

115 South Third Street
Jacksonville Beach, FL 32250

Telephone: 904-249-3866
Fax: 904-249-2011
1-800-955-8771/TTY
www.pablotowers.com
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

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
EHMC Corp

Debra Waters
Executive Director
EHMC Corp

ANOTHER FUN EVENT



This year's Mardi Gras senior prom was a blast! Costume . . . No costume . . . Alone . . . With friends . . . Everyone was welcome and everyone had fun. Join the next party and see what you have been missing.

RESIDENT OF THE MONTH—Festa Hamilton



Festa Hamilton is one of Pablo Towers busiest residents! You may see her on Tuesday's helping with food distribution, or you may enjoy a game of chair volleyball with her on Fridays. She loves going to Bingo, dancing and participating in almost everything the Auxiliary does, so you may have seen her serving food during one of their many events!

Festa is originally from a small coastal town in the Dominican Republic, where she grew up surrounded by a large extended family. Like some of her siblings, Festa made the journey to the United States, eventually settling in New York City, and then the suburbs where she raised her five children, three girls and two boys!

Before retirement, Festa enjoyed a very successful career as a Life Insurance Agent for Met-life and then Allstate, where she was the recipient of many awards for outstanding achievements!

Upon retirement, Festa moved to Jacksonville, where her daughter and son-in-law lived. She moved into the Suites in 2015, and immediately made friends. In 2018, she moved over to the Towers, where she enjoys her balcony and view of the ocean.

With five children and six grandchildren, the last one just recently born, Festa travels quite a bit, which is fine, since that is one of her pleasures. She has traveled all over the world, her goal being to visit every continent!

PABLO TOWERS AUXILIARY



RESIDENT BIRTHDAY PARTY
MONDAY, JUNE 17
6:00 PM

Sponsored by The Exchange Club

QUARTERLY AUXILIARY MEETING

Thursday, June 27, 5:00 PM

Light Dinner will be Served
50/50 Raffle Winner Announced



Big thanks to these Fletcher Interact Club Members who helped with our Memorial Day Cook Out honoring this nation's fallen heroes and our own Pablo Towers' Veterans.

It's encouraging to see young people with great attitudes helping us here at The Towers. Join the Auxiliary activities . . . you never know who you might meet there!

HAPPY BIRTHDAY FRIENDS

Nancy Gray	June 1
Rachel Pierce-Abrams	June 2
Lynne Dukes	June 3
Charlsie Rigdon	June 3
Joyce Barufaldi	June 4
Marianne McQueen	June 5
Ann Barni	June 6
Lillian Harrison	June 7
Robert McClure	June 18
Maria Bartilucci	June 18
Joan Howell	June 18
Ed Bizzarri	June 21
Rosalind Moskowitz	June 23
Sylvia Stone	June 25
Carolyn Roof	June 25
Alan Kerr	June 28
Shoaulah Safarian	June 29

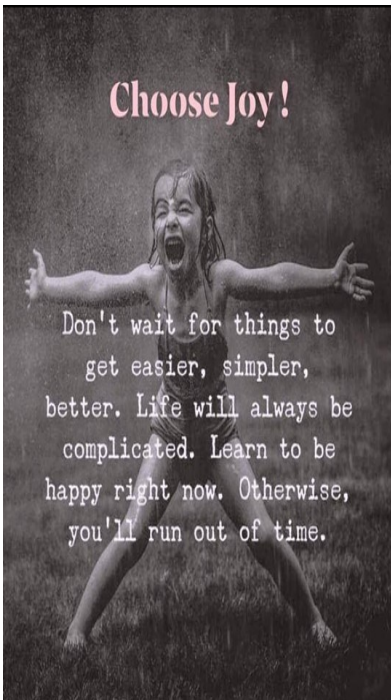


Ivan Yurkevich
Patricia Price



Farewell and Best Wishes

Jim Ring



Choose Joy!

Don't wait for things to get easier, simpler, better. Life will always be complicated. Learn to be happy right now. Otherwise, you'll run out of time.

HAPPY FATHER'S Day!

