



AUGUST 2024

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Managed by Elderly Housing
Management Corporation

Staff Members

Mieshea Auguster
Site Manager

Donna Houston-Long
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

Jim Parsons
Maintenance Supervisor

Paul Pollard
Maintenance Tech

Blake Echoff
Maintenance Tech

Bryce Chastain
Maintenance Tech

Donna Muenzer
Housekeeper

Louis Charrier
Custodian

EHMC Corp

Debra Waters
Executive Director
EHMC Corp

MEET OUR NEW SITE MANAGER - Mieshea Auguster

Our new Site Manager, Mieshea Auguster, has made her way to our community. She is anxious to be of service to all. Mieshea comes to Pablo Towers & Suites with hands on experience in both the conventional and affordable housing sectors. She has an extra appreciation for and experience working specifically with HUD properties and senior living. Mieshea has more than fifteen years of management experience combined with a sprinkle of hospitality. Mieshea has called Jacksonville home for nearly 20 years. She is a football fanatic and a true Jacksonville Jaguars fan! Can you say....DUUUUVAL! Please welcome Mieshea with the same fervor you have extended to each new member of our community. She is excited to meet each and every one of you. Welcome Mieshea!



HAPPY 100th BIRTHDAY CHET!

Resident Chet Galbraith is turning 100 years old on August 21st!!! Chet has been a resident of Pablo Towers & Suites since September 2015.

Chet was born in Somerville, NJ on August 21, 1924. He was five years old when the 1929 depression began. Chet found out at five years old that life was no picnic, because he had to peel potatoes and onions at his father's diner. Because of the hard times, Chet missed so much school that he could not start high school until he was fifteen years old.

When World War II began in 1941, Chet dropped out of school and enlisted in the Navy at the age of 18. After two months of training, Chet was shipped out under destroyer escort across the Atlantic to Iceland and to England. Chet was part of the invasion of Normandy. When the Germans shelled his carrier, he fell overboard and thankfully was rescued. The ships Chet served on carried supplies and equipment to many places which included three trips across the English Channel, the Mediterranean Sea, North Africa, Italy, Southern France and Okinawa. Chet witnessed many invasions, as well as the execution of women who were collaborating with the Germans. His final assignment was on an oil tanker where he witnessed General McArthur boarding the Battleship Missouri for the surrender ceremony. After the ceremony, his tanker was ordered to Saudi Arabia to pick up oil to fuel Japanese homes during the winter. His three trips back and forth covered 12,000 miles of sea. At the end of Chet's enlistment, he traveled to San Diego where he completed high school at San Diego Evening High. Chet went on to college to study art at the Richmond Professional Institute. *Continued on Page 3*



PABLO TOWERS AUXILIARY

Dance Nights

Mondays, August 5th, 12th & 26th at 6:00 P.M.



BINGO

Thursdays, August 1st, 8th, 15th, 22nd & 29th
Doors Open at 5:00 P.M., Starts at 6:00 P.M.



Resident Birthday Party

Monday, August 19th at 6:00 P.M.

All residents are invited to come celebrate!
This month's party is sponsored by
Neptune Baptist Church.

Auxiliary Membership Drive

Membership is only \$10

The Auxiliary is continuing our Membership Drive to welcome ALL Residents of Pablo Towers and Suites with OPEN ARMS. The price of annual membership is \$10.00. If you have questions or would like to join, please contact Bev Justin, Membership Chair, or Pat Fowler, Auxiliary President.

Auxiliary Officers & Committee Chairs 2024-2026

President: Pat Fowler

Vice-President and Membership Chair: Bev Justin

Secretary: Irene Sherry

Treasurer: Darlene West

Sunshine Committee Chair: Lucy Cruz

Welcome Committee Chair: Vicki Cartee

Save the Date: Labor Day Cookout

Monday, September 2nd at 12:00 pm

The Labor Day Cookout will be held on Monday, September 2nd at 12:00. All residents of Pablo Towers & Suites are welcome to attend the cookout. The Labor Day Cookout tickets will go on sale on Monday, August 19th in the lobby.

Tickets for members are \$8.00 and tickets for non-members are \$10.00.



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



Brenda Reed.....	August 1
Ana Grullon.....	August 3
Ardie Cook.....	August 5
Eileen Smith.....	August 7
Paul George.....	August 8
Michael Leatherwood....	August 8
Janet Harris.....	August 9
Karen Teitelbaum.....	August 11
Sue Heckert.....	August 12
Barbara Miller.....	August 14
Janice Firman.....	August 17
Jo Ann Smith.....	August 17
Beverly Smalley.....	August 19
Karen Bolster.....	August 20
Chet Galbraith.....	August 21
Diane Ricketts.....	August 23
Ginny Pfaff.....	August 24
Betty Smith.....	August 26
Irena Krawczyk.....	August 27
Patricia Obarski Rudnicki.	August 31

welcome

Maria Hoyo Sena



August 12th

Charles & Collette Sellers

August 23rd

Emmett & Rebecca Rekitt



Carmen Lopez-Ayala

OTHER HAPPENINGS AROUND THE TOWERS

Continued from Page 1

After college, Chet took the opportunity to travel the country and visited every state except for Oregon. When he was in Indiana, Chet met his first wife as they fell in love, married, and had twins. Chet started a sign shop where he hand painted letters on each sign he created. Later, Chet decided to sell his business and began working for the U.S. Postal Service. Chet retired from the Postal Service after 30 years. He moved to Bradenton, Florida and met his second wife, Dottie, at an American Legion. They loved traveling and dancing together and Chet enjoyed golfing and bowling.

