



COVENTRY PLACE

www.coventryplace-ga.com

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

August 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.



JULY 4th CELEBRATION

We celebrated July 4th decorating inside and out. The bar-b-que was fantastic.

And then - Dolly O'Dell entertained. We love Dolly.



WELCOME

NEW RESIDENTS

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

226

Nathan Baumgartner

Watch for the new faces and introduce yourself. Moving to a new home can be challenging; so, let's all be good neighbors.

A really nice thing would be to invite the new resident to an activity with you. It's hard to walk into a new place alone when you don't know anybody.



\$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.



SERENITY

There was an ice cream social on July 12 sponsored by Serenity Hospice. They gave door prizes, too! There were five winners—Ester Williams, Amelia Jackson, Jeanette Farrar, and Eileen Halligan were four of the winners, but pictured above is new resident Diane Amis, who also won.

Stay Sharp

The brain is one of the most important parts of the body and needs to be exercised just as much as anything else. Follow these tips to keep your brain at its best:

Make your activities brain-healthy. Entertain yourself with hobbies that will also help keep your mind sharp. Learn how to play a musical instrument, speak a foreign language, play chess, do puzzles or juggle. Learning new skills helps strengthen underused parts of the brain.

Be creative. Write a story, compose a song or paint—anything to get your creative juices flowing.

Exercise. Exercise helps your brain as much as it helps the rest of your body. Also try stress-reducing activities such as meditation, yoga and dance.

Eat right. Eating a balanced diet can work wonders for your mental abilities. Munch on some brain foods, such as eggs, blueberries and salmon.

Do something out of the ordinary. A great way to stay keen is to try mixing up otherwise normal routines. Use your non-dominant hand to brush your teeth, take a different route for your daily walk or sit in a different place at the dinner table.



A POEM

JOURNEY TO GURNEY

Step by step and
day by day,
We shuffle on our
August way
We plod as though
we have no choice
Reacting to a silent
voice,
A silent voice that's
beckoning-
On to a last dead
reckoning,
Of a journey full of
joys and woes,
Excitement keeps
us on our toes
Not knowing
which to next expect
Or when the reaper
will collect
And put an end to
cheer and toil
When finally we
can uncoil.
by John Beavers



SIT AND BE FIT

Join our exercise
group. They exercise
to Sit and Be Fit, an
aerobics workout, that
I understand really
works on every
muscle.



JULY 4TH WITH DOLLY O'DELL



We danced, we sang, we had a
great time. Dolly just knows how to
bring out the best in Coventry Place

residents.

Lunch was great. We had pulled
pork bar-b-que (homemade), hot
dogs, baked beans, great food. Our
kitchen really knows how to do it.



VETERANS PROGRAM ON JULY 9

DINING ROOM SERVING HOURS

Breakfast

7:00–8:15 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
		
5	6	7
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 1:45 Movie Matinee 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 7:00 Decatur Sing-along
12	13	14
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 1:30 Shopping at Walmart 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 12:15 Birthday Luncheon 2:30 Bingo
19	20	21
3:00 Hymn Sing-along Followed by Chapel Service HAPPY BIRTHDAY AMELIA JACKSON	10:00 Sit and Be Fit 1:30 Dr. John Noonan 1:45 Movie Matinee 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 ADRIENNE PARDIECK
26	27	28
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Wii Bowling 3:45 Veggie Truck	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo

