

 June

June
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:

Linda Scott
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Non-Emergency Police:
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Flag Day-June 14th



You're a grand old flag,
You're a high flying flag
And forever in peace
may you wave.
George M. Cohan



The red and white and
starry blue
Is freedom's shield
and hope.
John Philip Sousa



Lots of fun with our
birthday folks!



St. Francis Manor
of Vero Beach

for the
"NEW"
Times
of your life!

March, April & May Birthday Celebration

A Line from Linda

Greetings & Salutations!

Where would we be without our volunteers at SFM?

| | |
|------------------------|-----------------|
| No bingo | No lunches |
| No birthday dinner | No library |
| No bus trips | No parties |
| No goodies from Publix | No bingo dinner |
| No bazaar | No yard sale |



Just to name a few! Not to mention those volunteers who work tirelessly on the grounds and boardwalk!

Over the past couple of years, I have been remiss in continuing our annual volunteer recognition dinner. Therefore, please note that we will be resuming the volunteer recognition dinner in July. Check your July calendar for details.

Volunteers don't get paid!
Not because they are worthless, but because they are **PRICELESS!**

Blessings,
Linda



June Birthdays -

| | | |
|-----------------|-----|------|
| Paul Castle | B3 | 6/3 |
| Joan Hughes | F8 | 6/4 |
| Gerald Anderson | B12 | 6/15 |
| Lenny Ovens | E7 | 6/16 |
| Rhea Saporito | H3 | 6/19 |
| Valerie Ross | C6 | 6/20 |
| Laura Castle | B3 | 6/26 |
| Dan Howell | E8 | 6/30 |

Board Member-

Linda Colontrelle 6/8



Happy Birthday to all!

Maintenance Matters -



1. **A/C mold** - the best way to decrease the chance of mold in your air conditioner is to spray the vents weekly with a disinfectant such as Lysol AND take out the filter and clean with a bleach and water mix. MAINTENANCE
2. **GARBAGE** should always be placed in the dumpster; not on top of it or beside it! According to the city officials, the lids on the dumpsters should always be closed to prevent rain water from getting in as well as attracting critters! PLEASE open the lid and put your trash inside the dumpster.
3. **ALSO—NO TRASH** should be put in the recycling bins!
4. **PLEASE** help us help you!

COMING IN JUNE!

St. Vincent de Paul Society will be returning in June, July, August & September to assist SFM residents with their electric bill. Please check your calendar for the dates - which will be the third Tuesday of each month at 1:00. In order to assist as many residents as possible, it will be one visit per resident for the summer. The sign up sheet for each month will be posted on the bulletin board the second week of the month. We are truly blessed to have organizations such as SVDP help our residents.

Welcome to the neighborhood!

Patrick Kilmartin - C8



The Golden Rule:
*Treat others the way
You want to be treated.*

The Manor Bulletin Board

Come join
the FUN!



CHAIR

ZUMBA classes
Friday afternoons at
1:30.

Bloody Mary Bar & Brunch
Saturday - June 11th - 10:00



An early Father's
Day celebration!

Come join the
FUN!



Dinner Out
Eagles Nest -
Sebastian Golf
Course

Sunday - June 5th
Bus leaves at 4:00



Catholic
Communion
Service

Sunday mornings
at 10:15.

Groceries and Miscellaneous
Items to be given away on

Wednesday,
June 8th @
10:00



NOTICE!!

Our hairdresser,
Letha, will be
coming

twice a month instead of
every Monday! Please check
your calendars for dates.

NOTICE



Do you have a
tablet or an iPad
and have no clue
how to use it?

Lori of the Golden Geekz is
returning to SFM to teach us
all we need to know about
our tablets!

Check the bulletin board for
dates and details!

Bingo
Night

Mondays
June 13th & 27th
Dinner at 6:00
Bingo at 7:00

Bible Study
MONDAYS
at 1:30



Everyone Welcome!

VNA Blood Pressure
Screening

Mondays - June

13th & 27th @ 11:00



Catholic
Service
Tuesday - June
21st @ 10:30



TRIVIA Mederi
Caretenders
& Consulate
Healthcare monthly trivia
& refreshments -
Wednesday - June 15th @
10:00

SFM Lunch Bunch
C.J. Cannon's
Friday - June 10th
@ 12:30



Crafts & Fellowship
Tuesdays
@ 1:00 in
the social
hall!



Dermatologist
Wednesday -
June 29th @
1:00



"Kind people are
the BEST kind of
people!"

author unknown

Board of Directors

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Karolyne Lucero, Secretary
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Founder Emeritus
Frank Zorc

For more information about
the Manor -
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Hurricane Preparedness

It is that time of year (AGAIN) and now is the best time to begin preparing for the potential threat of a storm. As soon as they are available, I will be picking up the Official Disaster Preparedness Guide for Indian River County for those residents who don't have one from previous years.

For now, below are the recommendations to prepare for the upcoming hurricane season:

1. Plan what you will do and where you will go in case of a storm.
2. If you require a "special needs" shelter, be sure to make arrangements NOW! Applications are available in the office.
3. Put together a disaster/emergency supply kit (store enough supplies to last at least five days.
4. Refill your prescriptions.
5. Get emergency cash in the event banks are closed and ATMs are not working.
6. Supplies should include: bottled water, non-perishable foods, batteries, battery operated radio, flashlight, medication, first aid kit, paper towels, toilet paper, blanket and personal hygiene items. Paper products should be stored in a plastic tote.
7. REMEMBER! SFM is not an emergency shelter.

The best defense is to be prepared & stay informed!

Saint Francis Manor
1750 20th Avenue
Vero Beach, FL 32960



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



June 2016



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|--|---|
| | | | 1 | 2 Publix-9:00 | 3 Exercise-10:00 Zumba-1:30 Epic Missions Visit-1:30 | 4 |
| 5 Communion 10:15 Dinner Out- 4:00 | 6 Letha-9:00 Exercise-10:00 Bug Lady Bible Study- 1:30 Epic Missions Visit-1:30 | 7 Crafts-1:00 | 8 Grocery & Miscellaneous Giveaway - 10:00 | 9 Walmart-9:00 | 10 Exercise-10:00 Lunch Bunch- 12:30 Zumba-1:30 | 11 Father's Day Celebration Bloody Mary Bar & Brunch 10:00 |
| 12 Communion 10:15 | 13 Exercise-10:00 VNA-11:00 Bible Study- 1:30 Dinner-6:00 Bingo-7:00 | 14 Crafts-1:00 | 15 Mederi/ Consulate Trivia - 10:00 | 16 Publix-9:00 | 17 Exercise-10:00 Zumba-1:30 | 18 |
| 19  Communion 10:15 | 20  Letha-9:00 Exercise-10:00 Bible Study- 1:30 | 21 Deacon Dave- 10:30 Crafts-1:00 St. Vincent de Paul Assistance- 1:00 | 22 | 23 Walmart-9:00 Epic Missions Visit-1:30 | 24 Exercise-10:00 Zumba-1:30 | 25 |
| 26 Communion 10:15 | 27 Exercise-10:00 VNA-11:00 Bible Study- 1:30 Dinner-6:00 Bingo-7:00 | 28 Crafts-1:00 Epic Missions Visit-2:00 | 29 Dermatologist 1:00 | 30 Publix-9:00 | | |