



COVENTRY PLACE

www.coventryplace-ga.com

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

April 2009

Coventry Place Staff Directory

Jo Ann Smith Executive Director
 Barbara Olver Marketing and Activities
 Anita Day Office Manager
 Wilda Johnson Resident Care Director
 Tony Ezzard 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.



WILDA JOHNSON

RESIDENT CARE DIRECTOR

Wilda's official title is Resident Care Director, but most of us call her the Assisted Living Supervisor. That's really descriptive of what she does. She's totally dedicated to the residents of Coventry Place.

Wilda started working at Coventry Place March 26, 1991. That's 18 years. She's been the driver, housekeeper, done laundry and worked in the kitchen (in the early years we only served one meal a day), all at the same time. Wilda truly has "climbed the ladder." That's the kind of experience that makes you good at your job.

Wilda has six children and ten grandchildren with two more, twin boys, due in April.

Thank you, Wilda, for all you do.

WELCOME

NEW RESIDENTS

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

122 Maggie Choate
202 Grace McCoy
212 Betty Young
230 Wayne Harris
407 Mildred Shields
412 Margaret Fraher

Watch for the new faces and introduce yourself. Moving to a new home can be challenging, so let's all be good neighbors.

There has been talk of forming a Welcome Committee. Are you interested? Talk to Joan Murray, our Resident Council Chairman.

\$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.



VISIT US ON EASTER

It's great for families and friends to get together for holidays, especially on Easter, the time of new beginnings.

There's only a \$5 charge for a guest meal and we love having guests.

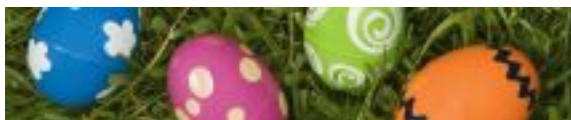
Please make reservations by Friday, April 10, so we can be sure to be prepared. You can call 404-296-0962 or drop by the front desk.

We look forward to your being at Coventry Place.



EASTER LUNCHEON MENU

TURKEY AND DRESSING
GREEN BEAN CASSEROLE
SWEET POTATO SOUFFLE
WALDORF ASTORIA SALAD
ROLLS
PECAN PIE
COFFEE, TEA OR MILK



Healthy Hint

Taking care of your teeth may add years to your life. Recent research suggests that oral health is actually connected to overall health. Because your teeth have a blood supply, any bacteria from dental plaque can enter your bloodstream. Giving proper attention to your teeth and gums by flossing and brushing on a regular basis will not only keep your pearly whites in tip-top shape, but it will help prevent disease and infection.



**SIT AND BE FIT
OR**

MISS IT AND BE A MISFIT
contributed by John Beavers

DO NOT CALL LIST REMINDER!

Cell phone numbers are being released to marketing companies and you will start receiving sales calls. **YOU WILL BE CHARGED FOR THESE CALLS!**

To prevent this, call the following number from your cell phone: 888-382-1222. It is the National DO NOT CALL list. It will only take a minute of your time. Help others by passing this information along.

Wit & Wisdom



FRANCES GRAY

FRANCES' FAMILY IS HOSTING A PARTY

Frances was born in Virginia, April 15, 1919. Her family moved to Rocky Mountain, North Carolina, where she met and married Charles J. Gray in 1945. Frances and Charles moved to Waycross where he worked with the railroad. They had two children, Carol and Charles, Jr. Frances was a housewife, working weekends at a dress shop in Waycross. Her hobbies are crocheting, playing bridge, RummiKub and Skip-Bo.

On April 15, Frances will be 90 YEARS OLD and her family wants to celebrate.

**YOU ARE INVITED TO A BIRTHDAY CELEBRATION
AT 3 p.m. ON APRIL 15**

"April hath put a spirit of youth in everything."

—William Shakespeare

"The first of April is the day we remember what we are the other 364 days of the year."

—Mark Twain

"April is the cruelest month, breeding lilacs out of the dead land, mixing memory and desire, stirring dull roots with spring rain."

—T.S. Eliot

"Here cometh April again and, as far as I can see, the world hath more fools in it than ever."

—Charles Lamb

"Oh, the lovely fickleness of an April day!"

—William H. Gibson

"April comes like an idiot, babbling and strewing flowers."

—Edna St. Vincent Millay

**JOHN BEAVERS**

John recently left a note in the office that said:

I may have laid an egg, but I don't expect a "pullet surprise."

I think maybe he deserves a lot more. How about you?

Here's another one of his gems in the next column.

SELF LIT

April is a mixed bag,
Especially to some.
To say that "it's the cruelest"
To me is just plain dumb.

