



OCTOBER 2024

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Managed by Elderly Housing
Management Corporation

Staff Members

Miesha Auguster
Property 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

Bryce Chastain
Maintenance Tech

Blake Echoff
Maintenance Tech

Michael Slabicki
Maintenance Tech

Donna Muenzer
Housekeeper

Louis Charrier
Custodian

Elderly Housing
Management
Corporation

Debra Waters
Executive Director
EHMCorp

2025 MEDICARE & MEDICAID WORKSHOP

Friday, October 4th at 2:30 PM

Medicare's annual enrollment is almost here! Come to this program where **Karen Ansell and Kellie Foxworth from Secure Choices** will explain the changes in Medicare and Medicaid for 2025. There are some big changes coming and they want you to be informed. Most importantly, they will talk about how to choose the best insurance plan for you in 2025.

They will also give you some tips about how to spot insurance scams. Please be aware that there will be an increase in **phone calls, email, texts and flyers in the mail** attempting to convince you to change your insurance plan. These are often scams and the sender may not have your best interests in mind.

Medicare's Annual Enrollment Period begins on October 15th and ends on December 7th. After learning about the changes for 2025, it may be time for you to consider a change, or it may be better to stay with your current plan. This program will give you accurate information about this important decision. *Snacks and drinks provided.*



October is National Bullying Awareness Month Kindness Matters—Don't be a Bully

Bullying is unwanted, aggressive behavior that involves a real or perceived threat. Bullying behavior can be verbal, social or physical. Bullying behavior is repeated, or has the potential to be repeated, over time. Bullying is unacceptable and should not be tolerated. In order to respond to an adult bully, **you must first remember that it is the bully who has the problem, not you.** Calmly and self-assuredly stand up for yourself. Sometimes the only thing to do in a bullying situation is to walk away. Bullies don't have any real power once they realize that you won't engage.

By being accepting, kind and inclusive, you can help make the world a better place. Together we can make Pablo Towers a community without bullying!

Info from the National Institute of Health



From the Manager's Desk: Just a brief reminder to everyone on



how to reduce the humidity in the units. Please remember to keep windows and balcony doors closed when the AC is in use.

PABLO TOWERS AUXILIARY



AUXILIARY FALL BAZAAR

**Saturday, October 12th
9:00 A.M. to 2:00 P.M.**



Come shop the tables! The Auxiliary will be selling donated items, hot dogs, drinks & baked goods.

Table Sales for the Bazaar

Tables for residents and members \$15 per table,
non-member \$20 per table.

Contact Bev at 904-891-4731 to purchase a table.

Bring Item Donations, Baked Goods and Come Set Up Your Table

Friday, October 11th from 4:30 to 6:00 P.M.

Please sign up if you'd like to donate baked goods.

Auxiliary Dance Nights

**Sundays, October 6th, 13th, 20th and 27th
6:00 P.M. to 8:00 P.M.**

Dancing featuring Music Man Rey
and Hostess Joyce Woods.

BINGO

**Thursdays, October 3rd, 10th, 17th, 24th and 31st
Doors Open 5:00 P.M., Starts 6:00 P.M.**

Resident Birthday Party

Monday, October 21st at 6:00 P.M.

This month's birthday celebration is sponsored by Jacksonville Beach Women's Club. Everyone is invited to come & enjoy fellowship, food & entertainment!

50/50 Raffle to Benefit Dial-A-Ride

The Auxiliary holding a raffle so they can make a donation to Dial-A-Ride. The raffle winner will be picked at the Auxiliary's Thanksgiving dinner.

HALLOWEEN PARTY

Saturday, October 26th at 6:00 pm

Costume Contest! Pumpkin carving contest!
Prizes will be \$25 Publix gift cards. Tickets go on sale
Monday, October 21st in the lobby.

\$5 for members and \$10 for non-members.
100 tickets will be sold; first come first serve.

Halloween Doggie Parade and Costume Contest

Tuesday, October 31st

Dogs arrive 10:30 A.M. Parade at 11:00 A.M.

Dress up your dog (and yourself) for the parade.
Everyone is invited to come watch the parade!

