



April 2019

St. Francis Manor

1750 20th Avenue
Vero Beach, FL 32960
SFM is a 501 (C) 3 - Not for Profit, Private Corporation

Executive Director:
Katie Kowanic

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Income Taxes

“The difference between death and taxes is death doesn’t get worse every time Congress meets!”

Will Rogers

“The hardest thing in the world to understand is the income tax.”

Albert Einstein

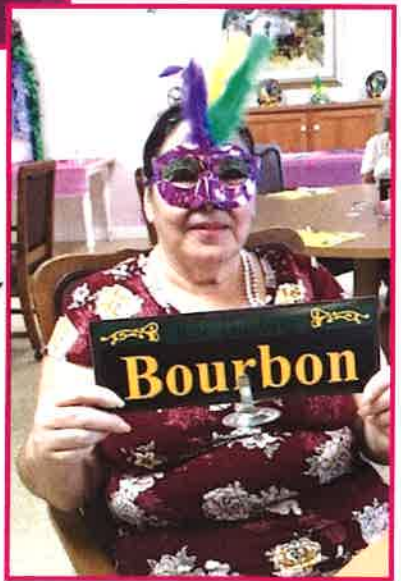
“Death, taxes and child-birth! There’s never any convenient time for any of them.”

Margaret Mitchell



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

It was a Mardi Gras Birthday Party!



A Word from Katie -

April is National Humor Month. It's no coincidence that the month begins with April Fool's Day, a day which has sanctioned frivolity and amusement for hundreds of years.



Laughter and joy lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life.

Laughter may be one of the great medical discoveries of our times. It has power in its ability to relieve stress and burnout and to lift ailing spirits.

They say laughter is the best medicine so let's find humor in each day. Tell a joke. Laugh with someone. Laugh at yourself – I do.

"Trouble knocked at the door, but, hearing laughter, hurried away." – Benjamin Franklin

Katie



What a FABULOUS birthday I had, thanks to all of you!

Thank you for all of the cards, gifts & party!

Linda

April Birthdays

Susan Sharp	G11	4/12
Graham Rice	G3	4/18
Dallas Sumpter	D2	4/28

Board Members:

Bill Zorc	4/6
Maria Elena Kitchell	4/21

HAPPY BIRTHDAY



Bill Hodge	B-5
Pamela Brown	C-8
Barbara Waterson	C-11
Mimi Ridzan	D-11
Jarrett Cohane	I-2
Linda Peters	I-3
Ron & Sylvia Szalc	J-7

WELCOME TO SFM!



SFM's Annual BBQ Bash

Saturday April 27th
4:00 to 8:00

Residents - \$10.00
(you must purchase a wrist band to eat & drink)

Music provided by Spayed Koolie

Food provided by the Sunrise Rotary Club!



The Manor Bulletin Board

BINGO

Mondays
April 8th & 22nd
Dinner @ 5:30
Bingo @ 6:30

Holy Cross
Catholic Church
Easter



Dinner/Party
Monday - April 15th - 6:00
Dig out the Easter Bonnets and
get ready for the annual
Easter Bonnet Parade!



BE SURE TO SIGN
UP!

VNA Blood
Pressure Screening and
Blood Sugar Screening -
Monday - Apr 8th
@ 9:00

(Be sure to
fast for the
blood sugar)



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

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

SFM
PRAYER GROUP
Monday
Mornings at 10:00



Nurse-on-Call &
Encompass
Wednesday - Apr 17th
@ 10:00



Bible Study
Mondays
@ 1:30



SAVE THE DATE

SFM Volunteer
Recognition Dinner

Thursday
May 16th
5:30



WHOOOO makes a
DIFFERENCE?

Our
volunteers
do!



Republican
Women of
IRC will be
hosting
their annual Spring Fling on
Saturday, April 13th at 12
noon.



Vero Beach Rhythm
Band and Chorus
Fri - April
26th @
10:00



Economic Opportunity
Council
Fri - April 12th - 10:00
Electric Bill Assistance
Bring your completed
application, electric bill
and identification.

Dr. Serrano, the podiatrist, will be
here on Wednesday -
April 17th at 9:30.
Please sign up!



Treasure Coast
Exchange Club
will be hosting a Tea
Party on Friday - April
19th at 1:00.
Come to the social hall
and enjoy some tea and crumpets!
Be sure to sign up!

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
772-562-8575



*"Providing affordable,
independent
living to senior citizens
on a limited
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Volunteers of the Month: Sunrise Rotary Club!

One of the areas of focus for the Sunrise Rotary Club is supporting the elderly and for several years the SRC has done just that at SFM! The club began their work at SFM in 2011 with a service project (re-staining the boardwalk) followed by a Christmas party in 2012! Since that time, the members have provided annual Mother's Day flowers and delectable brunches for our residents and for the past four years, the club has



sponsored our BBQ Bash; providing funds as well as working the event!

THANK YOU, SUNRISE ROTARY CLUB
for all of your support!



St. Francis Manor lost two residents this past month!
Stryl Triplett - C2 and Val Ross - C6.



Both Val and Stryl made SFM their home for several years and were thought of fondly by their friends and neighbors at SFM. Val was our librarian for a few years and Stryl was responsible for locking up the laundry rooms/hallways every evening.



May they both rest in peace!



Saint Francis Manor

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April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Prayer Group 10:00 Bible Study 1:30 	2 Rosary-10:30	3	4 Publix-10:00	5	6
7 Catholic Service 10:00	8 VNA-9:00 Prayer Group 10:00 Bible Study- 1:30 Dinner-5:30 Bingo-6:30	9 Rosary-10:30	10	11 Walmart-10:00	12 EOC Utility Assistance 10:00	13 Republican Woman of IRC-Spring Fling-12 noon 
14 Catholic Service 10:00 	15 Prayer Group 10:00 NO BIBLE STUDY Holy Cross Easter Party-6	16 Deacon Joe- 10:00 Rosary-10:30 Epic Missions 2:30	17 Podiatrist-9:30 Trivia & Goodies-10:00	18 Publix-10:00	19 Treasure Coast Exchange Club Tea Party - 1:00 	20 
21 Catholic Service 10:00 	22 Prayer Group 10:00 Bible Study 1:30 Dinner-5:30 Bingo-6:30	23 Rosary-10:30	24 Epic Missions 1:30	25 Walmart-10:00	26 Vero Beach Rhythm Band and Chorus 10:00	27 SFM BBQ BASH 4:00 
28 Catholic Service 10:00	29 Prayer Group 10:00 Bible Study 1:30	30 Rosary-10:30			Social Activities In purple!	