



MONTHLY NEWSLETTER

MARCH 2025

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Managed by:
Elderly Housing
Management Corporation

WHAT LEGAL DOCUMENTS DO I NEED? GROUP INFORMATION SESSION

Wednesday, March 7th at 2:30 P.M.

Staff Members

Mieshea Auguster
Property Manager

Donna Houston-Long
Finance Manager

Ellen Hopkins
Service Coordinator

Candice Trask
Administrative Assistant

Andrea Sausa
Front Desk

Jason Hopton
Kitchen Manager

Coats Wood
Sous Chef

Layza Cabanlong
Cashier

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Blake Echoff
Maintenance Tech

Michael Slabicki
Maintenance Tech

Warren Watkins
Maintenance Tech

Donna Muenzer
Housekeeper

Louis Charrier
Custodian

Elderly Housing
Management
Corporation

Debra Waters
Executive Director
EHMCorp

Have you put your plans and wishes into legal, notarized documents? It is VERY IMPORTANT that we have legal documents designating trusted people who we would like to make decisions on our behalf if we ever become unable to make those decisions for ourselves. At this program, the pro bono director of Jacksonville Area Legal Aid will provide detailed information about the legal documents that you need.

These Advance Directives documents include:

- Durable Power of Attorney
- Durable Power of Attorney for Healthcare
- Living Will
- Designation of Pre-Need Guardian and Burial Instructions

If you have told yourself that you need to get your legal affairs in order, the intention of this program is to educate you and to get you to think about what decisions you need to make. Attorney Aaron Irving will explain the purpose of each of these legal documents, what they provide and why you need each of the documents. After the program, you will have an opportunity to register to have your documents completed at the Jacksonville Area Legal Aid Advance Directive Day on Tuesday, March 18th.

JACKSONVILLE AREA LEGAL AID DAY CREATING ADVANCE DIRECTIVE DOCUMENTS

Tuesday, March 18th
By Appointment Only

During this clinic, Jacksonville Area Legal Aid will be offering free legal services to create Advance Directives with volunteer licensed attorneys and law students. It will take about an hour to complete these documents and at the end of your appointment, you will leave with your own original, notarized documents.

If you would like an appointment to get your advance directives completed, you will need to sign up and complete an Intake Form which you will receive at the Group Information Session. There will be a limited number of appointments, but we will do our best to offer these services to those of you who are interested in participating. You will be able to sign up on the signup sheet in the Lobby or you may leave a message for Ellen Hopkins at 904-339-0061.

PABLO TOWERS AUXILIARY NEWS!

MARDI GRAS DANCE CLUB CELEBRATION

Tuesday, March 4th at 5:30 P.M.

Costume contest, door prizes & fun, fun, fun!

The main course will be provided. Would you please bring drinks (tea or lemonade) and desserts to share?

Music by Rey.

BINGO

Thursdays, March 6th, 13th, 20th & 27th

Doors open at 5:00 P.M. BINGO starts at 6:00 P.M.

DANCE CLUB

Tuesdays, March 4th, 11th, and 25th at 5:30 P.M.

Fun and dancing featuring Music by Rey.

ST. PATRICK'S DAY DINNER AND DANCE

Saturday, March 15th at 6:00 P.M.

We will serve an Irish menu and alternative menu. DJ Rey will be playing a variety of dance music.

Tickets go on sale on March 3rd in the lobby. The residents' tickets are

\$10.00 and non-residents' tickets are \$15.00.

RESIDENT BIRTHDAY PARTY

Monday, March 24th at 6:00 P.M.

We hope that everyone will come to celebrate each of our residents who have March birthdays with our friends from the Church of Eleven 22. Please sign up in the lobby if you plan to come. We encourage you to ask a neighbor to come with you!

Resident Council Meeting

Monday, March 3rd at 3:00 PM

The Resident Council will hold a meeting 1] to review the proposed updated By-Laws and vote whether to approve them 2] to update members about the new Parking rules, the Elevator situation and other topics 3] A Survey will be developed to gauge members' concerns and ideas. Forms will be at the door by the sign-in sheet. Additional Forms will be available after the meeting in the Lobby until March 8th.

Happy Birthday!

Nancy Tarr	March 1
Rosalin Slevin	March 7
Pam Thomas	March 8
Gerri Costello	March 10
Don Howell	March 11
David Reeves	March 11
Maria Hoya Sena	March 12
Susan Cathcart	March 15
Nell Barrow	March 17
Deborah Porter	March 17
Ofelia McClure	March 20
Carla Tracy	March 20
Angelo Rodriguez	March 23
Pia Niglio	March 25
Pauline Collings	March 27
Carolyn Aidman	March 27
Ann Taylor	March 29
Roberta Woodlief	March 31

WELCOME!

