



PABLO TOWERS & SUITES

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Managed by:
Elderly Housing
Management Corporation

MONTHLY NEWSLETTER MARCH 2026

PLUMBING PROJECT 2026

STAFF MEMBERS

Mieshea Auguster
Site Manager

Donna Houston
Financial Manager

Ellen Hopkins
Service Coordinator

Candice Trask
Administrative Assistant

Nancy Rafferty
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

Michael Slabicki
Maintenance Tech

Anthony Barbaro
Maintenance Tech

Louis Charrier
Custodian

Heather Battist
Housekeeper

**For Maintenance
Emergencies:**
Call 904-249-3866

**Elderly Housing
Management Corp.**

Debra Waters
Executive Director

Change and uncertainty become more difficult as we age. Once we know what we have to deal with, we can usually take the steps necessary to handle the situation. But while the situation is in flux, we are stressed. I know I fret over every detail some days and can magnify small inconveniences into major problems in my mind if I am not careful to control my emotions.

The replumbing project we are all experiencing is sure to tax our ability to adjust as we progress through it. Thank you to everyone for your support, patience and kindness during the first phase. We know it has been an inconvenience when the water is turned off for the day, or there are workers in your apartment, or you don't feel comfortable having to use the common area facilities.

The abatement part of the project (cutting the holes in your bathroom walls/ceiling) will be completed the first week of March for all apartments except on the first floor. All of the valves in the hallways have been replaced. The next step is the actual replacement of the pipes in the walls of your apartments.

We wish it was possible to tell you the exact date when your pipes will be replaced and your walls restored. We are not able to do that as we do not know how long each apartment will take at this point, so we don't know when the plumbers will get to your floor. There is not a method to be able to see what is behind the walls to see if there are unforeseen problems or challenges.

The workers appreciate everyone's adaptability, understanding and graciousness in allowing them into your homes. We all know it is an intrusion. And we also know it is a necessary one. The number of leaks we have experienced over the past year had increased and repairs were just a temporary fix. Pipes do not last forever, no matter the material they are made from.

It is amazing to see the strength and resilience of everyone as we have navigated through the first phase of this difficult year. Reba McIntyre once said, "To succeed in life you need three things – a wishbone, a backbone, and a funny bone." We are going to need all three this year, but we will make it if we stick together.

Debra Waters, Executive Director

PABLO TOWERS AUXILIARY NEWS

BINGO

Thursdays, March 5th, 12th, 19th and 26th

Doors open at 5:00 P.M.; BINGO starts at 6:00 P.M. BINGO is fun to play and there will be plenty food to enjoy.

DANCE PARTY

Tuesdays, March 3rd, 10th, 17th, 24th and 31st
from 5:00 to 7:00 P.M.

If you love music and dancing, we hope you will join us!

Music by Rey.

ST. PATRICK'S DAY DINNER

Saturday, March 14th at 6:00 P.M.

Ticket sales will be in the Lobby from March 2nd to 12th. On Mondays through Fridays, you can purchase tickets from 10:00 A.M. to 12:00 P.M. On Saturdays, tickets will be on sale from 8:00 A.M. to 12:00 P.M. The cost of tickets is \$12 for members and \$18 for non-members. The menu will be corned beef or roasted chicken, seasoned cabbage, seasoned carrots, bread and butter, and bread pudding.

RESIDENT BIRTHDAY PARTY

Monday, March 16th at 6:00 P.M.

We hope everyone will come to celebrate our residents who have March birthdays with our friends from Church of Eleven 22. We encourage you to invite residents who have March birthdays and your neighbors to come. There will be food, fellowship, and entertainment. Please sign up in the lobby if you plan to attend the birthday party.

MARCH QUARTERLY MEETING

AUXILIARY ELECTIONS

Thursday, March 26th at 5:00 P.M.

Plan to now attend this important meeting!! The candidates' names will be posted on each floor's bulletin board. Please contact Lucy Cruz at 904-477-3887 to request an absentee ballot if you cannot attend the meeting. All absentee ballots must be submitted by 5:00 P.M. on March 23rd.

