



# MONTHLY NEWSLETTER



## JULY 2019

### Valuable Asset Right Here at Pablo Towers

Did you know that Jason Hopton and Coats Wood prepared almost 1,300 meals for Pablo Café customers last month! And they are open only five days a week. They must be doing something right.

What they are doing right is preparing everything from scratch—the chicken *Cor-don Bleu*, a chicken breast stuffed with ham and cheese, was pounded and stuffed by hand, then lightly breaded and baked. It was delicious. The Beef Pot Pie looked beautiful with its browned crust but tasted even better than it looked. Ground beef and vegetables were stuffed inside that crust. The Philly Cheesesteak was freshly grilled thinly sliced beef served with peppers and onions (optional) and real cheese melted on top. Most days there is freshly grilled chicken. The Pot Roast was started early in the morning to ensure it was fall apart tender.

You cannot buy a more well-prepared and delicious meal anywhere for \$4.50. And for an additional \$1.50, you can get a home baked dessert and drink. Please take advantage of this valuable asset we have in our building and let's keep growing the number of meals being served. You won't be disappointed.



### RESIDENT OF THE MONTH—JOAN BROWN



This month we'll feature our resident "*Playwright, Director and Producer*" Joan Brown! Joan has made the "Pablo Players" a household word here at the Towers and Suites! Writing and directing church plays has been a passion of Joan's for a long time, and bringing that passion to us completes the circle.

Joan moved to Florida and took up residence in Pablo Towers five years ago, along with her trusty companion, her little black dog, Winston! They can always be seen together on their daily strolls. You may also recognize Winston by his loud but harmless bark!

Joan grew up in a rural area of the Kentucky foothills, where she lived in a small three-room house with outdoor plumbing, and, according to Joan, she didn't live in a house with indoor plumbing and a bathtub until she was 18 years old. Her Dad, a coal miner, died at a young age, but her Mom, the daughter of tobacco farmers, lived to be 90. Joan was one of three children, a brother now gone, and a sister who still lives in Kentucky.

After High School, Joan worked in a sewing factory until she married. She has one child and two grandchildren. Eventually, Joan was fortunate enough to land a job with her small town newspaper, and after that job, began her career as an auditor and inspector of multi-family housing for the State of Kentucky. When Joan retired, she was the Vice President of a major property management company in Nashville, Tennessee.

Joan has been an active member of the Auxiliary, where she helped plan and decorate for parties and entertainment throughout the year. During this time, she also served as Vice President of the Resident Council.

While continuing to lead the Pablo Players in further productions, Joan will follow her other passion—traveling. After being divorced for 30 years, she has met the "love of her life," and they will be traveling together!

115 South Third Street  
Jacksonville Beach, FL 32250

Telephone: 904-249-3866

Fax: 904-249-2011

1-800-955-8771/TTY

[www.pablotowers.com](http://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

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Melissa Gilreath  
Director—Business

Development  
EHMC Corp

Debra Waters  
Executive Director  
EHMC Corp

**PABLO TOWERS AUXILIARY**

★ JULY 4TH ★  
**AUXILIARY BARBEQUE**  
**12 NOON**

**\$5.00 for residents & Auxiliary Members at the door**

*Hamburgers, Hot dogs, Pulled Pork, Fruit Salad, Cole Slaw  
 Baked Beans & Other Side Dishes*  
**All Residents are invited**

**RESIDENT BIRTHDAY PARTY**  
**MONDAY, JULY 15**  
**6:00 PM**

*Sponsored by Christ United Methodist Church*



**\*\*\*\*\*FIT AND FAB EXERCISE CLASSES\*\*\*\*\***

**Wednesdays from 9:00 to 10:30 A.M.**

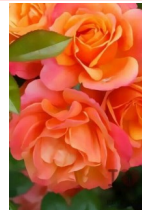
This summer, the classes will only meet on Wednesdays from 9:00 to 10:30 A.M. If you are interested in joining, summer is a great time to start!! The classes are smaller and you will be able to learn the exercises well. In addition, you do not have to attend all three sections of the program. You can come for Line Dancing, Stretch and/or floor exercises. If you want to know more, you can speak with our resident, Joanie Taylor, who is one of the teachers, or see Ceil Armstrong at the classes.

