



COVENTRY PLACE

www.coventryplace-ga.com

2806 North Decatur Road • Decatur, GA 30033 • (404) 296-0962

May 2008

Coventry Place Staff Directory

Jo Ann Smith Executive Director
 Barbara Olver Marketing and Activities
 Anita Day Office Manager
 Wilda Johnson Resident Care Director
 Tony Ezzard Chef/Dining Service Dir.
 Anthony Leverett Maintenance Director



OFFICE HOURS

Monday–Friday 8:00 a.m.–5:00 p.m.
 Weekends 9:00 a.m.–5:00 p.m.

COVENTRY PLACE PHONE NUMBERS

Office - (404) 296-0962
 Emergency - (404) 825-9943
 E-mail - marketing@coventryplace-ga.com
 Fire, Police, Ambulance - 911
 Coventry Beauty Shop - (404) 294-9695
 Sierra Therapy - (404) 501-9122

FROM THE DIRECTOR

Our staff is dedicated to making you feel at home in your new home at Coventry Place. Our job is to make sure that your life in our community is comfortable, safe and enjoyable. We want you to be happy here and to feel you've found a place to stay, that you're part of the family. Thank you for being here.



Horacetine Vann, Lillian Bruin, Louise Jones, Mary Lee Brookshire, Bruce Stamey, Brenda Jones, Cathy Archibald (Lillian's daughter) and Barbara Gaines dyed the Easter eggs for our Easter Luncheon table centerpieces.



WELCOME

NEW RESIDENTS

I know you'll all want to welcome the new residents who will be moving in during May and some who moved in during April, after the newsletter was published.

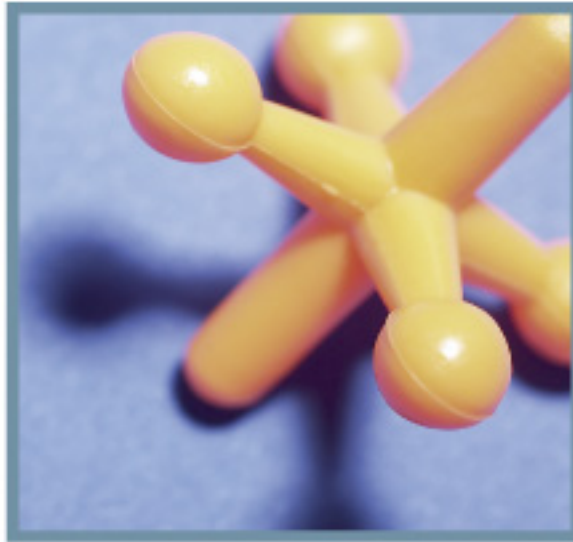
Watch for the new faces and introduce yourselves. It can be challenging moving to a new home, so let's all be good neighbors.

- 328 Martha and Jim Williams
- 432 Efie Wilbanks
- 502 Arthur Reid
- 513 Martha Williams
- 526 I. C. Langston
- 527 The Oelleriches
- 529 Dorothy Besal

\$200

COULD YOU USE AN EXTRA \$200? Talk to your friends at church, at meetings, wherever you get together. If they move into Coventry Place, not only will you have a new neighbor, you'll get \$200 after they've been here for 45 days.

TALK IT UP! LET'S FILL IT UP!



Janet Arrington from Compassionate Care Hospice brings Zoe, their white angora rabbit, to visit often. This was a particularly good time just before Easter. Shown above is Tiny Schobel looking at Zoe with Janet.



Also enjoying Zoe, dressed adorably, is Virginia Keener and Rosa Chastain.

MORE "WHO IS IT?"

This month the prize(s) will go to the person(s) who get the most right. There will be copies of the article at the counter for you to fill out and put in the box.



WHO IS IT #1?

WHO IS IT #2?



WHO IS IT #3?

WHO IS IT #4?



WHO IS IT #5?

A LITTLE HARDER

It's going to be a little harder this month. There are five images and they're a lot smaller. Get out your magnifying glass, both for the pictures and for any clues you might gather, such as: two live on the fifth floor, one on the fourth floor, one on the third floor and one on the second floor. Now that narrows it down, doesn't it?



JOHN BEAVERS

INCOGNITO

I treasure anonymity
 While living in ubiquity
 The fewer glaring lights I see
 The happier I'll always be
 To shun the gross publicity
 And thus enjoy tranquility.
 But that's just me.
 by John Beavers

MOTHER'S DAY



We'll have a Mother's Day Banquet on Sunday, May 11. Remember - WE LOVE TO HAVE YOUR GUESTS!!! Please invite your family and friends. There will be a sign-up sheet so you can help us know how many to plan for. There'll also be a sign-out sheet for those of you who won't be with us.

