



www.coventryplace-ga.com

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Coventry Place Management

Doug Baker Executive Director
Jona Payne Marketing Director
Anita Day Business Office Director
Zorana Zrnic Personal Care Director
Anthony Leverett Maintenance Director
Wilda Johnson Weekend Supervisor
Barbara Olver Office Administration
John Kinchen Dining Services Director



OFFICE HOURS

Monday–Friday 9 a.m.–5 p.m.
Weekends 8 a.m.–3 p.m.

COVENTRY PLACE CONTACT INFORMATION

PHONE - (404) 296-0962

After Hours - (404) 861-8304

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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.

April 2014



April Showers Bring May Flowers

April showers bring May flowers, That is what they say. But if all the showers turned to flowers, We’d have quite a colourful day! There’d be bluebells and cockleshells, Tulips red and green, Daffodils and Chinese squill, The brightest you’ve ever seen. You’d see tiger lilies and water lilies, Carnations pink and blue, Forget-me-not and small sundrops, Glistening with the dew. We’d have fireweed and milkweed, And many more different flowers. Mexican star and shooting star, Falling in the showers. And if all the showers turned to flowers On that rainy April day, Would all the flowers turn to showers In the sunny month of May?

WELCOME

WELCOME, NEW RESIDENTS!

Please welcome our new residents who moved in during March and April after the newsletter was published. A really nice thing would be to invite the new residents to an activity with you. It's hard to walk into a new place when you don't know anybody.

- John Carmichael
- John Huddle
- Donna Pierce
- Margaret Williams
- Kathy Woods

Want \$200?

Refer a friend to move to Coventry Place and tell Jona Payne their name and telephone number. If they move in, after 30 days, not only will you have a new neighbor, you'll get \$200!



Gardening Is Good for You

Growing older doesn't mean your gardening days are gone forever. In fact, research shows that gardening provides a bounty of benefits for seniors.

Peaceful planting. Gardening can be both relaxing and therapeutic. Tending a garden involves various tasks that keep the mind sharp, and the fresh air improves focus and concentration. Being outdoors also reduces stress, irritability and depression.

Seeds of strength. Digging in the dirt, lifting a watering can and pulling weeds all help build motor skills, strengthen muscles and improve joint flexibility. Additionally, a University of Arkansas study found the weight-bearing movements associated with gardening increased bone density and reduced the risk of osteoporosis.

A happy harvest. By nurturing and caring for another living thing, gardening provides a sense of purpose and accomplishment. There's nothing like seeing the fruits of your labor in the form of beautiful blossoms or fresh, tasty fruits and vegetables.

A Brief Look at Parkinson's Disease

Nearly one million Americans are affected by Parkinson's disease, a chronic and progressive nervous system disorder that affects movement.

Our brains produce a chemical called dopamine that plays a crucial role in controlling movement and coordination. As Parkinson's progresses, the amount of dopamine the brain produces decreases, leading to the outward signs of the disease: tremors in the legs, arms, jaw and face; slow movement; stiffness in the trunk and limbs; and impaired balance and coordination. Symptoms vary from person to person.

The disorder usually progresses slowly, and early signs may be mild and go unnoticed. Those early signs of Parkinson's disease can include: tremor or shaking; smaller than usual handwriting; loss of smell; sudden movements during sleep; trouble moving or walking; blank facial expression; and dizziness or fainting. Having one or more of these symptoms does not necessarily indicate that you have Parkinson's, but if you experience any of them, discuss the matter with your health care provider.

The cause of Parkinson's disease remains unknown, and there is no cure for the disorder itself, but symptoms can be treated with medication, physical therapy or surgery.

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

5	3	4	8	9	1	2	6	7
8	7	2	3	7	4	1	5	6
9	3	8	5	9	7	1	4	2
8	4	1	3	6	5	9	4	7
3	7	8	4	7	1	2	9	5
4	7	5	2	8	1	6	9	3
2	1	4	3	7	9	5	8	6
6	8	3	5	1	4	9	2	7
1	9	7	8	2	6	3	4	5

Solution

5			8		6		4	1
		3					2	
					9			6
3						6		
	2	6		4		8	5	
		9						2
4			7					
	5					7		
7	6		1		8			5

Ron's Reflections

He Keeps Working Miracles

God has worked miracles in my life.

