



COVENTRY PLACE

www.coventryplace-ga.com

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

November 2009

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 8:00 a.m.–5:00 p.m.
 Weekends 9:00 a.m.–5:00 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.

MEET JEAN HILBUN



Jean Eidson Hilbun was born in Toccoa, GA, in the Stephens County Jail. Read more on the next page.

WELCOME

NEW RESIDENTS

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

214

Arthur Gerace
424

Frances Belins
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.



Laptop Love

Nov. 20 is Name Your PC Day.



Give Thanks

THANKSGIVING LUNCHEON MENU

Turkey and Dressing
Sweet Potato Soufflé
Asparagus Casserole
Cranberry Sauce
Watergate Salad
Parker House Rolls
Pumpkin Pie

Our Thanksgiving Luncheon will be at 12 p.m. on Tuesday, Nov. 24. As you can see, we have a wonderful menu. After we've eaten, we have a harpist coming to entertain at 12:45. There'll be plenty to be thankful for on Thanksgiving.

Please call ahead of time and make your reservations. Guest meals are \$5. Hope you can come.



ABOUT JEAN HILBUN

When anybody asked Jean if anything unusual had happened in her life, she would answer, "Well, I was born in the Stephens County Jail."

Jean's mother wanted to be with her mother when she had her baby, so she went home. Home was half of the county jail where her Poppa was the sheriff; the other half was the jail. Jean said it was separated by a metal wall that had a sliding opening to pass food to the inmates. Her grandmother did all the cooking and those in jail ate the same thing the family did, including home-made biscuits.

Jean grew up in Tifton and came to Atlanta when she finished school. She worked as a secretary at Georgia Power, met her husband, Charlie, and married in 1954. Jean and Charlie had three children and she became a stay-at-home mom.

The Hilbuns moved into Coventry Place in July of 1999. They were here together until Charlie's death in February 2005.

Jean's hobbies are gardening (she has African violets), reading and cooking. She is "the" Garden Club at Coventry Place with Anita. They sure would like to have some more people join them.

If you don't know Jean, be sure to meet her. She has a beautiful smile and a bright attitude. Jean, thank you for being a Coventry Place resident.

Wit & Wisdom



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John Fitzgerald Kennedy

"Valor is stability, not of legs and arms, but of courage and the soul."

—Michel de Montaigne

"The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you."

—General Dwight D. Eisenhower

"We few, we band of brothers. For he who sheds his blood with me shall be my brother."

—William Shakespeare

"I think there is one higher office than president, and I would call that patriot."

—Gary Hart



Mini Pumpkin Centerpieces

Let pumpkins take center stage on more tables than just the one with desserts this holiday season.

Decorate your table with a cluster of gourds turned into candlesticks as your friends and family gather for the holidays. It will set the stage for any festive get-together.

Materials:

- Utility knife
- 4-5 mini pumpkins
- Melon baller
- 3 taper-style battery-operated candles
- Decorative platter
- Silk leaves or flowers

Instructions:

Using the utility knife, cut a hole

the size of the candles' base in the tops of three miniature pumpkins. Discard the stems. Carve out space for the candles using the melon baller. Insert the tapers into the holes. Adjust the openings with the utility knife as needed. Arrange the three pumpkins with candles in a triangle or straight line on a decorative platter. Position the remaining pumpkins on the platter as desired. Finish by scattering the silk leaves or flowers around the pumpkins. Place in the center of your table during dinner for a special, festive glow.



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MEAL HOURS

Breakfast
7:15-8:15 a.m.
Lunch
12-1:30 p.m.
Dinner
5-6 p.m.

BE SURE TO ...

1. Check the bulletin board DAILY for additional activities or cancellations.

2. Listen to announcements.

3. When you sign up for a trip to the doctor, put down the time as 30 minutes before your appointment to allow time to get there.

