

February 2016



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

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Valentine's Day

"All you need is love.
But a little chocolate
now and then doesn't
hurt."

Charles M. Schulz



"If you have only one
smile in you give it to
the people you love."

Maya Angelou



"Let us always meet
each other with smile,
for the smile is the
beginning of love."

Mother Teresa



St. Francis Manor
of Vero Beach

*for the
"NEW"
Times
of your life!*



SFM celebrated National Soup Month by serving fresh home made soups on Monday, January 18th! Seven different, delectable soups were prepared and served by residents and staff of SFM!



THANK YOU, John Brunner,
for the beautiful, new
addition to our
memorial garden!



A Line from Linda

Greetings & Salutations!

"Did you wash your hands?"

How many times did you hear that when you were a kid? Probably a lot! Why are we so hung up on hand washing? Why are we so in love with the lather?

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today - from the telephone to the toilet. Whatever you did today, you came into contact with germs. It's easy for a germ on your hands to end up in your mouth. Think about how many foods you eat with your hands! You can't wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick!

According to the experts, you should use warm water and wash for 10 to 15 seconds. So happy scrubbing!

Linda



**CLEAN
Hands**
save lives



February Birthdays -

| | | |
|----------------|-----|------|
| Kevin Blank | A8 | 2/2 |
| 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 |
| Buck 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 |



SFM Librarian Needed!

We say good-bye and good luck to our SFM Librarian, Jean LaPorta, who has done an excellent job in maintaining our library for a number of years. Consequently, we need to fill this very important position! If you are interested in volunteering to be the SFM Librarian, please see Linda.



It's that time of year again!!

Apartment Inspections - be sure to check your calendar for the date for your building inspection. Since we have so many new residents, the apartment inspection standards are copied on the back of your calendar. Please read carefully and be prepared.

The inspections are performed not only for your personal safety but for the safety of all SFM residents!

Your assistance and cooperation are appreciated!



Welcome new SFM neighbors:



| | |
|--------------|-------|
| Lisa Marik | Rec B |
| Bonny Browne | D1 |
| Lenny Ovens | E7 |
| Roy Falck | F9 |

A few old couples used to get together to talk about life and to have a good time. One day one of the men, Harry, started talking about this fantastic restaurant he went to the other night with his wife. "Really?", one of the men said, "what's it called?" After thinking for a few seconds the Harry said, "what are those good smelling flowers called again?" "Do you mean a rose?" the first man questioned. "Yes that's it," he exclaimed. Looking over at his wife he said, "Rose what's that restaurant we went to the other night?"



The Manor Bulletin Board

Monthly Dinner Out
Sunday – February 7th
Marsh Landing in
Fellsmere
4:00



January and February
Birthday Dinner
Tuesday - Feb. 2nd
5:30



Holy Cross Youth Group
Valentine's Dinner
Wednesday

February 17th
@ 6:00
Be sure to sign
up!



VNA Blood Pressure
Screening
Mondays - Feb.
8th & 22nd
@ 11:00



Letha, the
beautician,
Mondays at
9:00!

Be sure to sign up!

Catholic Service
Tuesday - Feb.
16th @ 10:30 &
Communion
Sunday Evenings
- 6:15



Ash Wednesday
Feb. 10th
at 1:00



Bingo
Night

Mondays
Feb. 8th & 22nd
Dinner at 6:00
Bingo at 7:00

Bible Study
MONDAYS
at 1:30



Everyone Welcome!

Crafts -
Tuesday
at 1:00



Wanda, the bug lady, will
be here Monday, Feb. 1st.
PLEASE
allow her to
spray your
apartment!



TRIVIA

Mederi Caretenders &
Consulate Healthcare
monthly trivia &
refreshments -
Wednesday - Feb. 17th
@ 10:00

Valentine's
Day Brunch
Saturday
Feb. 13th
11:00



Ladies
Lunch
Bunch
Friday - Feb. 12th - 12:30

Smoky Mountain Band
Tuesday - Feb. 23rd - 5:30
Come enjoy some
good foot stompin'
music!



Board of Directors

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Founder Emeritus
Frank Zorc

For more information about
the Manor -
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***"Providing affordable,
independent
living to senior citizens
on a limited
income in an
attractive, safe, and
socially supportive
environment."***

February is Heart Month!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Uncontrolled high blood pressure is a leading cause of heart disease and stroke. People with high blood pressure are 4 times likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure. High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important! The VNA is here at SFM twice a month (the 2nd and 4th Mondays at 11:00) to check your blood pressure, so you have no excuse!



Say Hello to Debbie Avery!

With over 40 years in marketing and 15 in the nonprofit sector doing events, fundraising, promoting, generating good will and awareness, Debbie seems to be a good fit for the new position of Development Assistant. She is here to help raise the monies needed for "Growing Homes at The Manor."



Debbie moved to Vero Beach in March of 2012 with her two miniature dogs, Vieenie and Jordie, after being the Executive Director of the Historical Trust in St. Thomas, USVI and before that the Executive Director of the Cultural Center in Cortez, CO.

In Vero, Debbie volunteered, then worked for the Cultural Council of IRC and the Youth Sailing Foundation of IRC. She is on the board of Center of Spiritual Care, works with Pelican Island Preservation Society on the Wildlife Festival, is President of Main Street of VB and secretary of the Sunrise Rotary Vero Beach club.

Debbie likes to read, loves to cook, collects so much art that she is referred to as an "art-aholic" and loves to travel. Debbie has two sisters, two nieces and one each grand niece and grand nephew! AND she is really excited about working at SFM!

Saint Francis Manor
1750 20th Avenue
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February 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|---|---|
| | 1 Bug Lady NO Letha Exercise-10:00 Bible Study-1:30 | 2 Groundhog Day January & February Birthday Dinner-5:30 | 3 | 4 WalMart-9:00 | 5 Exercise-10:00 | 6 Computer Class-10:00 |
| 7 Super Bowl 50 Marsh Landing Dinner Out-4 Communion-6:15 | 8 Letha - 9:00 Exercise-10:00 VNA - 11:00 Bible Study-1:30 Dinner-6:00 Bingo-7:00 | 9 | 10 ASH WEDNESDAY 1:00 - Ashes | 11 Publix-9:00 | 12 Exercise-10:00 Ladies Lunch Bunch-12:30 | 13 Computer Class-10:00 Valentine's Day Brunch-11:00  |
| 14 <i>Happy Valentine's Day</i> Communion-6:15 | 15 President's Day Letha - 9:00 Exercise-10:00 Bible Study-1:30 | 16 Deacon Dave 10:30 | 17 Mederi & Consulate Trivia Morning-10:00 Holy Cross Youth Group Dinner-6:00  | 18 WalMart-9:00 | 19 Exercise-10:00 | 20 Computer Class-10:00 |
| 21 Communion-6:15 | 22 Letha - 9:00 Exercise-10:00 VNA-11:00 Bible Study-1:30 Dinner - 6:00 Bingo - 7:00 | 23 H & E Apartment Inspections Beginning at 1:00 Smoky Mountain Band - 5:30 | 24 F & A Apartment Inspections Beginning at 1:00 | 25 Publix-9:00 B & C Apt Inspections Beginning at 1:00 | 26 Exercise-10:00 D & G Apt Inspections Beginning at 1:00 | 27 Computer Class-10:00 |
| 28 Communion-6:15 | 29 Letha - 9:00 Exercise-10:00 Bible Study-1:30 <i>Leap Year</i> | | | | | |