



March 2019

**St. Francis Manor**  
1750 20<sup>th</sup> Avenue  
Vero Beach, FL 32960  
SFM is a 501 (C) 3 - Not for Profit, Private Corporation

**Executive Director:**  
**Katie Kowanic**

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911 police, fire & medical  
**Non-Emergency Police:**  
978-4600

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katie@stfrancismanor.org  
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### Irish Blessings

"May your troubles be less. And your blessings be more. And nothing but happiness come through your door."



"May your pockets be heavy and your heart be light. May good luck pursue you each morning and night."



"May Irish angels rest their wings right beside your door."



"Affordable, independent apartments for seniors in an attractive, safe & socially supportive environment."

### St. Francis Manor's Donor Tree



Thanks to our very own, Jennie Feathers, St. Francis Manor now has a beautiful Donor Tree in the Social Hall. Thank you, Jennie! In the near future, donor names will begin to appear under the leaves. Be sure to check it out when you come to the hall!

It was a lovely evening for a "JAZZ UNDER THE MOON" concert. Thank you, Charter High School Jazz Ensemble and Dave Mundy for providing the music!



## A Word from Katie -

It's hard to believe Linda and I transitioned into our new roles more than a month ago. It has been heartwarming to have you drop by to congratulate us and wish us luck with our new positions. I feel very fortunate to be in my "Happy Place" where I get to wake up each morning knowing I am going to get to smile and laugh, sometimes really hard, all in a day's work. It's a rare gift and I'm glad I get to share it with you.



March 20<sup>th</sup> is International Day of Happiness and I can honestly say I am happy and I like to make others happy. I realize I can't make everyone happy, but I don't let it stop me from trying. I've come to realize that there are people who seem to complain about everything and those who just have nothing nice to say. As I take the time to get to know that person, I begin to understand why they are that way. As Henry Wadsworth Longfellow said, "Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad."

For the month of March, I am going to try harder to make others happy and I encourage each of you to do the same. We are all different, let's embrace our differences. What a boring world it would be if we were all the same. Let's take the time to listen to each other, to get along and to help make someone happy. Compliment someone, say hello with a smile, and make someone laugh...really hard.

"There's nothing like deep breaths after laughing that hard. Nothing in the world like a sore stomach for the right reasons."  
 — **Stephen Chbosky, The Perks of Being a Wallflower**

Here's to laughing until it hurts!

*Katie*

### WARNING!!

We have had several reports of residents feeding the critters, such as the birds, squirrels and feral cats! Unfortunately, this leads to less desirable critters, such as mice and rats, attracted to the property!  
**PLEASE REFRAIN FROM LEAVING FOOD OUT FOR THE ANIMALS!**

**PLEASE  
DO NOT  
FEED THE  
ANIMALS**

## March Birthdays

Larry Brown	I-9	March 3rd
Betty Thornton	D-8	March 5th
Paul Laroche	B-8	March 7th
Ray Victory	B-1	March 8th
Venice Powell	H-2	March 14th
William Hunt	F-10	March 15th
Al Parkhurst	D-9	March 16th
Joan Tanchala	A-2	March 20th
Hector Aperlo	B-6	March 21st
Erma Harper	A-3	March 26th
Jean Harris	H-4	March 26th
Barbara Smith	B-11	March 27th
Jarret Cohane	I-2	March 30th

### Board Members & Staff:

Linda Scott	March 17th
Katie Kowanic	March 23th
Sharon Knowles	March 27th



SFM's  
Annual  
BBQ Bash  
Saturday  
April 27th

4:00 to 8:00

Residents - \$10.00

Music provided by  
Spayed Koolie

Food provided by  
the Sunrise  
Rotary Club!



# The Manor Bulletin Board

## BINGO

BINGO

Mondays  
March 11th & 25th

Dinner @ 5:30

Bingo @ 6:30

Smokey Mountain  
Band (a.k.a. WV  
Gospel Band) is  
returning on Mar.  
13th at 6:30 -  
a SFM favorite  
for many years!



Come join the fun!

VNA Blood  
Pressure Screening and  
Blood Sugar Screening -  
Monday - Mar. 11th  
@ 9:00

(Be sure to fast for  
the blood sugar  
screening!)



SFM PRAYER GROUP  
Monday Mornings at  
10:00



Nurse-on-Call &  
Encompass  
Wednesday -  
March 20th @ 10:00



**Catholic  
Services**  
Sunday  
Mornings  
at 10:00

Rosary  
Tuesday at 10:30

Deacon Joe  
Tuesday-Feb. 19th  
10:15

Bible Study  
Mondays  
@ 1:30



Mardi Gras/  
Birthday Dinner  
Fat Tuesday  
Mar 5th - 5:30



Paper Goods  
& Groceries,  
compliments  
of St. Anastasia  
Catholic School, will  
be given away on  
Friday-March 1st  
at 10:00. Bring  
your own bag!