4. No plastic, magazines or phone books can be put in the newspaper recycle bins. Be sure not to put your 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>DAYLIGHT SAVING TIME ENDS - SET YOUR CLOCK BACK ONE HOUR</p> <p>3:00 Hymn Sing-along</p> <p>3:30 Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit</p> <p>2:30 Resident Council Meeting</p> <p>3:45 Veggie Van</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>3:00 Hymn Sing-along</p> <p>3:30 Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Shopping at Walmart</p> <p>1:30 Dr. John Noonan</p> <p>2:00 Sit and Be Fit</p> <p>2:30 Reminiscence with Barbara</p> <p>3:45 Veggie Van</p> <p>Happy Birthday, April Reid</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 Fire Drill</p> <p>2:30 Bingo</p> <p>7:00 Decatur Sing-along</p>
15	16	17
<p>3:00 Hymn Sing-along</p> <p>3:30 Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan</p> <p>2:00 Let's Play RummiKub</p> <p>2:00 Sit and Be Fit</p> <p>3:45 Veggie Van</p> <p>Happy Birthday, Marcelia Davis</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>3:30 Chapel Service</p> <p>4:00 Annie's Bluegrass Band in the Back Dining Room</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit</p> <p>2:30 Reminiscence with Barbara</p> <p>3:45 Veggie Van</p>	<p>9:00 - 1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>12:00 Thanksgiving Luncheon</p> <p>12:45 Harp Music with Nancy</p>
29	30	
<p>3:00 Hymn Sing-along</p> <p>3:30 Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Let's Play RummiKub</p> <p>2:00 Sit and Be Fit</p> <p>3:45 Veggie Van</p>	<p>MONTH OF THE MILITARY FAMILY</p> <p>*****</p>

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">4</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 Nicole Marchand-ELDER ABUSE 7:00 John Anderson Ukulele Band</p> <p>Happy Birthday Mildred Holton and Raymond Vick</p>	<p style="text-align: right;">5</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 MOVIE MATINEE <u>The Ten Commandments</u> 2:00 Let's Play RummiKub</p> <p>Happy Birthday Marjorie Plyler</p>	<p style="text-align: right;">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 style="text-align: right;">7</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">11</p> <p><u>VETERANS DAY</u></p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Arts & Crafts with Anita 1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p style="text-align: right;">12</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Vivian's Delicious Delicacies</p> <p>Happy Birthday Wayne Harris</p>	<p style="text-align: right;">13</p> <p>9:00-2:00 Mini Pedicure 10:00 Sit and Be Fit 11:00 Dining Out at The Spaghetti Factory</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">14</p> <p>2:00 Games of Your Choice</p> <p>Happy Birthday Jeanette Farrar and Bobbie Idleman</p>
<p style="text-align: right;">18</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 Worship Services with The Reverend Tom Hagood</p>	<p style="text-align: right;">19</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 The Ding-a-Lings (Bell Ringers)</p>	<p style="text-align: right;">20</p> <p>9:30 Shopping at Walmart 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo Happy Birthday "Gus" Monroe</p>	<p style="text-align: right;">21</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">25</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 style="text-align: right;">26</p> <p><u>HAPPY THANKSGIVING</u></p> <p>10:00 Sit and Be Fit</p> <p>2:30 Let's Play RummiKub</p>	<p style="text-align: right;">27</p> <p>9:00-2:00 Mini Pedicure 10:00 Sit and Be Fit 10:00 Shopping at DeKalb Mall</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">28</p> <p>2:00 Games of Your Choice</p>

TV Trivia

Four older women living in Miami can make for some funny stuff. The TV sitcom "The Golden Girls," which aired from 1985-92, featured Betty White as Rose, Bea Arthur as Dorothy, Rue McClanahan as Blanche and Estelle Getty as Sophia. Test your knowledge of the show by trying to match the quote to the character who said it:

1) "Of course my heroine doesn't look like you. This is a romantic novel, not science fiction."

2) "My mother always used to say, 'The older you get, the better you get, unless you're a banana.'"

3) "How come whenever my ship comes in, it's leaking?"

4) "Now if you'll excuse me, I'll be in the living room, being feeble. If I can find the living room."

ANSWERS:

1) Blanche, 2) Rose, 3) Dorothy, 4) Sophia

MARY, MOLLY AND SHANZHEN

The Gerontology Institute at Georgia State University is coming to Coventry Place to learn about the social life of residents in assisted living. This began in mid-September, with Molly Perkins, Shanzhen Luo and Mary Ball visiting our community on a weekly basis. During their visits, they will talk informally with residents, family members and staff, attend activities and meals and generally participate in the daily life of Coventry Place. After they have been with us for a while, they will want to interview in a more formal way a few staff members and any residents who would like to participate. Molly and Mary are on the faculty of the Gerontology Institute, and Shanzhen is a recent graduate of their master's program. They will be with us for one year.

