



August 2017

**St. Francis Manor**

1750 20<sup>th</sup> 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

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

**Web Site:**  
stfrancismanor.org

**Facebook:**  
stfrancismanor



*St. Francis Manor*  
of Vero Beach

for the  
"NEW"  
Times  
of your life!

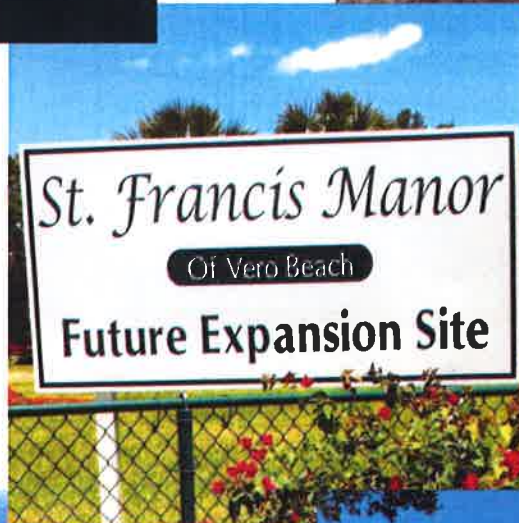
Let the construction begin . . . . .



"Life is so much brighter when we focus on what truly matters."  
*Unknown*

"Life is 10% what happens to us and 90% how we react to it."  
*Dennis P. Kimbro*

"Most of us spend our lives as if we had another one in the bank."  
*Ben Irwin*



## A LINE FROM LINDA

Greetings!

Once again, we have witnessed how fragile life can be. One day I'm talking to Lenny and the next day he is gone! How many opportunities or reminders do we need to truly value our life and recognize how short it could be?

I certainly hope and pray I live long enough to check off a few more items on my bucket list but there are no guarantees, so I plan on doing as many as I can while I can!



"As a grandmother, I still have aches and pains, but they are merely reminders of the privilege of growing older. Like George Burns once said, "Growing older is not always golden, but it sure beats the alternative."

*Mickey Mann Johnson*

*Linda*

### New SFM Board Member - Gladys LaForge

Gladys has been a resident of Vero Beach for 14 years. She and her family moved to Vero from New York where she practiced law for over 30 years. She is now practicing law in Vero on a full time basis in the fields of family law, criminal defense and guardianship.

Gladys is a former prosecutor in New York where she was the first woman and youngest person appointed as the Chief Trial Assistant in a county District Attorney Office. She was involved in many bar association activities including serving as the President of the Women's Bar Association of the State of New York.

In addition to serving on the Board of St. Francis Manor, Gladys is on the Board of Directors of Impact 100 and a member of the Sunrise Rotary Club.

WELCOME,  
GLADYS!



## August Birthdays -

Charles Lang	F6	Aug 1st
Jim Knapp	G2	Aug 3rd
Salidad Woods	G1	Aug 3rd
Carol Jean Hull	C12	Aug 4th
Alaine Keiser	B5	Aug 14th
Pat Schlebus	F9	Aug 14th
Aida Villasmil	D3	Aug 15th
Donna Caskey	D5	Aug 16th
Stephen Scheer	H11	Aug 18th
Don Redman	F7	Aug 18th
Jean MacConnell	A7	Aug 19th
Charlene Stewart	G7	Aug 20th
Vicki Arrowsmith	H5	Aug 23rd
Dave Back	H1	Aug 26th

**HAPPY BIRTHDAY!**

### WELCOME TO THE NEIGHBORHOOD

Erma Harper	A3
Rosemary Rush	B2
Anniebelle Gould	B10
Carol Carrozza	C1
Don Redman	F7



### Maintenance Matters

1. PLEASE do not park on the grass! There are ample parking spaces available.
2. There are lots of people feeding the ducks so please do not over-feed them! Our duck food bill has gotten out of control!





# The Manor Bulletin Board



Dinner Out  
on hold until  
September!

St. Vincent de Paul Society  
Utility Assistance  
Tuesday- August 15th @ 1:00  
Be sure to sign up early!



