



115 South Third Street
Jacksonville Beach, FL 32250

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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

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Blake Echoff
Maintenance Tech

Ryan Patterson
Maintenance Tech

Paul Pollard
Maintenance Tech

Donna Muenzer
Housekeeper

Louis Charrier
Custodian

EHMCCorp

Debra Waters
Executive Director

MAY 2024



HURRICANE PREPAREDNESS **Friday, May 17th at 3:00 P.M.**

We encourage each of you to attend this extremely important meeting! Did you know that hurricane forecasters are predicting that this upcoming hurricane season could be one of the most active on record? We want to make every resident aware that in the event of an approaching Category 1 hurricane, a mandatory evacuation of the beaches will be issued by the City of Jacksonville government leaders. That means that the residents of Pablo Towers will need to evacuate, because Pablo Towers is in Zone A. Have you asked yourself, where will I go if I must evacuate, because of an approaching hurricane?

In our effort to give you the most up to date and accurate information, our local Fire Marshal, Steve Sciotto, will tell us what has been discussed during the 2024 Disaster planning meetings held with leaders of the City of Jacksonville and of Jacksonville Beach, Neptune Beach, and Atlantic Beach. We will explain what each of you needs to do before leaving Pablo Towers and what to do before returning after a hurricane evacuation. Additionally, we will discuss how to prepare if you plan to go to a hotel or one of the shelters. NOW is the time to make your preparations for this year's hurricane season.

Each year, we hang a blank **Disaster Preparedness Plan (Resident Evacuation Plan)** on your door for you to complete and return. The forms will be hung on your doors in the next week. **Please complete the form** which is needed for the staff to know what your plans are if we need to evacuate. Once you have completed your form, please turn your form in at the front desk between 8:00 a.m. and 4:00 p.m..

HURRICANE SEASON IS HERE.
LET'S MAKE SURE
EVERYONE
IS PREPARED.

Hurricane Season
lasts from
June 1st to
November 30th
with the peak season from
mid-August to
late October.

PABLO TOWERS AUXILIARY

Dance Night
Mondays, May 6th & 13th
at 6:00 P.M.

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



Movie Night

Tuesdays, May 7th, 14th, 21st & 28th
5:30 to 7:30 P.M.

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



BINGO

Thursdays, May 2nd, 9th, 16th, 23rd & 30th
Doors Open 5 P.M., Starts 6 P.M.

Resident Birthday Party

Monday, May 20th at 6:00 P.M.

All residents are invited to celebrate our
May birthdays. This month's birthday party
is sponsored by Christ Episcopal Church.



Memorial Day Cookout

Monday, May 27th at 12:00 P.M.

Hot dogs and hamburgers!
See the poster for more details.

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

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




Dawn Heiderer.....	May 1
Augie Covelli.....	May 4
Sergio Cunha Salles.....	May 4
Shirley Church.....	May 7
Arlene Miller.....	May 7
Ed Farris.....	May 9
Myrna Graham.....	May 9
Marion Ashton.....	May 10
Carlos Rengifo.....	May 16
Carol Callier.....	May 17
Karen Lahey.....	May 18
Larisa Pridhodko.....	May 19
Judy Wheelless.....	May 21
Martha Bayne.....	May 23
Dennie Costello.....	May 25
Jennifer Enmeier.....	May 27
Dan Zupa.....	May 31

WELCOME



**Carolyn Aidman
Nancy Boylan**



Happy Anniversary

May 5th

**Vladimir & Larisa
Prikhodko**

ATTENTION BICYCLE OWNERS—Pablo Towers Bike Rack

If you want to lock up your bicycle on the Pablo Towers Bike Rack, please obtain a zip tie from the Front Desk during business hours so that staff members can identify your bicycle as one owned by a Pablo Towers' resident.

Only bicycles that can be ridden are allowed on the Bike Rack. Please make sure your bicycle is operational at all times.



WALKING GROUP

**Friday, May 31st
At 8:30 A.M.**

Join Jasmine,
MSA Staff & fellow
residents as we walk
and enjoy the beautiful
spring weather.

MONTHLY PROGRAMS FOR PABLO TOWERS RESIDENTS

WHAT MEDICAID PROGRAMS MAY BE AVAILABLE WHEN I NEED HELP?

Friday, May 3rd at 2:30 P.M.



