



COVENTRY PLACE

www.coventryplace-ga.com

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

May 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.

MANAGING YOUR STRESS



Hi - I'm Rebecca. I've seen many of you around and know some of you. I am a "family member" here at Coventry Place. My dad is Jack Lamb in Apartment 515.

I also am a Licensed Professional Counselor and a Licensed Marriage and Family Therapist. Coventry Director Jo Ann Smith suggested that I let you know that I am here for you professionally if you need me.

Sometimes when we feel sad, mad, or anxious we just need to talk to a professional to help us cope with our stress, anxiety, grief, depression or fears. I can help you think through problems, come up with possible solutions, set reasonable goals and find ways to meet those goals! And, I offer you a special discount for being a resident here at Coventry! Another plus is that I am willing to come here to Coventry to meet with you or you can come to my office at 1240 Clairmont Rd., Suite 206, in Decatur, GA. For an appointment, call me at 404-636-0912.

Please come to the Card Room at 3 p.m., Thursday, May 19th, for refreshments and a free seminar on "Managing Your Stress." We can also talk more about the professional counseling services I offer. I am honored to be with you here at Coventry. See you on May 19th. Thank you.

WELCOME

NEW RESIDENTS

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

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.

202

Irene Wilkerson
219 Sarah Alouf
508 Jean Weed



\$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.



MOTHER'S DAY MENU

Cornish Hen
Dressing
Green Bean Casserole
Beets
Yeast Rolls
Vivian's Grandmothers Salad
Cheesecake

Please join us on May 8 to celebrate Mother's Day with your loved one. We'll be serving luncheon style and the menu looks great.

Call 404-296-0962 and make your reservations by May 5. We look forward to seeing you.



HAPPY MOTHER'S DAY TO ALL OF YOU



Seniors Helping a New Generation

American society has become segregated by age—children go to school, adults go to work, and seniors often live in housing with other older adults. As families have become more spread out geographically, grandkids and grandparents often see each other only once or twice a year. But seniors and youths have a lot to offer each other. Youths gain from seniors' knowledge and wisdom, and seniors benefit from young people's energy and enthusiasm. Through these relationships, youths find supportive role models.

Seniors can volunteer to mentor young people in many ways. Check with schools, libraries and youth organizations in our community to see if you can be a tutor or mentor. A popular national organization is the Foster Grandparents Program, offered through Senior Corps. Foster Grandparents serve as mentors, tutors and caregivers for at-risk children and youths through a variety of organizations, including schools, hospitals, drug-treatment facilities, correctional institutions and Head Start and day care centers. To find out more, visit www.SeniorCorps.org and click "More Senior Corps Programs."



THE ACTIVITIES COMMITTEE

The Activities Committee, consisting of Jean Hilbun, Bernard Mattox, Kay Potter, Horacetine Vann and Barbara Olver, met on Tuesday, April 12.

A lot of new ideas were discussed. It seems some of the men would like to play horseshoes. Does that sound good to you? Barbara's going to buy some, so please try it out.

Do you have any ideas of activities you would enjoy? Talk to one of the committee members and let them know. Then we could have a sign-up sheet for people who are interested.

Being active is physically and mentally healthy. Watch the calendar and participate.

Headache Pains and Remedies

Most people have experienced a headache. Headaches are often only a painful annoyance, but they could indicate a more serious medical problem.

Tension headaches are caused by tight muscles in the shoulders, neck and jaw and are related to stress, depression or anxiety. The pain is described as a constant, dull feeling on both sides of the head. If you work too much, don't sleep enough or miss meals, you are more likely to get tension headaches. The most common treatment is over-the-counter pain relievers. Relaxation techniques can help, as can getting more rest.

Migraines may be caused by low levels of serotonin in the brain, which can swell blood vessels. This causes intense pain on one or both sides of the head that may be accompanied by nausea or blurred vision. Over-the-counter medicines

may work for treating migraines, but your doctor can prescribe something stronger if OTCs are not effective.

Cluster headaches are very painful and occur in patterns, or "clusters," that can last for weeks or months. The pain occurs rapidly—often behind one eye—then spreads to other parts of the head and neck. Because the pain is sudden, OTCs are ineffective. Your doctor can prescribe various treatments, including oxygen therapy and medications.

If you experience a sudden, severe headache, contact your doctor. Get medical attention if you have a headache after a blow to the head or the pain is accompanied by a stiff neck, fever or loss of consciousness.



Wit & Wisdom

"People from a planet without flowers would think we must be mad with joy the whole time to have such things about us."

—Iris Murdoch

"If your heart is a volcano, how shall you expect flowers to bloom?"

—Kahlil Gibran

"It's so nice to get flowers while you can still smell the fragrance."

—Lena Horne

"A cynic is a man who, when he smells flowers, looks around for a coffin."

—H.L. Mencken

"Weeds are flowers too, once you get to know them."

—A.A. Milne

"Where flowers bloom, so does hope."

—Lady Bird Johnson

"Flowers leave some of their fragrance in the hand that bestows them."

—Chinese 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
1	2	3
<p>RENT DUE</p> <p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan</p> <p>2:00 Sit and Be Fit</p> <p>3:45 Veggie Truck</p> <p>HAPPY BIRTHDAY SARA ADAMS</p>	<p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>
8	9	10
<p>12:00</p> <p>MOTHER'S DAY LUNCHEON</p> <p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p>	<p>9:30 Shopping at WalMart</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit</p> <p>3:00 Resident's Council Meeting</p> <p>3:45 Veggie Truck</p>	<p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon</p> <p>2:30 Bingo</p> <p>7:00 Decatur Sing-along</p>
15	16	17
<p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p> <p>HAPPY BIRTHDAY SARA WRIGHT AND ETHEL HERRON</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan</p> <p>2:00 Sit and Be Fit</p> <p>3:45 Veggie Truck</p>	<p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>
22	23	24
<p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p> <p>HAPPY BIRTHDAY TINY SCHOBEL</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit</p> <p>2:00 Movie Matinee "BEETHOVEN"</p> <p>3:45 Veggie Truck</p>	<p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p> <p>11:30 Fire Drill</p>
29	30	31
<p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p>	<p>Memorial Day</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit</p> <p>NO VEGGIE TRUCK</p>	<p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>

Wednesday	Thursday	Friday	Saturday
<p>4</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 JACKIE MERAN</p>	<p>5</p> <p>RENT PAST DUE</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Slam Scrabble With Anita</p>	<p>6</p> <p>9:30 Shopping at Farmers' Market 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>7</p> <p>10:30 Hug a Puppy</p> <p>2:00 Games of Your Choice</p>
<p>11</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>12</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Entertainment by Mike Smith in the Dining Room</p>	<p>13</p> <p>10:00 Sit and Be Fit 11-1 Rosie's Jewelry and Gifts</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>14</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p>18</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Vivian's Delicious Delicacies 6:00 Communion and Worship With the Reverend Tom Haygood</p> <p>HAPPY BIRTHDAY ESTER WILLIAMS AND MARY MARGARET SHEA</p>	<p>19</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 "Managing Your Stress" By Rebecca Vandiver</p>	<p>20</p> <p>10:00 Sit and Be Fit 11:00 Eating Out at Athen's Pizza</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>21</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p>25</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop</p> <p>HAPPY BIRTHDAY AL BROWN</p>	<p>26</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Arts and Crafts With Anita 3:00 Happy Hour</p>	<p>27</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Shopping at Walmart 2:00 Sit and Be Fit 2:30 Bingo</p>	<p>28</p> <p>1-3 BAKE SALE</p> <p>HAPPY BIRTHDAY DORIS CANNON</p>
		<p>REMEMBER TO USE THE SUGGESTION BOX</p>	

MAY WE ALL

Tick tock, tick tock, or maybe tock tick.

Whatever it takes to make you click. Somewhere in a couple of weeks I say

We're going to celebrate Mother's Day.

And then before the month is plundered

We will be treated to the Indy 500. Meanwhile baseball is here to stay.

Like it or not, the Braves will play.



by John Beavers

Slim Down With Water

Drinking two 8 oz. glasses of water before a meal leaves less room for food in your stomach. In a study Va Tech researchers found that water drinkers lost 30% more weight. This works better for older people, because their stomachs empty more slowly.

Mystical, Magical Full Moon Names

The next time you gaze longingly at the perfect wonder of the moon, appreciate your cosmic connection to people of ancient cultures who did more than stare in wonder—they gave meaningful names to each month's full moon.

North American moon names come mainly from Native American Algonquin tribes whose settlements ranged from New England to Lake Superior. Although full moon names can vary, here's one version of how the Algonquin people saw it:

January: Wolf Moon—named for hungry packs that howl at night.

February: Snow Moon—for massive winter storms.

March: Worm Moon—when earthworms and robins reappear, heralding spring.

April: Pink Moon—for widespread phlox flowers.

May: Flower Moon—for spring's proliferation of blooms.

June: Strawberry Moon—for the berry's peak season.

July: Buck Moon—when bucks that have shed their antlers sprout soft and velvety new growth.

August: Sturgeon Moon—for the late summer abundance of this fish.

September: Harvest Moon—for staple crops of corn, pumpkins, squash and beans.

October: Hunter's Moon—prime season for deer, fox and other game.

November: Beaver Moon—time to set winter traps.

December: Cold Moon—for the season's icy blasts.



KEITH PETERS ENTERTAINED ON APRIL 14

ACTIVITIES



Naomi Kelley made this beautiful mask for St. Patrick's Day and we didn't get it in last month's newsletter. Isn't she beautiful?



Here are Mildred, Eileen and Rosemary at the Happy Hour on March 31. We had a good turnout.



Also at the Happy Hour were Jonathan, Estelle and a guest.



There was a great group at the Decatur Sing-a-Long.



More of the people at the sing-a-long.



Also at the sing-a-long were Stephanie and David, shown here with Eileen and Marie. Aren't they adorable?

Remember Me?

George Hosato Takei Altman (George Takei) was born on April 20, 1937, in Los Angeles to Japanese-American parents. Most famous for his role as Hikaru Sulu on "Star Trek," Takei has appeared in dozens of movies and guest starred on numerous TV shows since his career started in 1959.

Takei spent much of his childhood in Japanese internment camps in Arkansas and northern California during World War II.

Takei served for 11 years on the board of directors of the Southern California Rapid Transit District, which initiated and planned the Los Angeles subway system.

Much in demand as a vocal artist, Takei has lent his voice to cartoon characters, has been a guest narrator for numerous symphony orchestras and has narrated documentaries.

May 2011



THE APRIL BIRTHDAY PARTY



On Tuesday, April 12, we celebrated the birthdays of all the residents born in April. There weren't as many this month but we had lots of guests and lots of fun.

The resident who had achieved the most birthdays was Rachel Spivey, pictured on the left.

Above in the picture from the left are the honorees:

Mike Finney, Rachel Spivey, Mary Ferry and Roscoe Lowery. Not able to attend were Bill Worrell and Jack Schocoff.

Please put on your calendar to come to the birthday luncheon when your loved one has their birthday month. The May luncheon will be on the tenth. Each resident can have up to four guests at no charge and we have a special menu for this event.

Call ahead, 404-296-0962, to make reservations.