Pancakes & Bingo with Annalise  
Tuesday - August 8th - 9:00

Come on over to  
the hall and  
enjoy some pancakes &  
BINGO!



It's the Donna & Betty  
Show!  
Wednesday -  
August 16th @ 10:00



National Ice Cream  
Sandwich Day  
Wed. - Aug 2nd  
Come join us in the  
social hall at 11:00 for an ice  
cream sandwich!



July &  
August

Birthday  
Dinner



Wednesday - Aug. 23rd  
at 5:30

VNA Blood Pressure  
Screening  
Mondays -  
Aug. 14th &  
28th @ 11:00



Service for  
Lenny Ovens  
Saturday  
July 29th  
2:00 to 4:00



Newport Club  
2536 16th Avenue  
The bus will leave at 1:30.

Deacon Joe  
Tuesday -  
August 15th  
@ 10:30



LUNCH  
BUNCH  
IS ON  
HOLD

UNTIL  
SEPTEMBER!

Bible Study  
Mondays -  
at 1:30



## Pest Control Service

Our new pest  
control company,  
**Other Side Services,**  
will begin on Monday, August 7th.  
If you are having any issues, please  
inform the office prior to this date.



THINK HAPPY  
THOUGHTS AND  
GOOD THINGS  
WILL HAPPEN

## 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. . .**

Linda W. Scott

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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."*

## Volunteer of the Month - Lenny Ovens

Sadly, we unexpectedly lost Lenny this past month. Ironically, Lenny was my choice for the August Volunteer of the Month so I would like to honor him posthumously.

Lenny was just one of those people who always had a smile on his face and was always ready to help, regardless of the chore. From taking out the recycling to helping set up for the BBQ Bash, Lenny was there to lend a hand.

I will certainly miss Lenny's morning ritual when he came into the social hall and said - "Good Morning! Thank you for coming to work today! We appreciate you, we probably don't tell you often enough but we do!"

Rest In Peace, Sweet Lenny! You will be missed!



## Why are senior citizens more prone to heat illness?

When we age, our bodies become less efficient at regulating temperature for a couple of reasons. Seniors over 65 don't sweat as much as younger adults, which unfortunately is one of the body's most important heat regulation mechanisms. Also, seniors store fat differently, which complicates heat regulation in the body further! Why is this serious? Well, as the temperature rises, so too does your internal body temperature, especially when you're exposed directly to the sun or extremely hot environments. This is why seniors suffer from heat stroke more often than younger people throughout the summer. Heat illnesses are of special concern because older adults are much more affected by summer heat. Roughly 40% of all heat related deaths in the U.S. - nearly 3,000 - were adults over 65 years old.

During heat waves, seniors should be drinking water and juices regularly, and a good rule of thumb is to drink fluids at every meal, as well as sipping fluids throughout the day rather than drinking them quickly. Avoiding alcohol can encourage better hydration.



## Saint Francis Manor

1750 20th Avenue  
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772 562-8575



# August 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wild Blueberry Month 		1	2 National Ice Cream Sandwich day! 11:00 	3 Walmart-9:00 Hall Closed 1 to 3	4	5
6 Communion 10:00	7 Pest Control Service  Bible Study 1:30 	8 Pancakes & Bingo With Annalise -9:00 	9	10 Walmart-9:00 Hall Closed 1 to 3	11	12
13 Communion 10:00	14 VNA-11:00 Bible Study 1:30 	15 Deacon Joe 10:30 St. Vincent de Paul-1:00	16 The Donna & Betty Show 10:00	17 Walmart-9:00 Hall Closed 1 to 3	18	19
20 Communion 10:00 Lemonade's Birthday 	21 Bible Study 1:30 	22	23 July & August Birthday Dinner 5:30 	24 Walmart-9:00 Hall Closed 1 to 3	25 	26
27 Communion 10:00	28 VNA-11:00 Bible Study 1:30 	29	30	31 Walmart-9:00 Hall Closed 1 to 3		