Chet is a man who loves being festive and celebrating holidays. He has always loved to sing, dance, tell stories & make others laugh. Chet, it is an honor to know you and help you celebrate your 100th birthday! We hope many of his fellow residents will join us on Wednesday, August 21st to celebrate Chet.

Adapted from an article written by Joan Brown in July 2016



IS IT HARD TO MAKE YOURSELF DRINK ENOUGH WATER? **SOLUTIONS TO THE PROBLEM**

Friday, August 2nd at 2:30 P.M.

Are you aware that as we age, because of multiple health conditions, our bodies become more susceptible to dehydration? Dehydration can be dangerous and have very serious consequences. Doctors, nurses and other healthcare providers tells us that it is very important that we increase our water intake daily. The problem is that many people find the taste of water has changed and they do NOT like to drink water anymore. Are you one of those people who just cannot seem to make yourself drink water?

At this program presented by Brooks Home Health, you will learn practical tips to help you to be able to drink enough water each day to prevent dehydration. You will also learn ways to recognize if you are dehydrated and simple strategies to incorporate more fluids into your day. Discover the benefits of proper hydration, from preventing urinary tract infections to enhancing cognitive function and overall well-being.

Come learn how to take proactive steps toward a healthier, more hydrated life!

Remember, staying hydrated is one of the easiest and most effective ways to support your health – let's raise a glass of water to that!

Refreshments and a VARITEY OF WATERS will be served.



2024 PRIMARY ELECTION & VOTE-by-MAIL - Important Dates

Thursday August 8th: If you have not completed a NEW Vote-by-Mail request for 2024 and want to vote in the 2024 Primary Election, you must request a Vote-by-Mail ballot by August 8th.

Monday, August 5th to Sunday, August 18th: This is the Early Voting period when you can go to the polls to vote in the Primary Election.

Tuesday, August 20th: This is the deadline for the Main Office to receive your Vote-by-Mail ballot to be counted in the Primary Election.




Tuesday, August 20th: This is **Election Day** from 7:00 a.m. to 7:00 p.m. when you can go to the polls to vote in the Primary Election.

For more information and **to check your Voter Status and Vote-by-Mail status** go to:

duvalelections.com or
call the Duval County Supervisor of Elections Office at 904-255-8683.



~ AUGUST 2024 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <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>BINGO</u> 5:00 PM	2  <u>IS IT HARD TO MAKE YOURSELF DRINK ENOUGH WATER?</u> 2:30 PM	3 <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 904-246-1477
4	5 <u>STRETCH CLASS</u> 10:00 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>AUXILIARY DANCE CLUB</u> 6:00 PM	6 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>EXERCISE TO MUSIC</u> 3:00 PM	7 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	8 <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>ZUMBA</u> 2:30 PM <u>BINGO</u> 5:00 PM	9 <u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only 877-345-5300	10
11	12 <u>Wii BOWLING</u> 2:30 PM <u>AUXILIARY DANCE CLUB</u> 6:00 PM	13 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>EXERCISE TO MUSIC</u> 3:00 PM	14 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	15 <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>CHATTING WITH SECURE CHOICES</u> 2 PM to 4 PM <u>ZUMBA</u> 2:30 PM <u>BINGO</u> 5:00 PM	16 <u>DR. DIANDRA GORDON</u> Podiatrist By Appointment 904-534-7061 <u>TRAVELING JEWELER</u> 10 AM to 2 PM	17 <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 904-246-1477
18	19 <u>STRETCH CLASS</u> 10:00 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	20 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>EXERCISE TO MUSIC</u> 3:00 PM	21 <u>BIBLE STUDY</u> 10:00 AM  <u>CHET's 100th BIRTHDAY PARTY</u> <u>TAI CHI WITH PAT</u> 2:30 PM	22 <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>BINGO</u> 5:00 PM	23 <u>ALONE... TOGETHER</u> 1:30 PM	24
25	26 <u>Wii BOWLING</u> 2:30 PM <u>AUXILIARY DANCE CLUB</u> 6:00 PM	27 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM <u>EXERCISE TO MUSIC</u> 3:00 PM	28 <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	29 <u>PEST CONTROL</u> Apts. Ending in 02 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 10 AM—12 PM <u>BINGO</u> 5:00 PM	30	31 <u>DIAL A RIDE TARGET/MARSH LANDING SHOPPING</u> 11:30 AM By Appt. 904-246-1477