



COVENTRY PLACE

www.coventryplace-ga.com

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

April 2012

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.



Rainy Day Reminder

"You're braver than you believe, stronger than you seem, and smarter than you think." —A. A. Milne



WE LOVE OUR BIRDS

The beautiful cage was donated by friends of Horacine Vann in her memory and the birds were donated by Claudia and Roscoe Lowery's daughter, Barbara. They're already pairing off and claiming nests so we hope to have babies soon. Keep a close eye out.

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.

311 Marian Rapsis
322 Amelia Jackson
406 Mary Realmuto
416 Louise Anderson

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.



Comfort Starts With Shoes

Whether you're buying athletic shoes or purchasing a pair to wear every day, here are a few guidelines to follow:

Have your feet measured. Foot size increases with age. It is important to have both feet measured each time you purchase shoes.

Make sure the fit is right. Just like Cinderella, make sure the shoe fits. Try on both shoes and walk around the store in them. There should be a one-half-inch space between your longest toe and the end of the shoe. Your heels should not slip as you walk in the shoes.

Don't worry about size. Sizes vary by brand. A comfortable fit is more important than the size on the box. You should be able to freely wiggle your toes.

Shop later in the day. Feet have a tendency to swell during the day, so trying on shoes later in the day allows you to find the best fit.

Play it safe. Choose nonskid soles, and avoid soles that are extra thick.

Talk to the salesperson if you have any questions.



EASTER MENU

Join us on Sunday, April 8, for our Easter Luncheon. The menu is as follows:

Honey Baked Ham
Scalloped Potatoes
Asparagus Casserole
Yeast Rolls

Vivian's Grandmother's Salad
Easter Egg Cupcakes

REMEMBER TO CALL
404-296-0962 FOR
RESERVATIONS



NEW ENTERTAINMENT COMING

We have new entertainment coming to Coventry on Thursday, April 19, at 2 p.m. We'll be in the dining room to hear "Bill Taylor and the Sunshine Express." It's good old country music at its best in between skits that have a little sense of humor.

If we're going to keep having monthly entertainment we need you—the residents—to participate. Support our activities by attending.

Activities - Barbara Olver





THE HAT AND TEA PARTY



Bobs and Beehives—Popular Hairstyles Through the Decades

People tie history to particular events, but what about particular hairstyles? Styles often changed to reflect what was happening in the country at the time.

Prohibition in the 1920s allowed criminal activity and speakeasies to skyrocket, along with a scandalous hairstyle. Short, straight hair became the norm for women with a bob haircut. Variations included the pageboy.

The 1930s and 1940s saw World War II and Rosie the Riveter.

Hairstyles were longer, and waves and curls became fashionable. Hats were the norm for men. Their hair was cut short in the back and on the sides and left longer on top. Oil was used to emphasize waves, hold a hair part and keep hair neat under hats.

From sophistication to free spirits, the 1960s was a time of change. Jackie Kennedy sported a gently curled bob while other celebrities sported a beehive style. Hair became longer in the late 1960s for men and women. Women favored hair that hung straight and was parted down the middle. For younger men, the Beatles mop-tops were the hairstyle of choice.

From there, hairstyles took off in all different directions. Hair was long, short, feathered, straight or curly. The mullet, a token hairstyle in the 1980s, saw hair short and long at the same time.

Try out a new hairstyle today by putting a modern spin on a favorite from the past.

Wit & Wisdom

“Arbor Day is not like other holidays. Each of those repose on the past, while Arbor Day proposes for the future.”

—Julius Sterling Morton

“I like trees because they seem more resigned to the way they have to live than other things do.”

—Willa Cather

“In nature, nothing is perfect and everything is perfect.

Trees can be contorted, bent in weird ways, and they’re still beautiful.”

—Alice Walker

“The best time to plant a tree was 20 years ago. The next best time is now.”

—Chinese proverb

“What is the good of your stars and trees, your sunrise and the wind, if they do not enter into our daily lives?”

—E. M. Forster

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
PALM SUNDAY 1 APRIL FOOLS' DAY 3:00 Hymn Sing-along Followed by Chapel Service 1:30 Kroger Shuttle	JELLY BEAN CONTEST 2 STARTS 9-12 AARP Free Income Tax Preparation 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:00 Movie Matinee - Charlton Heston Presents THE BIBLE 3:45 Veggie Truck	3 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 10:45 Study of the Beatitudes Led by Dr. Frances Calder 2:30 Bingo
HAPPY EASTER 8 12:00 EASTER LUNCHEON (BE SURE TO SIGN UP) 3:00 Hymn Sing-along Followed by Chapel Service	JELLY BEAN CONTEST ENDS 9 9-12 AARP Free Income Tax Preparation 10:00 Sit and Be Fit 1:30 Dr. John Noonan 1:30 Shopping at Walmart 2:00 Sit and Be Fit 3:45 Veggie Truck	10 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur Sing-along
15 3:00 Hymn Sing-along Followed by Chapel Service	16 10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Truck HAPPY BIRTHDAY WAYDENE FOUNTAIN	17 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo 3:30 Music and Sing-along in the Card Room HAPPY BIRTHDAY DAVID BRYANT
22 3:00 Hymn Sing-along Followed by Chapel Service	23 10:00 Sit and Be Fit 2:00 Sit and Be Fit 3:45 Veggie Truck	24 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
29 3:00 Hymn Sing-along Followed by Chapel Service	30 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:00 Movie Matinee THE ROOKIE 3:45 Veggie Truck	