The really hard work
Doesn't start at least until July
When in your sweat soaked overalls
Day after day you fry.

But April brings (at last) relief
From winter's freezing clime
As we set out tomato plants
Optimistic one more time.

Oh, I love it, love it, love it,
Forgive me if I drool,
To heck with T. S. Eliot
I am the April fool.

by John Beavers

(Be sure to read the verse by T. S. Eliot in the next column)

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
	5	6	7
3:00 Hymn Sing-along with a Guest Pianist 3:30 Chapel Service	10:00 Sit and Be Fit 10:00 till 1:00 Celebrating Home (home decorating items) with Brandi Day 12:00-3:00 AARP Free Income Tax Preparation 2:00 Sit and Be Fit 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo	
	12	13	14
12:00 EASTER BUFFET 3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 12:00-3:00 AARP Free Income Tax Preparation 1:30 Healthcare Screening 1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Van HAPPY BIRTHDAY JOYCE CHATFIELD	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:30 Healthcare Screening 2:30 Bingo 7:00 Decatur Sing-along	
	19	20	21
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 12:00-3:00 AARP Free Income Tax Preparation 1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Meet Your New Neighbors and Orientation with coffee and doughnuts 10:00 Sit and Be Fit 2:30 Bingo	
	26	27	28
3:00 Hymn Sing-along 3:30 Chapel Service	9:30 Shopping at Walmart 10:00 Sit and Be Fit 12:00-3:00 AARP Free Income Tax Preparation 1:30 Garden Club 2:00 Sit and Be Fit 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo	

Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>APRIL FOOLS' DAY 9:30 Kroger Shuttle 10:00 Sit and Be Fit 11:00 Harmonizer Senior Singers in the card room</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p>2</p> <p>JELLY BEAN CONTEST AT THE FRONT DESK 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Health Care Screening 1:30 RummiKub</p> <p>HAPPY BIRTHDAY MARGIE ADCOCK</p>	<p>3</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Health Care Screening 2:00 Sit and Be Fit 2:30 Bingo</p>	<p>4</p> <p>2:00 Movie Matinee</p> <p>"RAIN MAN" starring Tom Cruise</p>
<p>8</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 Tony's Tantalizing Tidbits</p>	<p>9</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Coloring Easter Eggs</p> <p>HAPPY BIRTHDAY CHARLIE SCHOBEL</p>	<p>10</p> <p>10:00 Sit and Be Fit 12:15 Birthday Luncheon</p> <p>1:30 Shopping at Walmart 2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY DAISY HARRELL</p>	<p>11</p> <p>2:00 Movie Matinee</p> <p>"ATLANTA PASSION PLAY"</p>
<p>15</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop 3:00 Birthday Party for Frances Gray in the card room 6:00 Worship Service with the Reverend Tom Hagood</p> <p>HAPPY BIRTHDAY FRANCES GRAY</p>	<p>16</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Arts & Crafts with Anita</p>	<p>17</p> <p>9:30 Shopping at Farmer's Market 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY ANN COCHRAN AND RACHEL SPIVEY</p>	<p>18</p> <p>2:00 Movie Matinee</p> <p>"IT RUNS IN THE FAMILY" starring Michael Douglas</p>
<p>22</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 1:30 Dr. Tysha Powell to do hearing screening 1:30 RummiKub or Skip-Bo 2:00 Sit and Be Fit</p>	<p>23</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Barbara's Poker Party with refreshments</p>	<p>24</p> <p>10:00 Sit and Be Fit 11:15 Dining Out at the Golden Buddha</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>25</p> <p>2:00 Movie Matinee</p> <p>"WEST SIDE STORY" Starring Natalie Wood</p>
<p>29</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>30</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 RummiKub or Skip-Bo</p> <p>HAPPY BIRTHDAY DONNA BROWN</p>		<p><i>happy spring!</i></p>

Fitness Tip

Senior Fitness Corner: Exercise and Osteoporosis

Exercise may help prevent osteoporosis, a major cause of disability in women. For individuals with osteoporosis, exercise may reduce your risk of spinal problems and broken bones. Exercise increases muscle strength, improves balance and can help maintain or improve posture.

Those with osteoporosis should avoid high-impact exercises such as jumping, running or jogging, as jerky, rapid movements can lead to fractures. Exercises such as touching your toes or any movement in which you bend forward and twist your waist should also be avoided. If you're unsure of what exercises may be appropriate for you, ask your doctor or physical therapist.

Container Gardens Bear Fruit (or Veggies!)

