



COVENTRY PLACE

www.coventryplace-ga.com

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

April 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

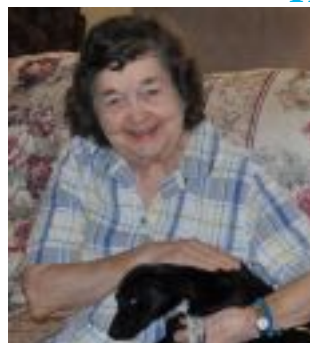
Coventry Beauty Shop - (404) 294-9695

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.



THANK YOU



Heartfelt thanks to my loving family, The Reverend Tom Haygood, and my friends at Coventry for the prayers, cards, and visits during the difficult past five months. I hope to be back "home" soon.

Love,
 Kay Potter

Get Up Slowly

To help prevent falls, always get up slowly after you've been sitting or lying down. Make sure you're fully alert and have your balance before walking.

PROBLEMS

If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

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.

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.

130 Arline Corbett
314 Seaton Bailey
508 Doris Cannon



\$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.



EASTER MENU

HONEY-BAKED HAM
SWEET POTATO SOUFFLÉ
ASPARAGUS CASSEROLE
WALDORF ASTORIA SALAD
YEAST ROLLS
CHERRY PIE
COFFEE, TEA, MILK OR PUNCH

Easter is on April 24, 2011. Please sign up for your guests. We hope we have a big crowd.



BE A FRIEND

Welcome new neighbors with a smile on your face

Tell them you're happy they've moved to your place

Offer a kind word or show them around

Help them to get their feet on the ground.

Think back to when you felt alone
Taking the step to be on your own

Answer a question or share good advice

What a good feeling when they think you're nice.

We all need a friend to help us get by

Be that friend - give it a try.

"Share a Smile—You Might Get One in Return!"

by Mary Ferry



Thank you, Mary!



Lee I. Cohen, D.M.D.

DIRECT MOBILE DENTISTRY

Dr. Cohen is a dentist providing quality dental care for residents in senior living communities, nursing homes and to home-bound individuals. HE COMES TO YOU. Without leaving the comfort of Coventry Place you can receive the following services: oral examinations, cleanings, fluoride treatment, treatment planning, fillings, extractions, new partials, partial repair, new dentures and denture repair.

There are brochures in the office you can pick up or you can call 770-883-6868. This is private pay. If you want to find out about the cost, call the same number.

Dr. Cohen comes every three months. He was last here on March 4, so the next visit will be in June.

Power Up Your Dental Health

Brushing teeth at least twice a day means fewer cavities, fresher breath and less plaque. Dental plaque causes gum disease and has been linked to more serious health problems, such as heart disease and stroke. So good oral hygiene goes far beyond keeping your smile pearly white.

For the most effective plaque removal, many dentists recommend power toothbrushes, which are available in two types:

Rechargeable electric toothbrushes clean teeth with a small, rapidly oscillating brush or sonic vibration technology. Prices range from about \$25 for a basic electric model to more than \$100 for a top-of-the-line sonic version.

Battery-operated toothbrushes are similar to manual brushes in design but provide enough vibration for extra cleaning action. They usually cost less than \$10.

Power toothbrushes deliver thousands of strokes per minute, whereas a very efficient manual brusher gives his teeth about 300 strokes per minute. With its larger handle, a power toothbrush is easier to grip. You simply guide the power brush head along your teeth and gum line, and no brushing motion is required—a plus for people with limited mobility.

No matter what type of brush you use, consistent, thorough brushing and flossing, along with regular checkups, are essential for good dental health.



Wit & Wisdom

"A fool thinks himself to be wise, but a wise man knows himself to be a fool."

—William Shakespeare

"A wise man can learn more from a foolish question than a fool can learn from a wise answer."

—Bruce Lee

"Sometimes one likes foolish people for their folly, better than wise people for their wisdom."

—Elizabeth Gaskell

"Despair is the conclusion of fools."

—Benjamin Disraeli

"I have great faith in fools; self-confidence, my friends call it."

—Edgar Allan Poe

"Suffer fools gladly; they may be right."

