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www.pablotowers.com

Managed by:

Elderly Housing

Management Corporation

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

Anthony Barbaro

Maintenance Tech

Brian Pafford

Maintenance Tech

Louis Charrier

Custodian

Heather Battist

Housekeeper

For Maintenance

Emergencies:

Call 904-249-3866

Elderly Housing

Management Corp.

Debra Waters

Executive Director

MONTHLY NEWSLETTER AUGUST 2026

REPLUMBING PROJECT UPDATE

We have all persevered through difficulties. This plumbing project is a slight blip in our lives that will be over before you know it. But it has become so commonplace to see workmen in our building that I'm sure you think it will never end. I'm here to tell you it will.

The plumbing in the apartments on the 2nd through the 16th floors has been replaced, and drywall repair has been completed on the 2nd through the 14th floors. Unfortunately for the plumbers, the hard work starts now. They will be relining the pipes under the first floor and replacing the pipes in the ceiling of the ground floor over the next few months.

You have persevered through the first six months of this project, and together, we will get through the next few months.

Perseverance is not just for presidents of countries, or CEO's of large corporations; everyone needs this character trait to be happy in life. Perseverance is the quiet, sustained, and heart-level refusal to surrender when circumstances demand otherwise. It is perseverance that gets us across the finish line. Someone once said, "It was through perseverance that the snail reached the ark." Progress is rarely without challenges; it is punctuated by setbacks, valleys, and moments that offer tremendous opportunities for complaining.

When obstacles arise, our natural human instinct is to quit and hope the problem will go away. I know mine is. Every time you face a challenge like this plumbing project and how it impacts your life, and you choose to move forward instead of quitting, your brain reinforces that perseverance. When facing noise, chaos and inconvenience that is beyond our control, if our normal response is to persevere, we will. It will all be over soon. Thank you for your patience until then.

~Debra Waters
Executive Director

PABLO TOWERS AUXILIARY NEWS!

BINGO

THURSDAYS: AUGUST 6th, 13th, 20th, & 27th

The doors open at 5:00 P.M. however BINGO does not start until 6:00 P.M. There will be plenty of food to enjoy!!

DANCE CLUB

TUESDAYS, AUGUST 4th, 11th, 18th, and 25th
from 5:00 to 7:00 P.M.

Each week Music Man spins songs of our past for us to enjoy. If you love music, you can come to listen and dance to the oldies and spend time with others who love music. Come join the fun!!

AUXILIARY ICE CREAM SOCIAL

MONDAY, AUGUST 3rd AT 5:00 P.M.

The ice cream social is this upcoming Monday afternoon. The event is for Auxiliary members only, so if you haven't purchased your Auxiliary membership, make sure to do it today! Along with our ice cream, we will have interesting tabletop conversations at our tables. We will have ice cream, brownies, toppings, so you can make an ice cream creation of your choosing. YUMMY! Music Man Rey will be playing music during the party. I scream for ice cream!

RESIDENT BIRTHDAY PARTY

MONDAY, AUGUST 17th AT 6:00 P.M.

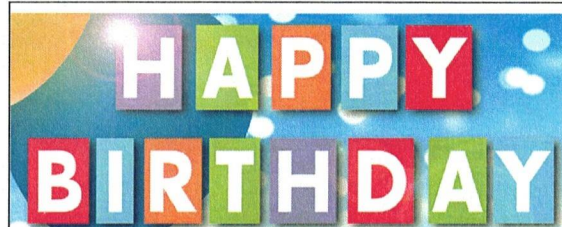
We hope that everyone will come to celebrate our residents who have August birthdays with our friends from Palms Presbyterian Church. We encourage you to invite a neighbor with an August birthday to go to the party with you. Please sign up in the lobby if you plan to come to the August birthday party.

AUXILIARY OFFICERS FOR 2026-2028

President: Augi Covelli Vice President: Terry Sanni

Secretary: Marcia Busch Treasurer: Laura Berardi

The Auxiliary welcomes ALL residents of Pablo Towers and Suites to join. The price of the annual membership is \$10.00. If you would like to ask questions about the Auxiliary or would like to join, please contact Augi Covelli at 904-294-7217 or Terry Sanni at 904-672-0565 and leave a voicemail or text message.