Just because you don't have a plot of land to plant doesn't mean you can't enjoy home-grown vegetables this summer. All you need is sunshine, a few containers and some patience.

Consider your sunlight. Tomatoes need more sunlight (about six hours a day), while beans and leafy greens tolerate indirect light. Other common veggies to plant include cucumbers, bell peppers, hot peppers, spinach and lettuce. Once you've decided, choose 4- or 5-inch plants from the nursery or garden store.

Choose the right containers and materials. Be sure your soon-to-be-full-sized plant will fit in the container you choose. Transplanting veggies that get too large can be traumatic and ultimately limit your harvest. You'll also need small rocks for the bottom of the pot for drainage. Don't forget fertilizer, compost and nutrient-rich potting soil. Also, you may need trellises or

poles once growth starts (or you can creatively use balcony railings).

Plant your veggies. Place the small rocks in the container. Then add about half compost and half potting soil. While placing the plant, press firmly around it as you add soil. Stop soil 1 inch short of the container's rim.

Water thoroughly and let drain. If possible, the first time you water, do so in the sink or bathtub to thoroughly wet the soil and allow for good drainage. In the height of summer, water your plants every day.



Looking out our front door on March 1, we saw a dismal sky, ice and snow. Look tomorrow.



Sleep Cycles in Seniors

Because we spend a third of our lives in slumber, understanding the sleep cycle as we age is crucial to maintaining a healthy mind and body. While it's true that seniors have different sleep needs, a number of misconceptions exist regarding sleep and aging.

First, seniors still require seven to nine hours of sleep each night, though many older adults have difficulties ensuring a good night's rest. Medical or psychiatric conditions may negatively affect sleep, and seniors may be more sensitive to environmental changes, such as noise, making it difficult to fall asleep or stay asleep.

Poor sleep leads to several problems: depressed mood, memory loss, daytime fatigue and increased use of pharmaceutical sleep aids. Fortunately, the belief that poor sleep is an unavoidable consequence of aging is another misunderstanding. If following a consistent schedule that includes regular exercise, a healthy diet and some natural sunlight doesn't improve your rest, seek the advice of your doctor or a sleep specialist.

Understanding the sleep cycle is crucial to maintaining a healthy mind.



Pictured from left: Martha Williams, Bobbie Idleman, John Beavers, Barbara Olver, Kay Potter and Freeman King.

RUMMIKUB PLAYERS

Saturday afternoon, March 14, we had an impromptu Rummikub game organized by Barbara, which brought out more than two tables of players.

Rummikub is a great game. Bobbie Idleman is teaching anyone who wants to learn how to play. Why not have a game going every day?

Do you want to learn?



At this table from left: Jeanette Farrar, Sarah Friend, Estelle Byrd, Frances Gray and Flora Chen.

A TIDBIT

"The problem with socialism is that you eventually run out of other people's money." Margaret Thatcher

Fitness Tip

The Best Exercises for Seniors

Endurance: hiking, stair climbing, swimming, dancing, cycling, brisk walking, basketball, volleyball and tennis. Aim: 30 minutes/5 days.

Strength: calisthenics or weight machines (both upper and lower body), martial arts, Pilates, rowing, cycling and hiking. Aim: 1-2 sets of 10-15 reps for each muscle group/2-3 days or 30 minutes of activity/3-5 days.

Flexibility: yoga, ballet, Pilates, martial arts and calisthenics. Aim: static stretch routine every day, each muscle group 2-3 times, 20-30 seconds.

Balance: yoga, martial arts (especially tai chi), weight machines (leg and back) and posture exercises (walking with book on head, heel to toe straight line). Aim: Work these exercises into other routines on a regular basis.

April 2009



THE MARCH BIRTHDAY PARTY
HOSTESSING AND SERVING WERE BARBARA AND KAY POTTER - WHAT A BEAUTIFUL JOB!

JEANETTE, BLOWING OUT THE CANDLES



JEANETTE HAYES

Thanks to Barbara and Kay Potter, our wonderful residents who help with a lot of the activities, the March birthday party was a great success.

Those being honored are seated from left: Bill Frost, Joan Kalinski, Jeanette Hayes, Ed Brown and Dot Bowers.

Standing from left: Scottie Simpson, Jonathan Young, David Dukes, Steve Harris and Jim Hamilton.

We had lots of guests, and that truly completes the celebration. Oh, and Jeanette's daughter Jean even played the piano for us. Thanks, Jean.

The birthday party is on the Friday before the 15th of the month. It's a really special day for our residents to have friends and family celebrate with them. Please, remember **TO MAKE RESERVATIONS** early by calling 404-296-0962.