



COVENTRY PLACE

www.coventryplace-ga.com

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

March 2011

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) 861-8304

E-mail - marketing@coventryplace-ga.com

Fire, Police, Ambulance - 911

Coventry Beauty Shop - (404) 294-9695

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.



WINDS OF MARCH

The winds of March doth blow they say
 With weather changing day by day
 Anxious to leave winter behind
 Signs of spring are on our minds.
 Leaves of green on trees do sprout
 Pushing the cold of winter out
 Tiny buds show through the ground
 Making circles of flowers in the round
 The first of spring is on its way
 Bringing with it a perfect day.
 In like a lion - out like a lamb
 We can take it, yes, we can!



by Mary Ferry

Thank you for taking the time to write for us. We have added another poet to our talented group of residents.

WELCOME

NEW RESIDENTS

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

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.

219

Eva Haskitt



Wearing o' the Green

Dressing in green is a St. Patrick's Day tradition. But finding a flattering hue can be like hunting for gold at the end of a rainbow. Here are some tips for selecting a shade that looks good on you.

Study your skin tone. Is it warm or cool? If you're unsure, check the veins in your wrist. If they're green, you have a warm skin tone. If they're blue, you have a cool tone. Another test: Hold swatches of pink and orange fabric near your face. If the orange makes you glow, you're probably a warm. If the pink looks better, it's likely you're a cool.

Are you a warm? Greens with yellowish undertones will suit you best. These include olive, chartreuse and kelly green.

Are you a cool? Blue-based hues such as jade, mint and emerald will flatter you.

A little goes a long way. To avoid the leprechaun look, try accenting your outfit with green rather than dressing in it from head to toe. Think scarf, necktie or vest. Or just wear one of those adorable headbands with green shamrock antennae.

ACTIVITIES COMMITTEE

The Activities Committee, Horacetine Vann, Jeanette Farrar, and Jean Hilbun met to discuss a project for our residents to adopt. We have a little less than \$180 in a "kitty" and would like to find an appropriate use for that money.

The consensus was that our real need is a good public address system. We are currently researching the possibilities and will be reporting at the next resident's council meeting. Once we locate a system, we'll need to start some fundraising projects. Things like a bake sale maybe??

Give one of the committee members your feedback on whether you like this idea.

RESIDENT'S COUNCIL MEETING

The next resident's council meeting will be on the second Monday, March 14, instead of the first Monday as we normally have it.

I (Jo Ann) have changed my work schedule a little bit. I normally work ten days in a row, then take off on Thursday, Friday, Saturday and Sunday for my two weekends. From now on I'm going to work the same number of days, ten in a row, but I'll take off on Saturday, Sunday, Monday and Tuesday.

The Food Committee and the Resident's Council Board has agreed to work with me adjusting for the Mondays I won't be here. Thanks!!



\$200

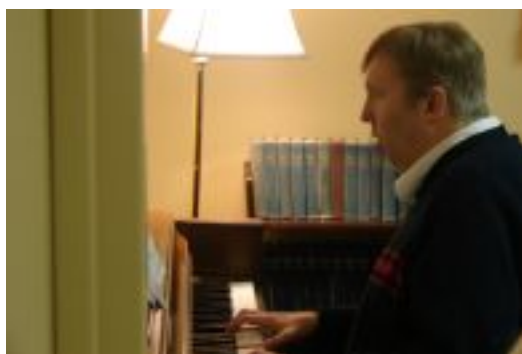
COULD YOU USE AN EXTRA \$200? If your referral moves into Coventry Place, not only will you have a new neighbor, you'll get \$200.





MEET YOUR NEIGHBOR

You can see in the picture above everyone really enjoyed Meet Your Neighbor and the pianist Rick Siegmann, pictured below. This was on Thursday, Feb. 3.



Rick Siegmann



There was a really good crowd attending.

Watch the calendar and don't miss these great activities.

SPRING IT ON

Three more weeks of winter
And spring will have sprung
Then vegetation tender
Will lie happily on the tongue

While January's freezing
And February's shiver
Foretell April's pleasing
Now March unloads her quiver.

Prepare to stow the winter garb
And loosen up, my pet,
Get ready for the rose's barb
And July's honest sweat.

by John Beavers



Wit & Wisdom

"Diligence is the mother of good luck."
—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."
—Maya Angelou

"Good luck beats early rising."
—Irish proverb

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."
—Franklin D. Roosevelt

"Luck is believing you're lucky."
—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."
—Emily Dickinson

