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Service Coordinator

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Front Desk

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Kitchen Manager

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Sous Chef

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Cashier/Admin

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Blake Echoff
Maintenance Tech

Ryan Patterson
Maintenance Tech

Paul Pollard
Maintenance Tech

Donna Muenzer
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Louis Charrier
Custodian

EHMC Corp

Debra Waters
Executive Director

MARCH 2024

The science of kindness: Can being nice improve your health?

Have you ever felt happier after being kind to someone else? Maybe simply smiling at a passerby or holding a door open improved your outlook. We've all heard the term "random act of kindness," but it turns out there's nothing random about the effects of being altruistic. In fact, there's scientific proof that being kind not only makes you happier, but it makes you healthier, too.

"Being kind releases three 'happy hormones': oxytocin, dopamine and serotonin," said Mona Shah, MD, a Baptist Heart Specialists cardiologist who is certified in holistic medicine. These hormones promote positive feelings like pleasure, happiness and love.

More than just mood-boosters, the hormones actually cause positive changes to the body. "For example, oxytocin opens up the blood vessels, which improves blood flow and reduces blood pressure," Dr. Shah said. "This improves cardiovascular health, reduces inflammation and can also increase immunity."

These feel-good chemicals also promote relaxation and reduce cortisol, which is known as the stress hormone. Cortisol causes an increase in heart rate and blood pressure. High levels can lead to a slew of health problems, including anxiety, depression, intestinal issues, fatigue and even a lowered libido.

Dr. Shah said you can control the release of happy hormones, and being kind is a great way to do that. "Learning and practicing kindness can actually rewire your brain to feel more positive and become healthier," she said.

An act of kindness doesn't have to be a grand gesture; it can be as simple as saying hello to a neighbor, letting someone get in front of you in line, or volunteering to support a cause you are passionate about.

"People get a 'helper's high' when they help others, which translates to better health and potentially a longer life," said Dr. Shah. "There are so many moments in life when you can choose kindness."

Receiving kindness has the same positive effects, as does being kind to yourself. "Treating yourself with kindness is an important part of self-care that is often overlooked," Dr. Shah said. "It's just as important as eating well and exercising."

Best of all, kindness is the good kind of contagious. "Paying it forward creates a snowball effect, and we could all use a little more kindness these days," Dr. Shah said.

By Beth Stambaugh from Baptist Health's fresh + informative health news

PABLO TOWERS AUXILIARY

Dance Club

Mondays, March 4th, 11th, & 18th at 6 P.M.

Dancing, music, refreshments and fun!
Please bring a snack to share.



BINGO

Thursdays, March 7th, 14th & 21st
Doors Open 5 P.M., Starts 6 P.M.



St. Patrick's Day Party

Saturday, March 16th
6:00 P.M. Music Man Rey
7:00 P.M. Lorna Greenwood



Raffle basket, lots of door prizes, and a costume contest—put your green on!

See the menu on the Auxiliary Board. Come join in the fun! \$10 tickets are being sold in the Lobby.

Resident Birthday Party

Monday, March 25th at 6:00 P.M.

All residents are invited to celebrate our February birthdays. This month's birthday party is sponsored by Church of Eleven22.



Auxiliary Quarterly Meeting
Elections—Members Only

Thursday, March 28th at 3:00 P.M.



This is a closed door meeting for active Auxiliary members only. The nominees will have 10 minutes to speak about who they are, why they want to serve and what their plans are for the Auxiliary. Come vote for our new leaders.

Check the Auxiliary Bulletin Board
beside the elevator for more details.

Contact Joyce at 843-597-8840 with any questions.



Nancy Tarr	March 1
Pamela Thomas	March 8
Geri Costello	March 10
Don Howell	March 11
Brenda McFaddin	March 11
David Reeves	March 11
Sue Shepherd	March 11
Susan Cathcart	March 15
Nell Barrow	March 17
Lois Mullin	March 17
Deborah Porter	March 17
Ofelia McClure	March 20
Carla Tracy	March 20
Angelo Rodriguez	March 23
Pia Niglio	March 25
Pauline Collings	March 27
Roberta Woodlief	March 31



Beverly Leary
Marilyn Carlson

WITH FOND
MEMORIES



Susan
Leaptrott

SATURDAY SHOPPING

To Walmart: March 2nd & 16th

To Target & Marsh Landing: March 30th

Dial-A-Ride will be picking up residents at 11:00 A.M. You must call them at **904-246-1477** to schedule a ride. As always, the requested donation is \$5



NEED HELP
WITH YOUR
TAXES?