—Holbrook Jackson

"Any fool can make a rule, and any fool will mind it."

—Henry David Thoreau

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
REMEMBER TO USE THE SUGGESTION BOX		
3	4	5
3:00 Hymn Sing-along Followed by Chapel Service HAPPY BIRTHDAY JACK SCHOCOFF	10:00 Sit and Be Fit JELLY BEAN CONTEST APRIL 4-19 - GUESS HOW MANY AND WIN A PRIZE 2:00 Sit and Be Fit 3:45 Veggie Truck	RENT PAST DUE 9:00-12:00 AARP Free Income Tax Preparation 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
10	11	12
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 11:00 Senior Connections: “Adventures in Hearing” In the Card Room 1:30 Shopping at WalMart 1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Truck	9:00-12:00 AARP Free Income Tax Preparation 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur Sing-along
17	18	19
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 11:00 Medicare Specialist Jeff Fibus 1:30 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 11:00 Stay Young Beyond Your Years - Dr. Stephanie O’Brien, Chiropractor - In the Card Room 2:30 Bingo
24	25	26
EASTER BUFFET AT 12:00		
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:00 Movie Matinee “The Bridges of Madison County” 3:45 Veggie Truck HAPPY BIRTHDAY MIKE FINNEY	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo

Wednesday	Thursday	Friday	Saturday
		1 HAPPY APRIL FOOLS' DAY <u>RENT DUE</u> 10:00 Sit and Be Fit 11:00-1:00 Rosie's Jewelry in the Card Room 2:00 Sit and Be Fit 2:30 Bingo	2 10:30 Hug a Puppy 2:00 Games of Your Choice
6 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 2:00 Sit and Be Fit HAPPY BIRTHDAY BILL WORRELL	7 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Slam Scrabble With Anita In the Card Room HAPPY BIRTHDAY MARY FERRY & ROSCOE LOWERY	8 10:00 Sit and Be Fit START OF EASTER BASKET RAFFLE Buy a Ticket and Look for Display in the Office-drawing Held on 4/21 2:00 Sit and Be Fit 2:30 Bingo	9 10:30 Visit With Nurse Betsy 2:00 Games of Your Choice
13 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:30 Let's Play Rummikub	14 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Keith Peters Entertaining With Refreshments In the Dining Room	15 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	16 10:30 Visit With Nurse Betsy 2:00 Games of Your Choice
20 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Vivian's Delicious Delicacies 6:00 Communion and Worship Service With the Rev. Tom Haygood HAPPY BIRTHDAY RACHEL SPIVEY	21 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:30 Easter Basket Raffle Drawing 3:00 Color Easter Eggs With Refreshments	22 10:00 Sit and Be Fit 11:00 Dining Out at Eagle's Landing Sea Food 2:00 Sit and Be Fit 2:30 Bingo	23 2:00 Games of Your Choice
27 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop	28 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Wine and Cheese Happy Hour in the Card Room	29 9:30 Shopping at WalMart 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	30 2:00 Games of Your Choice

IT'S ABOUT TIME

Encouraged by a softening breeze
New leaves are showing on the trees.

Here and there have sprouted flowers
Wakened by the frequent showers.

Spring came back ten days ago.

This is April. Go 'way snow.



by John Beavers
Thank you, John

CELEBRATE EASTER

Jelly Bean Contest - starts April 4 and ends April 19.

Easter Basket Raffle - starts April 8 and ends April 21.

Dyeing of Easter Eggs - April 21

Easter Luncheon - April 24

Barbara's done a great job of lining up fun things to do. Keep the dates in mind and participate.

ACTIVITIES



In February, some of our residents went with Barbara and Mike to Mary Mac's Tea Room. This picture and many more decorate Mary Mac's. The scenery is almost as good as the food.

WINE AND CHEESE HAPPY HOUR



WE HAVE MORE DOCTORS COMING TO COVENTRY

For years Dr. John Noonan, a Podiatrist, has been coming to Coventry Place two Mondays a month. There are sign-up sheets on the bulletin board by the office.

