



COVENTRY PLACE

www.coventryplace-ga.com

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

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) 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.

February 2010



Simple Steps Bring Longer Blossoms

Whether you are the lucky recipient of flowers or buy some for yourself, you'll get longer life from the blooms with these tips. 1) Keep the vase filled with water and professional flower food. (Commercial solutions make blossoms last longer.) Follow mixing directions for best results; diluting the solution makes it ineffective. Every few days, replace the solution with a fresh mix. 2) Every few days, recut 1 to 2 inches from stems with a sharp knife. 3) Keep flowers in a cool spot, away from direct sunlight, heating vents or televisions. (Appliances radiate heat, which dehydrates flowers and causes them to wither.)

Love Where You Live

Nine U.S. cities are known for being extra loving; they actually include the word "love" in their names. Three are named Loveland (in Colorado, Ohio and Oklahoma). Other "cities of love" are: Lovejoy, Ga.; Loves Park, Ill.; Lovelock, Nev.; Love Valley, N.C.; Loveland Park, Ohio; and Lovelady, Texas.

WELCOME

NEW RESIDENTS

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

104 Fred Buddy
213 William Orr
313 Larry Starks
402 Albert Brown
502 Beulah Cochran
508 Martin Sexton
510 Andrea Green

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.



Happy Valentine's Day

YOU ARE INVITED TO A
VALENTINE'S DAY PARTY ON
FRIDAY, FEB. 12, 2010
AT 2:30 IN THE AFTERNOON
REFRESHMENTS WILL BE SERVED AND
ENTERTAINMENT WILL BE BY
DOLLY O'DELL



Nosh Your Way to Sleepy Time

The things you eat and drink during the day definitely play a role in the sleep you get at night. Too much caffeine, spicy foods or large meals high in fat right before bedtime can keep you counting sheep when you want shut-eye. Here are some tips to eat, drink and be ... sleepy.

It's important to eat plenty of plant foods with carbohydrates. Why? Fruits, vegetables, beans and whole grains produce a steady rise in blood insulin, which helps tryptophan enter the brain. Tryptophan is an amino acid that helps your body make serotonin. Serotonin has many functions, such as regulating mood, appetite and notably, sleep.

Foods high in tryptophan can help the sandman visit sooner. Try milk, cheese, cottage cheese, soy milk, tofu, whole grains, beans, hummus, hazelnuts, peanuts, eggs, sesame seeds and sunflower seeds.

What's a good snack before hitting the sack? How about whole-grain cereal or a peanut butter sandwich with a glass of milk? Enjoy your snack at least an hour before bedtime.



FEBRUARY

HONORARIUM CONTRIBUTION

This note was received on Jan. 8, 2010:

Jan. 6, 2010

Dear Friend in Christ:

North Decatur United Methodist Church has received an honorarium contribution from Mrs. Clyde Smith (Renee) honoring her friends at Coventry Place. We wanted you and the Coventry Place family to know of this special gift.

We extend a special invitation to Coventry Place residents to attend our church and participate in our services.

Yours in Christ's Service,

Lee Fullerton,
Senior Pastor



Trivia Whiz:

The Birth of 911

The first 911 telephone call was placed at 2 p.m. on Feb. 16, 1968. Alabama Speaker of the House Rankin Fite dialed, and U.S. Rep. Tom Bevill answered at the police station in Haleyville, Ala., signaling a new era in emergency awareness.

Other 911 facts:

- **A president's order.** A year before the first call, President Lyndon Johnson commissioned a task force that recommended the creation of a number for reporting emergencies.
- **Choosing the numbers.** Why 911? Those numbers had never been used as an area code, service code or office code.

- **Beginning the process.** A catalyst for 911 occurred in 1957, according to the National Emergency Number Association. That's when the National Association of Fire Chiefs recommended the use of a single number for reporting fires.
- **An early responder.** Great Britain implemented an emergency number (999) in 1937.
- **Tech-savvy Iowans.** In August 2009, a 911 call center in an Iowa county became the nation's first to receive text messages.



Why, oh why do I
not rate?

Here I am stuck on
twenty-eight.

My sisters, on each
side of me,

Each have
thirty-one, you see.

Well, I do get an
extra one

Every fourth year,
when I leap with fun.

Guess I'll just start
a jamboree

To make my plea
for equality.

Get organized, and
when we're done,

Every month will
have thirty-one.

by John Beavers



"When you know
how, it's awfully
simple. When you
don't know how, it's
simply awful."

