



COVENTRY PLACE

www.coventryplace-ga.com

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

June 2010

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.



Add Stars, Hold the Stripes

The first national flag, which displayed 13 stars and 13 stripes, was adopted on June 14, 1777, giving us the date of our Flag Day holiday. The original plan was to add a star and a stripe for each new state. However, when it became apparent that the stripes could end up being hard to distinguish, Congress passed a resolution in 1818 to hold the number of flag stripes to 13 and only add a star for each new state.

Strides in Science and Modern Medicine

Though we still don't know everything about the human brain, science has come a long way. The German psychiatrist and pathologist Alois Alzheimer, who first wrote about the disease that was later named after him, was born on June 14, 1864.

Perennial Gardening Month

Pay attention to the beautiful blossoms sprouting up everywhere this month, as many perennial flowers bloom in June.

WELCOME

NEW RESIDENTS

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

204

Eileen Halligan

421

Addie Harwell

506

Edward McIver

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.

\$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 after they've been here for 45 days.

\$200

FOR YOU

Get Back to Your Roots

Family History Day is June 14.



THAWED SO

I love the warm June weather,
Just hate the freezing cold.

I would not trade the summertime
For anyone's pot of gold.

I still remember January,
February's almost as bad,

With rainy days and long dark nights
Warm jacket glad I had.

Happy again to don short shorts
And short sleeve shirts—and how!

And open up the windows,
We're into summer now.

By John Beavers



Lonely Lessons

Like a cold or flu, loneliness can spread, too. Research published late in 2009 in the *Journal of Personality and Social Psychology* shows that loneliness can spread from one person to another. Nearly 5,000 people were involved in the study that lasted several years. Some specifics of the findings:

- On average, people felt lonely 48 days a year.
- Women are more likely to be lonely.
- A friend of a lonely person is 52 percent more likely to develop lonely feelings of their own within two years.
- People who are lonely slide to the edge of their social networks, becoming less interactive and more isolated.

How can you identify if someone is lonely and how can you avoid it affecting you? The research reveals that mistrust and negativity are ways loneliness is passed along to others. The best way to prevent loneliness from being a threat, according to the researchers, is to target the lonely and try to help repair his or her social network. Always, though, protect yourself with barriers. Try to surround yourself with people who are positive and upbeat.

GUESTS



I keep repeating, but you know how much we love guests at Coventry Place. Sara Adams' daughter, Diane, was here for Sara's birthday. With three small children at home, it's hard for her to get away, so Sara goes to visit them often. Diane is just as pretty as her mom, isn't she?



FATHER'S DAY LUNCHEON

Our Father's Day luncheon will be on Sunday, June 20, at noon. Please call and make reservations. The menu will be:

- Salmon or Chicken
- Garnished with Parsley
- Green Bean Casserole
- Scalloped Potatoes
- Watergate Salad
- Yeast Rolls
- Pecan Pie

DADS

"Any man can be a father. It takes someone special to be a dad."

—Anonymous

THE VEGGIE TRUCK

Every Monday afternoon at 3:45 (unless it's a holiday), the Veggie Truck comes to Coventry Place. If you haven't been taking advantage of this, give it a try. You can buy wonderful fresh vegetables and fruit. Let's patronize the Veggie Truck so we'll continue to have this opportunity.



WATCH IT GROW

The Garden Club worked really hard planting all the beautiful flowers. They're in their infancy right now, so keep an eye on them and watch as they grow. The green strip in the front of the flower bed will be Johnny Jump Ups. Can't wait to see that, can you?



ARTS AND CRAFTS

Jeanette Farrar made these for her great-granddaughter at the recent Arts and Crafts with Anita.

