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Managed by:  
Elderly Housing  
Management Corporation

# MONTHLY NEWSLETTER

## MAY 2025

### SINGERS BY THE SEA PRESENTS:

### THE JOY OF SINGING!

THURSDAY, MAY 1<sup>st</sup>

AT 3:00 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 Echhoff  
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

Singers By The Sea will perform its spring concert, "The Joy of Singing!" for the residents of Pablo Towers and Suites on the first day of May. Director Becky Schumann has been directing the choral group for more than 30 years. For this springtime concert, the talented group of 50 singers will perform a varied program which will include some familiar selections from The Sound of Music and The Lion King, as well as some patriotic, sacred, and rock 'n roll songs. The piano accompanist will be Tatyana Schlenoft, who is the talented daughter of two of our residents. We encourage everyone to come to enjoy this afternoon of beautiful music.

### WE HAVE AN EXERCISE ROOM?!

### HOW DO I LEARN TO USE THE EQUIPMENT?

MONDAY, MAY 5<sup>th</sup>

FROM 12:00-1:00 P.M.

Since May is "Get a Move On Month", it is the perfect time to learn how to use our exercise equipment safely and correctly. Learning how to adjust the equipment to fit you will make your exercise experience more effective and enjoyable. Jeremiah Yoder with MSA Home Healthcare will be in the Wellness Center to demonstrate how to use each piece of equipment properly. Please sign up on the signup sheet in the lobby if you want to learn to use the equipment.

The Resident Council will meet on Cinco de Mayo, May 5<sup>th</sup>, at 2:30 PM. We will enjoy some Mexican sweet treats and tropical mock-tails "soda drinks" while we review the results of the Resident Survey. We will brainstorm practical solutions to the annoying "clouds" that sometimes hide the joy of living in our subtropical Paradise-like Community. We will post the Agenda. There will be a signup sheet on the Lobby table. Please bring a dollar if you would like to contribute to the cost of the refreshments, but no obligation! All the residents of the Towers & the Suites are invited to attend this meeting.

## **PABLO TOWERS AUXILIARY NEWS!**

### **DANCE CLUB**

Tuesday, May 20<sup>th</sup> at 5:00 P.M.

Dancing, fun and music by Rey.

### **BINGO**

Thursdays, May 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, & 29<sup>th</sup>

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

### **RESIDENT BIRTHDAY PARTY**

Monday, May 19<sup>th</sup> at 6:00 P.M.

We hope that everyone will come to celebrate our residents who have April birthdays with our friends from Christ Episcopal Church. Why don't you invite a resident with a May birthday to go to the party with you or invite a neighbor to come? Please sign up in the lobby if you plan to come.

### **DERBY FASHION SHOW AND TEA PARTY**

Saturday, May 3<sup>rd</sup> at 2:00 P.M.

We are excited to host a fashion show presented by Peggy Johnson from the Petunia Patch. This is a free event.

We need 10 to 12 volunteers to be models and helpers.

Please wear your Derby style hat (optional) and bring your fancy teacup for our tea party. We will have tea, coffee, and cookies. There will be a prize for the most original hat.

Raffle tickets for prizes will be sold: 6 tickets for \$5.00. A

signup sheet will be in the lobby for those who want to model and help. There will also be a signup sheet if you plan to attend this fun event.

### **MEMORIAL DAY COOKOUT**

Monday, May 26<sup>th</sup> at 12:00 P.M.

Mark your calendars now to plan to attend the Memorial Day cookout. Hamburgers, hot dogs and all the fixings will be served. Look for the flyers on the Auxiliary board and on the signup table for more details.

## **Happy Birthday!**

Dawn Heiderer	May 1
Barbara Coppock	May 2
August Covelli	May 4
Sergio Salles Cunha	May 4
Catherine Liles	May 6
Shirley Church	May 7
Arlene Miller	May 7
Ed Farris	May 9
Stephanie O'Neal	May 15
Carlos Renifo	May 16
John Shilby	May 16
Carol Callier	May 17
Karen Lahey	May 18
Larisa Prikhodko	May 19
Judy Wheelless	May 21
Martha Bayne	May 23
Denise Costello	May 25
Jennifer Enmeier	May 27
Dan Zupa	May 31

### **WELCOME!**

Laura Beradi  
Karen O'Regan  
Donna Shay  
John Shilby

### **FAREWELL**

Marion Aston  
Ann Barni  
Luz Seran

### **FOND MEMORIES**

Margaret Adams

### **HAPPY ANNIVERSARY**

MAY 4<sup>th</sup>

Larisa and Vladimir Prikhodko

### **DANCE CLUB 70'S PARTY**

Tuesday, May 20<sup>th</sup> at 5:00 P.M.

**Plan to attend this retro hippie costume party! Costumes are not required. We will have pancit and more for dinner. Please bring desserts to share. Costume Contest, Door Prizes and more!! Tickets on sale for \$5.00. See Joyce for tickets.**

**PLEASE NOTE: Dance Club will meet once a month during the summer.**

**AN IN-DEPTH LOOK AT THE LAB VALUES**  
**FROM YOUR BLOODWORK REPORT**

**THURSDAY, MAY 15<sup>th</sup> AT 2:30 P.M.**

At this educational program, Maritza James, with Hospice of Florida, will teach us how to READ and UNDERSTAND the information that is provided in our blood test reports. Some tests — such as complete blood count tests, basic metabolic panels, complete metabolic panels and electrolyte panels — check on several different elements in your blood at the same time. Other blood tests look for very specific elements in your blood. But once we get the numbers, what does it mean? Martiza will explain each of these panels and then enlighten us on how these reports can help us know and make adjustments which may resolve some of our health concerns. Maritza will discuss glucose levels, potassium and sodium levels, bladder, kidney and other levels which could indicate a possible diagnosis. Maritiza has asked you to look at your bloodwork reports and submit your questions to Ellen Hopkins, Service Coordinator, by Friday, May 9<sup>th</sup>. You can turn in your questions at the front desk to be given to Ellen. Maritza will research and provide you with information and answers at the program. Refreshments will be served.