Thank you, men, for the interest you have taken in others and the influence you have had on those who have crossed your path in life. One comment, one kindness, or one smile can affect someone more than you can ever know.







WHAT IS AGEWELL?

Thursday, June 27, 2:30 PM

Mark your calendars now for this informational program. We are happy to welcome Anne Yates 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. Anne is one of their visiting nurse practitioners and goes to see patients in their homes. If you are 65 and older, AgeWell may be the right choice 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 resources that you need to remain independent, these are some areas that the AgeWell Center addresses with their patients.

Refreshments provided at the program.

~ JUNE 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 
2 Transport To Community Presbyterian Church 10:30 AM	3 RESIDENT COUNCIL MEETING 3:30 PM	4 <u>WALKING GROUP</u> 8:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	5 FIT & FAB 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM MSA BLOOD PRESSURE CLINIC 1:00—3:00 PM NO TAI CHI	6 PEST CONTROL Apts. Ending in 08 <u>WALKING GROUP</u> 8:00 AM NO DAN THE PRODUCE MAN <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 2:00 PM	7 <u>ONSITE DERMATOLOGY</u> Appts. Beginning At 1:00 PM NO Wii BOWLING <u>HURRICANE PREPAREDNESS</u> 3:00 PM <u>BINGO</u> 6:00 PM C.R.	8 <u>JOYFUL MUSIC</u> <u>ACACIA ARTS ENSEMBLE</u> 4:00 PM
9 Transport To Community Presbyterian Church 10:30 AM	10 McGOVERN JEWELRY REPAIR LOBBY 10:00 AM—2:00 PM	11 <u>WALKING GROUP</u> 8:00 AM NO COMPUTER CLASS <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>CHATTING WITH RITA</u> 2:00 PM <u>ART SHOW—LOBBY</u> 5:00—8:00 PM	12 FIT & FAB 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM MSA BLOOD PRESSURE CLINIC 1:00—3:00 PM NO TAI CHI	13 PEST CONTROL Apts. Ending in 09 <u>WALKING GROUP</u> 8:00 AM <u>SENIORS ON A MISSION</u> 9:20 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>MSA ICE CREAM SOCIAL</u> 2:30 PM	14 <u>FLAG DAY</u> <u>DR. NORSHAE ROBINSON, Podiatrist</u> Appt. Only 904-513-8304 <u>JTA "ON THE MOVE"</u> 10:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	15 
16 <u>Happy Father's Day!</u> To Community Presbyterian Church 10:30 AM	17 RESIDENT BIRTHDAY PARTY 6:00 PM	18 <u>WALKING GROUP</u> 8:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	19 FIT & FAB 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM MSA BLOOD PRESSURE CLINIC LOBBY 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM	20 PEST CONTROL Apts. Ending in 10 <u>WALKING GROUP</u> 8:00 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 PM <u>SASSY TAPPERS</u> 2:30 PM	21 <u>ALONE ... TOGETHER</u> 1:30 PM Board Room <u>Wii BOWLING</u> 2:30 PM - C.R. <u>BINGO</u> 6:00 PM C.R.	22 
23 Transport To Community Presbyterian Church 10:30 AM	24	25 <u>WALKING GROUP</u> 8:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	26 FIT & FAB 9:00—10:30 AM <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM MSA BLOOD PRESSURE CLINIC LOBBY 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM <u>DR. JANE BURNS</u> <u>With BURNS</u> <u>AUDIOLOGY</u> 1:00—3:00 PM	27 PEST CONTROL Apts. Ending in 11 <u>WALKING GROUP</u> 8:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>AGEWELL</u> 2:30 PM <u>QUARTERLY AUXILIA- RY MEETING</u> 5:00 PM	28 <u>ALONE ... TOGETHER</u> 1:00 PM B.R. <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	29 
30 Transport To Community Presbyterian Church 10:30 AM						

OTHER HAPPENINGS AROUND THE TOWERS

ONSITE DERMATOLOGY

Friday, June 7

Appointments beginning at 1:00 PM

If you would like an appointment, please call the Onsite Dermatology office at 1-877-345-5300 to make your appointment. It is important to schedule an appointment if you would like to be seen. Joanna Hurley, P.A. will be in the Wellness Clinic to meet with her scheduled appointment patients.