Wednesday	Thursday	Friday	Saturday
1 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 1:30 Nurturing Dance Therapy 2:00 Sit and Be Fit 2:30 Wii Games	2 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Meet Your Neighbor! We'll have watermelon for refreshments. Be sure and come.	3 10:00 Sit and Be Fit 11:00 Out for Lunch at the Varsity 2:00 Sit and Be Fit 2:30 Bingo	4 2:00 Games of Your Choice HAPPY BIRTHDAY WILL KAMMERER
8 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 1:30 Nurturing Music Therapy 2:00 Sit and Be Fit 2:30 Vivian's Delicious Delicacies	9 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Mike Smith Entertainment in the Dining Room. Good music and ice cream too.	10 10:00 Sit and Be Fit 11:00 Dining Out at the Blue Willow 2:00 Sit and Be Fit 2:30 Bingo	11 1:45 Movie Matinee 2:00 Games of Your Choice
15 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 1:30 Nurturing Massage Therapy 2:00 Sit and Be Fit 6:00 Worship Service and Communion With the Reverend Tom Haygood	16 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Arts and Crafts With Anita	17 10:00 Sit and Be Fit 10:30-2:00 Rosie's Jewelry 2:00 Sit and Be Fit 2:30 Bingo	18 2:00 Games of Your Choice HAPPY BIRTHDAY SUE ROBINSON
22 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 1:30 Nurturing Art Therapy 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop	23 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Scrabble or RummiKub and We'll Have Refreshments	24 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	25 1:45 Movie Matinee 2:00 Games of Your Choice HAPPY BIRTHDAY WALTER WRIGHTSON
29 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:30 Wii Games	30 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Wine and Cheese Party in the Card Room HAPPY BIRTHDAY MARJORIE STANFIEL	31 9:30 Shopping at Walmart 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	

AUGUST

The dog days of
summer have come in
to land

Temperatures
higher than anyone
can stand

The heat is so crazy
... it makes us so lazy

We don't want to
lift a hand

August has
returned once again

Bringing us closer
to summer's end

Flowers thriving in
the heat

Leaving petals at
our feet

Baseball is the
favored sport

No more action on
the court

Spending less time
in the pool

Getting ready for
back to school

Where children
learn "The Golden
Rule"

If you'll miss
summer, just
remember

We now look
forward to September.

Mary Ferry



BINGO



Don't forget bingo. We play every
Tuesday and Friday at 2:30 p.m.
thanks to Jeanette Farrar heading
things up for us. Sue Robinson helps
and we really appreciate both of you.

FORGETTER BE FORGOTTEN

My forgetter's getting better,
But my rememberer is broke
To you that may seem funny
But, to me, that is no joke.

For when I'm 'here' I'm wondering
If I really should be 'there'
And, when I try to think it through,
I haven't got a prayer!

Oft times I walk into a room,
Say 'what am I here for?'
I wrack my brain, but all in vain!
A zero, is my score.

At times I put something away
Where it is safe, but gee!
The person it is safest from
Is, generally, me!

When shopping I may see someone
Say "Hi" and have a chat,
Then when the person walks away
I ask myself, "who the hell
was that?"

Yes, my forgetter's getting better
While my rememberer is broke,
And it's driving me plumb crazy
And that isn't any joke.

Can you Relate???



ACTIVITIES



There was some dancing going on when Harry Cooksey played the Big Band Swing music.



Then there was the monthly wine and cheese party.



I think we serve more punch than wine, but it sure does bring a good turnout. We know how to have fun.



OUR BEAUTIFUL LANDSCAPING



WOW!



Thanks to Beverly our front landscaping is absolutely like something out of a gardening magazine. They're even more beautiful than the pictures now since they've grown more. Keep watching.



CALL ON HIM

Call on Him when you are in distress.

Call on Him when you're at your best.

God will listen to you through it all.

He will hear you when you call.

Call on Him each and every day.

Don't hold back anything you might want to say.

Call on His name when the sun sets.

When you rise in the morn,

His name don't you forget.

Look to Him when you are filled with fear.

Your prayers He will always hear.

Call on Him when you walk out of hospital doors.

Call on Him, He's what you've been searching for.

Life's mysteries may perplex you.

You will be hurt by things people say and do.

Hold on and your cup will be filled to the brim.

Just remember to call on Him.

by Ron Dennard

August 2012



THE JULY BIRTHDAY PARTY



On Tuesday, July 10, we celebrated the birthdays of all the residents who were born in July.

The residents who attended are pictured above. Seated from the left are: Anna Chiles, Mala Mott, and Jean Hilbun. Standing are Jane Taylor, Bruce Stamey, Mary Coker and Bernard Mattox.

Unable to attend was Frances Bellins.

Featured on the left is Mala Mott who celebrated her 105th birthday. The big day was actually on July 29, but we celebrated on July 27. Mala, we sure hope to have many more with you.

The party each month is on the Tuesday before the 15th. Be sure to attend when your loved one has their birthday. Call ahead of time so we can have a special table for your family to be able to celebrate together.