



COVENTRY PLACE

www.coventryplace-ga.com

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

Coventry Place Staff Directory

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



OFFICE HOURS

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

January 2011



TIME SO SHORT

The years ahead are oh so long
 We think we'll never get there.

Anticipation's not a song
 To ease the daily care.

But once we've put the years behind
 We marvel at the speed

With which remembered toil and grind
 Compress the need and deed.

At ten the thought of eighty more
 Is impossible to grasp.

At ninety, quite a different score,
 Where'd the years go so fast?
 by John Beavers

WELCOME

NEW RESIDENTS

I know you'll all want to welcome the new residents who moved in during December after the newsletter was published and those who will be moving in January.

BE A GOOD NEIGHBOR AND SEEK THEM OUT.

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

513

Jack Schocoff

310

Freddy Mathis



OUR RESIDENT'S COUNCIL

I know we had this picture in last month's newsletter, but I decided to run it again to promote our resident's council meeting.

The first meeting of the year will be on Monday, Jan. 3, 2011, at 3 p.m. Please make plans to attend.

The Resident's Council is your forum. It's your opportunity to make suggestions to improve our community, your home. It's also your opportunity to ask questions if there is something you don't understand.

I would like to see the Council take on a project. Can you think of something we could all work on together, something we would all enjoy? We completed the Flag Project in November at our Veteran's Day Celebration, so it's time for something new. Think about it.

Cravings of Ice Could Signal Anemia

While fatigue is a typical symptom of the blood disorder anemia, a new warning sign could also indicate presence of the disease: a craving for ice.

Anemia, a condition where the blood lacks enough healthy red blood cells, is the most common blood condition in the U.S. and affects about 3.5 million Americans. Red blood cells transport oxygen to the organs, but if the organs aren't getting enough oxygen, fatigue occurs. So where does ice come into play?

Researchers believe there could be a link between ice cravings and iron-deficiency anemia, the most common form. A compulsion to eat ice, also known as pagophagia, may relieve inflammation in the mouth that iron deficiencies cause.

Seniors may have a greater risk of developing anemia because of changes in diet or other medical conditions. If you're having unusual cravings for ice or frequently feel fatigued, talk to your doctor.



\$200

COULD YOU USE AN EXTRA \$200? If your referral moves into Coventry Place, not only will you have a new neighbor, you'll get \$200.



THANKSGIVING



TEA AND HAT PARTY



Annis Essex and her daughter

WE CELEBRATED CHRISTMAS



Earl Polk's family presented a wonderful Christmas program.



We had carolers from local churches...

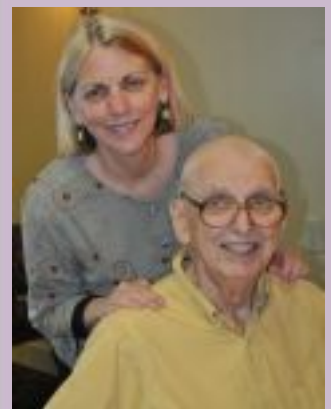


and more carolers...



and trimmed the Christmas tree in the dining room.

Remember to say "thank you" to Anita for all of our beautiful decorations. She does a great job every year and outdid herself this year.



John Beavers and his daughter



Horacetine Vann and family



The Schobel's

DINING ROOM SERVING HOURS

Breakfast
7:15–8:15 a.m.

Lunch
12–1 p.m.

Dinner
5–5:30 p.m.

THE DINING ROOM
CLOSES AT 6 P.M.

BE SURE TO ...

1. Check the bulletin board DAILY for additional activities or cancellations.
2. Listen to announcements.
3. When signing up for a trip to the doctor, put down the time as 30 minutes before your appointment.
4. No plastic, magazines or phone books can be put in the newspaper recycle bins. Do not put newspaper back in the plastic bag.

CHURCH BUS SCHEDULE

- Decatur Heights Baptist Church
Sunday, 9:20 and 10:15 a.m.
- N. Decatur Methodist Church
Sunday, 10:35 a.m.
- 1st Baptist Church of Decatur
Sunday, 9 a.m.
- 1st Baptist, Avondale Estates
Sunday, 9:10 a.m.
- St. Thomas More Catholic Church
Saturday Mass, 5 p.m.