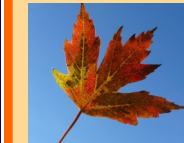
**Check the Auxiliary Bulletin Board
beside the elevator for more details.**



Laura Carmichael.....	October 1
Marti Miller.....	October 1
Peg Gay.....	October 3
James Thomas.....	October 5
James McDonald.....	October 6
Maggie Gattrell.....	October 8
Fifi Mikhail.....	October 13
Beverly Justin.....	October 15
Emmett Rekitt.....	October 19
Bruce Anastasio.....	October 20
Billie Vollers.....	October 21
Patrick Perkins.....	October 26
Joyce Woods.....	October 26
Joann Collier.....	October 30

BEST WISHES

***Carmen
Lopez-
Ayala***



WELCOME

***Rosalind
Slevin***



HAPPY ANNIVERSARY

October 9th

***Francisco and
Ester Monti***

Resident Council Meeting

Monday, October 7th at 4:00 PM

Pablo Towers and Suites residents are encouraged to attend the Quarterly Meeting of the Resident Council. *Resident Council is an open forum that meets quarterly for the purpose of addressing issues related to living at Pablo Towers and Suites.*

OTHER HAPPENINGS AROUND THE TOWERS

VOTING AND THE 2024 ELECTIONS Friday, October 11th at 2:30 P.M.

With the next general election occurring on the first Tuesday in November, please pause and consider that voting is your right and your responsibility. However, it is very important for each of us to educate ourselves before we go to the polls to vote. Have you been learning about which candidates are running for offices here in Jacksonville Beach, in the state of Florida and nationally? Do you know which amendments will be on your ballot this year? If you have not already started investigating each candidate or what each amendment will change in our constitution, this is the time to do your homework!

In our effort to help you get ready to vote wisely, we welcome Dr. Sean Freeder, who is an assistant professor of Political Science at the University of North Florida. Dr. Freeder will provide helpful tips for voting in 2024. He will also discuss the use of the Vote-by-Mail program and election security. Dr. Freeder will discuss all of the major races and will explain what the wording of each amendment means on this year's ballot. Even if you have already voted this year, we encourage you to come to learn about the importance of being an informed voter.

DISCLAIMER: This is an educational program only and is not an opportunity to have a debate or to discuss what you think about the candidates and the amendments. Please come to this program prepared to listen and to learn.



2024 GENERAL ELECTION - Important Dates

Monday, October 7th: This is the deadline to register to vote or to change your party affiliation.

Thursday, October 24th: If you have not completed a NEW Vote-by-Mail request for 2024 and want to vote in the 2024 General Election, you must request a Vote-by-Mail ballot by October 24th.

Monday, October 21st to Sunday, November 3rd: This is the Early Voting period when you can go to the polls to vote in the General Election.

Tuesday, November 5th: This is the deadline for the Main Office to receive your Vote-by-Mail ballot to be counted in the General Election.

Tuesday, November 5th: 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 General Election.



For more information, please see the flyer on the Community Bulletin Boards in the hallway across from the Exercise Room & in the Laundry Room.

MEET AND GREET MSA HOME HEALTH

**Monday, October 7th
from 10 A.M. to 11:30 A.M. in the Lobby**

Come welcome Rosemarie Churchill, Account Executive for MSA Home Health. She provides support to the MSA staff who take care of you as patients and as participants in Stretch Class, Chair Volleyball, and Wii Bowling.

Remember MSA has an office right here in the Pablo Towers' building. Come grab a treat and learn more about all of their services.






MEET AND GREET BROOKS REHABILITATION HOME HEALTH

**Wednesday, October 23rd
from 11 A.M. to 1 P.M. in the Lobby**

Alex Santiago, PTA, Account Executive, will be here to let you know that Brooks Rehabilitation Home Health is about more than just rehab. He looks forward to sharing about all of the services they provide. He'll have goodies to share, so come say hello to Alex.