See the flyers on the Community Bulletin Boards in the Laundry Room and the 1st Floor Hallway for more information.

MONTHLY PROGRAMS FOR PABLO TOWERS RESIDENTS

WHY DO I FALL AND WHAT CAN I DO ABOUT IT?

WEDNESDAY, MARCH 6th at 2:30 P.M.

*Is falling a part of growing older? Is there anything that I can do to not fall?
Are these questions that you have asked yourself?*

The purpose of this program is to help you learn ways to stay strong, healthy, and independent. There are small changes that you can do that will make a big difference. If you have fallen or have noticed that your balance is not as good, this program will provide valuable information to help you. We will learn how gait instability and abnormalities can affect how you walk. Please mark your calendars now and plan to attend this extremely helpful educational program presented by Jasmine Adriano, DPT, and Jeremiah Yoder, PTA, with MSA Home Healthcare.

Refreshments will be provided.



MSA Home Health

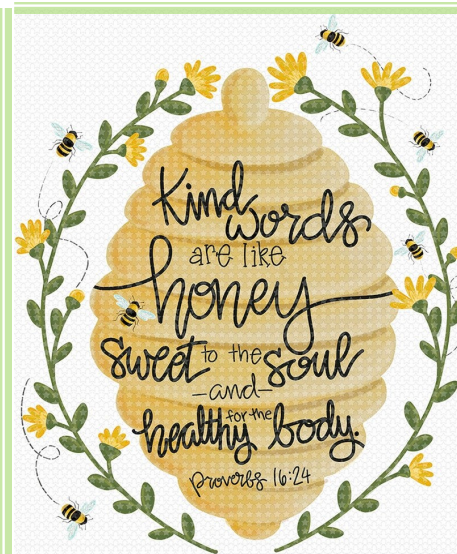
MIX AND MINGLE WITH TEAM MEMBERS OF MOBILE MEDICAL PRIMARY CARE

FRIDAY, MARCH 22nd AT 2:30 P.M.

Are you aware that there are visiting medical groups that provide primary care services and specialty care services right in your home? We are excited to invite you to attend this *Mix and Mingle* program which will be hosted by Mobile Medical Primary Care. This company has been providing care for residents at Pablo Towers since 2016. The Mobile Medical team members are passionate about improving the lives of seniors by providing personalized home healthcare services. Mobile Medical nurse practitioners establish close relationships with their patients and develop a deep understanding of their clinical needs by being able to spend more time with their patients. Having consistent primary care in the comfort of your own home can help you in managing any chronic health conditions.

At this program, we will have the opportunity for you to meet the nurse practitioner, Hope Acuri, who comes to see patients at Pablo Towers weekly, as well as Regina Petty, who is a nurse practitioner who provides behavioral healthcare services for patients in their homes. Additionally, Hope Acuri will be discussing heart health and will share ways that Mobile Medical can help you take care of your heart condition, so that you are able to prevent cardiac events which may lead to a trip to a walk-in clinic or the ER.

**Come enjoy some *very tasty refreshments*
and get to know
the Mobile Medical team members.
Make sure to bring your questions!**



