

April

St. Francis Manor

1750 20th Avenue
Vero Beach, FL 32960
For 39 years - a 501 (C) 3 -
Not for Profit, Private
Corporation
Executive Director:

Linda Scott
(772) 913-1545

Office:
(772) 562-8575

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911 police, fire & medical
Non-Emergency Police:
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stfrancismanor@aol.com

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stfrancismanor.org

Facebook:
stfrancismanor



St. Francis Manor
of Vero Beach

for the
"NEW"
Times
of your life!

Then and Now!



1995



We've come a long way, baby!



"The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share."

Lady Bird Johnson



"A true conservationist is a man who knows that the world is not given by his fathers, but borrowed from his children."

John James Audubon



2017



A LINE FROM LINDA

Greetings!

Did you know - National Volunteer Week is April 23rd through the 29th?

Without our volunteers at SFM, we would not be able to offer the many activities that we have each and every month, such as: bingo, bread day, lunch program, communion every Sunday, bible study every Monday, holiday parties, birthday parties, crafts, dinners out and on and on



"Volunteering is a great way for older adults to explore interests and passions. Finding meaningful and interesting volunteer work can help them relax and escape from day-to-day routine. Volunteering also provides renewed creativity, motivation, and vision that can carry over into their personal lives! Volunteering is good for the mind, body and spirit. It counteracts the effects of stress, anger and anxiety. The social connection of helping and working with others can have a profound effect on overall psychological well-being. Nothing relieves stress better than a meaningful connection with another person."

April 2017 creative forecasting

I am truly thankful for all of our volunteers! In May, we will be recognizing our SFM volunteers!

Blessings,
Linda

Thank you everyone for the birthday wishes!
Turning 65 wasn't so bad after all!



Maintenance Matters

1. ABSOLUTELY NOTHING should be removed from the maintenance shed without Ken's permission!
2. Please be advised that when the maintenance crew receives a work order, it is done in order of priority AND they go in your apartment to do the work if you are not home unless requested not to go in the apartment.



VOLUNTEERS NEEDED

BBQ BASH - Saturday - April 29th
Organizational Meeting
Tuesday - April 18th @ 2:00



April Birthdays -

Susan Sharp	G11	4/12
Pat Kilmartin	C8	4/17
Graham Rice	G3	4/18
Dallas Sumpter	D2	4/28

Board Member:

Bill Zorc 4/6



NOTICE



The office and maintenance department are closed on Good Friday.

Welcome to the neighborhood-
Laura O'Connor-G10



SAVE THE DATE



April 29th, 5-8 pm
The Rebel Rousers, Country Dancing,
Best Danged BBQ on 20th Avenue
Kids entertainment, Silent Auction & More
Tickets: Adults - \$25 * Ages 11 to 20 - \$15
10 and under - Free
772-562-8575/stfrancismanor.org



The Manor Bulletin Board



**On-Site
Dermatology**
Check the
board for date
and time!

Holy Cross Catholic Church
Annual Easter Party
Monday - April 3rd - 6:00



Don't
forget your
Easter
Bonnetts!



April Dinner
Out
Sunday
April 9th
@ 4:00
Woody's in Sebastian

Bible Study
Mondays -
at 1:30



Let's go to the
Farmer's
Market!



Saturday - April 8th - 9:30



Republican
Women of
Indian River
County
Saturday -
April 1st - 11:00 to 1:00
Enjoy a nice luncheon with
entertainment by **HOB**
JIM! **COME OUT AND JOIN
THE FUN!**



It's Game
Time with
Donna and
Betty of
Mederi
and Consulate!
Wednesday, Apr. 19th
@ 10:00

April
Bingo



Mondays
April 10th & 24th
Dinner at 6:00
Bingo at 7:00

GET YOUR GROOVE
ON!!
COME JOIN ZUMBA
Fridays - 1:30



Blood Pressure Screening
VNA - Mondays -
April 10th & 24th
@ 11:00



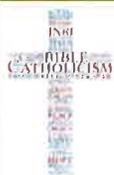
BUG LADY

Monday -
April 3rd



PLEASE be available
to have your
apartment sprayed!

Every Tuesday Morning at
10:30—Rosary Praying in
the conference room.



Deacon Dave
Tuesday -
April 18th
@ 10:30

SOMETHING NEW!!!

Hobby Night
Wednesday-
April 12th @
5:00

**My hobby
is** ?

NO LUNCH
BUNCH
in APRIL!



Easter Pancake
Breakfast & Bingo
Friday - April 14th @
9:00

Come out and enjoy
some fun with Linda's
grand daughters!