He's helped me handle sorrows and strife.

When I've been sick, he's made me well.

The things he's done, I can't begin to tell.

God worked a miracle when he let me see another day.

He worked a miracle when he gave me a place to stay.

God worked a miracle when he let me see a rose's bloom.

He came to me not too late, not too soon.

He always put food on my table.

Anything I need, God is able.

I walked along a lonely highway.

He was there showing me the way.

If I expect miracles they will surely happen.

My spirits will not be dampened.

Miracles happen every day.

That's just God's way.



Fun, Friendship and Hats

It's hard not to notice the Red Hat Society, whose members wear bright red hats with pride. Do you know the story behind this lively group of ladies?

In the late 1990s, Red Hat Society founder Sue Ellen Cooper spotted a bright red fedora at a thrift store and bought it on impulse. Later, she came across Jenny Joseph's poem "Warning"—which opens with the lines "When I am an old woman I shall wear purple/With a red hat

which doesn't go"—and thought of her treasured red hat.

Cooper embraced the poem's message of approaching middle age with gusto and a sense of humor, and she began giving her friends the gift of a red hat and a copy of the poem. The women realized they were becoming a "Red Hat Society" and held their first official tea party on April 25, 1998.

The group grew largely by word of mouth, and by 2005, there were more than 40,000 chapters around the world.

The Red Hat Society's mission is to celebrate life and build bonds among women of all ages, using the components of fun, friendship, freedom, fulfillment and fitness. Members over 50 are called "Red Hatters," while women under 50 are called "Pink Hatters."

Red Hatters wear red and purple to all their functions, which range from tea parties and lunch outings to conventions and cruises.

DINING ROOM SERVING HOURS

Breakfast

7-8:15 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
		1 RENT DUE *April Fools' Day* 10:00 SIT & BE FIT 9:00-2:00 DR RUNS 2:30 BINGO
6 HAPPY BIRTHDAY BILL SPIVEY & BILL WORRELL! *ARMY DAY* 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	7 HAPPY BIRTHDAY MARY FERRY! 10:00 SIT & BE FIT 2:45 RESIDENT COUNCIL MEETING 3:45 VEGGIE TRUCK 4:00 BRIDGE CLUB	8 *DRAW A BIRD DAY* (TURN YOUR PICTURE IN AT THE FRONT OFFICE) 9:00-2:00 DR RUNS 9:00 TAXES BY AARP 10:00 SIT & BE FIT 10:30 BIBLE STUDY 12:15 BIRTHDAY LUNCHEON 2:30 BINGO
13 *PALM SUNDAY* *SCRABBLE DAY* 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	14 HAPPY BIRTHDAY PHYLLIS EDWARDS! *PASSOVER* *NATIONAL PECAN DAY* 10:00 SIT & BE FIT 1:30 DOLLAR GENERAL STORE 3:45 VEGGIE TRUCK 4:00 BRIDGE CLUB	15 *JACKIE ROBINSON DAY* *WORLD ART DAY* 9:00-2:00 DR RUNS 10:00 SIT & BE FIT 1:30 BIBLE STUDY 2:30 BINGO
20 *EASTER* 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	21 10:00 SIT & BE FIT 2:30 ICE CREAM SOCIAL 3:45 VEGGIE TRUCK 4:00 BRIDGE CLUB	22 *EARTH DAY* 9:00-2:00 DR RUNS 10:00 SIT & BE FIT 1:00 DR NOONAN 2:30 BINGO
27 HAPPY BIRTHDAY ALMA BOONE! *BABE RUTH DAY* 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	28 9:30 LAST CHANCE THRIFT STORE 10:00 SIT & BE FIT 3:45 VEGGIE TRUCK 4:00 BRIDGE CLUB	29 *INTERNATIONAL DANCE DAY* 9:00-2:00 DR RUNS 10:00 SIT & BE FIT 2:30 BINGO

