

COVENTRY PLACE

www.coventryplace-ga.com

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

April 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.



Earth Day Opportunities Expand

You've replaced your old light bulbs with compact fluorescents. You're taking shorter showers. Now, it's time to take the next step toward "greening up" your life: Global Days of Service, April 17-18. This event, part of the 40th anniversary of Earth Day (April 22), will feature volunteer actions at parks, beaches, schools and forests on a global level. Activities will focus on climate-change solutions, such as tree planting, energy efficiency retrofits, water protection, urban gardens and forest restoration. Suitable for individuals of all ages, these events encourage active lifestyles and healthful living. For details, visit www.EarthDay.net.

Appropriate Word for April: Showers

This month's weather forecasts tend to include a lot of "showers." Defined by www.Merriam-Webster.com as "a fall of rain of short duration," these springtime storms leave many of us singing, "Rain, rain, go away." However, because Mother Nature bombards us with downpours in April, she'll be "showering" us with May flowers in no time.

Enjoy Some Dixieland, Ragtime or Bebop

Break out those Louis Armstrong and Billie Holiday records. April is Jazz Appreciation Month.

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:

131

Jack Lamb

510

Inez Ogburn

514

LaSalle Summerour

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.



EASTER MENU

HONEY-BAKED HAM
SWEET POTATO SOUFFLE
ASPARAGUS CASSEROLE
WATERGATE SALAD
YEAST ROLLS
PECAN PIE

PLEASE JOIN US

Our residents and staff at Coventry Place really love to have family and guests celebrate the holidays with us. The cost of the meal is only \$5 per person, so mark your calendar to join us. Please call (404) 296-0962 to make reservations by Friday, April 2, so we'll know how many we'll be having. We look forward to seeing you.

Dollars and Sense May Be Signs of Alzheimer's

A red flag that signals whether someone may be facing a life with Alzheimer's disease focuses on some *green*—green as in *money*. A decline in money management skills appears to be an early sign of Alzheimer's, based on a study funded in 2009 by the National Institute on Aging. The study looked at people with mild memory impairment, a phase before the onset of Alzheimer's. For 25 out of 87 patients who succumbed to Alzheimer's a year after the study started, financial skills went on a steep decline. These patients had a tough time balancing and understanding a checkbook (including writing a check correctly but failing to calculate the balance), counting change, detecting potential fraud, preparing bills to mail on time, making grocery purchases and reading bank statements.

Because the ability to manage finances is important for successful independent living, family members and caregivers need to be aware of how a patient is coping with finances. Closely watch the situation, and check to see if the patient is missing payments, losing track of money or making other funding faux pas.





COTTON BALL CHICKS

Create cotton ball chicks for a cute centerpiece. Adorable baby chicks have hatched just in time for spring decorating. Make one to put at each place setting around your table, or simply cluster them for a sweet centerpiece.

Materials:

- Scissors
- Piece of cardboard
- Small paintbrush
- Assorted colors of craft paint
- Craft glue
- 2 yellow cotton balls or pom-poms
- Small piece of orange felt
- 2 wiggly eyes
- Half of an eggshell (cleaned and dried)

Instructions:

Cut the cardboard into a 2x2 inch square to use as the base. Paint the square as desired and set aside to dry. Glue the two cotton balls or pom-poms on top of each other, one as the head and one as the body. Cut a small triangle out of the orange felt for a beak and glue in place. Glue the two wiggly eyes above the beak. Squeeze a small amount of craft glue into the eggshell and carefully set the chick inside. When the cardboard base dries, glue the eggshell to it.



An Evening Prayer

If I have wounded any soul today,
If I have caused one foot to go astray,
If I have walked in my own
willful way—
Good Lord, forgive me!

PALTRY POETRY

When looking for a
rhyme
In this warm and
sunny clime

Meditation may work
best

Putting cogitation
to the test.

Find inspiration on
your knees,

These things don't
grow on trees.

Unless you're Joyce
Kilmer.

by John Beavers



ON THE LIGHTER SIDE

The advantage of a
bad memory is that
one enjoys, several
times, the same good
things for the first
time.

Love is an irresistible
desire to be irresistibly
desired.

