



August 2018

### 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:

Linda Scott  
(772) 913-1545

#### Office:

(772) 562-8575

#### Emergency:

911 police, fire & medical

#### Non-Emergency Police:

978-4600

#### E-Mail:

stfrancismanor@aol.com

#### Web Site:

stfrancismanor.org

#### Facebook:

stfrancismanor



# St. Francis Manor

of Vero Beach

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

## Summer Fun!



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Dinner & Bingo with Amelia!



Good to see new residents joining in the fun!



"The more I know about people, the more I love my dog."

*Mark Twain*

"Don't accept your dog's admiration as conclusive evidence that you are wonderful."

*Ann Landers*

"The average dog is nicer than the average person."

*Andy Rooney*



Pancakes & Bingo with Annalise!



## A Line from Linda

Greetings!

I am truly blessed to have four of the best looking, best behaved, and fun grandkids EVER! :)

The month of July was certainly a busy one but making memories with my grandkids is the BEST!



The first to arrive was Hazel who brightened the manor with her scooter skills and smile. Next was Amelia who prepared dinner and played bingo with the residents. Then Annalise arrived and dazzled us with her pancakes and bingo calling and last but certainly not least, Merritt, who loved fishing with Al!

The kids



love coming to SFM! Thank you for making them feel welcome!



Blessings,  
*Linda*

## August Birthdays

Charles Lang	F6	Aug 1st
Solidad Woods	G1	Aug 3rd
Jim Knapp	G2	Aug 3rd
Carol Jean Hull	C12	Aug 4th
Barbara Allen	I7	Aug 12th
Pat Uskevich	I3	Aug 12th
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
Nancy Hubner	J9	Aug 25th
Angela Sachson	J4	Aug 26th
Dave Back	H1	Aug 26th

Board Members

Gladys LaForge - Aug 21st

happy birthday!



## St. Vincent de Paul Society Utility Assistance Schedule

Tues.	Aug. 21st	1:00
Tues.	Sept. 18th	1:00
Tues.	Oct. 16th	1:00



The sign up sheet will be posted a week prior to the date of assistance. Be sure to bring your unpaid electric bill along with your identification.

For our new residents, all SFM residents are eligible to apply for assistance ONE time per summer. They can only accommodate 12 to 15 people each time so if you miss one, you will be able to sign up for the next one.

## Maintenance Matters:

PLEASE help us help you!



1. Keep your air conditioner filter and grate clean.
2. Empty containers, pots, etc. of standing water which breeds mosquitoes.
3. Dispose of cigarettes properly - NOT the ground.
4. Pick up trash in the yard when you see it!
5. Storage hallways are filling up with STUFF! Please do not put items in the hallways.
6. Porches need to have room for the emergency personnel!

# The Manor Bulletin Board



National Watermelon Day!

Come celebrate with us in the social hall with a fresh slice of watermelon!

Friday - August 3rd - 10:30

Quit Smoking



Smoking Cessation Classes

Wednesdays

Beginning July 25th through Aug. 29th

10:00

Praying the Rosary  
Tuesdays @  
10:30



Bible Study  
Mondays @ 1:30



Deacon Joe  
Tuesday  
Aug 21st  
10:30



PLEASE DO NOT FEED  
THE SQUIRRELS!



National Banana Split Day!

Let's beat the heat with a banana split!

Friday - August 10th - 2:00

Be sure to sign up!



Beginning in August!

Non-Denominational Prayer Group for the very ill. This group will pray for you or someone you know who is very ill.

Monday Mornings at 10:00 in the conference room.



Nurse-on-Call Trivia  
Wednesday - Aug. 15th  
@ 10:00

Come join us for some trivia fun!



Important Notice

Residents are **NOT** to call the City of Vero Beach for special trash pick ups! Disposing of your belongings is **YOUR** responsibility!



**NEW TIME!**

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

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



Catholic Services  
Sunday Mornings  
at 10:15



drink  
more water



## Board of Directors 2018

Linda Colontrelle, President  
772-473-0288

Tem Fontaine, VP  
772-538-4324

Theo Perry, Treasurer  
772-643-2598

Sharon Knowles, Secretary  
772-360-5076

Anthony Dzielski  
772-766-0415

Maria Elena Kitchell  
772-205-0938

Gladys LaForge  
772-713-4280

Betty Rollins  
772-562-7578

Susan Simmens  
772-532-6338

Larry Thompson  
772-567-4266

Bill Zorc  
Honorary Member  
772-713-0607

Louis Schacht  
Honorary Member  
772-559-3978

For more information about  
the Manor -  
**Contact. . .**  
Linda W. Scott  
Stfrancismanor@aol.com  
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 - Barbara Dichter, Librarian

For the past seven months, Barbara has been coming to SFM to organize the library and keep the books in order. Barbara also volunteers at the Used Book Depot every week and brings new and interesting books to the SFM library.



Thank you, Barbara, for your weekly visits and for keeping our library in order.



**Our world is drowning in PLASTIC!** Below are a few things you can do to reduce the amount of plastic that is destroying our earth!

1. Give up plastic bags! Take your own reusable ones to the store. A trillion plastic shopping bags are used worldwide every year, 100 billion in the U.S. alone!
2. Skip straws! Unless you have medical needs, and even then you could use paper ones. Americans toss 500 millions plastic straws every day or about 1.5 per person!
3. Pass up plastic bottles. Invest in a refillable water bottle. Around the world, nearly a million plastic beverage bottles are sold every minute!
4. Recycle what you can! Globally, only 18% of all plastic is recycled - United States only 9% is recycled!
5. Please use the green recycle bins provided at each end of the complex!



## **Saint Francis Manor**

1750 20th Avenue  
Vero Beach, FL 32960  
772 562-8575



# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>"I know it is wet and the sun is not sunny, but we can have lots of good fun that is funny". <b>Dr. Seuss</b></p>		<p>1 Smoking Cessation Class- 10:00</p>	<p>2 Walmart-9:00</p>	<p>3 National Watermelon Day 10:30</p> 	4
<p>5 Catholic Service 10:15</p>	<p>6 Prayer Group for the sick - 10:00  Bible Study 1:30</p>	<p>7 Rosary-10:30</p>	<p>8 Smoking Cessation Class- 10:00</p>	<p>9 Publix-9:00</p>	<p>10 National Banana Split Day - 2:00</p> 	11
<p>12 Catholic Service 10:15</p> 	<p>13 Prayer Group - 10:00 Bible Study 1:30 VNA-9:00 Blood Pressure &amp; Blood Sugar Checks</p>	<p>14 Rosary-10:30</p>	<p>15 Smoking Cessation Class- 10:00  Trivia with Nurse-on-Call 10:00</p> 	<p>16 Walmart-9:00</p>	17	18
<p>19 Catholic Service 10:15</p>	<p>20 Prayer Group for the sick - 10:00  Bible Study 1:30</p>	<p>21 Deacon Joe 10:30</p>	<p>22 Smoking Cessation Class- 10:00</p>	<p>23 Publix-9:00</p>	24	25
<p>26 Catholic Service 10:15</p>	<p>27 Prayer Group for the sick - 10:00  Bible Study 1:30</p>	<p>28 Rosary-10:30</p>	<p>29 Smoking Cessation Class- 10:00</p>	<p>30 Walmart-9:00</p>	31	