I was really pleased with the way our Easter banquet went, so let's do it the same way again. That means being seated wherever necessary to utilize every chair.

MOTHER'S DAY MENU

If you would like to make suggestions for the Mother's Day menu, write down your favorites and bring it to the office. After all, it's your day.

COVENTRY CHALKBOARD

EVERY SUNDAY

Sing-Along and Chapel Service
 EVERY MON., TUES. AND FRI.

Sit & Be Fit Exercise

EVERY MONDAY

Veggie Truck

EVERY TUES. AND FRI.

Bingo

EVERY WEDNESDAY

Grocery Shopping

EVERY TUES. AND THURS.

Doctor Appointments

CHURCH BUS SCHEDULES

Decatur Heights Baptist Church

Sunday, 9:20 and 10:15 a.m.

N. Decatur Methodist Church

Sunday, 10:35 a.m.

First Baptist Church of Decatur

Sunday, 9 a.m.

First Baptist, Avondale Estates

Sunday, 9:10 a.m.

St. Thomas More Catholic Church

Saturday Mass, 5 p.m.



JEANETTE FARRAR

COVENTRY'S 1st MODEL

We had a wonderful trip Saturday, April 12, to a Seniors' Fashion Show at Macy's. Fourteen residents attended.

See page 7 for our second model.

NOTICE

MEAL HOURS

Breakfast
7:15–8:15 a.m.
Lunch
12–1:30 p.m.
Dinner
5–6 p.m.

BE SURE TO ...

1. Check the bulletin board DAILY for additional activities or cancellations.

2. Listen to announcements.

3. When you sign up for a trip to the doctor, put down the time as 30 minutes before your appointment to allow time to get there.

4. No plastic, magazines or phone books can be put in the newspaper recycle bins. Be sure not to put your newspaper back in the plastic bag.

COUNTRY STORE

Monday

10–11:30 a.m.

Tuesday

2:30–4 p.m.

Wednesday Closed


Thursday

2:30–4 p.m.

Friday 2:30–4 p.m.

Saturday

1–2:30 p.m.

Sunday	Monday	Tuesday
		
4 3:00 Hymn Sing-Along 3:30 Chapel Service Happy Birthday Jackie Meran	5 10:00 Sit and Be Fit 2:00 Residents Council Meeting 3:45 Veggie Van	6 9:00 - 1:30 Doctor Shuttle 2:30 Bingo
11 HAPPY MOTHER'S DAY 12:00 Mother's Day Banquet 3:00 Hymn Sing-Along 3:30 Chapel Service	12 10:00 Sit and Be Fit 1:30 Wal-Mart Shuttle 3:45 Veggie Van Stamps Cost \$.42 Each as of Today	13 9:00 - 1:30 Doctor Shuttle 2:30 Bingo 7:00 Decatur Sing-Along Happy Birthday Mary Brookshire
18 3:00 Hymn Sing-Along 3:30 Chapel Service	19 10:00 Sit and Be Fit 1:30 Dr. John Noonan 3:45 Veggie Van	20 9:00 - 1:30 Doctor Shuttle 9:30 DeKalb Public Library Golden Classic Movie "The Day the Earth Stood Still" 2:30 Bingo Happy Birthday Elinor Womack
25 3:00 Hymn Sing-Along 3:30 Chapel Service	26 MEMORIAL DAY 10:00 Sit and Be Fit 3:45 Veggie Van Happy Birthday Emily Sluchek	27 9:00 - 1:30 Doctor Shuttle 2:30 Bingo Happy Birthday Doris Dukes

May 2008

Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00 - 1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p>	<p>2</p> <p>10:00 Sit and Be Fit 2:30 Bingo</p> <p>Happy Birthday Sara Adams</p>	<p>3</p> <p>2:00 Movie Matinee</p> <p>SEABISCUIT Starring Jeff Bridges</p>
<p>7</p> <p>9:30 Kroger Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle</p> <p>2:30 Tony's Tantalizing Tidbits</p>	<p>8</p> <p>9:00 - 1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Let's Play Scrabble</p> <p>Happy Birthday Luz Martinez</p>	<p>9</p> <p>10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon</p> <p>2:30 Bingo</p> <p>Happy Birthday Leon Sluchek</p>	<p>10</p> <p>2:00 Movie Matinee</p> <p>MY FAVORITE BRUNETTE Starring Bob Hope</p> <p>Happy Birthday Shirley Henderson</p>
<p>14</p> <p>9:30 Kroger Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>12:15 Never Too Old Singers</p> <p>1:30 Kroger Shuttle</p>	<p>15</p> <p>9:00 - 1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Arts and Crafts with Anita</p> <p>Happy Birthday Lee Cook</p>	<p>16</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>	<p>17</p> <p>2:00 Movie Matinee</p> <p>CHARADE Starring Cary Grant</p> <p>Happy Birthday Donna McMullen</p>
<p>21</p> <p>9:30 Kroger Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle</p> <p>Happy Birthday Eloise Winters</p>	<p>22</p> <p>9:00 - 1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Barbara's Poker Party</p> <p>Happy Birthday Tiny Schobel</p>	<p>23</p> <p>10:00 Sit and Be Fit</p> <p>11:00 Dining Out at Applebee's</p> <p>2:30 Bingo</p>	<p>24</p> <p>2:00 Movie Matinee</p> <p>THE SNOWS OF KILIMANJARO Starring Gregory Peck</p>
<p>28</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 11:00 Fire Drill</p> <p>1:30 Kroger Shuttle 2:30 Wilda's Wellness Workshop</p> <p>Happy Birthday June Pullman</p>	<p>29</p> <p>9:00 - 1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Ice Cream Social</p>	<p>30</p> <p>10:00 Sit and Be Fit 2:30 Bingo</p>	<p>31</p> <p>2:00 Movie Matinee</p> <p>PENNY SERENADE Starring Cary Grant</p> <p>Happy Birthday Edith Petty</p>