Brenda Reed	8/1
Ardyth Cook	8/5
Paul George	8/8
Sue Heckert	8/12
Barbara Miller	8/14
Jo Ann Smith	8/17
Beverly Smalley	8/19
Diane Ricketts	8/23
Jean Powers	8/24
Irena Krawczyk	8/27
Brenda Collins	8/31



*Stephanie Hall
Jill Dewitt*



Jennifer Enmeier



*Charles and Colette Sellers
August 12th
Emett and Rebecca Rekitt
August 23rd*

SPECIAL PROGRAMS

BUDGETING AND GROCERY SHOPPING

FRIDAY, AUGUST 14th AT P.M.

What is not keeping up with the rising costs? **SOCIAL SECURITY!** The 2026 COLA (Cost of Living Adjustment) is 2.8%, which is barely enough to make a dent in the higher Medicare premiums and deductibles that recipients must pay. Those with advantage plans are faced with higher copays and charges they have not had to pay in the past. The prices at the grocery stores just keep increasing, which may be causing you to rethink whether to buy the food, laundry detergent, and toilet paper that you need.

With these rising costs affecting your fixed income, we encourage you to attend this educational program on budgeting with grocery shopping and budgeting in general. At this program, David Aubuchon with VyStar Credit Union, will provide helpful budgeting information on how to stretch your dollars, so you will be able to save money while shopping. Remember to bring your notepad and pen, so you can write down the beneficial suggestions. Refreshments will be provided.

VACCINATION EDUCATION

THURSDAY, AUGUST 20th AT 4:00 P.M.

Why are vaccinations important for older adults? As people age, their natural immunities drop which make these vaccinations critical to prevent severe illness, hospitalizations and long-term health damage. At this educational program, Walgreens pharmacist Jill McCoy, will discuss the makeup of each of the recommended vaccines and the difference between live and inactive, recombinant vaccines. You will learn which vaccines are essential for older adults to get and the reasons why. We hope to educate each of you, so you are equipped to make informed decisions about what vaccines that you need to get this year. There will be refreshments at this program.

RESIDENT COUNCIL MEETINGS

MEET THE CANDIDATES

MONDAY, AUGUST 17th AT 2:00 P.M.

At this meeting, we will briefly review the issues and resolutions that have been the focus of this current term. We will introduce the candidates who are running for President, Vice President and Secretary for the next term. The candidates may speak for up to five minutes about why they are running for office.

RESIDENT COUNCIL ELECTIONS

MONDAY, AUGUST 24th at 2:00 P.M.

On this date, you will have the opportunity to Vote for the new Resident Council officers for the next term. Your Vote will impact the lives of every resident. We ask that you consider becoming a candidate for one of these positions. Also, we hope that you will take the time to attend these extremely important meetings and VOTE. You have the opportunity to make a difference at Pablo Towers!!

***The installation of new Resident Council officers will be held on Tuesday, September 9th at 2:30 P.M.

MONTHLY PROGRAMS

ONSITE DERMATOLOGY

FRIDAY, AUGUST 14th BY APPOINTMENT ONLY

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

PODIATRY APPOINTMENTS WITH DR. DIANDRA GORDON

FRIDAY, AUGUST 21st 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.

BURNS AUDIOLOGY

WEDNESDAY, AUGUST 26th 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. The doctor cleans hearing aids and addresses the wax build up which can occur over time. This is a free opportunity to talk with Dr. Burns about your hearing. There are no appointments. First come, first served!

WEEKLY PROGRAMS

MSA STRETCH CLASS

MONDAYS, AUGUST 3rd, 10th, 17th, 24th and 31st 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.

WEEKLY PROGRAMS CONTINUED:

MSA CHAIR VOLLEYBALL

MONDAYS, AUGUST 10th and 31st at 2:00 P.M.