~ MARCH 2024 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						<p>1</p> <p>DIAL A RIDE WALMART SHOPPING 11:00 AM By Appt. 246-1477</p>
3	<p>4</p> <p>STRETCH CLASS 10:30 AM</p> <p>CHAIR VOLLEYBALL 2:30 PM</p> <p>AUXILIARY DANCE CLUB 6:00 PM</p>	<p>5</p> <p>GRANDPARENTS GETTING WIRED By Appointment</p> <p>EXERCISE TO MUSIC 3:00 PM</p>	<p>6</p> <p>BIBLE STUDY 10:00 AM</p> <p>MSA BLOOD PRESSURE CLINIC 1:00-3:00 PM</p> <p>WHY DO I FALL AND WHAT CAN I DO ABOUT IT? 2:30 PM</p>	<p>7</p> <p>PEST CONTROL Apts. Ending in 05</p> <p>DEVOTIONS 10:00 AM</p> <p>DAN THE PRODUCE MAN 10 AM—12 PM</p> <p>ZUMBA 2:30 PM</p> <p>BINGO 5:00 PM</p>	<p>8</p> <p>ONSITE DERMATOLOGY Wellness Center By Appointment Only 877-345-5300</p>	<p>9</p>
<p>10</p> <p>DAYLIGHT SAVINGS TIME BEGINS</p>	<p>11</p> <p>Wii BOWLING 2:30 PM</p> <p>AUXILIARY DANCE CLUB PARTY 6 to 8 PM</p>	<p>12</p> <p>GRANDPARENTS GETTING WIRED By Appointment Apple devices only</p> <p>EXERCISE TO MUSIC 3:00 PM</p>	<p>13</p> <p>BIBLE STUDY 10:00 AM</p> <p>MSA BLOOD PRESSURE CLINIC 1:00-3:00 PM</p> <p>TAI CHI WITH PAT 2:30 PM</p>	<p>14</p> <p>PEST CONTROL Apts. Ending in 06</p> <p>DEVOTIONS 10:00 AM</p> <p>DAN THE PRODUCE MAN 10 AM—12 PM</p> <p>BINGO 5:00 PM</p>	<p>15</p> <p>TRAVELING JEWELER 10 AM to 2 PM</p>	<p>16</p> <p>DIAL A RIDE WALMART SHOPPING 11:00 AM By Appt. 246-1477</p> <p>AUXILIARY ST. PATRICK'S DAY PARTY 6:00 PM</p>
<p>17</p> <p>PALM SUNDAY</p> <p>ST. PATRICK'S DAY</p>	<p>18</p> <p>STRETCH CLASS 10:30 AM</p> <p>CHAIR VOLLEYBALL 2:30 PM</p> <p>IN-HOUSE SHOPPING 3:30-5:30 PM</p> <p>AUXILIARY DANCE CLUB 6:00 PM</p>	<p>19</p> <p>GRANDPARENTS GETTING WIRED By Appointment Apple devices only</p> <p>EXERCISE TO MUSIC 3:00 PM</p>	<p>20</p> <p>BIBLE STUDY 10:00 AM</p> <p>MSA BLOOD PRESSURE CLINIC 1:00-3:00 PM</p> <p>TAI CHI WITH PAT 2:30 PM</p>	<p>21</p> <p>PEST CONTROL Apts. Ending in 07</p> <p>DEVOTIONS 10:00 AM</p> <p>DAN THE PRODUCE MAN 10 AM—12 PM</p> <p>ZUMBA 2:30 PM</p> <p>BINGO 5:00 PM</p>	<p>22</p> <p>DR. DIANDRA GORDON Podiatrist By Appointment 534-7061</p> <p>ALONE TOGETHER 1:30 PM</p> <p>MIX & MINGLE WITH MOBILE MEDICAL 2:30 PM</p>	<p>23</p>
<p>24</p> <p>EASTER</p>	<p>25</p> <p>Wii BOWLING 2:30 PM</p> <p>RESIDENT BIRTHDAY PARTY 6:00 PM</p>	<p>26</p> <p>GRANDPARENTS GETTING WIRED By Appointment No Apple devices</p> <p>EXERCISE TO MUSIC 3:00 PM</p>	<p>27</p> <p>BIBLE STUDY 10:00 AM</p> <p>MSA BLOOD PRESSURE CLINIC 1:00-3:00 PM</p> <p>BURNS AUDIOLOGY CLINIC 2:00-4:00 PM</p> <p>TAI CHI WITH PAT 2:30 PM</p>	<p>28</p> <p>PEST CONTROL Apts. Ending in 08</p> <p>DEVOTIONS 10:00 AM</p> <p>DAN THE PRODUCE MAN 10 AM—12 PM</p> <p>AUXILIARY QUARTERLY MEETING ELECTIONS MEMBERS ONLY 3:00 PM</p>	<p>29</p> <p>GOOD FRIDAY</p>	<p>30</p> <p>DIAL A RIDE MARSH LANDING 11:00 AM By Appt. 246-1477</p>
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