Wednesday	Thursday	Friday	Saturday
<p align="right">2</p> <p>*NATIONAL WALKING DAY* 9:30 GROCERY RUN 10:00 SIT & BE FIT 1:30 GROCERY RUN 2:30 WALKING CLUB WEDNESDAY</p>	<p align="right">3</p> <p>HAPPY BIRTHDAY MIKE BERBERICH! *FIND A RAINBOW DAY* 9:00-2:00 DR RUNS 10:00 SIT & BE FIT 2:30 FLUTE PLAYER</p>	<p align="right">4</p> <p>*VITAMIN C DAY* 9:30 WALMART 10:00 SIT & BE FIT 2:00 PRETTY NAILS 2:30 BINGO 6:00 BRIDGE</p>	<p align="right">5</p> <p>HAPPY BIRTHDAY STEVE HESLER! Rent Is Late *NATIONAL LOVE OUR CHILDREN DAY* (CALL YOUR CHILDREN & TELL THEM YOU LOVE THEM) 10:00 SIT AND BE FIT 1:30 GAMES OF YOUR CHOICE 2:00 MOVIE & POPCORN</p>
<p align="right">9</p> <p>*NATIONAL CHERISH AN ANTIQUE DAY* 9:30 GROCERY RUN 10:00 SIT & BE FIT 1:30 GROCERY RUN 2:30 WALKING CLUB WEDNESDAY</p>	<p align="right">10</p> <p>*NATIONAL SIBLING DAY* (CALL YOUR SIBLING & TELL THEM YOU LOVE THEM) 9:00-2:00 DR RUNS 10:00 SIT & BE FIT 2:30 GUITAR PLAYER</p>	<p align="right">11</p> <p>*NATIONAL PET DAY* 10:00 SIT & BE FIT 11:15 LUNCH BUNCH AT GOLDEN CORRAL 2:00 PRETTY NAILS 2:30 BINGO 6:00 BRIDGE CLUB</p>	<p align="right">12</p> <p>*LICORICE DAY* 10:00 SIT AND BE FIT 10:30 DONUTS & COFFEE 1:30 GAMES OF YOUR CHOICE 2:00 MOVIE & POPCORN</p>
<p align="right">16</p> <p>HAPPY BIRTHDAY HOPE FOREMAN! 9:30 GROCERY RUN 10:00 SIT & BE FIT 1:30 GROCERY RUN 2:30 WALKING CLUB WEDNESDAY 6:00 COMMUNION SERVICE W/ REV TOM HAGOOD</p>	<p align="right">17</p> <p>*HIGH FIVE DAY* (GIVE YOUR NEIGHBORS HIGH FIVES TODAY) 9:00-2:00 DR RUNS 10:00 SIT & BE FIT 2:30 ARTS & CRAFTS W/ ANITA EASTER EGG COLORING</p>	<p align="right">18</p> <p>HAPPY BIRTHDAY GEORGE MCLAREN! *NATIONAL GOLF DAY* (PLAY A ROUND OF GOLF W/ A FRIEND) 10:00 SIT & BE FIT 1:30 WALMART 2:00 PRETTY NAILS 2:30 BINGO 6:00 BRIDGE CLUB</p>	<p align="right">19</p> <p>*HUSBAND APPRECIATION DAY* *NATIONAL HANGING OUT DAY* (HANG OUT W/ YOUR FAVORITE NEIGHBORS) 10:00 SIT AND BE FIT 1:30 GAMES OF YOUR CHOICE 2:00 MOVIE & POPCORN</p>
<p align="right">23</p> <p>*MOVIE THEATER DAY* 9:30 GROCERY RUN 10:00 SIT & BE FIT 1:30 GROCERY RUN 2:30 WALKING CLUB WEDNESDAY</p>	<p align="right">24</p> <p>9:00-2:00 DR RUNS 10:00 SIT & BE FIT 11:00 AROUND THE WORLD W/ KATHY - GERMANY 2:30 WINE & CHEESE SOCIAL</p>	<p align="right">25</p> <p>*ARBOR DAY* *RED HAT SOCIETY DAY* (WEAR YOUR FAVORITE RED HAT) 10:00 SIT & BE FIT 11:15 LUNCH BUNCH AT SKIPS HOT DOG STAND 2:30 WELLNESS CENTER 2:30 BINGO 6:00 BRIDGE CLUB</p>	<p align="right">26</p> <p>HAPPY BIRTHDAY FRANCES BROUGHAM! *NATIONAL GO BIRDING DAY* (SEE HOW MANY DIFFERENT BIRDS YOU CAN FIND) *NATIONAL PRETZEL DAY* 10:00 SIT AND BE FIT 10:30 DONUTS & COFFEE 1:30 GAMES OF YOUR CHOICE 2:00 MOVIE & POPCORN</p>
<p align="right">30</p> <p>*INTERNATIONAL JAZZ DAY* 9:30 GROCERY RUNS 10:00 SIT & BE FIT 11:00 JAZZ BY RONNY D 1:30 GROCERY RUN 2:30 WALKING CLUB WEDNESDAY</p>			<p align="center">  </p>