Sunday	Monday	Tuesday
<i>Happy New Year</i>		
2	3	4
3:00 Hymn Sing-along Followed by Chapel Service HAPPY BIRTHDAY BETTY JEAN WRIGHTSON	10:00 Sit and Be Fit 2:00 Sit and Be Fit 3:00 Resident's Council Meeting 3:45 Veggie Truck HAPPY BIRTHDAY BILLIE LARY	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
9	10	11
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 1:30 Shopping at Wal-Mart 1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Truck	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur Sing-along HAPPY BIRTHDAY MILDRED JEDREZAK
16	17	18
3:00 Hymn Sing-along Followed by Chapel Service	<u>Martin Luther King Jr. Day</u> 10:00 Sit and Be Fit 2:00 Sit and Be Fit 3:45 Veggie Truck	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY WINDSOR JORDAN and LORENA MILES
23/30	24/31	25
3:00 Hymn Sing-along Followed by Chapel Service On the 30th HAPPY BIRTHDAY LOUISE CALHOUN	10:00 Sit and Be Fit 24th -1:30 Dr. John Noonan 2:00 Sit and Be Fit 24th -2:30 Movie in the Card Room 3:45 Veggie Truck	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo

Calendar of Events

Wednesday	Thursday	Friday	Saturday
			<p style="text-align: right;">1</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY ROSEMARY SOHL</p>
<p style="text-align: right;">5</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p style="text-align: right;">6</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Social Hour in the Card Room With SURPRISE Refreshments</p>	<p style="text-align: right;">7</p> <p>10:00 Shopping at Big Lots 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">8</p> <p>10:30 Hug a Puppy 10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY SHEILA SOLOMON</p>
<p style="text-align: right;">12</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle</p> <p>2:00 Sit and Be Fit 2:00 Vivian’s Delicious Delicacies</p>	<p style="text-align: right;">13</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Inside Volleyball</p>	<p style="text-align: right;">14</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">15</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">19</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Wilda’s Wellness Workshop</p> <p>6:00 Communion and Worship With the Reverend Tom Hagood</p>	<p style="text-align: right;">20</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Boomersband Swing Music From the 40’s and 50’s</p> <p>HAPPY BIRTHDAY MARION HODGES and CHARLIE BOWERS</p>	<p style="text-align: right;">21</p> <p>10:00 Sit and Be Fit 11:15 Dining Out at O’Charley’s</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY HELEN BYERS</p>	<p style="text-align: right;">22</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">26</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit</p> <p>HAPPY BIRTHDAY JOAN BLANKENSHIP</p>	<p style="text-align: right;">27</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Let’s Play Rummikub or Scrabble and Have Refreshments</p>	<p style="text-align: right;">28</p> <p>9:30 Shopping at Wal-Mart 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY MARTHA WILLIAMS</p>	<p style="text-align: right;">29</p> <p>2:00 Games of Your Choice</p>

THANKSGIVING



Kay Potter and her daughter



Rosemary Sohl and family



Addie Harwell and friends



The Bowers and their daughter

We truly had reason to give thanks as we celebrated Thanksgiving with many, many guests. Here are pictures of some of our residents with their families and guests.



Flora Chen and her family



Jackie Meran and family. There were four generations to celebrate.



Lorena Miles with her family



Jim Hamilton and his family



MORE FROM THE TEA AND HAT PARTY



Second from the left is Lavonne Bush, and that's her daughter on the right. Sitting with them is Betty Young and Audrey Walthall.



Brenda Jones and her friends



Scotty Simpson with his family



Grace Dowis and her family



Bill Worrell with his family



Eva Webb with her daughter



Muriel Taylor and friends



Mary Margaret Shea and family



Sally Faletti and family



Jackie Meran with her daughter

January 2011



THE DECEMBER BIRTHDAY PARTY



ESTELLE BYRD

On Tuesday, Dec. 14, we celebrated the birthdays of all the residents born in December. The resident who had achieved the most birthdays was Estelle Byrd, pictured with the cake.

Above in the picture, seated from left are Sylvia Okula and Preston Evans. Standing from the left are Naomi Kelly, Louise Jones, Marjorie Hendricks, Estelle Byrd, Bernard Frech, and Lucie Anderson. Not able to attend were Lenora Beale and Jan Moser. There were lots of family and friends here to celebrate with us and we really enjoy that. It means so much to our residents and we like meeting everyone.

Please put on your calendar to come to the birthday luncheon. The January luncheon will be on the eleventh.

Call ahead, 404-296-0962, to make reservations. Each celebrant can have up to four guests at no charge.