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
		Dr. Lee Cohen - Dentist 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo 7:00 The History of Blue Grass Music HAPPY BIRTHDAY, EILEEN HALLIGAN
6	7	8
3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY, ELLEN WRIGHT	10:00 Sit and Be Fit 1:00 Dr. John Noonan 1:00 Garden Club 2:00 Sit and Be Fit 2:30 Let's Play Rummikub 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
13	14	15
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 1:30 Shopping at Walmart 2:00 Sit and Be Fit 3:45 Veggie Truck HAPPY BIRTHDAY, CHARLIE DAVIS	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
20	21	22
HAPPY FATHER'S DAY 12:00 Father's Day Luncheon 3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 1:00 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 2:30 Bingo HAPPY BIRTHDAY, JANE ELLIOTT
27	28	29
3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY, SAKAE MAKITA and RANDY MORGAN	10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Let's Play Scrabble 3:45 Veggie Truck	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo

Wednesday

Thursday

Friday

Saturday

2	3	4	5
<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>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Indoor Volleyball with Refreshments</p>	<p>10:00 Farmer’s Market 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>2:00 Games of Your Choice</p>
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 3:00-4:00 Happy Hour</p> <p>HAPPY BIRTHDAY, EDWARD McIVER</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Arts and Crafts with Anita</p> <p>HAPPY BIRTHDAY, WILDA TROUT</p>	<p>10:00 Sit and Be Fit 11:00 Dining Out at Los Mermanos Mexican</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>2:00 Games of Your Choice</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>6:00 Communion and Worship Service with The Reverend Tom Hagood</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Entertainment By Keith Peters in the Dining Room with Refreshments</p> <p>HAPPY BIRTHDAY, WILLIAM ORR</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY, EARL POLK</p>	<p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY, BILL RODGERS</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>HAPPY BIRTHDAY, FLORA CHEN</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Walk on Clouds Special Shoes Join Us for Fun and Wine</p> <p>HAPPY BIRTHDAY, BOB GRATTON</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>2:00 Games of Your Choice</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>GREAT OUTDOORS month</p>	

Fun Facts

A Super Birthday

He turns 72 this month, but Superman isn't slowing down. He's still saving the world, and he's as popular as ever.

The man of steel made his debut as a superhero in 1938 in *Action Comics #1*, but he made his unofficial debut much earlier.

He began as an evil character in "Science Fiction: The Vanguard of Future Civilization," which was published in 1933. No one bit on the Superman-as-villain story, though, so his creators (Jerry Siegal and Joe Shuster) reworked the character as a superhero.

Since then, Superman has transitioned to a multitude of media and continues to resonate with audiences today. He revisited the silver screen in 2006 in "Superman Returns," and his childhood escapades are still chronicled on the TV series "Smallville."

MOTHER'S DAY



Vivian and her crew cooked a wonderful meal, and with Wilda's help, served us all. I believe this might be the best special luncheon we've had. Kudos to all of you.

SOME OF OUR GUESTS



THE McMASTER FAMILY

That's a pretty big group, but if I heard correctly, there are lots more children. Ask Andrea.



THE HENDRICKS



THE LARYS

Wishful Thinking

Audacity to Hope Day is June 4.





THE BYERS



THE MORGANS



THE MERANS



THE MILLERS



THE FARRARS



RICHARD STAMEY AND LYNN



THE KELLEYS



THE DOWIS FAMILY

Be sure to join us this month to celebrate with your fathers.

Activity Time

What's at the Picnic?

This entertaining activity will have you and your friends using your memories in an engaging way. There are no rules, except listening! One person starts the game by saying, "At the picnic, I see a ____." The person inserts any item typically found at a picnic, like a basket. The next person playing says, "At the picnic, I see a basket and a ____" adding on to the first item with an item of their own, for example, an apple. The third player continues the game with, "At the picnic, I see a basket and an apple and a ____." As the game continues, each player lists the items in order and adds one item to the list, until everyone takes a turn.

Gather a group of friends for this fun game

June 2010



THE MAY BIRTHDAY PARTY



Tiny Schobel blew out the candles on the birthday cake.

On Tuesday, May 11, we celebrated our monthly birthday party honoring the residents who had birthdays in May. In the picture above are: Sara Adams, Tiny Schobel and Jackie Meran. Not pictured are Al Brown and David Zachary.

We always enjoy our guests coming to celebrate with their families. It's a great opportunity for all of us to get to know you and it means a lot to your loved one. Mark your calendar for the Tuesday before the 15th and join us.

Each resident can have four guests. We do need reservations so we know how many to prepare for. Please call (404) 296-0962 ahead of time.