**BLOOD PRESSURE CLINIC**  
**MONDAYS FROM 12:00-2:00 P.M.**

Do you need your blood pressure checked accurately? 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 to the Lobby between 12:00-2:00 P.M. on Mondays.

**CHATTING WITH KELLIE**  
**WEDNESDAY, May 14<sup>th</sup> FROM 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.

**IN-HOME SHOPPING**  
**Monday, May 12<sup>th</sup> FROM 3:30 TO 5:30 P.M.**

We hope that you will come to see what our artists and crafters have on display this month. This is your opportunity to shop without leaving the facility.---

<b>- MAY 2025 -</b>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>1</b> PEST CONTROL Apts. Ending in 09  DEVOTIONS 10:00 AM  "THE JOY OF SINGING" SPRING CONCERT 3:00 P.M.	<b>2</b>	<b>3</b> DIAL A RIDE WALMART SHOPPING 11:30 AM By Appt. 904-246-1477  DERBY DAY FASHION SHOW & TEA PARTY 2:00 P.M.
<b>4</b>	<b>5</b> STRETCH CLASS 10:00 AM  BLOOD PRESSURE CLINIC 12:00-2:00 P.M.  EXERCISE ROOM EQUIPMENT INSTRUCTION 12:00 P.M.  RESIDENT COUNCIL 2:30 P.M.	<b>6</b> GRANDPARENTS GETTING WIRED By Appointment    EXERCISE TO MUSIC 3:00 PM	<b>7</b> BIBLE STUDY 10:00 AM  ONSITE DERMATOLOGY Wellness Center By Appointment Only 877-345-5300  TAI CHI WITH PAT 2:30 PM	<b>8</b> PEST CONTROL Apts. Ending in 10  DEVOTIONS 10:00 AM  EXERCISE TO MUSIC 2:30 PM  BINGO 5:00 PM	<b>9</b> WII BOWLING 2:30 P.M.	<b>10</b>
<b>11</b>          <b>MOTHER'S DAY</b>	<b>12</b> STRETCH CLASS 10:00 AM  BLOOD PRESSURE CLINIC 12:00-2:00 P.M.  CHAIR VOLLEYBALL 2:00 PM  IN-HOUSE SHOPPING 3:30-5:30 PM	<b>13</b> GRANDPARENTS GETTING WIRED By Appointment   EXERCISE TO MUSIC 3:00 PM	<b>14</b> BIBLE STUDY 10:00 AM  CHATting WITH KELLIE 1:00-3:00 P.M.  TAI CHI WITH PAT 2:30 PM	<b>15</b> PEST CONTROL Apts. Ending in 11  DEVOTIONS 10:00 AM  UNDERSTANDING YOUR LAB VALUES 2:30 P.M.  BINGO 5:00 PM	<b>16</b> TRAVELING JEWELER 10:00-2:00 PM  DR. DIANDRA GORDON Podiatrist By Appointment 904-534-7061	<b>17</b> DIAL A RIDE WALMART SHOPPING 11:30 AM By Appt. 904-246-1477
<b>18</b>	<b>19</b> STRETCH CLASS 10:00 AM  BLOOD PRESSURE CLINIC 12:00-2:00 P.M.  CHAIR VOLLEYBALL 2:00 PM  RESIDENT BIRTHDAY PARTY 6:00 PM	<b>20</b> GRANDPARENTS GETTING WIRED (By Appointment)  EXERCISE TO MUSIC 3:00 PM  AUXILIARY DANCE CLUB- 70'S PARTY 5:30 PM	<b>21</b> BIBLE STUDY 10:00 AM  TAI CHI WITH PAT 2:30 PM	<b>22</b> PEST CONTROL Apts. Ending in 12  DEVOTIONS 10:00 AM  EXERCISE TO MUSIC 2:30 PM  BINGO 5:00 PM	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> AUXILIARY COOKOUT          <b>MEMORIAL DAY</b>	<b>27</b> GRANDPARENTS GETTING WIRED By Appointment  EXERCISE TO MUSIC 3:00 PM	<b>28</b> BIBLE STUDY 10:00 AM  BURNS AUDIOLOGY CLINIC 2:00-4:00 PM  TAI CHI WITH PAT 2:30 PM	<b>29</b> PEST CONTROL Apts. Ending in 13  DEVOTIONS 10:00 AM  EXERCISE TO MUSIC 2:30 PM  BINGO 5:00 PM	<b>30</b> ALONE TOGETHER 1:30 PM	<b>31</b> DIAL A RIDE TARGET AND PUBlix SHOPPING 11:30 AM By Appt. 904-246-1477

Sat

26

AUXILIARY  
COOKOUT

MEMORIAL DAY

**MEMORIAL DAY**

TAI CHI WITH PAT  
2:30 PM

**BINGO**  
**5:00 PM**

ALONE  
TOGETHER  
1:30 PM

**31**  
**DIAL A RIDE**  
**TARGET AND**  
**PUBLIX**  
**SHOPPING**  
**11:30 AM**  
**By Appt.**  
**904-246-1477**