



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

a best friend is like
a four-leaf clover:
hard to find and
lucky to have!



☘ ☘ ☘ ☘ ☘
May you never
forget what is
worth
remembering
nor ever
remember what
is best
forgotten.



St. Francis Manor
of Vero Beach

for the
"NEW"
Times
of your life!

A Beautiful Day for a Ground Breaking Ceremony!



SFM Board Members-
front row-left to right:
Maria Elena Kitchell, Tem
Fontaine, Anthony Dzielski,
& Louis Schacht.
Back row-left to right:
Larry Thompson, Karolyne
Lucero, Linda Colontrelle,
Bill Zorc & Gladys LaForge

Right: Capital Campaign
Co-Chairs, Louis Schacht &
Maria Elena Kitchell with
SFM Board President,
Anthony Dzielski



Left - John Binkley of Edlund-
Dritenbas & Binkley Architects
and John Blum of Carter &
Associates.



A LINE FROM LINDA

Greetings!

Did you know - March is National Caffeine Awareness Month? I love my daily coffee so I was delighted to find this article on the possible caffeine health benefits!



Here are ten good reasons to drink coffee:

1. Caffeine increases memory.
2. Caffeine may protect against Parkinson's disease.
3. Caffeine may protect against cataracts.
4. Caffeine may prevent skin cancer.
5. Caffeine improves reaction time and logical reasoning.
6. Caffeine may prevent weight gain (hasn't worked for me!)
7. Caffeine reduces chronic inflammation.
8. Caffeine can reduce the risk of stroke.
9. Caffeine decreases the risk of type 2 diabetes.
10. Caffeine increases stamina during exercise.

www.caffeineinformer.com

So, please excuse me while I go pour myself a cup of coffee!

Blessings,
Linda



March Birthdays -

Betty Thornton	A5	3/5
Ray Victory	B1	3/8
James Pearl	G6	3/12
William Hunt	F10	3/15
Al Parkhurst	D9	3/16
Joan Tanchala	A2	3/20
Hector Aperlo	B6	3/21
Jean Harris	H4	3/26
Barbara Smith	B11	3/27

Board Members

Anthony Dzielski 3/21

Staff -

Linda Scott 3/17

Letha Rhodes 3/3



Welcome to the neighborhood-

Lou Saporito B10



Annual Apartment Inspections

CONGRATULATIONS!

THANK YOU for keeping your apartments in tip top shape!

GREAT JOB &

KEEP UP THE GOOD WORK!



For future field trip planning, please be advised that there must be at least 10 people on the bus to make it reasonable.



SAVE THE DATE



April 29th, 5-8 pm

The Rebel Rousers, Country Dancing,

Best Danged BBQ on 20th Avenue

Kids entertainment, Silent Auction & More

Tickets: Adults - \$25 * Ages 11 to 20 - \$15

10 and under - Free

772-562-8575/stfrancismanor.org



St. Francis Manor
of Vero Beach

The Manor Bulletin Board

SKIN CARE

On-Site
Dermatology
Wednesday-
March 15th
11:00



© Cat's Sketch Photo



Deacon Dave will be here on Wednesday, March 1st at 1:00 to give ashes.

March Dinner Out
Sunday - March 5th @ 4:00



Letha, the beautician, aka, the magician, comes to SFM every other Monday.

Please check your calendar for dates and be sure to sign up!



March & April
Birthday Dinner
Wednesday -
March 29th
@ 5:30



Smokey Mountain
Gospel Band

March
8th at
6:00

Refreshments
Served



It's Game Time with Donna and Betty of Mederi

and Consulate!
Wednesday, March 15th
@ 10:00

March
Bingo



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

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



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



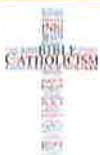
Bible Study
Mondays -
at 1:30



Epic Missions
Visitation
Tuesday - March
14th @ 1:30



Deacon Dave
Tuesday -
March 21st @
10:30



Movie & Popcorn Night
Friday
March 17th-6:30
"Florence Foster Jenkins"



SFM Lunch Bunch

Friday
March 10th
@ 12:30



St. Anastasia 4th Graders donated goodies for the SFM Residents which will be distributed in the social hall on Wednesday March 1st at 10:00.



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 - Otilia Beebee & Laura Castle

Every Friday, you will find Tillie and Laura in the kitchen setting up for the congregate lunch program! For several years now, these sweet ladies have been working together to serve lunch. Laura can also be seen around the grounds delivering a weekly lunch from the Salvation Army and on Tuesdays, you can usually find Tillie in the social hall with the craft ladies creating lovely items for our annual bazaar!



Thank you both for all you do for SFM!

Active Seniors - Five Reasons To Go Outdoors:

1. Vitamin D levels rise. Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D. Studies suggest that this vitamin fights certain conditions, from osteoporosis and cancer to depression and heart attacks.
2. Increases activity. If people make getting outside a goal, that means less time in front of the television and computer!
3. Increases happiness. Light tends to elevate people's mood, and there's usually more natural light outside than inside.
4. Improves concentration. Outdoor activity has been shown to help with focus and concentration.
5. Increases healing. In one study, people recovering from spinal surgery experienced less pain and stress and took fewer pain medications when they were exposed to natural light.



Saint Francis Manor





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





March 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  ASH WEDNESDAY Grocery Giveaway - 10:00 Ashes - 1:00	2 Walmart-9:00 Hall Closed for cleaning-1-3	3 ZUMBA-1:30	4
5 Communion-10 Dinner Out-4:00 Marsh Landing	6 Letha-9:00 Bible Study - 1:30	7 Rosary-10:30 Crafts-1:00	8 Smokey Mountain Band -6:00	9 Publix-9:00 Hall Closed for cleaning-1-3	10 Lunch Bunch-12:30 Carrabba's Italian Grill	11
12 Communion-10 	13 VNA-11:00 Bible Study-1:30 Dinner-6:00 Bingo-7:00	14 Rosary-10:30 Crafts-1:00 Epic Missions - 1:30	15 Mederi & Consulate Bingo-10:00 Dermatologist-11:00	16 Walmart-9:00 Hall Closed for cleaning-1-3	17  ZUMBA-1:30 Movie Night & Popcorn- 6:30	18
19 Communion-10	20  Letha-9:00 Bible Study - 1:30	21 Deacon Dave-10:30 Crafts-1:00	22	23 Publix-9:00 Hall Closed for cleaning-1-3	24 ZUMBA-1:30	25
26 Communion-10	27 VNA-11:00 Bible Study-1:30 Dinner-6:00 Bingo-7:00	28 Rosary-10:30 Crafts-1:00	29 Mar & April Birthday Dinner 5:30 	30 Walmart-9:00 Hall Closed for cleaning-1-3	31 ZUMBA-1:30	