Spano May 5
- Shirley Church May 7
- Mak Salib May 8
- Stella Furnari May 8
- Ed Farris May 9
- Myrna Graham May 9
- Kay Steele May 13
- Carlos Rengifo May 16
- Larisa Prikhodko May 19
- Judy Wheelless May 21
- Denise Costello May 25
- Betsy Elliott May 26
- Jennifer Enmeier May 27
- Diana Flynn May 27
- Dee Layne May 29
- Dan Zupa May 31

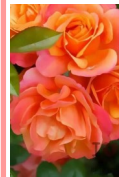


JAMES COLLINS



RESIDENT BIRTHDAY PARTY
MONDAY, MAY 20
6:00 PM

Sponsored by Christ Episcopal Church



WITH FOND MEMORIES
SHIRLEY FOSTER

MEMORIAL DAY BARBEQUE
Monday, May 27, 12 Noon

The Pablo Towers and Suites Auxiliary is proud to honor our resident veterans this Memorial Day.

Commander Master Chief William P. Houlihan from Mayport Naval Base will be our guest speaker.

Hot Dogs, Hamburgers, side dishes, desserts and beverages will be served.

\$5.00 for residents and auxiliary members—
to be collected at the door
Veterans are free.

Please sign up in the Lobby so we can estimate food quantities.



SPRING SINGS by Singers by the Sea
Sunday, May 19, 2:30 PM

You are invited to attend this spring concert to be held at Palms Presbyterian Church. Admission is free. A reception will follow the concert. Dial A Ride may be available to take residents who need transportation. Please call Dial A Ride at 904-246-1477 to reserve a seat on the bus.

JAX BEACH GOT TALENT VARIETY SHOW
Sunday, May 19




3:00 PM—Community Room

Don't miss this one!! We've got a lot of talent: singing, comedy, magic, etc. The decision of who's the most talented will be up to you. Free Admission. Snacks will be served.

Thursday, May 16 @ 7:00 PM

The Variety Show, Jax Beach Got Talent, will be presented at The Moose. Refreshments available for purchase.

~ MAY 2019 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	MSA OFFICE HOURS <u>Mondays, Wednesdays, and</u> <u>Fridays</u> 10:00 AM—1:00 PM 904-998-4408		1 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>MSA BLOOD</u> <u>PRESSURE CLINIC</u> 1:00—3:00 PM <u>MUSIC AT THE</u> <u>TOWERS</u> 3:00 PM	2 <u>PEST CONTROL</u> Apts. Ending in 03 <u>WALKING GROUP</u> 9:00 AM <u>DAN THE</u> <u>PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>BLOOD PRESSURE</u> <u>CLINIC</u> 10:30—11:00 AM <u>CHAIR EXERCISE</u> 11:00 AM	3 <u>FIT & FAB</u> 9:00—10:30 AM <u>Wii BOWLING</u> 2:30 PM <u>ONSITE</u> <u>DERMATOLOGY</u> By Appointment 1-877-345-5300 <u>BINGO</u> 6:00 PM C.R.	4 <u>MARDI</u> <u>GRAS</u> <u>SENIOR</u> <u>PROM</u> 6:00 PM
5  <u>Transport</u> <u>To</u> <u>Community</u> <u>Presbyterian</u> <u>Church</u> 10:30 AM	6 <u>FIT & FAB</u> 9:00—10:30 AM <u>RESIDENT</u> <u>COUNCIL</u> <u>MEETING</u> 3:30 PM	7 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	8 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>MSA BLOOD</u> <u>PRESSURE CLINIC</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM	9 <u>PEST CONTROL</u> Apts. Ending in 04 <u>WALKING GROUP</u> 9:00 AM <u>DAN THE</u> <u>PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK</u> <u>DOOR</u> 2:00 PM	10 <u>FIT & FAB</u> 9:00—10:30 AM <u>DR. NORSHAE</u> <u>ROBINSON, Podiatrist</u> Appt. Only 904-513-8304 <u>ST. PAUL'S CATHOLIC</u> <u>LUNCH</u> 12:00 PM <u>CHAIR</u> <u>VOLLEYBALL</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	
12  <u>Transport</u> <u>To</u> <u>Community</u> <u>Presbyterian</u> <u>Church</u> 10:30 AM	13 <u>FIT & FAB</u> 9:00—10:30 AM <u>VISION IS</u> <u>PRICELESS</u> 2:30—4:30 PM	14 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>CHATting WITH RITA</u> 2:00—4:00 PM <u>ART SHOW—LOBBY</u> 5:00—8:00 PM	15 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>MSA BLOOD</u> <u>PRESSURE CLINIC</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM	16 <u>PEST CONTROL</u> Apts. Ending in 05 <u>WALKING GROUP</u> 9:00 AM <u>DAN THE</u> <u>PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>BLOOD PRESSURE</u> <u>CLINIC</u> 10:30—11:00 AM <u>CHAIR EXERCISE</u> 11:00 AM	17 <u>FIT & FAB</u> 9:00—10:30 AM <u>THE AGEWELL</u> <u>INSTITUTE</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	
19 <u>Transport</u> <u>To</u> <u>Community</u> <u>Presbyterian</u> <u>Church</u> 10:30 AM	20 <u>FIT & FAB</u> 9:00—10:30 AM <u>SENIORS ON A</u> <u>MISSION</u> 9:25 AM <u>RESIDENT</u> <u>BIRTHDAY PARTY</u> 6:00 PM	21 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	22 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>MSA BLOOD</u> <u>PRESSURE CLINIC</u> <u>LOBBY</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM <u>DR. JANE BURNS</u> With BURNS <u>AUDIOLOGY</u> 1:00—3:00 PM	23 <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</u> <u>PRODUCE MAN</u> 9:30—11:00 AM <u>BLOOD PRESSURE</u> <u>CLINIC</u> 10:30—11:00 AM <u>CHAIR EXERCISE</u> 11:00 AM <u>SCHWAN'S—BACK</u> <u>DOOR</u> 2:00 PM	24 <u>FIT & FAB</u> 9:00—10:30 AM <u>ALONE ...</u> <u>TOGETHER</u> 1:30 PM Board Room <u>CHAIR</u> <u>VOLLEYBALL</u> 2:30 PM - C.R. <u>BINGO</u> 6:00 PM C.R.	
26 <u>Transport</u> <u>To</u> <u>Community</u> <u>Presbyterian</u> <u>Church</u> 10:30 AM	27  <u>MEMORIAL DAY</u> <u>BARBEQUE</u> 12 NOON	28 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	29 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>MSA BLOOD</u> <u>PRESSURE CLINIC</u> <u>LOBBY</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM	30 <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</u> <u>PRODUCE MAN</u> 9:30—11:00 AM <u>DIAL A RIDE</u> <u>SERVICES</u> 2:30 PM	31 <u>FIT & FAB</u> 9:00—10:30 AM <u>Wii BOWLING</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	

