



COVENTRY PLACE

www.coventryplace-ga.com

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

August 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.

INDOOR VOLLEYBALL?



See that smile on Brenda Jones' face.



Look at Mala's smile, and Luz's concentration. More pictures on the next page.

WELCOME

NEW RESIDENTS

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

530

Charlotte Cook

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.

Welcome
New
Residents



Help for Seniors Paying Bills

With the rising cost of fuel to heat homes and produce food, affording the necessities is getting harder, but seniors may have help. A convenient web site, www.BenefitsCheckup.org, is a service of the National Council on Aging. The online venue allows seniors to enroll in federal, state, local and private programs to get help paying for prescription drugs, utility bills, meals and health care. Log on today to see if you qualify.

Bills become part of a greater financial issue if you or a loved one is considering the move to an assisted or independent living facility. If that's the case with someone you love, it is important to look at all costs involved. Comparing what your loved one currently pays each month and year with what they would pay living someplace new is a smart way to get started on the financial prospect of moving. For an easy-to-use worksheet, visit www.GilbertGuide.com.

With the rising cost of fuel to heat homes and produce food, affording the necessities is getting harder.

MORE INDOOR VOLLEYBALL



Is it a bird, is it a plane? It's a volleyball(oon).



John Beaver's long arms helped—can't get out of your chair.



See the speed on that balloon?



Frances Gray got that one.

Wit & Wisdom



ENTERTAINMENT AND MORE ACTIVITIES

On June 16, the Blue Grass Band entertained our residents. The members of the band playing on this night are John Huntsinger, Jr., Nancy Bartley, Wilson Harris, Beth Stevenson and Mike Soucie. We really appreciate your coming to Coventry Place.



Then we had entertainment on July 4.



Everyone enjoyed it.



On June 19, we went to the Blue Willow Inn to eat. The residents who went were Kay Potter, Jonathan Young, Rachel Spivey, Edith Petty, Vivian, Jane Elliott, Helen Byers, April Reid and Alice Weaver.



THE BLUE WILLOW INN RESTAURANT

“I have never been jealous. Not even when my dad finished fifth grade a year before I did.”

—Jeff Foxworthy

“If the Romans had been obliged to learn Latin, they would never have found time to conquer the world.”

—Heinrich Heine

“Some people talk in their sleep. Lecturers talk while other people sleep.”

—Albert Camus

“Why don’t they pass a constitutional amendment prohibiting anybody from learning anything? If it works as well as prohibition did, in five years, Americans would be the smartest race of people on Earth.”

—Will Rogers

“Education is what remains after one has forgotten everything he learned in school.”

—Albert Einstein

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
		
2	3	4
3:00 Hymn Sing-along 3:30 Chapel Service	9:30 Shopping at Wal-Mart 10:00 Sit and Be Fit 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
9	10	11
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Sit and Be Fit 2:15 Reminiscence with Barbara 3:45 Veggie Van HAPPY BIRTHDAY BEA GILLIAM	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY HORACETINE VANN
16	17	18
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 1:30 Dr. John Noonan 1:30 Let's Play Scrabble or Rummikub 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
23/30	24/31	25
on the 23rd 3:00 Hymn Sing-along 3:30 Chapel Service on the 30th 3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY CHARLIE PHILLIPS AND MARJORIE STANFIEL	on the 24th 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:15 Reminiscence w/Barbara 3:45 Veggie Van on the 31st 10:00 Sit and Be Fit 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 style="text-align: right;">1</p> <p>2:00 Movie Matinee EVER AFTER Starring Drew Barrymore</p>
<p style="text-align: right;">5</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Let's Play RummiKub 1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p style="text-align: right;">6</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Indoor Volleyball</p>	<p style="text-align: right;">7</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY MARGUERITE WOLFE</p>	<p style="text-align: right;">8</p> <p>2:00 Movie Matinee ABSENCE OF THE GOOD Starring Stephen Baldwin</p>
<p style="text-align: right;">12</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 style="text-align: right;">13</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Watermelon on the Patio</p> <p>HAPPY BIRTHDAY LEE YELTON</p>	<p style="text-align: right;">14</p> <p>9:30 Shopping at Farmers' Market 10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon 2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">15</p> <p>2:00 Movie Matinee 9 TO 5 Starring Dolly Parton</p>
<p style="text-align: right;">19</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop</p>	<p style="text-align: right;">20</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Mike Smith Entertainer Refreshments Will Be Served</p>	<p style="text-align: right;">21</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Shopping at WalMart 2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY ADRIENNE PARDIECK</p>	<p style="text-align: right;">22</p> <p>2:00 Movie Matinee THE CRAFT Starring Robin Tunney</p>
<p style="text-align: right;">26</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Let's Play RummiKub</p>	<p style="text-align: right;">27</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Indoor Volleyball</p>	<p style="text-align: right;">28</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at Longhorn Steakhouse</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">29</p> <p>2:00 Movie Matinee TWISTER Starring Helen Hunt</p>

