

February

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

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

for the
 "NEW"
 Times
 of your life!

Bingo Night at SFM!



Bingo Nights are
 brought to you by
 our dedicated
 volunteers!
THANK YOU!



"When I do good,
 I feel good.
 When I do bad,
 I feel bad.

That's my RELIGION!"

Abraham Lincoln

"Believe you can
 and you're halfway
 there."

Theodore Roosevelt

"Government's first duty
 is to protect the people,
 not run their lives."

Ronald Reagan

"If you treat people right
 they will treat you right...
 ninety percent of the
 time."

Franklin D. Roosevelt



THANK YOU,
 Grand
 Harbor
 Community
 Outreach
 for our new
 warming
 oven
 and
 grill!



A LINE FROM LINDA

Greetings!

As the years fly by and I wrap up my 15th year at SFM, I want to pay homage to three women who mentored me, supported me, and assisted me!



Pat Nelson, my mentor and friend, taught me everything I needed to know to do this job! Ollie, aka mom, was my biggest cheerleader and supporter! AND then there was Dottie who kept me in

line! As you all know, not much got past Dottie! All three of these women continue to have a very special place in my heart and I hope I have made them proud!



Blessings,
Linda

It's that time of year (again)!

For your safety, we perform annual apartment inspections to insure everything is working properly and at the same time, check to see that your apartment is up to SFM's cleanliness standards.



Inspection dates are as follows:

H & E Buildings:	Wednesday - Feb. 15th
F & A Buildings:	Thursday - Feb. 16th
B & C Buildings:	Wednesday - Feb. 22nd
D & G Buildings:	Thursday - Feb. 23rd

February Birthdays -

Kevin Blank	A8	2/2
Mary Grace Civiell	A1	2/5
Bryan Head	A9	2/11
Terry Meyer	G9	2/12
Bernie Sapp	A11	2/18
Joyce Rapp	E2	2/18
Linda Lowe	B8	2/19
Charles Smith	F1	2/20
Ananda Devi	E4	2/22
Margie Carter	C11	2/23
Geneva Marze	A3	2/24
Jeanette Verna	E11	2/27
Betty Hedrick	A4	2/28
Francisco Diaz	A10	2/28



Welcome to the neighborhood-

Elyne Strauss - B4



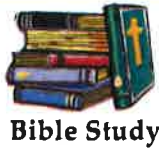
**ATTENTION ALL
SFM RESIDENTS**

A Town Hall Meeting will be held on Thursday, February 21st at 5:00 in the SFM Social Hall.

**ALL RESIDENTS
are encouraged to attend
this meeting!**

The Manor Bulletin Board

Bible Study
Mondays-
at 1:30



Bible Study

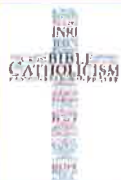
Valentine
Fun!

Holy Cross Youth
Valentine Party
Wednesday
February 15th
7:00 to 8:00 p.m.



It's Game
Time with
Donna and
Betty of
Mederi
and Consulate!
Wednesday, Feb. 15th
@ 10:00

Blood Pressure
Screening
VNA - Mondays -
Feb. 13th & 27th
@ 11:00



Deacon Dave
Tuesday -
Feb. 21st
@ 10:30

Catholic
Communion
Sunday
Mornings @ 10:00



Super Bowl
Party
Sunday -
Feb. 5th -
5:30

We are firing up the
new grill and will be
serving hot dogs and
hamburgers!
It's a BYOB party!



SFM's Annual
Chili Cook Off
Monday - Feb. 20th -
11:00

Anyone wishing to
participate in the cook
off, please sign up.



February
Bingo
Mondays



February 13th & 27th
Dinner at 6:00
Bingo at 7:00

CHECK YOUR CALENDAR!

New Activities
being planned!



Tuesday-Feb. 7th-9:30

Let's go to the movies!

Friday-Feb. 24th-5:30

Pizza & Games



SFM Lunch Bunch -

Friday - February 10th
@ 12:30



J.J. Mannings Irish Pub

January Dinner
Out
Sunday,
February 12th @
4:00
Southern Social



January &
February
Birthday
Dinner
Wed - Feb.
1st - 5:30
ALSO
one of our favorites -



WV
Smokey
Mountain
Gospel
Band
at 6:30



ZUMBA

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

St. Anastasia
School
4th Graders
Tuesday-Feb.

14th-10:30

to celebrate Valentine's
Day and have lunch with
us! So pack a lunch and
join us for some bingo
and lunch!



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

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."***

Volunteers of the Month - Ron & Martha Meservie!

In 2003, Ron began volunteering to drive the SFM Bus, transporting residents to the grocery store, Red Hat Ladies to their monthly luncheons and residents to the monthly dinners out. A couple of years ago, Ron had to slow down a bit and now just drives for the Thursday morning grocery store trip! Also on Thursday, you can find Martha in the kitchen serving up lunch to the residents, which she has been doing for several years! We appreciate all that Ron and Martha do for SFM! **THANK YOU!**



Did you know? A Mayo Clinic cardiologist determined that heart attacks can be triggered by dehydration; drinking one glass of water before going to bed avoids stroke or heart attack.

Drinking water at a certain time maximizes its effectiveness on the body:

- ◆ Two glasses of water after waking up - helps activate internal organs.
- ◆ One glass of water 30 minutes before a meal - helps digestion.
- ◆ One glass of water before taking a shower/bath - helps lower blood pressure.
- ◆ One glass of water before going to bed - avoids stroke or heart attack.
- ◆ One glass of water before going to bed also helps prevent night time leg cramps.



Saint Francis Manor

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February 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 January & February Birthday Dinner-5:30 WV Gospel Band-6:30	2 Walmart-9:00	3 ZUMBA-1:30	4
5 Communion-10 Super Bowl Party-5:30	6 Letha-9:00 Bug Lady Bible Study-1:30	7 Rosary-10:30 Let's go to the movies!-9:30 Crafts-1:00	8 Diabetic Group 1:30	9 Publix-9:00	10 Lunch Bunch-12:30	11
12 Communion-10:00 Dinner Out 4:00	13 VNA-11:00 Bible Study-1:30  Dinner-6:00 Bingo-7:00	14 Rosary-10:30 St. Anastasia 4th Graders Valentine Party 10:30 Crafts - 1:00	15 Bingo-10:00 Inspections H & E Bldgs-1 Holy Cross Youth - 7 to 8	16 Walmart-9:00 Inspections F & A Bldgs-1:00	17 ZUMBA-1:30	18
19 Communion-10:00	20 President's Day Letha-9:00 Chili Cookoff-11:00 Bible Study-1:30	21 Deacon Dave 10:30 Crafts-1:00 TOWN HALL MEETING-5:00	22 Inspections B & C Bldgs 1:00	23 Publix-9:00 Inspections D & G Bldgs 1:00	24 ZUMBA-1:30 Pizza & Games -5:30	25
26 Communion-10:00	27 VNA-11:00 Bible Study-1:30 Dinner-6:00 Bingo-7:00	28 Rosary-10:30 Crafts-1:00		One kind word can change someone's entire day!		