**HAPPY BIRTHDAY FRIENDS**

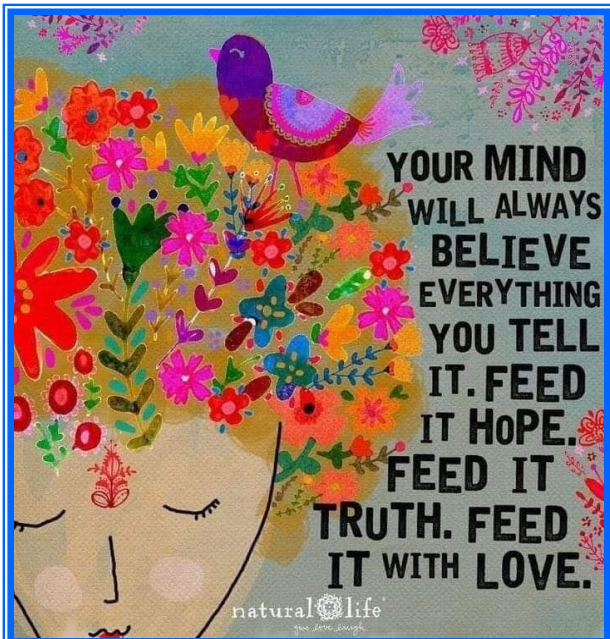
- Margaret Adams ..... July 3
- Rosalia Romano ..... July 4
- Terry Woods ..... July 4
- Francesca Davis ..... July 5
- Roseanne Parrotta ..... July 6
- Charlie Sellers ..... July 6
- Joan Litchfield ..... July 16
- Elizabeth Kierstead ..... July 17
- Ina Carrasquillo ..... July 18
- Dee Nardino ..... July 18
- Rosemary Laird ..... July 18
- Helen McLaughlin ..... July 19
- Ben Reece ..... July 20
- Bill Morgan ..... July 24
- Kathleen Leahy ..... July 25
- Rey Alvarez ..... July 27
- Ruth Jenkins ..... July 28
- Norma Sanders ..... July 29
- Margaret McDonald ..... July 29
- Colette Sellers ..... July 30



**Candice  
 Breakfield**



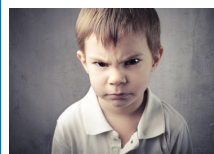
**WITH FOND  
 MEMORIES**  
*Shirley Foster  
 Marion Spano*



**Anger & Forgiveness**




“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.” This quote from Nelson Mandela reminds us of an important fact: the person who benefits most from forgiveness is **YOU**.

I know it can be hard to let go of anger, but carrying around resentment from the past can cause as strong a physiological reaction as if the event just took place. Long-term anger affects every system of our bodies, triggering everything from high blood pressure to depression and abdominal pain to skin disorders.



Why give the offending person or situation that kind of power over you? If only for selfish reasons, try forgiveness.

# ~ JULY 2019 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>1</b> <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	<b>2</b> <u>WALKING GROUP</u> 8:00 AM  <u>NO COMPUTER CLASS</u>  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	<b>3</b> <u>PEST CONTROL</u> Apts. Ending in 12  <u>FIT &amp; FAB</u> 9:00—10:30 AM  <u>NO BIBLE STUDY</u>  <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM  <u>TAI CHI</u> 2:30 PM	<b>4</b>   <u>AUXILIARY BARBEQUE</u> 12 Noon	<b>5</b> <u>ONSITE DERMATOLOGY</u> Appts. Beginning At 11:00 AM  <u>Wii BOWLING</u> 2:30 PM  <u>BINGO</u> 6:00 PM C.R.	<b>6</b> 
<b>7</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>8</b> <u>WHAT IS B.E.A.M.?</u> 3:00 PM	<b>9</b> <u>WALKING GROUP</u> 8:00 AM  <u>COMPUTER CLASS 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	<b>10</b> <u>FIT &amp; FAB</u> 9:00—10:30 AM  <u>NO BIBLE STUDY</u>  <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM  <u>TAI CHI</u> 2:30 PM	<b>11</b> <u>PEST CONTROL</u> Apts. Ending in 13  <u>WALKING GROUP</u> 8:00 AM  <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM  <u>DEVOTIONS</u> 9:30 AM C.R.	<b>12</b> <u>CHAIR VOLLEYBALL</u> 2:30 PM  <u>BINGO</u> 6:00 PM C.R.	<b>13</b> <u>SERVE DAY</u> 9:00 AM—1:00 PM
<b>14</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>15</b> <u>IS MY NEIGHBORHOOD AND TOWN CENTER SAFE?</u> 3:00 PM  <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	<b>16</b> <u>WALKING GROUP</u> 8:00 AM  <u>COMPUTER CLASS</u>  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>ART SHOW—LOBBY</u> 5:00—8:00 PM	<b>17</b> <u>FIT &amp; FAB</u> 9:00—10:30 AM  <u>NO BIBLE STUDY</u>  <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM  <u>TAI CHI</u> 2:30 PM	<b>18</b> <u>PEST CONTROL</u> All Apts. In the Suites Building  <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>Wii BOWLING</u> 2:30 PM - C.R.  <u>SCHWAN'S—BACK DOOR</u> 2:00 PM	<b>19</b> <u>DR. NORSHAE ROBINSON</u> Podiatrist Appt. Only 904-513-8304  <u>BINGO</u> 6:00 PM C.R.	<b>20</b>
<b>21</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>22</b> 	<b>23</b> <u>WALKING GROUP</u> 8:00 AM  <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	<b>24</b> <u>FIT &amp; FAB</u> 9:00—10:30 AM  <u>NO BIBLE STUDY</u>  <u>MSA BLOOD PRESSURE CLINIC LOBBY</u> 1:00—3:00 PM  <u>TAI CHI</u> 2:30 PM  <u>DR. JANE BURNS</u> With BURNS AUDIOLOGY 1:00—3:00 PM	<b>25</b> <u>PEST CONTROL</u> Apts. Ending in 01  <u>WALKING GROUP</u> 8:00 AM  <u>SENIORS ON A MISSION</u> 9:45 AM  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM	<b>26</b> <u>ALONE ... TOGETHER</u> 1:30 PM Board Room  <u>CHAIR VOLLEYBALL</u> 2:30 PM  <u>BINGO</u> 6:00 PM C.R.	<b>27</b>
<b>28</b> <u>Transport To Community Presbyterian Church</u> 10:30 AM	<b>29</b>	<b>30</b> <u>WALKING GROUP</u> 8:00 AM  <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.	<b>31</b> <u>FIT &amp; FAB</u> 9:00—10:30 AM  <u>NO BIBLE STUDY</u>  <u>MSA BLOOD PRESSURE CLINIC LOBBY</u> 1:00—3:00 PM  <u>TAI CHI</u> 2:30 PM			