SENIORS ON A MISSION

Thursday, June 13, 9:20 AM

This is a great volunteer activity for seniors to help others. This month, the volunteers will be going to the Baptist Children's Home. 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.

HURRICANE PREPAREDNESS PLANS

Friday, June 7, 3:00 PM

This is an EXTREMELY IMPORTANT informational meeting, and we request your presence! With Hurricanes Matthew and Irma still fresh in the minds of many of us, NOW is the time to begin our preparations for the upcoming hurricane season. What will you do when the evacuation notice is announced for the beaches? Where will you go? At this program, our interim fire chief and fire marshal, Steve Sciotto, will be discussing our upcoming 2019 hurricane season and will educate us on how each of us needs to prepare. Mayor Charlie Latham will share what it was like to be in Pablo Towers as Matthew was about to come by the beaches, and he will also share valuable lessons learned from these past hurricanes.

Refreshments will be served.

SUMMER ICE CREAM PARTY

Thursday, June 13, 2:30 PM

Come chill out with MSA. Everyone is invited to this fun ice cream social. There will be regular and sugar free choices. Please sign up so Maritza James will bring enough ice cream. Maritza is a representative from MSA Home Healthcare Services of America who has an office in the Towers building. You know Jasmine from MSA who leads Tai Chi, Wii Bowling and Chair Volleyball and provides physical therapy services. Come join the party!

JTA's TRAVEL TRAINING PROGRAM "ON THE MOVE"

Friday, June 14, 10:30 AM

Get answers to your need for more transportation options—ReadiRide, Curb to Curb Service. Come learn about the new JTA transportation programs that can take you into Jacksonville, as well as providing transportation in the beaches area. For those that want to learn how to go on the "On the Move" bus, following the program, the bus will take a small number of residents on the bus to get their STAR cards in downtown Jacksonville. Please sign up with Candace at the front desk if you would like to go on the bus.

JOYFUL MUSIC

BY THE ACACIA ARTS ENSEMBLE

Saturday, June 8, 4:00 PM

Students from Acacia Arts Academy will perform solos, duets, and an ensemble on the stage at Pablo Towers. Though they won't be masquerading as they did in October, Students of Linda Minke will present joyful music on violins cellos, a harp, voice, and keyboard. The students range in age from 6 to over 50! The Finale will be Beethoven's beloved "Ode to Joy."

SASSY TAPPERS "BROADWAY MOMENTS"

Thursday, June 20, 2:30 PM

The Sassy Tappers from the Neptune Beach Senior Activity Center will be presenting their high energy show. This lively, yet sophisticated production was choreographed and directed by Peg Paschal. The Sassy Tappers are well known and highly regarded in the Jacksonville area! The show highlights award winning music from Broadway shows with iconic tunes. With glittering costumes and polished style, these dancing seniors are coming to entertain us here.

McGOVERN JEWELRY SERVICES

Monday, June 10, 10:00 AM—2:00 PM

Matt McGovern's sister, Carol Mariotti, will be here to replace watch batteries, clean jewelry and repair jewelry. This is a one-on-one service, so please remember you may need to wait for Carol to help you.

DR. JANE BURNS

BURNS AUDIOLOGY AND BALANCE

Wednesday, June 26, 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.

CHATting WITH RITA:

2019 MEDICARE CHANGES

Tuesday, June 11, 2:00—4:00 PM

Rita Stanford with Secure Choices will be in the Lobby to answer any questions you may have about your insurance coverage and any changes that may be adversely affecting you. Topics to discuss with Rita may be: Do you know if you might qualify for a low-income subsidy or extra help with your prescriptions? Can you change your insurance coverage now?

This is an informal opportunity to stop by the table and ask Rita questions.

ALONE . . . TOGETHER

Friday, June 28, 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. This month's topic will be "Remembering Fathers."