INTRODUCING



Milly With Jamiyah

For those of you who are new to Coventry, this is Milly Johnson. She works in the kitchen and the whole family here loves her.

Milly took maternity leave and recently visited us to share Jamiyah Johnson, her beautiful baby girl. Isn't she adorable?

I know you'll all welcome Milly back. She won't be off too much longer.



Lynda's been filling in for Milly. Thanks, Lynda!



KEITH PETERS

ENTERTAINMENT AT COVENTRY PLACE

We always enjoy it when Keith comes and sings while his wife plays. They draw a really good crowd every time.



A LITTLE HUMOR

DRIVING: Two elderly women were out driving in a large car. As they were cruising along, they came to an intersection. The stoplight was red, but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we just went through a red light." After a few more minutes, they came to another intersection and the light was red again. Again, they went right through. The lady was almost sure that the light had been red, but was really concerned that she was losing it. She was getting nervous. Then, at the next intersection, sure enough, the light was red and they went on through. So, she turned to the other woman and said, "Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!" Mildred turned to her and said, "Oh, stars, am I driving?"

St. Patrick's Day Party

We celebrated St. Patrick's Day, with most everyone wearing a tad of green. If they were not wearing green, we did our best to make up for it.

The decorations, green and white balloons, made everything festive. But the refreshments really brought on the green.

We served ice cream with cream de menthe liqueur for the topping. You know how the liqueur runs down over the ice cream to the bottom. Well, more than a few exclaimed when they got to the good part. I think if you could hear what Anita and Kay were talking about, it's probably "the good part." It was lots of fun.



THE RESIDENTS ENJOYING REFRESHMENTS

Sierra Corner - Let's Talk! OSTEOPOROSIS

Osteoporosis is a major cause of disability in older women. So what can you do to prevent the condition? Or if you have it, how can you reduce your risk of the spinal problems and broken bones that osteoporosis causes?

The answer: EXERCISE!!!!

With the right exercise program, even though your bones may lose some density as you age, they're less likely to become brittle enough to break if you slip and fall. Exercise will increase your muscle strength, improve your balance and help you avoid falls - and it may keep your bones from getting weaker.

The key to exercising with osteoporosis is to find the safest, most enjoyable activities you can do given your overall health and degree of bone loss.

There's no one-size-fits-all prescription.

EXERCISES TO AVOID!!!!

- High-impact exercises, such as jumping, running or jogging.
- Exercises in which you bend forward and twist your waist, such as touching your toes, doing sit-ups or using a rowing machine.

Because of the varying degrees of osteoporosis and the risk of fracture, certain strength training, aerobic and flexibility exercises may also be unsuitable. Talk to your doctor about whether you're at risk of osteoporosis-related problems, and find out from your Sierra therapists what exercises are appropriate for you.

We are at Apt. 124
Tel. (404) 501-9122



EMILY SLUCHEK

COVENTRY'S 2nd MODEL

Each of our models walked the runway in two outfits. They were both graceful and absolutely beautiful. I hope Macy's will continue having Senior Fashion Shows, maybe spring and fall. Let's all let them know how much we enjoyed it so they'll be encouraged to continue.



TONY DID A FANTASTIC JOB CATERING
OUR WINE AND CHEESE PARTY

I Love You

WHAT DOES LOVE MEAN?

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four-year-old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his mother asked what he had said to the neighbor, the little boy said, "Nothing, I just helped him cry."

ONE MORE

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget."
Jessica - age 8

May 2008



HAPPY BIRTHDAY Ann Cochran, Donna Brown, Stell Harrell, Charles Schobel and Frances Gray



SMILING FACES AT THE WINE AND CHEESE PARTY ON THE 12th