



JUNE 2024

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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 Echhoff
Maintenance Tech

Ryan Patterson
Maintenance Tech

Paul Pollard
Maintenance Tech

Donna Muenzer
Housekeeper

Louis Charrier
Custodian

EHMC Corp

Debra Waters
Executive Director
EHMC Corp

My Name is Gossip

My name is gossip.
I have no respect for justice.
I maim without killing.
I break hearts and ruin lives.
I am cunning, malicious and gather strength with age.
The more I am quoted, the more I am believed.
I flourish at every level of society.
My victims are helpless.
They cannot protect themselves against me because I have no name and no face.
To track me down is impossible.
The harder you try, the more elusive I become.
I am nobody's friend.
Once I tarnish a reputation, it is never the same.
I topple governments and wreck marriages.
I ruin careers and cause sleepless nights, heartaches and indigestion.
I spawn suspicion and generate grief.
I make innocent people cry in their pillows.
Even my name hisses.
I am called Gossip.
Office gossip—shop gossip—party gossip—telephone gossip.
I make headlines and headaches.
Remembers, before you repeat a story, ask yourself:
Is it true? Is it fair? Is it necessary?
If not, do not repeat it. Keep quiet!
Great minds discuss ideas, average minds discuss events, shallow minds discuss people.

Posted years ago by Ann Landers.



It doesn't matter
how old you are or
where you come from...
Manners, kindness,
respect and compassion
will always be the signs
of a decent human
being.

ARE YOU PREPARED?

HURRICANE SEASON
JUNE 1 - NOV 30

PABLO TOWERS AUXILIARY

Dance Night

Mondays, June 3rd & 10th at 6:00 P.M.
Dancing, music, refreshments and fun!
Please bring a snack to share.



B I N G O

BINGO

Thursdays, June 6th, 13th & 20th
Doors Open at 5:00 P.M., Starts at 6:00 P.M.

Movie Night

Tuesdays, June 4th & 11th at 5:30 P.M.
Popcorn and water will be provided.
Movies to be announced.



Ice Cream Social

Friday, June 7th at 3:00 P.M.

Cool off with some ice cream sundaes,
banana splits and root beer floats.
\$5 to enjoy ice cream with others! Please
sign up and plan to pay at the door.



Resident Birthday Party

Monday, June 17th at 6:00 P.M.

Everyone is invited to come celebrate. This
month's party is sponsored by the Exchange
Club of Jacksonville Beach.



Auxiliary Quarterly Meeting

Thursday, June 27th at 3:00 P.M.

Come meet your new Auxiliary Board! Please sign up
in advance. Food will be served.

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

Contact Joyce at 843-579-8840 with any questions.

HAPPY BIRTHDAY

Rachel Pierce-Abrams.	June 2
Lynne Dukes.	June 3
Charlsie Rigdon.	June 3
Joyce Barufaldi	June 4
Ann Barni.	June 6
Dorothy Font	June 12
Apple Porter.	June 17
Isabel Bartilucci.	June 18
Joan Howell	June 18
Robert McClure.	June 18
Ted Elders.	June 19
Sylvia Stone	June 25
Fannie Bivens.	June 26
Irene Mellado.	June 28



**Myrna
Graham**

*Kindness
and respect*

SATURDAY SHOPPING

To Walmart: June 1st & 15th

To Target & Marsh Landing: June 29th

Dial-A-Ride will be picking
up residents at 11:30 A.M.
You must call them at
904-246-1477 to schedule a
ride. As always, the requested
donation is \$5 roundtrip.



**THANK YOU
FOR TURNING IN YOUR
DISASTER PREPAREDNESS
EMERGENCY EVACUATION
PLAN forms. This information
helps everyone plan for the
hurricane season. It was great to
have so many of you attend
the hurricane program.**



Start Here. Go Anywhere.

ENJOYING YOUR JACKSONVILLE PUBLIC LIBRARY EVENTS, CLASSES AND OPPORTUNITIES

WEDNESDAY, JUNE 12th at 2:30 P.M.

We encourage you to plan to attend this very informational program about the services that are available through the Jacksonville library system in 2024. Tonja Ferrell, a library supervisor who heads the interlibrary and accessibility services, will tell us about the many opportunities and services that are available today. Did you know that you can get technology assistance virtually, join a book club or attend our Beaches branch library to take a yoga class? Have you heard of Hoopla, Kanopy or Flipster? These are all digital programs you can access through the library. You have the ability to listen to audiobooks, stream films, and look at magazines in your home. Now the Jacksonville Public Library is offering a new program called "Books by Mail". Tonja will explain the "Books by Mail" service and will assist anyone that is interested in signing up for "Books by Mail". Once you order a book, you can begin to receive your materials within a few days. While Tonja is here, she will assist any of you in signing up for your own library card if you do not already have a library card. Tonja will provide information about the Talking Books service for those with vision loss, answer any questions and provide applications for anyone who would like to sign up to receive Talking Books by mail. We hope you will attend!!!