BUT—we have something new. It's called

The Emory Clinic-Wesley Woods
Domiciliary Care

Very briefly, this is a program providing care to patients at the Assisted Living Community. The goal of the domiciliary program is to provide the same quality care that's provided in the clinic but instead in your home environment. This program is covered by Medicare. There are two doctors, Dr. Louise Horney, Geriatric/Internal Medicine, and Dr. Candice Cato, Geriatric/Family Medicine, and one Nurse Practitioner, Karolina Graber.

I hope you will consider this service. There are forms in the office at Coventry Place that you can pick up.

Health & Wellness

Treat Your Tootsies Right

Within its relatively small size, the foot contains 26 bones, 33 joints and more than 100 muscles, tendons and ligaments. This workhorse of the human body gets you from point A to point B every day, and often doesn't get the attention it deserves. The American Podiatric Medical Association offers these foot health tips:

Don't ignore foot pain. Having aching feet is not normal. You should see your physician or podiatrist to discuss any persistent foot pain.

Inspect your feet. If you cannot comfortably do so, have a family member or friend examine your feet. Look for cracks, cuts, peeling or fungus. Also, pay attention to changes in color or temperature.

Wash your feet regularly. Use soap and warm water and wash between toes. Dry thoroughly.

Trim toenails. Clip toenails straight across and not too short.

Wear proper shoes. Replace worn-out shoes as soon as possible, and be sure to wear the right shoe for each activity. Also, don't wear the same pair of shoes every day.

See your physician. Primary care doctors are able to treat most common foot ailments. People with diabetes should have their feet checked at each appointment.

Lifestyle Can Improve Cholesterol

Cholesterol levels often rise with age, so cardiologists recommend that people age 20 and older be screened every five years, or more often if they're at high risk for heart disease. If your fasting total cholesterol level exceeds the desirable level of 200, don't panic. Reducing your cholesterol may be easier than you think. Try these lifestyle changes suggested by WebMD:

Get moving. Even moderate exercise, such as walking five times a week, has been shown to raise HDL (good) cholesterol by as much as 10 percent.

Eat these "top 5." High-fiber foods (oatmeal, kidney beans, apples), fish (trout, albacore tuna, salmon), nuts (almonds, walnuts, pistachios), olive oil and foods with added plant sterols (rice bran, corn, wheat germ, flax seed, soybeans, peanuts) will all work to lower LDL (bad) cholesterol.

Think green. Studies show that compounds in green tea lower LDL cholesterol.

Butt out. Smoking lowers levels of healthy HDL cholesterol and is a major risk factor for heart disease.



Including high-fiber foods such as oatmeal in your diet will help lower LDL cholesterol—the bad kind.

Remember Me?

Born Betty Joan Perske on Sept. 16, 1924, Lauren Bacall originally wanted to be a dancer. The wife of director Howard Hawks saw Bacall on the cover of Harper's Bazaar and arranged for her husband to give Bacall a screen test. As a result, Bacall was given her first acting job as Marie Browning in "To Have and Have Not" at the age of 19. Her co-star was Humphrey Bogart, whom she married just a year later.

Despite a prolific and successful career, Bacall was nominated only once for an Academy Award—at the age of 73 for "The Mirror Has Two Faces."

At the funeral of her husband, Humphrey Bogart, she put a whistle in his coffin. This was in reference to the famous line she says to him in their first movie together: "You know how to whistle, don't you, Steve? You just put your lips together and blow."

April 2011



THE MARCH BIRTHDAY PARTY



ADDIE HARWELL

On Tuesday, March 8, we celebrated the birthdays of all the residents born in March. There were a LOT. The resident who has achieved the most birthdays was Addie Harwell, pictured on the left.

Above in the picture from the left are the honorees: Madina Schlittler, Eva Webb, Freddy Mathid, Marie Steinberg, Fred Buddy, Jim Hamilton, David Dukes, Dot Bowers, Scotty Simpson, Jonathan Young, Addie Harwell and Larry Starks.

There were family and friends here to celebrate with our residents and we were happy they could come.

Please put on your calendar to come to the birthday luncheon when your loved one has their birthday month. The April luncheon will be on the 12th.

Call ahead, 404-296-0962, to make reservations.