Chair Volleyball is so much fun!! Put these dates on your calendar now, so you will remember when Chair Volleyball is scheduled. This lively activity is led by Jeremiah Yoder, PTA, with MSA Home Healthcare.

GRANDPARENTS GETTING WIRED

TUESDAYS, AUGUST 4th, 11th, 18th, AND 25th BY APPOINTMENT

This program is available to assist residents with technology questions or problems. The volunteers are available to help with Android or Apple cell phones, tablets, computers and the occasional printer or television needs. Please note that this month, our volunteers will not be here every week. Check your calendar in the newsletter.

LOW IMPACT EXERCISE CLASS

TUESDAYS, AUGUST 4th, 11th, 18th, and 25th at 2:00 P.M.

Plan now to attend this exercise class taught by Gail Taylor and Joni Lyon. In this class, you will do stretching, light cardio, strengthening, and work on balance along with music and laughter.

TAI CHI

WEDNESDAY, AUGUST 5th, 12th, 19th, and 26th at 2:30 P.M.

Tai Chi is an 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. We will not have Tai Chi on July 15th.

CHAIR YOGA

THURSDAY, AUGUST 6th, 13th, 20th, and 27th 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 reduce your stress level by learning how to breathe correctly. The class is taught by Elda McNew.

EXERCISE TO MUSIC at 2:30 P.M.

FRIDAY, AUGUST 7th and FRIDAY, AUGUST 28th

This class offers you an opportunity to exercise while dancing. This program can give you a good workout as you exercise at your own pace. Due to the request for more exercise opportunities, this class gives you another chance to exercise during the week.

Wii BOWLING

FRIDAY, AUGUST 21st at 2:30 P.M.

If you enjoy bowling, you should come to the class! You can bowl without going to the bowling alley. This is a fun activity and those who play it really enjoy the opportunity to learn something new.

Build an Emergency Supply Kit

BASIC EMERGENCY SUPPLY KIT

- ⇒ Water (1 gallon per person per day [2 quarts for drinking & 2 quarts for food prep and sanitation] for at least 7 days)
- ⇒ Non-perishable food (canned, instant coffee, special diet items, snacks)
- ⇒ Manual can opener
- ⇒ Radio (battery-operated or hand crank)
- ⇒ Flashlight
- ⇒ Extra batteries
- ⇒ First aid kit
- ⇒ Cell phone (charger, portable and/or car charger)
- ⇒ Prescription medications
- ⇒ Eyeglasses/contacts
- ⇒ Hearing aid and extra batteries
- ⇒ Dentures
- ⇒ Sanitation items (toilet paper, moist wipes, trash and/or zip-loc bags)
- ⇒ Important documents (Photo ID, Medicare and other insurance cards, Social Security papers, Cash, Bank, Debit and/or Credit Card(s))
- ⇒ Important telephone numbers

ADDITIONAL EMERGENCY SUPPLIES

- ⇒ Personal hygiene items
- ⇒ Non-prescription medications
- ⇒ Clothing and sturdy shoes
- ⇒ Activities (books—reading and puzzle, games, etc.)

Re-check your items every year



PET-FRIENDLY SHELTERS

Pet-friendly shelters provide shelter to evacuees and their pets.

- Pets must be current/up to date on vaccinations
- Pets must be properly crated
- Pets **may** be sheltered separate from owners
- Owners are required to care for their pets

What to Bring for Your Pets When You Evacuate

- ◆ Food, Water, Bowls (for Food & Water)
- ◆ Plastic bags for pet waste, cat litter and tray
- ◆ Collar with ID tag, rabies tag and leash
- ◆ Vaccination and registration records
- ◆ Comfort items (treats, toys, bedding)
- ◆ Medications
- ◆ Crate or carrier
- ◆ Photo of your pet (Donna will take a photo for you.)



Pablo Towers is in Zone A.