HEARING HEALTH 101

FRIDAY, JUNE 14th at 2:30 P.M.

Do you have concerns about your hearing? When someone speaks to you, do you find that you have to ask them to repeat what they said? Have you had to turn up the volume on your television or your telephone? We encourage each of you to attend this educational program presented by audiologist, Dr. Jane Burns. Dr. Burns will enlighten us about our amazing auditory system and hearing loss. Hearing loss has been linked with a variety of medical, social and cognitive concerns. A research study by Johns Hopkins University suggests that hearing loss may be a risk factor for dementia, and using a hearing aid during the early stages may even prevent some forms of dementia. Dr. Burns is passionate about helping people with hearing loss and faithfully, without charging for the visit, comes to Pablo Towers on the fourth Wednesday of each month from 2:00 to 4:00 P.M. Dr. Burns meets with any resident who has questions, concerns or needs the doctor to make adjustments on their hearing aids. Dr. Burns will talk about the difference hearing aids can make in a person's life and will tell you about the Lend An Ear Outreach Inc. nonprofit program which provides new hearing aids to seniors, no matter their income level.



Additionally, Dr. Burns will introduce us to Michael Mcquilkin, who is the North Florida account manager with CaptionCall. Michael will explain the benefits of using a captioned phone to be able to communicate clearly while talking on the phone. CaptionCall empowers hard-of-hearing individuals to make and receive phone calls with instant live captions. Michael will demonstrate how the phone works and how someone can apply for this free telephone.

Dr. Burns and Michael will provide refreshments for those who attend the program.



AVANTE OF JACKSONVILLE BEACH

Thursday, June 20th at 2:00 PM in the Lobby

A representative from Avante of Jacksonville Beach will be in the lobby on Thursday, June 20th at 2:00 p.m.. Come learn about the services that Avante provides. Since Avante is located right in Jacksonville Beach, it is a very convenient place to go once you are released from the hospital and need to go to a rehab facility. Please come by and say hello to the Avante marketing representative, Harrykah Chandler.



~ JUNE 2024 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
							1 <u>DIAL A RIDE</u> <u>WALMART</u> <u>SHOPPING</u> 11:30 AM By Appt. 904-246-1477
2	3 <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>AUXILIARY DANCE NIGHT</u> 6:00 PM	4 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY MOVIE NIGHT</u> 5:30 PM	5 <u>BIBLE STUDY</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM	6 D DAY <u>PEST CONTROL</u> Apts. Ending in 04 <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	7 <u>AUXILIARY ICE CREAM SOCIAL</u> 3:00 PM	8	
9	10 <u>STRETCH CLASS</u> 10:30 AM <u>Wii BOWLING</u> 2:30 PM <u>AUXILIARY DANCE NIGHT</u> 6:00 PM	11 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY MOVIE NIGHT</u> 5:30 PM	12 <u>BIBLE STUDY</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>ENJOYING YOUR JACKSONVILLE PUBLIC LIBRARY</u> 2:30 PM	13 <u>PEST CONTROL</u> Apts. Ending in 05 <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	14 FLAG DAY <u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only 877-345-5300 <u>HEARING HEALTH 101</u> 2:30 PM	15 <u>DIAL A RIDE</u> <u>WALMART</u> <u>SHOPPING</u> 11:30 AM By Appt. 904-246-1477	
16 FATHER'S DAY	17 <u>WALKING GROUP</u> 8:30 AM <u>IN-HOUSE SHOPPING</u> 3:30-5:30 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	18 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM	19 JUNETEENTH <u>BIBLE STUDY</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM	20 <u>PEST CONTROL</u> Apts. Ending in 06 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 10 AM—12 PM <u>AVANTE OF JAX BEACH</u> In the Lobby 2:00 PM <u>ZUMBA</u> 2:30 PM <u>BINGO</u> 5:00 PM	21 FIRST DAY OF SUMMER <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 AM <u>ALONE TOGETHER</u> 1:30 PM	22  It's SUMMER!	
23	24 <u>STRETCH CLASS</u> 10:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM	25 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM	26 <u>BIBLE STUDY</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>BURNS AUDIOLOGY CLINIC</u> 2:00-4:00 PM	27 <u>PEST CONTROL</u> Apts. Ending in 07 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 10 AM—12 PM <u>AUXILIARY QUARTERLY MEETING</u> 3:00 PM	28	29 <u>DIAL A RIDE</u> <u>TARGET/ MARSH LANDING</u> <u>SHOPPING</u> 11:30 AM By Appt. 904-246-1477	
30							