VARIETY SHOW

Friday, May 22nd

We are looking for talented people to participate in our Variety Show. Do you sing, dance, play an instrument, do comedy, or something else? Please sign up in the Lobby by March 13th to participate. You will be contacted to schedule an audition which will be on April 10th. Please see Auxiliary bulletin boards for details, updates and the schedule.

Happy Birthday!

Nancy Tarr	3/1
Karen O'Regan	3/3
Pamela Thomas	3/8
Jerri Costello	3/10
Donald Howell	3/11
Maria Hoya Sena	3/12
Sandra Rose	3/14
Susan Cathcart	3/15
Lois Mullin	3/17
Deborah Porter	3/17
Carla Tracy	3/20
Angelo Rodriquez	3/23
Kathy Root	3/24
Pia Niglio	3/25
Carolyn Aidman	3/27
Pauline Collings	3/27
Ann Taylor	3/29
Roberta Woodlief	3/31

BEST WISHES

Eileen Smith

WELCOME

Priscilla Oliver

WITH FOND MEMORIES

Geri Cooper

Ana Grullon

Jacqueline Leuyckx

AUXILIARY NEWS CONTINUED:

LINE DANCING CLASSES

Fridays, March 13th & 27th
at 2:00 P.M.

Love to dance and need exercise?
Plan to attend this fun class, so you can learn how to line dance or practice what you know. This class is very good for balance and cardio. Bev Justin, Milena Melone, Diane Ricketts will be teaching the class. For more info, contact Bev Justin.

SPECIAL MARCH PROGRAMS

RESIDENT COUNCIL NEWS

TUESDAY, MARCH 3rd at 2:30 P.M.

The next Resident Council meeting will be held on Tuesday, March 3rd at 2:30 P.M. This meeting is an opportunity for you to share what is working well for you, your concerns, and your questions. We encourage all residents to attend and ask that every floor representative attend this meeting.

LENTEN CONFESSIONS AND ANNOINTING OF THE SICK

WEDNESDAY, MARCH 4th from 10:00-11:00 A.M.

In this season of Lent, Father Maurice of St. Paul's Catholic Church will be available in the Wellness Center to meet with residents individually for Confessions and to pray for anyone who is sick.

CREATING ADVANCE DIRECTIVE DOCUMENTS **JACKSONVILLE AREA LEGAL AID CLINIC**

TUESDAY, MARCH 17th

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. The Advance Directives documents that will be created for you are a Durable Power of Attorney, a Durable Power of Attorney for Healthcare, a Living Will and a Designation of Pre-Need Guardian and Burial Instructions. The attorneys will also create a Simple Will and Testament for you, as well. It will take about an hour to complete these legal documents. At the end of your appointment, you will leave with your own original, notarized documents.

If you were unable to attend the informational program but would like an appointment to get your advanced directives completed, please call the service coordinator's office at 904-339-0061 or 904-249-3866 to leave a message stating that you would like to register for this important and necessary service. We will contact you to have you fill out an intake form that will be emailed to Jacksonville Area Legal Aid prior to the day of the program. There may be a limited number of appointments available. However, Aaron Irving, the pro bono director, said that "We will do our best to offer these services to those of you who are interested in participating in the Jacksonville Area Legal Aid's Advance Directive Day at Pablo Towers on Tuesday, March 17th.

MONTHLY PROGRAMS

PABLO TOWERS AND SUITES MARKETPLACE

MONDAY, MARCH 9th from 3:30-5:30 P.M.

This is the perfect opportunity for you to do your shopping for gifts for others or yourself. You will find unique arts, paintings, crafts, jewelry, greeting cards, brownies, and so much more. The Marketplace will be in the Lobby.

ONSITE DERMATOLOGY

FRIDAY, MARCH 13th BY APPOINTMENT ONLY

If you would like to schedule an appointment, call Onsite Dermatology at 1-877-345-5300. Please have your insurance information available when you speak with the representative.