Board of Directors

Anthony Dzielski, President
772-766-0415

Tem Fontaine, VP
772-538-4324

Louis Schacht, Treasurer
772-559-3978

Karolyne Lucero, Secretary
772-205-9349

Linda Colontrelle
772-473-0288

Maria Elena Kitchell
772-205-0938

Gladys LaForge
772-713-4280

Betty Rollins
772-562-7578

Larry Thompson
772-567-4266

Bill Zorc
772-713-0607



For more information about
the Manor -
Contact. . .
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772-562-8575



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

Volunteers of the Month - Dorothy Buckley & David Muggridge

The Double D's, Dorothy and David have been volunteering and helping out at SFM for a number of years! In 2009, Dorothy began her volunteering efforts by visiting the residents each Tuesday, welcoming new neighbors and checking on residents who might not be feeling well. A couple of years later, David joined Dorothy on bingo nights helping out in the kitchen as well as being a bingo caller! Dorothy also heads up the Tuesday crafters; making many lovely items for the annual bazaar. They are both seen at our holiday parties, birthday dinners, and our annual BBQ Bash.



THANK YOU FOR ALL YOU DO FOR SFM!

A little baseball humor:

1. What makes a baseball stadium cool? The fans!
2. I wanted to be a big league umpire, but I kept passing the eye exam!
3. Watching our team play is relaxing. There are no disturbing noises, like the sound of a bat hitting the ball!
4. He's been in such a slump that when he finally hit the ball through the infield, he had to call AAA and ask for directions to first base!
5. Why did the Triple A baseball player take an aspirin?
He had a minor headache!
6. He's been working on a new pitch.....it's called a STRIKE!
7. I was watching a baseball game on TV and my wife said,
"Speaking of high and outside, the grass needs mowing."



Saint Francis Manor

1750 20th Avenue
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772 562-8575



APRIL 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  RWIRC Spring Fling-11:00
2 Communion 10:00	3 Bug Lady No Bible Study H C Easter Party-6:00	4 Rosary-10:30 Epic Missions-1-3 Crafts-1:00	5	6 Publix-9:00 Hall Closed for Cleaning-1-3	7 ZUMBA-1:30	8 Farmer's Market - 9:30
9 Communion 10:00 Dinner Out 4:00	10 Letha-9:00 VNA-11:00 Bible Study - 1:30 Dinner & Bingo	11 Jewish Passover Rosary-10:30 Crafts-1:00	12 Hobby Night 5:00	13 Walmart-9:00 Hall Closed for Cleaning-1-3	14 Easter Pancake Breakfast & Bingo—9:00	15 
16  Communion 10:00	17  TAX DAY!	18 Deacon Dave-10:30 Crafts-1:00	19 Mederi & Consulate Bingo-10:00	20 Publix-9:00 Hall Closed for Cleaning-1-3	21 ZUMBA-1:30	22  HAPPY EARTH DAY
23 Communion 10:00	24 Letha-9:00 VNA-11:00 Bible Study - 1:30 Dinner & Bingo	25 Rosary-10:30 Epic Missions – 1-3 Crafts-1:00	26	27 Walmart-9:00 Hall Closed for Cleaning-1-3	28 ZUMBA-1:30	29 Great  American BBQ Bash 5:00 to 8:00
30 Communion 10:00						



Please Read & Heed!



I realize we have been feeding the ducks leftover bread at SFM for years; however, it is not good for the critters or the pond! So let's try to be a little more diligent and feed them healthier things (see below)

Why we shouldn't feed bread to the squirrels and ducks!

For many of us, this comes as a *shocking* revelation. Ducks and bread? Name a more iconic duo. **But unfortunately you really, really shouldn't feed ducks bread.**

Bread is essentially just junk food. It fills birds up, but it doesn't carry much nutritional value. That means pretty much the same thing it means for humans: baby birds are more likely to end up malnourished, without the plant nutrients they need to grow properly. A high-calorie, low-nutrient diet can cause waterfowl to develop a condition known as "angel wing", an incurable wing deformity that usually renders birds flightless. And then there's the fact that the constant availability of human-supplied junk food keeps ducklings from learning how to forage healthy food for themselves. Meanwhile, grown-up birds who gorge on carbs are more likely to get fat and sick.

Even the bread that birds *don't* eat is bad for them: Rotting bread can grow mold that makes ducks sick, contribute to the growth of algae—which can kill loads of animals—and attract vermin that spread disease to birds and humans alike.

So can I feed ducks at all?

Fear not! There are plenty of leftovers that you *can* feed to the duckies. The Canal River Trust undertook a delightful duck taste test on different kinds of lettuces and greens. Apparently ducks are big into the whole kale trend, but not even *swans* want anything to do with watercress. Knowledge is power!

Other safe options include corn (canned, frozen, or fresh), peas (same deal), bird seeds, oats, and duck pellets .

Popular Science
By Rachel Feltman March 24, 2017