



July
2017

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

for the
"NEW"
Times
of your life!

Our junior chef and baker, Amelia!



*"Those who won our
independence believed
liberty to be the secret to
happiness and courage to
be the secret of liberty."*

Louis D. Brandeis



*"We must be free not
because we claim
freedom, but because
we practice it."*

William Faulkner



*"Where liberty dwells,
there is my country."*

Benjamin Franklin



What a fun
week with
Amelia!
She prepared
our birthday
dinner and
baked cookies
for the
residents!



Happy
Birthday
to our May
and June
birthday
folks!



A LINE FROM LINDA

Greetings!

Have you ever thought - why are some people happier than others?

Here are some observations from Rev. Shane L. Bishop who wrote the book - 12 Things I See Happy People Do (that unhappy people do not) -



1. Focus on what you have and not on what you don't. Unhappy people are unthankful people. The practice of counting your blessings is a great start!
2. Question the sources of your expectations. Most unhappy people want things they don't have and they want them bad!
3. Be Generous! Selfish people are miserable. Happy people give of their time and resources to a cause greater than themselves.
4. Remember happiness is not a destination. The happiest people I know are those least conscious of their own happiness.
5. If you don't like your life, change it! Take control of your life. There is really no one holding you back but YOU!
6. Slow down! You just can't smell the roses at a full sprint! Happy people have learned how to occasionally chill.
7. Realize there are no shortcuts. If you were honestly disappointed you didn't win the billion dollar Power Ball, you are not getting it! Working hard for what you want, is still the best way to get what you want.
8. Stop feeling entitled! No one owes you anything! Just assume you are not going to get any help, that you will receive no inheritance and that no one is going to give you a break. If anything does come your way, it is all bonus!
9. Think significance! Significance is achieved by leaving the world better than you found it. People who feel like their lives really matter are the happiest people of all!
10. Forgive! Forgiving those who have hurt you, breaks their power over you. Make restitution where you can!
11. A great attitude is a choice, not a disposition. We can control our feelings or we can be controlled by them. Happy people CHOOSE to have great attitudes.
12. Speak life! When you speak, choose words that uplift, encourage and bring positive energy into every situation. My mom was right - "If you don't have something nice to say, you shouldn't say anything at all."

As you begin a new month, you have an opportunity to invest in your own happiness or to make yourself miserable. If you choose the former, you will make others happy as well. If you choose the latter. . . .well, you know!

Linda



THINK HAPPY
THOUGHTS AND
GOOD THINGS
WILL HAPPEN

July Birthdays -

Diane Morgia	B12	7/9
Dreama Head	A9	7/13
Bethel Hanna	C7	7/19
Hellen Cortez	H6	7/22
Bob Davis	F11	7/29
Martin Keiser	B5	7/29



NOTICE

Effective August 1, 2017, we will be changing the way in which we manage pest control at SFM! Please attend the Pest Control Seminar on Friday, July 14th at 10:00 to ask any questions you may have regarding the change!



Maintenance Matters

1. PLEASE DO NOT TAKE THE LIBERTY TO CUT DOWN TREES OR TO WACK THEM OFF AT THE TOP!
2. Remember—we do not provide light bulbs (other than the long fluorescent bulbs). If you need a bulb changed, please have one on hand and Ken or Phil will change it for you.



The Manor Bulletin Board



What's For Dinner?

Dinner Out on hold until September!

St. Vincent de Paul Society
Utility Assistance
Tuesday-
July 18th - 1:00

ST VINCENT DE PAUL
HELPS PEOPLE

Bible Study
Mondays -
at 1:30

Bible STUDY
Join us!

Pest Control
Seminar

Friday - July 14th -
10:00

Please read the insert and be ready to ask questions!

It's the Donna & Betty Show!
Wednesday - July 19th
@ 10:00

TRIVIA

Diabetic Support Group
meets every other
Wednesday at 1:00 -
check your calendar
for dates.

Cure Diabetes

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

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

Blood Pressure
Very High
High
Normal

Good Manners

May I? please Thank You I'm Sorry You're Welcome Excuse Me

Deacon Dave
Tuesday -
July 18th
@ 10:30

LUNCH BUNCH
IS ON HOLD
UNTIL SEPTEMBER!



Laundry room

JUST A REMINDER!
Laundry rooms are open daily
from 8:00 am to 8:00 pm.
Please plan accordingly!

Board of Directors

Anthony Dzielski, President
772-766-0415

Tem Fontaine, VP
772-538-4324

Louis Schacht, Treasurer
772-559-3978

Karolyne Lucero, Secretary
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For more information about
the Manor -

Contact...

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

Volunteer of the Month - Don McGregor-H10

Don has made his home here at SFM for several years and since the day he moved in, he has been "putzing" around the grounds! Don's handy work can be seen all around the boardwalk and his neighborhood. Don can be found replacing boards in the boardwalk, weed-wacking, repairing benches, and picnic tables. Last year, Don (and his son) installed the new landscape timbers along the back of the social hall.

Thank you, Don, for all you do to make SFM beautiful!



For all our "northern" residents who are not used to BUGS - you are now in Florida and we have BUGS! Although we have an exterminator, you will still see an occasional roach and/or ants. **No need to panic!** If you wish to be pro-active, I have found boric acid. a.k.a. borax, to be very effective. So the game plan is to kill the cockroaches in a three pronged process. The first is to clean the apartment; remove any food or trash laying around your apartment. Second, cockroaches can't live without water. Make sure you have no water standing around. The third, use the boric acid powder! The way to properly use boric acid is to put down a light layer of it; not in big piles. Dust it between your cabinets and appliances, along the outside of the entrance to your apartment, and around the back of your toilet. When the roach ingest the powder, the roach becomes dehydrated. Once the roach comes in contact with the powder, it will die in about 72 hours. If you have an issue with ants, you can purchase ant bait (we use Toro) and place one of the bait traps where you see ants. They should be gone in a couple of days!



WELCOME TO FLORIDA!

Saint Francis Manor

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





July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	National Watermelon Month 		National Blueberry Month 		National Peach Month 	1
2 Half Way Point of 2017! Communion 10:00	3 Bible Study 1:30	4 	5 Diabetic Support Group-1:00 Pizza Night-5:30	6 Walmart-9:00 Hall Closed 1 to 3	7	8
9 Communion 10:00	10 VNA-11:00 Bible Study-1:30	11 Rosary-10:30	12	13 Publix-9:00 Hall Closed 1 to 3	14 Pest Control Seminar-10:00 	15
16 Communion 10:00 National Ice Cream Day	17 Bible Study 1:30	18 Rosary-10:30 St. Vincent de Paul - 1:00	19 The Donna & Betty Show 10:00 Diabetic Support Group-1:00	20 Walmart-9:00 Hall Closed 1 to 3	21	22
23 Communion 10:00 National Hot Dog Day	24 VNA -11:00 Bible Study-1:30	25 Rosary-10:30	26	27 Publix-9:00 Hall Closed 1 to 3	28	29
30 Communion 10:00	31					