What to Bring to a Shelter

- ◇ Air mattress, sleeping bag, blankets, pillows or other bedding
- ◇ Comfortable clothing
- ◇ Rain gear, Jacket and/or Sweater (shelters tend to be cold)
- ◇ Additional safety, hygiene or comfort items
- ◇ Your EMERGENCY SUPPLY KIT items

SPECIAL MEDICAL NEEDS REGISTRATION

Every year you must **reapply** to **preregister** for the Special Medical Needs Shelter. If you indicated on your completed Evacuation Plan that you would like to go to the Special Medical Needs Shelter, we will provide a Special Needs Registration Form. Please complete the form and place it in the rent box. **If you have questions, please call the Service Coordinator at #339-0061.**

PLAN AHEAD TO REFILL YOUR PRESCRIPTIONS

In the event of a hurricane, Florida law authorizes early refilling of your prescriptions. Make sure you have enough of your medications and oxygen!



STAFF WILL KEEP YOU INFORMED OF RELEVANT HURRICANE HAPPENINGS.

~ AUGUST 2026 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 <u>DIAL A RIDE</u> <u>WALMART SHOPPING</u> 11:30 A.M. By Appt. 246-1477
2	3 <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>AUXILIARY MEMBERS ONLY</u> <u>ICE CREAM SOCIAL</u> 5:00-7:00 P.M.	4 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>LOW IMPACT EXERCISE</u> 2:00 P.M. <u>DANCE PARTY</u> 5:00—7:00 P.M.	5 <u>BIBLE STUDY</u> 10:00 A.M. <u>TAI CHI WITH PAT</u> 2:30 P.M.	6 <u>PEST CONTROL</u> Apts. Ending in 06 <u>DEVOTIONS</u> 9:30 A.M. <u>DAN THE PRODUCE MAN</u> 11:30 A.M.-1:00 P.M. <u>CHAIR YOGA</u> 2:30 P.M. <u>BINGO</u> Doors open at 5:00 Bingo begins at 6:00	7 <u>EXERCISE TO MUSIC</u> 2:30 P.M.	8
9	10 <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>CHAIR VOLLEYBALL</u> 2:00 P.M.	11 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>LOW IMPACT EXERCISE</u> 2:00 P.M. <u>DANCE PARTY</u> 5:00—7:00 P.M.	12 <u>BIBLE STUDY</u> 10:00 A.M. <u>TAI CHI WITH PAT</u> 2:30 P.M.	13 <u>PEST CONTROL</u> Apts. Ending in 07 <u>DEVOTIONS</u> 9:30 A.M. <u>DAN THE PRODUCE MAN</u> 11:30 A.M.-1:00 P.M. <u>CHAIR YOGA</u> 2:30 P.M. <u>BINGO</u> Doors open at 5:00 Bingo begins at 6:00	14 <u>ONSITE DERMATOLOGY</u> By Appointment Only 1-877-345-5300 <u>BUDGETING AND GROCERY SHOPPING</u> 2:30 P.M.	15 <u>DIAL A RIDE</u> <u>WALMART SHOPPING</u> 11:30 A.M. By Appt. 904-246-1477
16	17 <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>RESIDENT COUNCIL MEETING</u> 2:00 P.M. <u>RESIDENT BIRTHDAY PARTY</u> 6:00 P.M.	18 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>LOW IMPACT EXERCISE</u> 2:00 P.M. <u>DANCE PARTY</u> 5:00-7:00 P.M.	19 <u>BIBLE STUDY</u> 10:00 A.M. <u>TAI CHI WITH PAT</u> 2:30 P.M.	20 <u>PEST CONTROL</u> Apts. Ending in 08 <u>DEVOTIONS</u> 10:00 A.M. <u>DAN THE PRODUCE MAN</u> 11:30 A.M.-1:30 P.M. <u>VACCINATION EDUCATION</u> 2:30 P.M. <u>BINGO</u> Doors open at 5:00 Bingo begins at 6:00	21 <u>DR. GORDON PODIATRIST</u> By Appointment 904-534-7061 <u>TRAVELING JEWELER</u> 10:00-2:00 P.M. <u>WII BOWLING</u> 2:30 P.M.	22
23	24 <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>RESIDENT COUNCIL MEETING</u> 2:00 P.M. <u>EXERCISE TO MUSIC</u> 3:30 P.M.	25 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>LOW IMPACT EXERCISE</u> 2:00 P.M. <u>DANCE PARTY</u> 5:00—7:00 P.M.	26 <u>BIBLE STUDY</u> 10:00 A.M. <u>BURNS AUDIOLOGY CLINIC</u> 2:00-4:00 P.M. <u>TAI CHI WITH PAT</u> 2:30 P.M.	27 <u>PEST CONTROL</u> Apts. Ending in 09 <u>DEVOTIONS</u> 10:00 A.M. <u>DAN THE PRODUCE MAN</u> 11:30 A.M.-1:30 P.M. <u>CHAIR YOGA</u> 2:30 P.M. <u>BINGO</u> Doors open at 5:00 Bingo begins at 6:00	28 <u>EXERCISE TO MUSIC</u> 2:30 P.M.	29 <u>DIAL A RIDE</u> <u>TARGET</u> <u>PUBLIX SHOPPING</u> 11:30 A.M. By Appt. 904-246-1477
30	31 <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>CHAIR VOLLEYBALL</u> 2:00 P.M.					