~ OCTOBER 2024 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p>1</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>2</p> <p><u>BIBLE STUDY</u> 10:00 AM</p> <p><u>TAI CHI WITH PAT</u> 2:30 PM</p>	<p>3</p> <p><u>PEST CONTROL</u> Apts. Ending in 07</p> <p><u>DEVOTIONS</u> 10:00 AM</p> <p><u>DAN THE PRODUCE MAN</u> 10 AM—12 PM</p> <p><u>ZUMBA</u> 2:30 PM</p> <p><u>BINGO</u> 5:00 PM</p>	<p>4</p> <p><u>MEDICARE & MEDICAID 2025</u> with <u>SECURE CHOICES</u> 2:30 PM</p>	<p>5</p> <p><u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 904-246-1477</p>
<p>6</p> <p><u>AUXILIARY DANCE NIGHT</u> 6:00 PM</p>	<p>7</p> <p><u>STRETCH CLASS</u> 10:00 AM</p> <p><u>MSA MEET & GREET</u> 10:00 to 11:30 AM</p> <p><u>CHAIR VOLLEYBALL</u> 2:00 PM</p> <p><u>RESIDENT COUNCIL MEETING</u> 4:00 PM</p>	<p>8</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>9</p> <p><u>BIBLE STUDY</u> 10:00 AM</p> <p><u>TAI CHI WITH PAT</u> 2:30 PM</p>	<p>10</p> <p><u>PEST CONTROL</u> Apts. Ending in 08</p> <p><u>DEVOTIONS</u> 10:00 AM</p> <p><u>DAN THE PRODUCE MAN</u> 10 AM—12 PM</p> <p><u>EXERCISE TO MUSIC</u> 2:30 PM</p> <p><u>BINGO</u> 5:00 PM</p>	<p>11</p> <p><u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only 877-345-5300</p> <p><u>VOTING AND THE 2024 ELECTIONS</u> 2:30 PM</p>	<p>12</p> <p><u>AUXILIARY FALL BAZAAR</u> 9:00 AM to 2:00 PM</p>
<p>13</p> <p><u>AUXILIARY DANCE NIGHT</u> 6:00 PM</p>	<p>14</p> <p><u>CHAIR VOLLEYBALL</u> 2:30 PM</p>	<p>15</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>16</p> <p><u>BIBLE STUDY</u> 10:00 AM</p> <p><u>TAI CHI WITH PAT</u> 2:30 PM</p>	<p>17</p> <p><u>PEST CONTROL</u> Apts. Ending in 09</p> <p><u>DEVOTIONS</u> 10:00 AM</p> <p><u>DAN THE PRODUCE MAN</u> 10 AM—12 PM</p> <p><u>EXERCISE TO MUSIC</u> 2:30 PM</p> <p><u>BINGO</u> 5:00 PM</p>	<p>18</p> <p><u>DR. DIANDRA GORDON</u> Podiatrist By Appointment 904-534-7061</p> <p><u>TRAVELING JEWELER</u> 10 AM to 2 PM</p>	<p>19</p> <p><u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 904-246-1477</p>
<p>20</p> <p><u>AUXILIARY DANCE NIGHT</u> 6:00 PM</p>	<p>21</p> <p><u>STRETCH CLASS</u> 10:00 AM</p> <p><u>Wii BOWLING</u> 2:30 PM</p> <p><u>IN-HOUSE SHOPPING</u> 3:30-5:30 PM</p> <p><u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM</p>	<p>22</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>23</p> <p><u>BIBLE STUDY</u> 10:00 AM</p> <p><u>MEET AND GREET WITH BROOKS REHAB</u> 11 AM to 1 PM</p> <p><u>BURNS AUDIOLOGY CLINIC</u> 2:00-4:00 PM</p> <p><u>TAI CHI WITH PAT</u> 2:30 PM</p>	<p>24</p> <p><u>PEST CONTROL</u> Apts. Ending in 10</p> <p><u>DEVOTIONS</u> 10:00 AM</p> <p><u>DAN THE PRODUCE MAN</u> 10 AM—12 PM</p> <p><u>ZUMBA</u> 2:30 PM</p> <p><u>BINGO</u> 5:00 PM</p>	<p>25</p> <p><u>ALONE... TOGETHER</u> 1:30</p>	<p>26</p> <p><u>AUXILIARY HALLOWEEN PARTY</u> 6:00 PM</p>
<p>27</p> <p><u>AUXILIARY DANCE NIGHT</u> 6:00 PM</p>	<p>28</p> <p></p>	<p>29</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>30</p> <p><u>TAI CHI WITH PAT</u> 2:30 PM</p>	<p>31</p> <p><u>PEST CONTROL</u> Apts. Ending in 11</p> <p>HALLOWEEN <u>AUXILIARY DOGGIE PARADE</u> 11:00 AM</p> <p><u>EXERCISE TO MUSIC</u> 2:30 PM</p> <p><u>BINGO</u> 5:00 PM</p>	<p></p>	