



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

Candice Trask
Administrative Assistant

Andrea Sausa
Front Desk

Jason Hopton
Kitchen Manager

Coats Wood
Sous Chef

Amber White
Cashier/Admin

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Blake Echhoff
Maintenance Tech

Ryan Patterson
Maintenance Tech

Paul Pollard
Maintenance Tech

Donna Muenzer
Housekeeper

Louis Charrier
Custodian

EHMCCorp

Debra Waters
Executive Director

APRIL 2024

AM I LOSING MY MARBLES?

Friday, April 12th at 2:30 P.M.

Do you have moments when you feel as if you are losing your marbles? Do you get frustrated when you forget something, lose things, or can't "find" a word? Have you experienced a panic attack for the first time? Have you had the thought, "I've never been a nervous person, so why am I anxious now?" or "I used to be a confident person, but where has my self-confidence gone?" Why is this happening?

Everyone experiences "senior moments" and must face changes as they grow older. There are many transitions we experience as we age. We also have worries and uncertainty about how our bodies and minds will age. Changes in our bodies and minds often lead to frustration, anxiety, and depression.

Come learn some tips and tricks to cope with these changes. When we have a better understanding of the challenges we may experience, we are better able to address them. Aging is inevitable. This educational program will help teach us how to respond when we feel as if we're "losing our marbles".

Susan Kurner will be presenting. She is a licensed clinical social worker, who specializes in geriatric and senior issues. Susan is the CEO of North Florida Assessment and Counseling, Inc. This agency provides on-site counseling in a person's home.



Refreshments will be served.

Songs and Dancing by 2nd Grade Students from the Episcopal School of Jacksonville-Beaches

Thursday, April 11th at 2:00 P.M.

Each year students at the Beaches campus of the Episcopal Schools of Jacksonville participate in "Celebrating Service Day". This year students from a second grade class will be coming to Pablo Towers to do a small program of singing and dancing for you. A teacher said that the students and teachers want to shower love on our Pablo Towers and Suites seniors. Please plan to attend this program as we welcome and enjoy these young children who are coming to serve you with songs and dance!!!



PABLO TOWERS AUXILIARY

Dance Night

Mondays, April 1st, 8th, 15th, 22nd & 29th
at 6:00 P.M.

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

BINGO

Thursdays, April 4th, 11th, 18th & 25th
Doors Open 5 P.M., Starts 6 P.M.

Movie Night

Tuesday, April 9th
6:00 to 8:00 P.M.

Popcorn and water will be provided.
Movie to be announced.

Resident Birthday Party

Monday, April 15th at 6:00 P.M.

All residents are invited to celebrate our April birthdays. This month's birthday party is sponsored by Community Presbyterian Church.

Dance Party

Saturday, April 20th at 6:00 P.M.

Dancing and music! More details to come.

Trivia Night

Tuesday, April 23rd
6:00 to 7:00 P.M.

Come test your knowledge and learn something new!

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

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

HAPPY BIRTHDAY!

Maya Teper.....	April 1
Mary Rexford.....	April 1
Sue Casper.....	April 7
Nickolay Kovalenko.....	April 7
Jo Anne Morand.....	April 7
Nancy Walzer.....	April 8
Jim Haislip.....	April 11
Marie Singleton.....	April 14
Carmen Lopez-Ayala....	April 15
Beverly Fountain.....	April 18
Hsiu Kao.....	April 22
Suzanne Ferrell.....	April 23
Sister Joan Gabbin.....	April 30
Fran Hackett.....	April 30

PABLO TOWERS RESIDENT COUNCIL

Resident Council Meeting Monday, April 1st at 2:30 PM

The Resident Council provides an open forum that meets quarterly for residents to ask questions and express concerns related to living at Pablo Towers and Suites. There will not be any refreshments.



**The Auxiliary &
the Resident
Council are run
entirely by
resident
volunteers.
Thank you for all
that you do!**

Thank you to our Resident Council Officers and Floor Representatives 2023-2025.

President: Nancy Walzer VP/Secretary: Marcy Busch

Floor Representatives:

1st Floor: Karen Bolster	10th Floor: Sharon O'Regan
2nd Floor: Joan Ohler	11th Floor: Roberta Woodlief
3rd Floor: Janice Firman	12th Floor: Nancy Barcliff
4th Floor: Candy Breakfield	13th Floor: Milena Melone
5th Floor: Marti Miller	14th Floor: George Pringle
6th Floor: Sister Joan Gabbin	15th Floor: Festa Hamilton
7th Floor: Vicki Cartee	Pauline Collings
8th Floor: Jerri Costello	16th Floor: Nancy Tarr
9th Floor: Betty Smith	Pablo Suites: Susan Cathcart

MONTHLY PROGRAMS FOR PABLO TOWERS RESIDENTS

EXERCISE PROGRAMS



STRETCH CLASS

**Mondays, April 8th & 22nd
at 10:30 PM**

CHAIR VOLLEYBALL

**Mondays, April 8th & 22nd
at 2:30 PM**

Wii BOWLING

**Mondays, April 15th & 29th
at 2:30 PM**

EXERCISE TO MUSIC

Tuesdays at 3:00 PM

Come move
to some fun music!