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 Publix Shuttle 1:30 Nurturing Dance Therapy 2:00 Sit and Be Fit 2:30 Vivian's Delicious Delicacies</p>	<p style="text-align: right;">5</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Let's Color Easter Eggs</p>	<p style="text-align: right;">6</p> <p><i>Good Friday and Passover Begins</i></p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY BILL WORRELL</p>	<p style="text-align: right;">7</p> <p>10:30 Hug a Puppy</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY MARY FERRY And ROSCOE LOWERY</p>
<p style="text-align: right;">11</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 1:30 Nurturing Music Therapy 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>1:30 Arts and Crafts With Anita</p>	<p style="text-align: right;">13</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 style="text-align: right;">14</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">18</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 1:30 Nurturing Massage Therapy 2:00 Sit and Be Fit</p> <p>6:00 Worship Service and Communion With the Reverend Tom Haygood</p>	<p style="text-align: right;">19</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Bill Taylor and the Sunshine Express Singing Country Music - In the Dining Room Ice Cream Will Be Served</p>	<p style="text-align: right;">20</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY RACHEL SPIVEY</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 1:30 Nurturing Art Therapy 2:00 Wilda's Wellness Workshop</p> <p>HAPPY BIRTHDAY MIKE FINNEY</p>	<p style="text-align: right;">26</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Wine and Cheese in the Card Room</p>	<p style="text-align: right;">27</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>HAPPY BIRTHDAY JEAN BROWNE And ALMA BOONE</p>	<p style="text-align: right;">28</p> <p>2:00 Games of Your Choice</p>
			

BRING IT

Rushing waters fill
the lake.

Winter's gone,
make no mistake.

Buds and leaves
complete the trees,
Friendly showers
ride the breeze.

Pretty soon we'll seed
the farm

And plants will
thrive because they're
warm.

Dinner bells will
proudly ring it

Letting us know it's
time to spring it.

This poem is by John
Beavers, a resident of
Coventry Place

BUSTER KEATON

Buster Keaton was
born Joseph Frank
Keaton and was
famous during the
silent movie era and
into the dawn of
talkies.

His most famous
film, "The General,"
was a commercial and
critical flop when
released in 1927. Over
time, it has become
revered as one of the
greatest films ever
made.

ACTIVITIES



On Feb. 16, Mike Smith entertained
at the Valentine Wine and Cheese
Party.



Mike was great, the food was great,
we had a good time.



MEET YOUR NEIGHBOR

We had our Meet Your Neighbor
activity on Feb. 23 and there were a
lot of residents who came to meet
the new residents. In this picture (in
the pink sweater) is Bertie Mae
Browne. Be sure and introduce
yourself to Bertie Mae and welcome
her to the neighborhood.



I tried and tried to get a picture
with Jean Hilbun in it, but she
successfully evaded me.



HUG A PUPPY

Each month the Atlanta Humane Society brings
puppies for us to hug. They're so adorable. The only
problem is you want to keep them.

Here you see the volunteer, Jeanette Farrar, Ethel
Herron and Kay Potter enjoying the huggables.

On Saturday, March 3, the First United Methodist
Church Children's Choir sang for our residents.

We do really enjoy visitors coming and it's especially
fun when they're youngsters like this.

Thank you so much.





Each month we have Dance Therapy



... and Music Therapy. Thank you for entertaining us.

It's in the Family

If you have siblings, you've probably shared some laughs as well as tears along the way. Or perhaps you are an only child and found other sources of comfort. No matter the circumstances, there is evidence that suggests birth order can affect personality traits. Psychologist Kevin Leman has studied birth order positions and written about the topic. Do his conclusions accurately describe you?

Firstborn. Being the oldest child often places a lot of responsibility on firstborns. As they age, they're generally successful, well-organized and dependable.

Middle child. Before middle children were born, the firstborn was the only child in the house, once they leave, the youngest are left at home. Middle children don't have a chance to experience time at home as a single child. They often act as mediators, avoid conflict and are independent.

Youngest child. Those born last are usually engaging, tenacious people-persons. Youngest children are usually very happy with their lives, no matter their success or wealth.

Only child. Only children are usually self-motivated, high-achieving individuals. They are comfortable being the center of attention, but generally enjoy reading and other solitary activities.



APRIL

April showers bring
May flowers

Let's not mind the
rain

If the showers
bring the flowers

There's no reason
to complain.

"Spring has sprung
- the grass is riz

I wonder where the
birdies is?"

April will bring the
answer to you

New things to see
& lots to do

Plant your flowers
in the spring

The birds will come
- you'll hear them
sing.

April brings us
signs of spring

Be happy - Have
a fling!

This poem is by Mary
Ferry, a resident of
Coventry Place



HOT DOGS

There are almost as
many hot dog styles
as there are cities.
How do you like
yours?

April 2012



THE MARCH BIRTHDAY PARTY



On Tuesday, March 13, we celebrated the birthdays of all the residents who were born in March.

The St. Patrick's Day theme was used and the special food was really wonderful.

Seated from the left in the picture above are Elizabeth Putnam, Madina Schlittler, Marie Steinberg, and Addie Harwell.

Standing from the left are Glen Clonts, Jonathan Young, David Dukes, Larry Starks, and Jim Hamilton.

Unable to attend was Arline Corbett.

Featured on the left is Elizabeth Putnam. She was honored for having achieved the most birthdays. Congratulations, Elizabeth!

The party each month is on the Tuesday before the 15th. Plan to attend when your loved one has their birthday month. Call ahead of time so we can have a special table set up for your family to be able to celebrate together. It's lots of fun!