

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

Executive Director:

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stfrancismanor.org

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St. Francis Manor
of Vero Beach

for the
"NEW"
Times
of your life!

Trick or Treat!



THANK YOU, HOLY CROSS, for a frightfully good time!



"What if you woke up today with only the things that you thanked God for yesterday?"

unknown

"Be kind,
Be thoughtful,
Be genuine,
But most of all
BE THANKFUL!"

unknown

It's always fun to see what the residents will come up with for costumes!



A Line from Linda

Greetings!

What is the secret to happiness?

According to much research, the key to happiness is not money or success, it is simply being grateful!

Gratitude is the practice of noticing and appreciating the positives in the world (particularly in your own personal world.)

Shifting the focus from what you don't have to what you do have can have a profound influence on your moment-to-moment mood and emotional state, and it can have a huge impact on your physical health, as well. In fact, there is an escalating field of research - positive psychology - devoted to looking at the contributing factors of happiness and well-being.

Recent research shows that a daily gratitude practice can lead to increased concentration, enthusiasm, optimism and satisfaction, not to mention improved sleep quality and greater sense of connection to others.

With the Thanksgiving holiday upon us, what better time to begin practicing gratitude. Starting a daily gratitude practice will allow you to reconnect with the deeper meaning of the season and to more fully enjoy it.

Keep a gratitude journal - writing down the things you are grateful for takes just ten minutes and can increase your overall well-being significantly!

Live, Laugh, Love & Be Grateful!

Linda



November Birthdays:

Debbie Hearon	H12	11/7
Barbara DeLuca	G8	11/9
Jody Hill	F5	11/17
Francine Chenrick	C9	11/18
Staff: Phil Summerall		11/18
Board Member: Tem Fontaine		11/11

happy
birthday



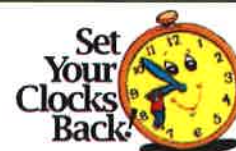
WELCOME NEW NEIGHBOR:

Heliana Guerrero Saiz	H5
Loretta Buck	E9
Elizabeth Montenegro	G6
Mary White	A9



****REMINDER****

Day Light Savings
Time Ends



Sunday - November 5th

Thank you!
TO THOSE
That served!!
Happy Veterans day!



New SFM Board Member Theodore Perry, Jr.

The son of Dr. Ted and Susan Perry, Theo graduated from St. Edwards in 2009, attended college at the University of Central Florida where he was a member of Kappa Sigma fraternity. Theo graduated in 2013 with a Bachelor's Degree in Finance. Since graduation, Theo worked for Bank of New York Mellon in Orlando, Advent Software in Jacksonville, and currently works as a Loan Officer for National Bank of Commerce. Theo has deep roots in the community and is looking forward to contributing his time and experience to St. Francis Manor. Welcome, Theo!



MAINTENANCE MATTERS:

1. ALL work orders come through the office, please!
2. Don't forget to check out your heater before cold weather arrives!



The Manor Bulletin Board

Crafts are on hold until after the first of the year!

Happy Holidays!



Vero Beach Rhythm Band and Chorus
Wednesday - November 15th - 2:00
Come out and enjoy this fun group!



It's the Donna & Betty Show!
Wednesday - Nov. 15th
10:00



Mondays
November 13th & 27th
Dinner - 6:00
Bingo - 7:00



REMINDER

SFM is not having a yard sale with the bazaar this year BUT residents can rent a table for \$10 and sell your own "STUFF"

VNA Blood Pressure Screening
Monday s -
Nov. 13th & 27th
@ 11:00



COME OUT & SUPPORT THE SFM ANNUAL BAZAAR!

Saturday -
November 11th -
8:00 to noon



SOCIAL ACTIVITY

Epic Missions Group will be here on Monday, Nov. 6th at 1:30 to 3:00 in the SFM Social Hall.



Deacon Joe
Tuesday
Nov. 21st
10:30



Dinner Out
Italian Grill
Sunday -
Nov. 5th
4:30



Once again, we will be packing boxes for our troops. Please refer to the insert for details and what to contribute. Boxes need to be packed and shipped by mid November. Please bring your contributions to the office.



Bible Study
Mondays
1:30



Operation Christmas Child is a project of Samaritan's Purse, an international relief organization. Since 1993, **Operation Christmas Child** has delivered gift-filled **shoeboxes** to over 146 million children in more than 100 countries.



For those residents who would like to fill a shoebox, please see Linda for all of the information!

Riverside Theatre
Festival of Trees
Friday-Nov. 17th
Bus leaves at 9:15

This year's theme is SUGAR & SPICE



Thanksgiving Dinner
Thursday - Nov. 23rd
12 noon



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
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Maria Elena Kitchell
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Gladys LaForge
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Theo Perry
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Larry Thompson
772-567-4266

Bill Zorc
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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 - Beverly Tyson

Beverly has been bringing her smiling face to SFM for over six years! Beverly is my office back up so that I can take my "mental health" weekends and vacation time.



Thank you, Beverly!



WELCOME, KATIE!

Katie Kowanic has joined St. Francis Manor as the Communications and Development Coordinator. Katie moved to Indian River County from Pennsylvania in 2004 with her husband and two children. Almost immediately, she jumped into the non-profit world expanding her knowledge of fundraising and development. Over the next several years, Katie studied fundraising and development through the Association of Fundraising Professionals.



In 2015, Katie achieved the recognition as Certified Fundraising Executive (CFRE) by the accrediting body, CFRE International, demonstrating her knowledge and commitment to the highest ethical and effective standards of fund development principles. She is a member of the Association of Fundraising Professionals Indian River Chapter and is on the Professional Development Committee. In addition, she is on the Board of the Planned Giving Council of Indian River.

Saint Francis Manor

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November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 St. Ed's School Work Day Meet & Greet Randy Old 5:30 SFM Hall	2 Publix-9:00 Hall Cleaned 1-3	3 National Sandwich Day! 	4 
5 Catholic Service-10:15 Dinner Out- 4:30 	6 Bible Study- 1:30 Epic Missions Activity in Hall 1:30 to 3:00	7	8	9 Walmart-9:00 Hall Cleaned 1-3	10 Set up for bazaar - 1:00	11 Veteran's Day SFM Annual Bazaar - 8:00 
12 Catholic Service-10:15	13 VNA-11:00 Bible Study- 1:30 Dinner-6:00 Bingo-7:00	14	15 Donna & Betty Trivia-10:00 Vero Beach Rhythm Band & Chorus - 2:00	16 Publix-9:00 Hall Cleaned 1-3	17 Festival of Trees - 9:15 	18
19 Catholic Service-10:15	20 Bible Study 1:30	21 Deacon Dave 10:30	22 Walmart-9:00	23 Office Closed Dinner- noon  Happy Thanksgiving	24 Office Closed	25
26 Catholic Service-10:15	27 VNA-11:00 Bible Study 1:30 Dinner-6:00 Bingo-7:00	28	29	30 Publix-9:00 Hall Cleaned 1-3		



Soup & Sandwich Sale, Bake Sale & Book Sale -
PLUS a Christmas Booth and Hand Made Items
Saturday - November 11th - 8:00 til noon
Proceeds to benefit St. Francis Manor residents



St. Francis Manor Mission Statement

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