PODIATRY APPOINTMENTS WITH DR. DIANDRA GORDON

FRIDAY, MARCH 20th BY APPOINTMENT ONLY

To schedule an appointment with Dr. Gordon, please call 904-534-7061, during business hours only. You will need to have your insurance information available when you schedule your appointment.

TRAVELING JEWELER

FRIDAY, MARCH 20th from 10:00-2:00 P.M.

Carol Mariotti will be in the Lobby on this day to repair and clean jewelry, put batteries into watches, and appraise your jewelry.

BURNS AUDIOLOGY

WEDNESDAY, MARCH 25th from 2:00-4:00 P.M.

Dr. Jane Burns, Audiologist, sees patients in the Wellness Center to discuss hearing concerns and hearing aid issues. There are no appointments. Please wait in the chairs outside of the Wellness Center to see the doctor. First come, first serve!

NEW WEEKLY PROGRAMS

NEW LOW IMPACT EXERCISE CLASS

TUESDAY, MARCH 10th, 24th, and 31st at 2:00 P.M.

We are excited to begin this new low impact exercise class this month! We will do stretching, light cardio, strengthening, and work on balance along with music and laughter. Each person can choose to sit or stand for the whole class or part of the class. Work at your own level and do not compare yourself with others. The teacher is Gail Taylor. Gail has taught exercise classes for years.

CHAIR YOGA

THURSDAYS, MARCH 5th, 12th, 19th, and 26th at 2:30 P.M.

Chair Yoga is designed to help with mobility and balance, strengthening muscles, and can reduce joint pain and arthritis, as well as helping to get your stress level reduced by learning how to breathe correctly. This is a great class for all levels of ability and fitness. This class is teacher led by Elda McNew.

WEEKLY PROGRAMS CONTINUED:

MSA STRETCH CLASS

MONDAYS at 10:00 AM.

This class led by Jeremiah Yoder, PTA, focuses on improving flexibility, balance, and mobility through various stretching techniques. These stretches are designed to enhance core strength, release tension, and promote overall well-being.

CHAIR VOLLEYBALL

MONDAY, MARCH 2nd and 16th AT 2:00 P.M.

Make sure to mark your calendar now to make sure you remember when we have scheduled Chair Volleyball. This is a fun, lively activity led by Jeremiah Yoder, PTA, with MSA Home Healthcare. New players are welcome to join!!

Wii BOWLING

FRIDAY, MARCH 6th at 2:30 P.M.

If you have never played Wii Bowling, please come, watch and learn how to play. A Wii is a home video game console. It is known for its unique motion sensing controller, the Wii Remote, which allows players to interact with games through physical movements. In other words, you can bowl without going to the bowling alley.

TAI CHI

WEDNESDAYS at 2:30 P.M.

Tai Chi is a gentle, but effective form of exercise that combines gentle, flowing movements with deep breathing. This class, which is taught by Pat Fedora, is excellent for seniors. Tai Chi improves balance and coordination which is so important as we age. It also increases mobility, lowers blood pressure, enhances circulation, and supports cognitive function. Tai Chi is also an excellent form of exercise for people suffering with arthritis.

RESIDENT LED PROGRAMS

AFRICAN HAND DRUMMING

MONDAY, MARCH 9th and MONDAY, MARCH 23rd at 2:30 P.M.

Join this class where you will acquire basic drum language and learn the four rhythms, so you will be able to play credibly in any African drum circle in the world. If you have questions, please call Carolyn Aidman at 678-472-5858.

CRAFTERS DAY

SATURDAY, MARCH 28th from 10:00-4:00 P.M.

The Community Room will be open for residents (ONLY) to be able to work on their own creative projects. Bring your craft projects, sewing machines, artwork, etc... For more information, please contact Ann Taylor.

Please Note: LUNCH WILL NOT BE PROVIDED.

You are welcome to bring your lunch and your water, tea or soft drinks.