August 2026 CAFÉ MENU

Café Hours 7:00 AM – 1:30 PM

Breakfast and Coffee from 7-10 AM

TOGO/CHEF TELEPHONE NUMBER: 904-853-6030

Lunch Served 11:00 AM – 1:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday
3 Liver & Onions or Lemon Butter Chicken, Sautéed Mushrooms, Mashed Potatoes, Vegetable Medley, or Peas	4 Pork Roast or Fried Chicken, Sweet Potato Mash, Roasted Carrots, Green Beans, or Broccoli	5 Chicken Française or Ham & Cheese Sliders, Baked Sweet Potato, Asparagus, Fries, or Broccoli	6 Stuffed Peppers or Red Beans & Sausage, Wild Rice, Black eyed Peas, Green Beans, or Corn	7 Fried Shrimp or Aussie Chicken, Broccoli, Cole Slaw, Macaroni Salad, or Fries
10 Pork Chops or Fried Chicken, Roasted Potatoes, Green Beans, Corn or Sweet Potato Fries	11 Fried Chicken Wings or Sloppy Joes, Mac & Cheese, Potato Salad, Cole Slaw, or Onion Rings	12 Teriyaki Chicken or Bourbon Chicken, Fried Rice, Egg Rolls, Pork Dumplings or Peas	13 Meatloaf or Grilled Chicken, Mashed Potatoes, Broccoli, Carrots or Peas	14 Stuffed Whitefish or Alpine Chicken, Broccoli, Cauliflower, Rice Pilaf or Asparagus
17 Country Fried Steak or Grilled Chicken, Mashed Potatoes, Broccoli, Lima Beans, or Cauliflower	18 Artichoke Chicken Casserole, or Baked Ham, Baked Potatoes, Creamed Spinach, Brussel Sprouts, or Cauliflower	19 Shepherd's Pie or Apple Glazed Chicken, Creamed Peas, Lima Beans, Corn, or Vegetable Medley	20 Chicken Parmesan or Eggplant Parmesan, Spaghetti, Squash, Zucchini, or Cheese Sticks	21 Dill Glazed Salmon or Aussie Chicken, Sweet Glazed Carrots, Cilantro Lime Rice, Brussel Sprouts, or Asparagus
24 Chicken Livers or Salisbury Steak, Mashed Potatoes, Lima Beans, Peas, or Cauliflower	25 Hamburger or Hot Dog, Fries, Cole Slaw, Potato Salad, or Baked Beans	26 Chicken Marsala or Pork Tenderloin, Parmesan Garlic Pasta, Asparagus, Sautéed Spinach or Green Beans	27 BBQ Pulled Pork or BBQ Ribs, Baked Beans, Collard Greens, Potato Salad, or Cole Slaw	28 Tuna Noodle Casserole or Grilled Chicken, Peas, Sweet Glazed Carrots, Lima Beans or Broccoli
31 Chicken Cordon Bleu or Grilled Ham, Sweet Potato Mash, Rice Pilaf, Peas, or Green Beans				