Remember Me?

Stan "The Man" Musial was a beloved member of the St. Louis Cardinals baseball team for 22 years.

The left-handed outfielder and first baseman played for the Cardinals from 1941 to 1963, taking a year off to serve in the Navy during World War II.

The winner of seven National League batting titles, Musial hit the .300 mark 17 times and posted a career .331 batting average.

A three-time National League Most Valuable Player, he played in 24 All-Star games.

Upon Musial's retirement from the sport, Baseball Commissioner Ford Frick said, "Here stands baseball's perfect warrior. Here stands baseball's perfect knight."

A 10-foot bronze statue of Stan "The Man" has stood outside Busch Stadium in St. Louis since 1968.



Spring Cleaning! Doug outside helping clean up the common areas.



Ronny D., our local poet and musician. You can check out his section every month called "Reflections from Ron." He also entertains the residents with his vocals and playing the keys.

Flower of [April]

Botanical name | *Bellis perennis*

Other names | Many plants share the name, though the *Bellis perennis* is often considered to be the archetypal species of the name

Description | Long, narrow ray petals surround a center of tiny petals on a long stem

Colors | Many colors but the quintessential daisy has white ray petals with a yellow center

Facts | During the Middle Ages, the Crusaders made an ointment from the daisy plant, which they used to treat bruises, broken bones and wounds. Many people continue to use the plant for homeopathic remedies.

[Daisy]

Meaning |
Innocence, loyal love, purity





Snaps from our birthday party!



Residents enjoying the ice cream social.



Talk About It

Go Outside and Play

Spring is in full swing, and the longer days mean children have more time to play outside games. Use the questions below to start a discussion about your own childhood games, as well as those of your friends and neighbors.

- What are some of the outdoor games you remember playing as a child? Were they mostly traditional games or did you make up your own?
- Did you play games at school during recess, at home with your friends, or both?
- Did the games require any equipment? If so, did you have the “real thing” or use makeshift items?
- If you could play any outdoor game today, which game would it be and why?

April 2014

The Coventry Place February & March Birthdays and Party



Pictured above (from left to right): Madina, David, Besty, Dot, Marie and Glen.

On Tuesday, February 18th, we celebrated the birthdays of Bill Hanna, June Mann, Janice Benario, Kay Potter, Alton Davis, Muriel Taylor and Marion Rapsis.

On Tuesday, March 11th, we celebrated Larry Starks, Marie Steinberg, Carolyn Crane, Madina Schlitter, Besty Brown, Barbara Maggio, Dot Purcell, David Dukes, Doug Irby, Gwen Clark, Jim Hamilton and Glen Clonts.

The monthly birthday party is on the Tuesday before or after the 15th. Plan to attend when your loved one has their birthday. Call ahead of time so we can have a special table for your family to celebrate. You can have four guests at no charge.

Happy Birthday!!!



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