TAI CHI WITH PAT
Wednesdays at 2:30 PM



ZUMBA
**Thursday, April 4th
at 2:00 PM**

SATURDAY SHOPPING TO WALMART

April 6th & 20th



Dial-A-Ride picks up residents at **11:30 A.M.**. To reserve a seat, call Dial-A-Ride at **904-246-1477**. Dial-A-Ride asks that you pay a \$5.00 donation to their nonprofit agency to cover some of the costs.

If you do not have \$5.00, please tell the person when you call to reserve your seat. Dial A Ride will not refuse to transport you.

FIRE SAFETY AT PABLO TOWERS



We were fortunate to have had the Jacksonville Beach fire marshal, Steve Sciotto, speak to us recently about fire safety and prevention. Staff encourages you to review the *Fire Safety Procedures* that are hanging on the back of your front door. Please be aware that the fire marshal may hold a fire drill at any time. Please be prepared to keep yourself safe in a fire emergency.



CHATTING WITH RITA



**Wednesday, April 10th
from 2:00-3:00 PM
in the Lobby**

Rita Stanford, with Secure Choices Insurance Services, will be available to answer any questions you may have about your current health insurance plan. If you find that you have questions about your 2024 benefits, have an insurance plan that is not meeting your healthcare needs, or want to meet a reputable agent who helps her clients when they need assistance, Rita will be at a table in the Lobby.

TREATS WITH MARITZA **Thursday, April 18th at 2:30 P.M.**

Maritza James knows many of you well from her time at MSA Home Health. She has moved to a new position at Hospice of Florida and wants the opportunity to see you and share about her new role. Stop by to wish her well and enjoy one of her famous "treats".

~ APRIL 2024 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 <u>RESIDENT COUNCIL QUARTERLY MEETING</u> 2:30 PM <u>AUXILIARY DANCE CLUB</u> 6:00 PM	2 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM	3 <u>BIBLE STUDY</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM	4 <u>PEST CONTROL</u> Apts. Ending in 09 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 10 AM—12 PM <u>ZUMBA</u> 2:00 PM <u>BINGO</u> 5:00 PM	5	6 <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 246-1477
7	8 <u>STRETCH CLASS</u> 10:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>AUXILIARY DANCE CLUB</u> 6:00 PM	9 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY MOVIE NIGHT</u> 6:00 PM	10 <u>BIBLE STUDY</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>CHATTING WITH RITA</u> 2:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM	11 <u>PEST CONTROL</u> Apts. Ending in 10 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 10 AM—12 PM <u>SCHOOL CHILDREN SING</u> 2:00 PM <u>BINGO</u> 5:00 PM	12 <u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only 877-345-5300 <u>ARE YOU LOSING YOUR MARBLES</u> 2:30 PM	13
14	15 <u>Wii BOWLING</u> 2:30 PM <u>IN-HOUSE SHOPPING</u> 3:30-5:30 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	16 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM	17 <u>BIBLE STUDY</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM	18 <u>PEST CONTROL</u> Apts. Ending in 11 <u>DEVOTIONS</u> 10:00 AM <u>TREATS WITH MARITZA</u> 2:30 PM <u>BINGO</u> 5:00 PM	19 <u>DR. DIANDRA GORDON</u> Podiatrist By Appointment 534-7061 <u>TRAVELING JEWELER</u> 10 AM to 2 PM <u>PAINO IN THE CAFE</u> 11:30-12:30 <u>ALONE TOGETHER</u> 1:30 PM	20 <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 246-1477 <u>AUXILIARY DANCE PARTY</u> 6:00 PM
	22 EARTH DAY <u>STRETCH CLASS</u> 10:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>AUXILIARY DANCE CLUB</u> 6:00 PM	23 PASSOVER BEGINS <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY TRIVIA NIGHT</u> 6:00 PM	24 <u>BIBLE STUDY</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM <u>BURNS AUDIOLOGY CLINIC</u> 2:00-4:00 PM	25 <u>PEST CONTROL</u> Apts. Ending in 12 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 10 AM—12 PM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	26	27
28	29 <u>Wii BOWLING</u> 2:30 PM <u>AUXILIARY DANCE CLUB</u> 6 to 8 PM	30 PASSOVER ENDS <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM	