



COVENTRY PLACE

www.coventryplace-ga.com

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

September 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.



10-Year Tribute

This year's Patriot Day, on Sept. 11, marks the 10th anniversary of 9/11. Americans unite to remember the heroes and victims of that day and honor their extreme acts of bravery and patriotism.

THE GIFTS OF AGE

Judith Viorst, an author, shared some of her insights on aging with AARP.

Know that time is precious. As we age, we have fewer moments left to squander. Use this knowledge to embrace each moment.

Move on. You may look back on your life and feel you never got what you wanted, expected or deserved. Have a short pity party and then find better things to do.

Don't take things personally. Sometimes people are curt, aloof or rude for reasons that have **nothing** to do with you.

WELCOME

NEW RESIDENTS

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

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.

New Residents
122 Miriam Hancock
211 Sue Robinson
227 Ed Willis
229 Lois VanDame
310 Gean Capin
530
Connie and Bill
Brillhart

\$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.



COVENTRY PLACE CAREGIVERS

Continuing with our coverage of our wonderful caregivers. At the right, you see three more. Remember to stop by the office and tell us about your experiences with these ladies. Recognition of their efforts means a lot and I know they would appreciate having your comments in their file.

First on the right is Sonya Ervin. Sonya is the assisted living housekeeper and also works as a caregiver when needed. Sonya has been here since May 2009. She works from 8 a.m. to 4 p.m., Monday through Friday.

The next caregiver is Tarha Yarbrough. Tarha started at Coventry Place in June 2009. She works the 7 a.m. to 3 p.m. shift, Monday through Friday.

The third caregiver is Sheryl Brown. Sheryl started at Coventry Place November 2009. She works Monday, 3 to 11 p.m., Tuesday, 11 p.m. to 7 a.m., Friday, 3 to 11 p.m., Saturday, 1 to 8 p.m., and Sunday 3 to 8 p.m.

Thank you, ladies. Coventry Place residents, be sure to tell these ladies how much we appreciate them.

CAREGIVERS



Sonya Ervin



Tarha Yarbrough



Sheryl Brown



Wit & Wisdom



ARTS AND CRAFTS WITH ANITA

In July, the residents decorated craft paper bags. They really turned out beautiful. There were quite a few residents who participated and made their own bags, but it would be great to have more.

Mark your calendar—participate—it's fun. In September, we'll have Arts and Crafts on the 29th. Don't forget.

PLEASE PARTICIPATE, THURSDAY, SEPTEMBER 29th

NEW ENTERTAINMENT

On Aug. 11, we had a new entertainer. The turnout was really great.



But I don't think his reception was quite as good. Don't worry, we're always searching for new talent.

FOODS THAT IRRITATE THE BLADDER

If you find yourself going to the bathroom more frequently, **DO NOT REDUCE YOUR BEVERAGE CONSUMPTION.** Cutting back on fluids can cause even more bladder irritation. Look at what you're drinking and eating. These foods may irritate the bladder.

Citrus fruits and juices. They're highly acidic. Instead, eat fruits such as apples, bananas and berries.

Coffee and black tea. These are diuretics, they make you go to the bathroom more, plus they contain caffeine which stimulates the bladder. Sip caffeine-free herbal tea.

Avoid hot sauce, chili peppers and tomato products. Overactive bladder could be a sign of a more serious illness. If you've noticed an increase in frequency or urgency, consult your physician.

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

—Martin Luther King Jr.

"Laziness may appear attractive, but work gives satisfaction."

—Anne Frank

"By working faithfully eight hours a day, you may eventually get to be boss and work 12 hours a day."

—Robert Frost

"Nothing will work unless you do."

—Maya Angelou

"Far and away the best prize that life has to offer is the chance to work hard at work worth doing."

—Theodore Roosevelt

"If you put all your strength and faith and vigor into a job and try to do the best you can, the money will come."

—Lawrence Welk

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>4</p> <p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p> <p>HAPPY BIRTHDAY CHARLIE METZ</p>	<p>5</p> <p>LABOR DAY</p> <p>RENT PAST DUE</p> <p>10:00 Sit and Be Fit</p> <p>3:00 The Cootie Game in the Card Room</p> <p>No Veggie Truck</p> <p>HAPPY BIRTHDAY MILDRED BALDWIN</p>	<p>6</p> <p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit</p> <p>2:30 Bingo</p> <p>HAPPY BIRTHDAY BRENDA JONES, ED TURNER AND PATSY EDWARDS</p>
<p>11</p> <p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p>	<p>12</p> <p>9:30 Shopping at Walmart</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan</p> <p>3:00 Resident Council</p> <p>3:45 Veggie Truck</p>	<p>13</p> <p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon</p> <p>2:00 Sit and Be Fit</p> <p>2:30 Bingo</p> <p>7:00 Decatur Sing-along</p>
<p>18</p> <p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p>	<p>19</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Movie Matinee "Recruits" With Alan Deveay</p> <p>3:45 Veggie Truck</p>	<p>20</p> <p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit</p> <p>2:30 Bingo</p>
<p>25</p> <p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p>	<p>26</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan</p> <p>2:30 Scrabble or Rummikub</p> <p>3:45 Veggie Truck</p>	<p>27</p> <p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit</p> <p>2:30 Bingo</p>

Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;">1</p> <p>RENT DUE 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Movie Matinee “The Man Who Loved Women” Starring Burt Reynolds</p>	<p style="text-align: right;">2</p> <p>10:00 Sit and Be Fit 11:00-1:30 Rosie’s Jewelry and Gifts</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">3</p> <p>10:30 Hug a Puppy</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">7</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</p>	<p style="text-align: right;">8</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Meet Your Neighbor With Refreshments</p>	<p style="text-align: right;">9</p> <p>10:00 Sit and Be Fit</p> <p>11:00 Dining Out at O’Charley’s</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">10</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">14</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:30 Vivian’s Delicious Delicacies</p>	<p style="text-align: right;">15</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Entertainment in the Dining Room - MIKE SMITH</p>	<p style="text-align: right;">16</p> <p>9:00 Dr. Lee Cohen - Dentist 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">17</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">21</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Wilda’s Wellness Workshop</p>	<p style="text-align: right;">22</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Happy Hour With Wine and Cheese in the Card Room</p>	<p style="text-align: right;">23</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 style="text-align: right;">24</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">28</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</p> <p>HAPPY BIRTHDAY LaVONNE BUSH AND GEAN CAPIN</p>	<p style="text-align: right;">29</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Arts and Crafts With Anita</p>	<p style="text-align: right;">30</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY BOB GALLAGHER</p>	<p style="text-align: right;">REMEMBER TO USE THE SUGGESTION BOX</p>

Joking Around

Laugh Lines: School Daze

In honor of September, here's a busload of back-to-school jokes:

Summer vacation is over, and little Tommy is back in school. A few days later, the teacher calls Tommy's mother:

Teacher: "You have to do something about Tommy. He's acting up and disrupting class."

Tommy's mom: "I kept Tommy all summer long and never once called *you* when he misbehaved."

Little Sadie comes home from school very upset.

Sadie's mom: "What's wrong?"

Sadie: "My teacher scolded me for something I didn't do."

Sadie's mom: "That's terrible! I'll go down to the school and talk to her. What was it that you didn't do?"

Sadie: "My homework."



MALA'S 104th BIRTHDAY



Thanks to Bill Hanna and his daughter, Robin Hughes, we had a wonderful celebration of Mala's 104th birthday party. A photographer came from Fox news and filmed an interview with Mala. You can see it by Googling DeKalb County Woman

celebrates 104th birthday. We had a wonderful crowd. In fact, it was larger than we expected, so we ran a little short on food. But, what a wonderful crowd and celebration. The Coventry Place staff did a great job preparing the food and serving.



Bill and Mala danced.





Andrea danced



Then Robin read the poem from the Red Hat Society about when I grow old I'm going to wear purple ... it's a great poem.



Then Vivian read a poem she had written especially for Mala.

VANITY OF A KITCHEN

How many people have you fed
That always cleaned their plate?

After receiving a nursing bottle
when born

Her baby food and chew cookies
were always ate.

May I have some more of this or that?
Was always her question to me.

Sure, Mrs. Mott, you may have more.
This became her precious reality.

God thank you for Mrs. Mott
She's our number one fan.

Your appetite inspired us all
Please, enjoy, eat all that you can

We love you truly Mrs. Mott
It's our secret, please don't tell

As long as you desire Coventry's food
We will always feed you well.



Vivian isn't just in charge of our kitchen, she's quite a poet, too. Thank you, Vivian, for being a great cook, but also for being such a caring person and doing all you can for our residents.

HALE'S BELL

In 1755 was born
young Nathan Hale

He was a
revolutionary, a fully
active male.

His dedication to the
cause led to his
promotion

Up through the
ranks to captain,
showing his devotion.

He volunteered to
don disguise and
infiltrate the British

Who occupied
Long Island, well
trained and never
skittish.

But the redcoats saw
through his disguise
and arrested him as
a spy

On September 21,
1776, and on
September 22, 1776,
did promptly hang
him high.

Just before the eternal
swing, he said the
words we all
remember:

"I only regret that I
have but one life to
lose for my country"

And that, dear
friends, is a manly
way to dedicate
September.

By John Beavers

September 2011



THE AUGUST BIRTHDAY PARTY



On Tuesday, Aug. 9, we celebrated the birthdays of all the residents who were born in August. There's got to be a story behind why there are 12 residents to celebrate in July, and only five in August. Anybody want to try to figure that out.

There were five birthdays in August, but there were some who were unable to attend and one who is not pictured. In the picture is Horacetine Vann and Adrienne Pardieck. Not pictured are Will Kammerer, Walter Wrightson and Marjorie Stanfiel.

The September party will be on the 13th. Make your plans to attend. Each resident can have four guests at no charge and we dearly love to celebrate birthdays.