



Oct 2018

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

Executive Director:

Linda Scott
(772) 913-1545

Office:

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911 police, fire & medical
Non-Emergency Police:
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stfrancismanor@aol.com

Web Site:

stfrancismanor.org

Facebook:

stfrancismanor



"Affordable, independent apartments for seniors in an attractive, safe & socially supportive environment."

SFM receives award!



SFM receives the IRC Chamber of Commerce Industry Appreciation Award for New Project Construction - Non-Profit

October 5th is
WORLD SMILE DAY!

"Peace begins with a smile."

Mother Teresa

"A smile is a curve that sets everything straight."

Phyllis Diller



"If you smile when no one else is around, you really mean it!"

Andy Rooney

"You're never fully dressed without a smile."

Annie



A Line from Linda

Greetings!

Did you know - October 7th is National Forgiveness Day?

Forgiveness means different things to different people. Generally, however, it involves a decision to let go of resentment and thoughts of revenge.

The act that hurt or offended you might always be with you, but forgiveness can lessen its grip on you and help free you from the control of the person who harmed you. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean forgetting or excusing the harm done to you or making up with the person who caused the harm. Forgiveness brings a kind of peace that helps you go on with life.

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem*



*Blessings,
Linda*

* mayo clinic

October Birthdays

Ken Milton	A12	10/2
Bob Nicholson	J5	10/3
John Dressing	E12	10/5
Rosemarie O'Malley	J2	10/16
Vera Ames	E6	10/18
Luis Ramos	J1	10/29
Barbara Rust	B7	10/30

HAPPY BIRTHDAY!

It's that
time of year!

Santa wants to know if you have been a good girl or boy!



For our new residents, every year Holy Cross Catholic Church makes sure each resident gets a gift for Christmas.



A few rules!

- No request for gift cards or cash
- Keep request under \$50
- Indicate size and color
- Return request form to office no later than **October 19th**

St. Vincent de Paul Society Utility Assistance Schedule

Friday - October 19th - 1:00

The sign up sheet will be posted a week prior to the date of assistance. Be sure to bring your unpaid electric bill along with your identification.

This will be the last assistance for the year.



The Manor Bulletin Board



BINGO'S BACK!

Mondays

Oct. 8th & 29th

Dinner @ 5:30

Bingo @ 6:30

October/November
Birthday Party
Thursday - October 18th -
5:30

Come join us in celebrating
our Oct/Nov Birthdays!



VNA Blood
Pressure Screening
and Blood Sugar
Screening - Monday -
Oct. 8th @ 9:00

(Be sure to fast for
the blood sugar
screening!)

Praying the
Rosary
Tuesdays @
10:30



SFM PRAYER GROUP
Monday Mornings at
10:00 in the
conference
room.



Vero Beach Rhythm
Band and Chorus
Friday - Oct. 26th
10:00



Bible Study
Mondays @ 1:30



Holy Cross Catholic Church
Oktoberfest Party
Monday - October 22nd - 6:00

Come join
the
FUN!



Smoking Cessation
Classes
Wednesdays
@ 10:00



Deacon Joe
Tuesday
Oct. 16th
10:15



Nurse-on-Call
Trivia
Wednesday - Oct. 17th
@ 10:00
Come join us for some
trivia or bingo fun!



Dinner Out
Sunday -
Oct. 7th -



Bus departs at 4:00

14 Bones BBQ

Catholic Services
Sunday
Mornings
at 10:00



Board of Directors 2018

Linda Colontrelle, President
772-473-0288

Tem Fontaine, VP
772-538-4324

Theo Perry, Treasurer
772-643-2598

Sharon Knowles, Secretary
772-360-5076

Anthony Dzielski
772-766-0415

Maria Elena Kitchell
772-205-0938

Gladys LaForge
772-713-4280

Betty Rollins
772-562-7578

Susan Simmens
772-532-6338

Larry Thompson
772-567-4266

Bill Zorc
Honorary Member
772-713-0607

Louis Schacht
Honorary Member
772-559-3978

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
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Volunteer of the Month - Patricia Paravalos - H5

I love to see new residents jump right in to volunteer! Patricia joined the SFM family several months ago and right off the bat, she was in the kitchen cleaning up and washing dishes after a birthday dinner.

Thank you, Patricia, for helping out!

volunteer
do good, feel good



Senior Smiles:

1. You know you're getting old when it's not the food itself you talk about, but whether you're supposed to take pills with it!
2. You feel more at home in antique shops than in electronic stores.
3. Your grandson earnestly asks you which of Jesus' disciples you used to hang around with!
4. You ask to speak to the manager, and you find yourself complaining to someone no older than your last grandchild!
5. You've bought a loaf of bread, a box of cereal, and a bag of marshmallows and the bagger asks if you need help putting it in your car!
6. You and your teeth sleep separately.



Saint Francis Manor

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772 562-8575



Thanks to the students of St. Ed's, we now have a community vegetable garden for our residents!



Above: SFM residents, Venice Powell, Ken Powell and Shirley Blais, assist the students with planting the garden!



If you are interested in helping in the garden, please let Linda or Katie know. If there is enough interest, we can expand the garden.



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Prayer Group 10:00 Bible Study 1:30	2 Rosary-10:30 Crafts-1:00	3 Smoking Cessation Class- 10:00	4 Publix-9:00 Hall Closed for Cleaning 1-3 Feast Day of St. Francis of Assisi	5 Share a SMILE today! 	6
7 Catholic Service 10:00 Dinner Out 4:00 14 Bones BBQ	8 Prayer Group 10:00 VNA-11:00 Bible Study 1:30 Dinner-5:30 Bingo-6:30	9 Rosary-10:30 Crafts-1:00	10 Smoking Cessation Class- 10:00	11 Walmart-9:00 Hall Closed for Cleaning 1-3	12	13
14 Catholic Service 10:00	15 Prayer Group 10:00 Bible Study 1:30	16 Deacon Joe 10:15 Rosary-10:30 Crafts-1:00	17 Smoking Cessation Class- 10:00 Nurse on Call & Health South Trivia/Bingo-10	18 Publix-9:00 Hall Closed for Cleaning 1-3 Birthday Dinner 5:30	19 St. Vincent de Paul Society Utility Assistance - 1:00	20
21 Catholic Service 10:00	22 Prayer Group 10:00 NO BIBLE STUDY Holy Cross Oktoberfest-6:00 	23 Rosary-10:30 Crafts-1:00	24 Smoking Cessation Class- 10:00	25 Walmart-9:00 Hall Closed for Cleaning 1-3	26 Vero Beach Rhythm Band and Chorus 10:00	27
28 Catholic Service 10:00	29 Prayer Group 10:00 Bible Study-1:30 Halloween Bingo Dinner-5:30 Bingo 6:30 	30 Rosary-10:30 Crafts-1:00	31 Smoking Cessation Class- 10:00 		November 2nd Bazaar Set Up 1:00	November 3rd SFM BAZAAR 8:00 to noon 