We hope you will plan to attend this important educational program. Betty Bator, who is a Medicaid specialist, will provide us with information about several Medicaid programs that the state of Florida offers to help residents in need. Each one of us should be honest with ourselves and acknowledge that the time may come when we cannot live independently. We will need more assistance each day. Of course, we all want to stay in our present homes until we pass away in our sleep. Unfortunately, that is not reality for most people. Life may become a daily struggle. Today is a good day for each of us to think seriously and to ask ourselves what we plan to do.

We hope that you will mark your calendars and put this in your phone calendar, so you will be sure to attend this program to learn what is available through Medicaid to assist people who are in need of more care.



*This program is provided by
MSA Home Healthcare and Bzzzy Bees.
Refreshments will be hot dogs, cookies and more!
There will be a raffle drawing for prizes.*



ALONE . . . TOGETHER **Friday, May 24th at 1:30 P.M.**

You are not alone!!! Please plan to join this supportive discussion group led by Patrick Connolly, a chaplain and counselor with Vitas Healthcare. At this meeting, you can learn how to address the changes in your life, frustrations, negative feelings and emotions. You will benefit from attending this group!

This is a support group where anything that is discussed will be kept confidential.



SATURDAY SHOPPING TO WALMART

Saturdays, May 4th & 18th

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.



EMILIO SOLLA & TRIBUTANGO CONCERT

SUNDAY, MAY 12th

at 4:00 PM

**St. Paul's by the Sea
Episcopal Church**

465 11th Ave. N in Jax Beach



Enjoy a free concert featuring Tango music and presented by the Beaches Fine Arts Series, who offer world-class music performances free of charge. Please sign up in the lobby if you plan to attend.

DON'T HAVE ANY WAY TO GET TO THIS CONCERT?

Dial-A-Ride will be providing transportation for Pablo Towers residents who call and make a reservation.

Please call Dial-A-Ride at **904-246-1477** by Thursday, May 9th to schedule your ride.

~ MAY 2024 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	2 <u>PEST CONTROL</u> Apts. Ending in 13 <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	3 <u>WHAT MEDICAID PROGRAMS MAY BE AVAILABLE WHEN I NEED HELP?</u> 2:30 PM	4 <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 904-246-1477
5	6 <u>STRETCH CLASS</u> 10:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>AUXILIARY DANCE CLUB</u> 6:00 PM	7 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY MOVIE NIGHT</u> 5:30 PM	8 <u>BIBLE STUDY</u> 10:00 AM <u>CHATTING WITH RITA</u> 2:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM	9 <u>PEST CONTROL</u> Apts. in the Suites <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 10 AM—12 PM <u>ZUMBA</u> 2:30 PM <u>BINGO</u> 5:00 PM	10	11
12 MOTHER'S DAY <u>BFAS CONCERT</u> 4:00 PM RIDES PROVIDED BY DIAL-A-RIDE 	13 <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>IN-HOUSE SHOPPING</u> 3:30-5:30 PM <u>AUXILIARY DANCE CLUB</u> 6:00 PM	14 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY MOVIE NIGHT</u> 5:30 PM	15 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	16 <u>PEST CONTROL</u> Apts. Ending in 01 <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	17 <u>DR. DIANDRA GORDON</u> Podiatrist By Appointment 904-534-7061 <u>TRAVELING JEWELER</u> 10 AM to 2 PM <u>PIANO IN THE CAFE</u> 11:30-12:30 <u>HURRICANE PREPAREDNESS</u> 3:00 PM	18 ARMED FORCES DAY <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 904-246-1477
19	20 <u>STRETCH CLASS</u> 10:30 AM <u>Wii BOWLING</u> 2:30 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	21 <u>GRANDPARENTS GETTING WIRED</u> Apple products only By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY MOVIE NIGHT</u> 5:30 PM	22 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM <u>BURNS AUDIOLOGY CLINIC</u> 2:00-4:00 PM	23 <u>PEST CONTROL</u> Apts. Ending in 02 <u>DEVOTIONS</u> 10:00 AM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	24 <u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only 877-345-5300 <u>ALONE TOGETHER</u> 1:30 PM	25
26	27 MEMORIAL DAY <u>AUXILIARY MEMORIAL DAY COOKOUT</u> 12:00 PM	28 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY MOVIE NIGHT</u> 5:30 PM	29 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	30 <u>PEST CONTROL</u> Apts. Ending in 03 <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	31 <u>WALKING GROUP</u> 8:30 AM 