"Nothing is as obnoxious as other people's luck."
—F. Scott Fitzgerald

"The day you decide to do it is your lucky day."
—Japanese proverb

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
<p>REMEMBER TO USE THE SUGGESTION BOX</p>		<p>RENT DUE</p> <p>9:00-1:00 AARP Free Income Tax Preparation 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>
<p>6</p> <p>3:00 Hymn Sing-along Followed by Chapel Service</p>	<p>7</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 3:45 Veggie Truck</p>	<p>8</p> <p>9:00-1:00 AARP Free Income Tax Preparation 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur Sing-along</p> <p>HAPPY BIRTHDAY FRED BUDDY AND SCOTTY SIMPSON</p>
<p>13</p> <p>3:00 Hymn Sing-along Followed by Chapel Service</p>	<p>14</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:00 Resident's Council Meeting 3:45 Veggie Truck</p>	<p>15</p> <p>9:00-1:00 AARP Free Income Tax Preparation 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p> <p>HAPPY BIRTHDAY ADDIE HARWELL</p>
<p>20</p> <p>1st Day of Spring</p> <p>3:00 Hymn Sing-along Followed by Chapel Service</p> <p>HAPPY BIRTHDAY DAVID DUKES</p>	<p>21</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan 1:30 Shopping at Walmart 2:00 Sit and Be Fit 3:45 Veggie Truck</p>	<p>22</p> <p>9:00-1:00 AARP Free Income Tax Preparation 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo 4:00 Fire Drill</p>
<p>27</p> <p>3:00 Hymn Sing-along Followed by Chapel Service</p>	<p>28</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 MOVIE MATINEE <i>Crazy in Alabama</i> With Melanie Griffith 3:45 Veggie Truck</p>	<p>29</p> <p>9:00-1:00 AARP Free Income Tax Preparation 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p> <p>HAPPY BIRTHDAY JONATHAN YOUNG AND JAMES HAMILTON</p>

Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">2</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 2:00 Sit and Be Fit</p> <p>HAPPY BIRTHDAY LARRY STARKS</p>	<p style="text-align: right;">3</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Scrabble or Rummikub With Refreshments</p>	<p style="text-align: right;">4</p> <p>9:30 Dr. Lee Cohen, Dentist 10:00 Farmer’s Market 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY MARIE STEINBERG</p>	<p style="text-align: right;">5</p> <p><u>RENT PAST DUE</u></p> <p>10:30 Hug a Puppy</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY DOT BOWERS AND MADINA SHLITTLER</p>
<p style="text-align: right;">9</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;">10</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Arts & Crafts With Anita</p>	<p style="text-align: right;">11</p> <p>9:30 Shopping at Walmart 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">12</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">16</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 Vivian’s Delicious Delicacies</p> <p>6:00 Communion and Worship Service With the Reverend Tom Hagood</p>	<p style="text-align: right;">17</p> <p><u>St. Patrick’s Day</u></p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 St. Patrick’s Day Party With Dolly O’Dell -- WEAR GREEN</p>	<p style="text-align: right;">18</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at the Olive Garden</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">19</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">23</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 Wilda’s Wellness Workshop</p>	<p style="text-align: right;">24</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Inside Volleyball</p>	<p style="text-align: right;">25</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;">26</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY EVA WEBB</p>
<p style="text-align: right;">30</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;">31</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Wine and Cheese Happy Hour in the Card Room</p>		<p><u>REMEMBER TO USE THE SUGGESTION BOX</u></p>

Discussion Topic

Talk About It: Spring Fever

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- What is your favorite springtime memory?
- Did you or your family plant a garden in the spring?
- Do you have a favorite spring flower?
- How did your family spend spring break from school? Did you ever go on a spring break trip?
- Do you enjoy rain? What about thunderstorms?
- Is there anything you don't like about the return of warmer weather?

Protecting Seniors From Scams

The FBI warns that senior citizens are popular targets for scam artists. Seniors are more likely to have savings, tend to be polite and trusting, are likely to be interested in items promised to increase income or improve health and are less likely to report fraud. An Investor Protection Trust study found that 20 percent of Americans age 65 and older report they've been taken advantage of financially, though the actual figure is believed to be higher. To keep from falling into that category, be aware of these red flags.

- Never give personal banking information, credit card numbers or Social Security numbers to someone who has called.
- If a salesperson will not provide written information about his company—including the company's name, address and telephone number—don't do business with him.

- If someone calls from a "government agency" requesting money, ask for a certified letter on official letterhead.
- Never make quick financial decisions. If the person says you have to take the offer immediately or you'll miss the opportunity, it is likely a scam.

There are many more ways to protect against fraud. For more information, visit the Senior Investor Resource Center at the North American Securities Administrators Association at www.NASAA.org. Or go to www.FBI.gov and search for "senior citizen fraud."



Dot Bowers

RESIDENT REFERRAL GETS \$200

Dot Bowers got a check for \$200 for recommending Coventry Place to Madina Schlittler. Would you like to get a check for \$200? It's easy. Tell your friends about Coventry Place. When they move in you get \$200.

It's that easy.

If you really think about it, we're all interested in keeping the rate we pay monthly as low as possible. One of the "keys" to doing that is keeping Coventry Place full. When you're at the doctor, at church, out to eat, wherever you have an opportunity to talk about where you live, promote your home, own home.

VALENTINE'S DAY LUNCHEON



We had balloons, we had a crowd,
we had fun.



The back dining room.



Billie Lary won a door prize



and Mildred Jedrezak



Anna Chiles was the big winner



but Ester Williams also won



I want those sunglasses, Annis Essex.

MORE PRIZES



Alice Weaver



Madina Schlittler



Muriel Taylor



and Bill Rodgers

THE MEAT

O.K., so let's get it all out. We had fun, we had prizes, it was festive, BUT, the meat was tough.

March 2011



THE FEBRUARY BIRTHDAY PARTY



JACK LAMB

On Tuesday, Feb. 8, we celebrated the birthdays of all the residents born in February. The resident who has achieved the most birthdays was Jack Lamb. Jack cut the birthday cake.

Above in the picture, seated from left are Jack Lamb, Sally Faletti, Avis Dykes, and Marty Smith. Standing from the left are June Mann, Muriel Taylor and Bill Hanna. Unable to attend the party was Kay Potter.

There were family and friends here to celebrate with our residents and we were happy they could come.

Please put on your calendar to come to the birthday luncheon when your loved one has their birthday month. The March luncheon will be on the 8th.

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