## OTHER HAPPENINGS AROUND THE TOWERS

### ONSITE DERMATOLOGY

**Friday, July 5**

**Appointments beginning at 11:00 AM**

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

### WHAT IS BEAM?

**Monday, July 8, 3:00 PM**

BEAM stands for Beaches Emergency Assistance Program. At this presentation, Patsy Garcia, Director of Social Services, and Meagan Anderson, Food Bank Manager, will explain what services are available at BEAM and how BEAM may be able to assist you with your needs. This is your opportunity to learn what is available and what the process is to apply for assistance. If you think you will not ever need assistance, we challenge you to come and learn about BEAM anyway. You may be able to use the knowledge you gain to help a family member or neighbor.

Refreshments served.

### IS MY NEIGHBORHOOD SAFE?

**Monday, July 15, 3:00 PM**

Our Jacksonville Beach Police Officers and friends will be presenting a program about how to be wise and aware when walking around our neighborhood, going to the festivals, going to the beach, and going to stores and restaurants in Jacksonville Beach. In addition, the officers will discuss how we should respond when a stranger approaches you or what to do if you feel like you might be in danger. The officers will teach us safety skills, so we can enjoy our beaches community.

Refreshments will be served.

### TOTAL FOOT CARE

**DR. NORSHAE ROBINSON Podiatrist**



**Appointments Only**

**Friday, July 19, 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.

### CHATting WITH RITA: 2019 Medicare Changes

**Tuesday, July 9, 2:00—4:00 PM**

Rita Stanford with Secure Choices will be in the Lobby to answer any question you may have about your insurance coverage. Do you know that you might qualify for a low-income subsidy or extra help with your prescriptions? How is your Medicare "A&B" and your hospital coverage and the doctors on your present plan? This is an informal opportunity to stop by the table to ask your questions.

### DR. JANE BURNS

**BURNS AUDIOLOGY AND BALANCE**

**Wednesday, July 24, 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.

### SENIORS ON A MISSION

**Thursday, July 25, 9:45 AM**

This is a great volunteer activity for seniors to help others. This month, the volunteers will be going to the First Christian Church of the Beaches in Neptune Beach and will be making Mats of Love.

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 Ellen Hopkins in the Service Coordinator's office.

### SERVE DAY

**Saturday, July 13, 9:00 AM—1:00 PM**

A wonderful group of volunteers from the Church of Eleven22 are coming again to Pablo Towers to help you with projects or chores that you are unable to do. Some suggestions would be—flip the mattress and make the bed; pull out appliances and clean the floor behind them; vacuum and/or mop the floors; help organize or clean out a closet or help sort through clothes or collections and remove for donation to Hope's Closet; wash the sliding glass door or clean a bathroom . . . our neighbors from the Church of Eleven22 are looking forward to spending time with the residents of Pablo Towers. A flyer will be hung on your door soon so that you can sign up for assistance.

### ALONE . . . TOGETHER

**Friday, July 26, 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. At this group, you can learn how to address the changes in your life, frustrations, negative feelings and emotions. This is a support group where anything that is discussed will be kept confidential.

JTA Travel Training Program "On the Move" is available to take residents to learn how to use the bus system to get to the locations that you need to go in Jacksonville. This is also your opportunity to get your free JTA Star Card which is available to senior citizens. You have to go downtown to get a new or replacement Star Card, so this trip will be helpful. If you are interested, please let Ellen Hopkins, Service Coordinator, or Candace Trask at the front desk know and we will put your name on the list. Once there is a group of 12—15 people that would like to go, we will schedule a trip.

Community Presbyterian Church provides transportation to church each Sunday for the residents of Pablo Towers. Pick-up time is 10:30 AM. You will be taken to church for the 11:00 AM traditional service and will typically be back home by 12:30 PM. The church's vehicles are not wheelchair friendly. The volunteer drivers will not be able to help you get into the vehicle, so you must be able to get in the van/bus under your own steam. It does not matter if you are a church member or not. Everyone is welcome. If you have any questions, contact Ellen Hopkins, Service Coordinator, at 904-339-0061.