Ladies by the Sea from  
Christ by the Sea United  
Methodist Church

*Let's  
Sing!*

Tues - Mar 19th at 2:15

Come and enjoy some  
sweet gospel music.

Economic Opportunity  
Council  
Friday - March 8th - 10:00  
Electric Bill Assistance

Bring your  
electric bill  
and  
identification.



Vero Beach Rhythm  
Band and Chorus

Fri - Mar  
22nd @  
10:00



## SENIOR Expo

Senior Expo  
Thursday  
March 28th -  
9:00 to 1:00

at the Intergenerational Center.  
If we have enough interested, we  
will take the bus.

## Board of Directors

2019

Linda Colontrelle, President  
772-473-0288

Tem Fontaine, VP

Theo Perry, Treasurer

Sharon Knowles, Secretary

Maria Elena Kitchell

Gladys LaForge

Susan Simmens

Larry Thompson

Naomi Kennedy

Bill Zorc  
Honorary Member

Louis Schacht  
Honorary Member

For more information about  
the Manor -

**Contact. . .**

**Katie Kowanic**

**Katie@stfrancismanor.org**

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**"Providing affordable,  
independent  
living to senior citizens  
on a limited  
income in an  
attractive, safe, and  
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environment."**

### Volunteer of the Month - Bill Cooney - G6

Bill has only lived at St. Francis Manor since May 2018 but since that time, Bill has jumped right in to lend a hand! When the Rita Avril Memorial Rose Garden was being planted, Bill helped Joe Simmens with digging the holes, which was quite a challenge! Most recently, Bill has volunteered to pick up fresh veggies from the Shining Light Garden as well as volunteering to help with edging and weed whacking! Thank you, Bill for volunteering your time and energy to SFM!



### A Line from Linda -

As I prepare to wind down my tenure at SFM, I can't help but think of my mentor and partner in crime, Pat Nelson! Pat was the interim administrator and social director when I arrived at SFM in March 2002! Pat loved her role as social director but she wasn't too thrilled about being the administrator so when I came on board, Pat shared with me all she knew about the Manor and



thus began our wonderful working relationship. We were quite the team; making many things happen at SFM! Since Pat's departure in March 2012, there hasn't been a day go by that I haven't missed her presence at the Manor. To me, she was the Manor!

Until we meet again, Pat!

*Blessings, Linda*

### Saint Francis Manor

1750 20th Avenue

Vero Beach, FL 32960

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# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"May your troubles be less, and your blessing be more."</p>	<p>And nothing but happiness come through your door."</p> <p>Irish Blessing</p>				<p>1 Paper Products &amp; Grocery Give Away at 10:00</p> 	2
3	<p>4 <b>NO</b> Prayer Group Memory Screenings – 9:00 Bible Study-1:30</p>	<p>5 Rosary-10:30 Mardi Gras/ Birthday Party 5:30</p> 	<p>6</p>  <p>Lent Begins Ash Wednesday</p>	<p>7 Publix-9:00 Hall Closed- 1 to 3</p>	<p>8 EOC Utility Assistance-10</p>	9
<p>10 Catholic Service-10:00</p> 	<p>11 Prayer Group-10 VNA-9:00 Bible Study-1:30 Dinner-5:30 Bingo-6:30</p>	<p>12 Rosary-10:30</p>	<p>13</p>  <p>Smoky Mountain Music - 6:30</p>	<p>14 Walmart-9:00 Hall Closed 1 to 3</p>	15	16
<p>17 Catholic Service-10:00</p> 	<p>18 Prayer Group-10:00 Bible Study-1:30</p>	<p>19 Deacon Joe-10:15 Rosary-10:30 Ladies by the Sea –2:15</p>	<p>20 Bingo and Goodies - 10:00</p>  <p>First day of Spring</p>	<p>21 Publix-9:00 Hall Closed- 1 to 3</p>	<p>22 Vero Beach Rhythm Band &amp; Chorus-10:00</p>	23
<p>24 Catholic Service-10:00</p>	<p>25 Prayer Group-10 Bible Study-1:30 Dinner-5:30 Bingo-6:30</p>	<p>26 Rosary-10:30</p>	27	<p>28 Walmart-9:00 Hall Closed 1 to 3 Opening day of Major League Baseball</p> 	29	30
<p>31 Catholic Service-10:00</p>					<p>Items in purple social activities</p>	