Anna Coulter
Connie Weatherfield
Catherine Liles
Barbara Coppock

FAREWELL

Carolyn Martens
Pam Kendrick

FOND MEMORIES

Chet Galbraith

ASH WEDNESDAY BLESSINGS

WEDNESDAY, MARCH 5th

10:00-11:00 A.M.

If you participate in Lent and would like to receive ashes, please come to the Wellness Center for a Lenten prayer and blessing with ashes.

BLOOD PRESSURE CLINIC

12:00-2:00 P.M.

Roslind Slevin will be providing blood pressure checks each week. Roslind is a new resident and a nurse practitioner. If you would like to have your blood pressure checked, be sure to come meet with Roslind between 12:00-2:00 P.M. on Mondays!

CHATTING WITH KELLIE

WEDNESDAY, MARCH 12TH

1:00-3:00 P.M.

Kellie Foxworth with Secure Choices Insurance Company will be at a table in the lobby on this afternoon. If you have concerns or questions about your health insurance coverage, Kellie will be happy to meet with you to discuss the problems you may be having.

Quite a few of our residents use Secure Choices to assist with their health insurance needs.

WHY DO I FALL AND WHAT CAN I DO ABOUT IT?

MONDAY, MARCH 31st

at 2:30 P.M.

Is falling a part of growing older? Is there anything that we can do to not fall? Are these all questions that you have asked yourself? The purpose of this program is to help you learn ways to stay strong, healthy, and independent. There are changes that you can make which will make a big difference. If you have fallen or have noticed that your balance is not as good, this program will provide valuable information to help you. We will learn how gait instability and abnormalities can affect how you walk. Please mark your calendars now and plan to attend this extremely helpful educational program presented by Jeremiah Yoder, PTA, with MSA Home Healthcare. Raffle prizes and refreshments will be provided.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	3 <u>STRETCH CLASS</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>RESIDENT COUNCIL</u> 3:00 P.M.	4 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY MADI GRAS CELEBRATION AT DANCE CLUB</u> 5:30 PM	5 <u>BIBLE STUDY</u> 10:00 AM <u>RECEIVING ASHES</u> 10:00-11:00 A.M. <u>TAI CHI WITH PAT</u> 2:30 PM ASH WEDNESDAY	6 <u>PEST CONTROL</u> Apts. Ending in 01 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 11:30 AM—1:30 PM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	7 <u>JALA ADVANCE DIRECTIVES AND SIMPLE WILLS PROGRAM</u> 2:30 P.M.	
	10 <u>STRETCH CLASS</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>IN-HOUSE SHOPPING</u> 3:30-5:30 PM <u>CHAIR VOLLEYBALL</u> 2:30 PM	11 <u>GRANDPARENTS GETTING WIRED (Apple Products Only)</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY DANCE CLUB</u> 5:30 PM	12 <u>BIBLE STUDY</u> 10:00 AM <u>CHATTING WITH KELLIE</u> 1:00-3:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM	13 <u>PEST CONTROL</u> Apts. Ending in 02 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 11:30 AM—1:30 PM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	14 <u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only 877-345-5300	15 <u>DIANA RIDE WALMART SHOPPING</u> 11:30 AM By Appt 246-1477 <u>ST. PATRICK'S DAY DINNER</u> 6:00 P.M.
DAYLIGHT SAVINGS TIME	17 <u>STRETCH CLASS</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>ST. PATRICK'S DAY</u>	18 <u>GRANDPARENTS GETTING WIRED (Apple Products Only)</u> By Appointment <u>JALA ADVANCE DIRECTIVES DAY</u> 9:00-3:00 P.M.	19 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	20 <u>PEST CONTROL</u> Apts. Ending in 03 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 11:30 AM—1:30 PM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	21 <u>DR. DIANDRA GORDON Podiatrist</u> By Appointment 904-534-7061 <u>TRAVELING JEWELER</u> 10:00-2:00 PM <u>ALONE TOGETHER</u> 1:30 PM	
	24 <u>STRETCH CLASS</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>CHAIR VOLLEYBALL</u> 2:00 PM <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	25 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY DANCE CLUB</u> 5:30 PM	26 <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	27 <u>PEST CONTROL</u> Apts. Ending in 04 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 11:30 AM—1:30 PM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	28	29 <u>PUBLIC AND TARGET SHOPPING</u> 11:30 AM By Appt 246-1477
	31 <u>STRETCH CLASS</u> 10:00 AM <u>HOW TO PREVENT FALLS?</u> 2:30 P.M.					