OTHER HAPPENINGS AROUND THE TOWERS

SENIOR PROM—MARDI GRAS

Saturday, May 4, 6:00 PM



The theme for this year's celebration is Mardi Gras. This annual spring event is for all of our Pablo Towers residents. It is hosted by the students of Fletcher High School's Interact Club who are working hard on the plans for this year's event.

Dinner will be provided and there

will be music and dancing. You are welcome to dress as you like or you may dress up in Mardi Gras attire. Please sign up on the table in the Lobby, or call the service coordinator's office at 904-339-0061. The prom is on Saturday!

THE AGEWELL INSTITUTE

Friday, May 17, 2:30 PM

We are happy to welcome Anne Yates, ARNP, and Rachel Weinstein with the Baptist AgeWell Institute. Anne and Rachel will explain the difference between geriatric healthcare and regular healthcare. AgeWell services are now located at Baptist Medical Center at the Beaches and also for home visits. If you are 65 and older, the AgeWell Institute may be for you! If you need help with managing your medications, improving your mobility and strength, managing how to live on your own, coping with declining memory, managing emotions or depression, and also need help finding special resources that you need to remain independent, these are some areas that the AgeWell Center addresses with their patients.

Refreshments will be provided at the program.

LUNCH WITH ST. PAUL'S CATHOLIC SCHOOL STUDENTS

Friday, May 10, 12 Noon

Each year in honor of Mother's Day, the students of St. Paul's Catholic School come to eat lunch with our residents. Please plan now to join the students for lunch in the Pablo Café so the students can visit with you.

If you do not want to eat lunch, please come visit with the students anyway. The students will be bringing flowers to give to you.

SENIORS ON A MISSION

Monday, May 20, 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 help with the Junior Achievement program. 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.

VISION IS PRICELESS with APEX HOME HEALTHCARE

Monday, May 13—2:30—4:30 PM

This program offers individual vision screenings. For those who do not pass the acuity screening to see letters close up, reading glasses will be available. For those who do not pass the acuity screening for seeing letters far away, you will be referred to a network of volunteer vision doctors for a further eye exam. Vision is Priceless will be able to obtain glasses for a reasonably low amount for those who qualify.

DR. JANE BURNS

BURNS AUDIOLOGY AND BALANCE

Wednesday, May 22, 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, May 24, 1:30 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.

CHATting WITH RITA: 2019 MEDICARE CHANGES

Tuesday, May 14, 2:00—4:00 PM

Rita Stanford with Secure Choices will be in the Lobby to answer any questions you may be having about 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? Can you change your insurance coverage now? This is an informal opportunity to stop by the table to ask Rita questions.

DIAL A RIDE SERVICES

Thursday, May 30, 2:30 PM

Do you know what Dial A Ride is? Have you seen the white bus with a driver pulling up in front of Pablo Towers? Did you know that Dial A Ride is a part of the Beaches Council on Aging? Even if you think that you know about Dial A Ride, please plan to attend this information program to learn how the Dial A Ride team is working hard to meet the needs of our Beaches seniors. Gary Tiller, Executive Director of Dial A Ride, will be sharing the vision of Dial A Ride and what has been happening behind the scenes. Come meet Gary and welcome him to Pablo Towers. Refreshments will be provided.