



May 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**

**Office:** (772) 562-8575

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

**E-Mail:**  
katie@stfrancismanor.org  
**Web Site:**  
stfrancismanor.org  
**Facebook:**  
stfrancismanor

*All About Mothers*

“Any mother could perform the jobs of several air traffic controllers with ease.”

*Lisa Alther*



“There’s no way to be a perfect mother and a million ways to be a good one.”

*Jill Churchill*



“Mother is a verb. It’s something you do. Not just who you are.”

*Cheryl Lacey Donovan*



*St. Francis Manor*  
of Vero Beach

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

**Another delightful Holy Cross Easter Party!**



**Easter Bonnets**

**Galore!**



## A Word from Katie -

May is a month filled with gratitude, celebrations, remembrances and races. Mothers are thanked for all their hard work throughout the year. Cinco de Mayo celebrates Mexico's victory over France at the Battle of Puebla during the Franco-Mexican War.



Those who gave the ultimate sacrifice for our Country are remembered. And whether you enjoy the horse races or the races run on horse power, May is a time to celebrate.

Thank a Mother. Thank a Veteran. Win or lose, be thankful. Be thankful for those things we have had little to no control over, but that have made us who we are. Better yet, just be thankful!

*Katie*

FEELING  
**GRATITUDE**  
AND NOT  
EXPRESSING IT  
IS LIKE  
**WRAPPING A  
PRESENT**  
AND NOT  
GIVING IT.

~WILLIAM ARTHUR WARD~



**\*\*ATTENTION\*\***

**SOCIAL ACTIVITIES**  
will slow down for the  
summer!

There will be NO bingo in  
June, July & August.  
A full social schedule will  
resume in September.

## May Birthdays

Tex Weber	C3	5/1
Virginia Holliday	D12	5/1
Connie Whiteside	G9	5/6
Shirley Blais	J8	5/7
Steve Gifford	G4	5/10
Ken Powell	H2	5/14
Doris Summerall	D7	5/17
Elaine Leitz	F4	5/19
Bill Cooney	G6	5/20
Lisa Marik	Rec B	5/22



## WELCOME TO SFM!

Ronaldo Musto A11

Patricia Jones F10

Marta Gallagher C2



Holy Cross Catholic Church has been a blessing to SFM & our residents for many years!

Please take a few minutes to show your appreciation by writing a thank you note:

Rev. Richard Murphy

Holy Cross Catholic Church

500 Iris Lane, Vero Beach, FL 32963



www.clipartof.com 1110295



# The Manor Bulletin Board

## BINGO

Mondays  
May 13th & 27th  
Dinner @ 5:30  
Bingo @ 6:30



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

Rosary  
Tuesday at 10:30  
Deacon Joe  
Tuesday-April 16th  
10:15

## Epic Missions

Game Day

Thursday,

May 23rd

3:30 to 5:00



SFM Volunteer  
Recognition Dinner



Thursday - May 16th - 5:30

**WHOOOO makes a DIFFERENCE?**  
Our volunteers do!



SFM  
PRAYER GROUP  
Monday Mornings at 10:00



MOTHER'S DAY  
BRUNCH  
Saturday - May 4th  
- 10:00



Sponsored &  
Hosted by  
The Sunrise Rotary Club!

Vero Beach Rhythm  
Band and Chorus  
Friday -  
May 24th  
@ 10:00



VNA Blood  
Pressure Screening and  
Blood Sugar Screening -  
Monday - May 13th  
@ 9:00

(Be sure to  
fast for the  
blood sugar)



Nurse-on-Call &  
Encompass  
Wednesday - May 15th  
@ 10:00



Bible Study  
Mondays  
@ 1:30



## Epic Missions

Game Day

Thursday,

May 23rd

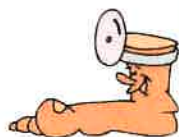
3:30 to 5:00



Economic Opportunity  
Council  
Fri - May 10th - 10:00

Electric Bill Assistance  
Bring your completed  
application, electric bill  
and identification.

Dr. Serrano, the podiatrist, will be  
here on Wednesday -  
May 15th at 9:30.  
Please sign up!



## ATTENTION

A Special Shopping Trip  
to **TARGET** is planned  
for Thursday, May 2nd, instead  
of Publix!

This will give you the opportunity to  
spend your gift cards!

## 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

Gwen Zorc Lamothe

Bill Zorc  
Honorary Member

Louis Schacht  
Honorary Member

For more information about  
the Manor -

**Contact. . .**

**Katie Kowanic**

**Katie@stfrancismanor.org**

772-562-8575



## Volunteers of the Month: ALL SFM Volunteers

On May 16th, we will be recognizing and thanking all of our wonderful volunteers! Without these loyal, dedicated and selfless folks, we could not provide all of the activities, parties and services we have at St. Francis Manor!

To name a few of what we offer at SFM!

Bingo - Birthday Dinners - Holiday Parties -  
Library - Entertainment - Landscaping -  
Gardens - Bingo Dinners - Daily Lunches

# THANK YOU!



## Hints for Coping with Memory Problems:

1. Keep a book with you to write important information, phone numbers, ideas, appointments, your address, etc.
2. Place notes around the house when you need to remember things.
3. Ask someone to call and remind you of appointments, medications, etc.
4. Do word search, word puzzles, crossword puzzles, etc. to keep the mind sharp.
5. Keep important phone numbers in large print next to your phone.
6. Use photos with names of people you see often.



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# May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"God could not be everywhere so therefore he created mothers!" Jewish Proverb</p>			1	<p>2 Target-9:00</p> <p>Hall Closed for Cleaning -1 - 3</p>	3	<p>4</p>  <p>Happy Mother's Day</p> <p>Mother's Day Brunch - Hosted by Sunrise Rotary 10:00</p>
<p>5 Catholic Service 10:00</p>	<p>6 Prayer Group 10:00 Bible Study 1:30</p>	<p>7 Rosary-10:30</p>	8	<p>9 Walmart-9:00</p> <p>Hall Closed for Cleaning-1 to 3</p>	<p>10 EOC Utility Assistance-10:00</p>	11
<p>12 Catholic Service 10:00</p> 	<p>13 VNA-9:00 Prayer Group-10:00 Bible Study-1:30 Dinner-5:30 Bingo-6:00</p>	<p>14 Rosary-10:30</p>	<p>15 Podiatrist-10:00</p> <p>Trivia &amp; Goodies - 10:00</p>	<p>16 Publix-9:00</p>  <p>Volunteer Dinner-5:30</p>	17	18
<p>19 Catholic Service 10:00</p>	<p>20 Prayer Group 10:00 Bible Study 1:30</p>	<p>21 Deacon Joe-10:00 Rosary-10:30</p>	22	<p>23 Walmart-9:00 Hall Closed for Cleaning-1 to 3 Epic Missions Game Day 3:30 to 5:00</p>	<p>24 Vero Beach Rhythm Band &amp; Chorus-10:00</p>	25
<p>26 Catholic Service 10:00</p>	 <p>27 Prayer Group-10:00 Bible Study-1:30 Dinner-5:30 Bingo-6:00</p>	<p>28 Rosary-10:30</p>	29	<p>30 Publix-9:00</p> <p>Hall Closed for cleaning-1 to 3</p>	31	