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
		
4	5	6
12:00 EASTER LUNCHEON 3:00 Hymn Sing-along 3:30 Chapel Service	<u>RENT PAST DUE</u> 9:00-1:00 AARP Free Income Tax Preparation 10:00 Sit and Be Fit 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
11	12	13
3:00 Hymn Sing-along 3:30 Chapel Service	9:00-1:00 AARP Free Income Tax Preparation 10:00 Sit and Be Fit 1:30 WalMart 2:00 Sit and Be Fit 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 HAPPY BIRTHDAY, JOYCE CHATFIELD
18	19	20
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 1:00 Garden Club 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, RACHEL SPIVEY
25	26	27
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 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

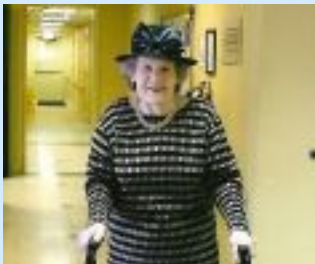
Wednesday	Thursday	Friday	Saturday
6	1 RENT DUE 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:30 Arts & Crafts with Anita	2 10:00 Sit and Be Fit 1:30 A Dessert Party 2:00 Sit and Be Fit 2:30 Bingo	3 2:00 Games of Your Choice
7	8 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Let's Play RummiKub	9 10:00 Shopping at Farmers' Market 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	10 2:00 Games of Your Choice HAPPY BIRTHDAY, DAISY HARRELL
14	15 INCOME TAX DUE 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Entertainment (Elvis Music) with Refreshments HAPPY BIRTHDAY, FRANCES GRAY	16 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	17 2:00 Games of Your Choice
21	22 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Poker Club	23 10:00 Sit and Be Fit 11:15 Dining Out at O'Charley's 2:00 Sit and Be Fit 2:30 Bingo	24 2:00 Games of Your Choice
28	29 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Let's Play Scrabble and RummiKub and have Refreshments	30 9:30 Shopping at Walmart 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY, DONNA BROWN	

TEA SOCIAL

On Thursday, March 4, we had a Tea Social and Hat Day. The residents really turned out and what an array of hats. Even the gentlemen joined the fun.



Mala Mott



Anna Chiles



Frances Gray

Don't they all look absolutely lovely. On the right are our "gentlemen."



Althea Miller



Horacetine Vann and Mildred Jedrezak



Kay Potter, Horacetine Vann and Mildred Jedrezak



Brenda Jones





Andrea McMaster



Jeanette Farrar with Adrienne Pardieck



Kay Potter, Mildred Jedrezak and John Beavers



A closeup of Jeanette Farrar

On page three, there is a picture of a group of ladies enjoying their tea. They are, from left, Mala Mott, Billie Lary, Sylvia Okula, Lorena Miles and Alice Weaver.

The Tea Social and Hat Party was really fun. Check your calendar monthly and be sure to join us for our events. We have ice cream socials, watermelon socials, tea socials, entertainment of all kinds and refreshments really often. There are also all kinds of games to be played. Have you tried Indoor Volleyball?

Socializing and getting to know your neighbors is what makes Coventry Place our home. Join in and make it your home, too.

13 of Life's Lessons

This was written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Get rid of anything that isn't useful, beautiful or joyful.
4. It's never too late to have a happy childhood. But the second one is up to you.
5. No one is in charge of your happiness but you.
6. Always choose to be happy, then you will be.
7. Don't audit life. Show up and make the most of it now.
8. Growing old beats the alternative—dying young.
9. All that truly matters in the end is that you loved.

continued in next column

10. Get outside your apartment every day. Miracles are everywhere. Outside the building is even better; sunshine makes you feel happy.

11. The best is yet to come.

12. No matter how you feel, get up, dress up and show up.

13. Life isn't tied with a bow, but it's still a gift. Open it and say 'Thank you.'

A Thought

As we grow older, we become master weavers,

Spinning the wild and reckless straw of our youth into the precious and enduring gold of wisdom.

A Prayer

The Senility Prayer

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Laugh 'Til Your Cheeks Hurt

April is National Humor Month.

April 2010



THE MARCH BIRTHDAY PARTY



Beulah Cochran, a new resident, was the birthday honoree who had achieved the most birthdays, so she got to blow out the candles on the cake.

On Tuesday, March 9, the monthly birthday party was held honoring the residents who had birthdays in March. In the picture above, seated from the left are: Dot Bowers and Beulah Cochran. Standing from the left are: Scottie Simpson, David Dukes, Fred Buddy, Jonathan Young and Jim Hamilton. Not able to attend was Larry Starks.

We always enjoy our guests coming to celebrate with their families and, as always, we had lots of guests. Mark your calendar and join us.

The birthday party will be on Tuesday, April 13. Each resident can have four guests, so invite your family and friends. We do need reservations so we know how many to prepare for. Please call (404) 296-0962 ahead of time.