Two Truths and a Lie

How well do you know your neighbors? Think you can tell when someone is pulling your chain? Play this game and find out.

Number of Players:
Two or more

Instructions: Each player thinks of two true statements about themselves, and one statement that could be true but is actually false. Take turns going around the circle with each person reciting their two truths and the lie. The other players try to guess which statements are factual and which one is the fib. The object of the game is to try to fool the other players into thinking your lie is actually true. The more creative you get with your statements, the harder the game becomes.

COVENTRY PLACE RESIDENTS LOVE WATERMELON



There are Anita and Barbara serving the watermelon. We ate SIX very large melons.



These pictures were taken when the serving was just starting. The patio was full.



And since we all enjoyed it so much, we're going to have watermelon again in August on the 13th. Be sure to be here. Invite your family and friends, too.



SIERRA WINE AND CHEESE PARTY



A great big thanks goes to the Sierra Therapy group for giving a really wonderful wine and cheese party. And it wasn't just wine and cheese—there was lots of food.



THE SIERRA THERAPY GROUP

Pictured above is the Sierra Therapy group. Second from the left is Queenston Thorpe, the owner. I wish I knew all the names, but maybe we'll do this again and I'll be able to name them all.

We're really fortunate to have therapy available right here at Coventry Place. All you have to do is call (404) 501-9122. One of the therapists will come and do an evaluation. If occupational or physical therapy is needed, they will contact your physician to write a prescription. It's that easy.

Danger Lingers In Low Blood Sodium

The sodium found in our blood helps keep the water and electrolytes in our bodies in balance. This sodium is important to nerve and muscle function and in regulating blood pressure. What happens when our sodium levels are off balance? Too much sodium can cause high blood pressure. Very low blood sodium levels result in a condition called hyponatremia, which can be very dangerous and is a rising concern regarding senior health today.

What causes low blood sodium in older adults? It can stem from a lot of reasons, but it is usually due to changes in the way seniors metabolize water. Too much water intake, less frequent urination and changes in kidney function can all be the culprits of hyponatremia. Some other causes not related to metabolizing water include taking certain medications, severe vomiting or diarrhea, kidney failure or heart failure.

The symptoms of hyponatremia also vary but can include headaches, nausea, confusion, muscle twitches, feeling lethargic or coma. Talk to your doctor if you have any of these symptoms or are worried about low blood sodium levels. A blood test is needed to confirm whether or not you have hyponatremia.



BLISTER SISTER

AUGUST IS THE MONTH UNIQUE.

Warm temperatures are near their peak.

But setting her apart, we say, is no official holiday.

We buckle down and carry on

While baseball still sets the tone.

And here comes football riding hard

To captivate us yard by yard.

And sure enough, as a last resort,

Count on NASCAR to hold the fort.

by John Beavers



HOPE LIVES IN ME

My heart sometimes is breakable.

My nerve is sometimes shakable.

But one thing is unmistakable ...

Hope lives in me.

August 2009



THE JULY BIRTHDAY PARTY



MALA MOTT AT 102 YEARS OLD

Pictured above are the honorees at the July birthday party. Front row from left are: Jean Hilbun, Grace Dowis, Margaret Hudlow, Fern Williams and Katherine Wright. Standing are: Mary Coker, Mala Mott, Anna Chiles, Bernard Mattox and George Patterson. Not able to attend were Michael Daily, Joseph Higgins and Bruce Stamey. We missed you.

Those who have been at Coventry Place for any length of time knew exactly who would be blowing out the candles this month. Mala will be 102 on July 29. She's also lived at Coventry Place longer than anyone else, 22 years.

We had lots of guests for our honorees and are so glad they came. The birthday luncheon is on the Friday before the 15th of the month.