Their project to learn about assisted living life is funded by the National Institute on Aging, part of the

National Institutes of Health. Coventry Place is one of eight assisted living communities that will participate in this project. From Mary, Molly and Shanzhen, "Thank you for sharing your community, and we hope that our study will benefit the quality of life of residents in all assisted living communities."



LOTA DUARTIE

Lota is part of Bob Galagher's family and sang and played the guitar for us on Oct. 12. She took requests and everyone had a great time. Thanks and please come back, Lota.

ELDER ABUSE: WAYS TO RECOGNIZE AND PREVENT IT

Nicole D. Marchand, Chief Assistant Solicitor-General in DeKalb County, will be speaking at Coventry Place on Tuesday, Nov. 4, at 3 p.m. about Elder Abuse: Ways to Recognize and Prevent It. The presentation should last an hour with handouts and helpful tips. Nicole is a former child abuse prosecutor in the DA's Office and currently manages 75 employees, including 25 attorneys. She looks forward to speaking to our group.

Mark your calendars and don't miss this important presentation. As we get older, we are more vulnerable to those who would willingly deceive us.

REMEMBER TUESDAY, NOV. 4, 3 P.M.

DEALER'S CHOICE

One grows old and memory fades,
One day you can't tell hearts from spades.

But that won't matter a bowl of mush
Unless you're caught with a busted flush.

So shuffle the deck and cut and deal,
This game we're playing is for real.

Then give it everything you've got,
We're going for the final pot.

Winners go in all the way,
Only losers refuse to play.
by John Beavers



LINDSAY CHILES



Lindsay, Anna Chiles' granddaughter, is a regular at Coventry Place, always helping out, whether in the Country Store, helping Anita or helping residents on an individual basis. Thank you, Lindsay.



Black and Blue Through the Years

When we're young, frequent bruising is usually the mark of an active childhood. Those black and blue spots are battle wounds earned from too much fun on the playground. But as we age, we may notice frequent bruising without ever playing the game. That's because seniors are more prone to bruises, and there are a couple of reasons why.

At every age, bruising occurs after a blow that breaks capillaries close to the skin and allows blood to leak. That blood causes bluish, purple discoloring. Our bodies eventually reabsorb the blood, and the mark goes away. As we get older, capillary walls weaken, making them fragile and more easily ruptured. Our skin also gets thinner with age, so we lose some of the cushion that protects our blood vessels from injury. This equation results in frequent bruises.

Certain medications and dietary supplements that have a blood-thinning effect can also lead to easy bruising. Talk to your doctor if you're concerned or if bruises don't go away.

Create a Story

Fill-in-the-Blank

Ask friends to provide nouns (*n.*), verbs (*v.*), adverbs (*adv.*) and adjectives (*adj.*) to fill in the blanks below. (PT = Past tense.) Then read the story out loud for an outlandishly funny tale.

Yesterday, while visiting the countryside, we witnessed a (*n., animal*) _____ (*v.*) _____-ing toward the trees. We were in awe of its (*adj.*) _____ build. My daughter (*v., PT*) _____ at the creature, but it didn't stop. Back in town, I wanted (*n., food*) _____ for lunch, but I was vetoed by the family, who all wanted (*n., food*) _____ instead. Afterward, walking to the car, the sky (*v., PT*) _____, and it began to thunder. We (*v.*) _____ in the car just before hail as big as (*n., plural*) _____ began to pound our vehicle.

November 2009



THE OCTOBER BIRTHDAY PARTY



Lois Bowen blew out the candles at the birthday party for the residents with October birthdays.

The residents who had birthdays in October were treated to a birthday party in their honor. In the picture above, seated from the left are Alice Weaver, Andrea McMaster, Audrey Walthall and Betty Young; standing from the left are Freeman King, Dorothy Besal, Lois Bowen, Louise Andrews, Nancy Parker and John Beavers.

Lois Bowen, who was featured in the October newsletter, has achieved the most birthdays and got to blow out the candles.

We had lots of guests and a really great time.

We're changing the day of the birthday luncheon. From now on, we're going to have the party on the Tuesday before the 15th of the month. That means the November party will be on Tuesday, Nov. 10.

Each resident can have four guests, so invite your family and friends.