Attested to by Him
Who Don't Know
How (also by John
Beavers)

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
	1	2
	<p><u>RENT DUE</u> 10:00 Sit and Be Fit 2:00 Sit and Be Fit 3:30 Veggie Truck</p>	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo</p>
7	8	9
<p><u>SUPER BOWL</u> 3:00 Hymn Sing-along 3:30 Chapel Service</p>	<p>10:00 Bandage Rolling for Missions 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 Van</p>	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur Sing-along</p>
14	15	16
<p><u>HAPPY VALENTINE'S DAY</u> 3:00 Hymn Sing-along 3:30 Chapel Service</p>	<p><u>PRESIDENTS' DAY</u> 10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Movie Matinee BIOGRAPHY OF PRESIDENT EISENHOWER 2:00 Sit and Be Fit 3:45 Veggie Van Happy Birthday, Marty Smith</p>	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Fire Drill 2:30 Bingo</p>
21	22	23
<p>3:00 Hymn Sing-along 3:30 Chapel Service Happy Birthday, Mildred Lamb</p>	<p>10:00 Sit and Be Fit 1:30 Let's Play RummiKub 2:00 Sit and Be Fit 3:45 Veggie Truck</p>	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo</p>
28		
<p>3:00 Hymn Sing-along 3:30 Chapel Service Happy Birthday, Muriel Taylor</p>		

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">3</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 Let's Play RummiKub</p> <p>Happy Birthday, Avis Dykes</p>	<p style="text-align: right;">4</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Inside Volleyball</p>	<p style="text-align: right;">5</p> <p><u>RENT PAST DUE</u> 9:30 Shopping at Farmers' Market 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>Happy Birthday, June Mann</p>	<p style="text-align: right;">6</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">10</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit</p> <p>Happy Birthday, John Williams</p>	<p style="text-align: right;">11</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Arts & Crafts with Anita</p>	<p style="text-align: right;">12</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Valentine's Party with Dolly O'Dell Entertaining</p>	<p style="text-align: right;">13</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">17</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Wilda's Wellness Workshop 2:00 Sit and Be Fit 6:00 Service and Communion with The Reverend Tom Hagood</p>	<p style="text-align: right;">18</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Inside Volleyball</p>	<p style="text-align: right;">19</p> <p>9:30 WalMart 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>Happy Birthday, Kay Potter</p>	<p style="text-align: right;">20</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">24</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 Vivian's Delicious Delicacies</p>	<p style="text-align: right;">25</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Meet Your Neighbor</p>	<p style="text-align: right;">26</p> <p>10:00 Sit and Be Fit 11:15 Dining Out at Folks</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">27</p> <p>2:00 Games of Your Choice</p> <p>Happy Birthday, Sally Faletti</p>
<p style="font-size: 2em; font-family: cursive;">Be My Valentine</p>			

CHRISTMAS

We had lots of guests for our Christmas luncheon.



The Jordans



The Joneses



The Spiveys



The Motts



The Wrights



The Potters



The Mileeses

Continued on the next page.



THE FOOD AND DRINK TABLES WERE BEAUTIFUL AT OUR NEW YEAR'S EVE PARTY.

NEW YEAR'S EVE PARTY

Wilda and Barbara did the menu planning and shopping for the New Year's Eve Party. Then the whole crew pitched in—office, kitchen, housekeeping and maintenance—to prepare and serve a wonderful array of party food. (Drink, too—I understand there was vodka in the punch and plenty of wine served!)

Mike Smith provided the entertainment. He sang some Elvis, some Frank Sinatra, and songs requested by residents. AND we had people dancing.

Mike finished off the night with "Auld Lang Syne," which brought tears to more than a few eyes.



The Chens



The Kings



There was a crowd at the New Year's Eve party.



A really long buffet—lots of food.



Lots of ladies celebrating



And gentlemen, too



AARP TAX PREPARATION

No, it's not April 15 yet, but it will be before you know it. The AARP tax preparer will be here starting in February. We don't know the dates yet, but it will be posted as soon as they let us know. It will be on either Tuesday or Thursday.

Remember, this is a free service.

Welcome



MEET YOUR NEIGHBOR

On Thursday, Jan. 25, 2010, at 2:30 p.m., we're having MEET YOUR NEIGHBOR. We only do this every few months, so don't miss it.

February 2010



THE JANUARY BIRTHDAY PARTY



Charlie Bowers had achieved the most birthdays, so he got the honor of blowing out the candles.

On Tuesday, Jan. 12, we had our birthday party honoring the residents who had their birthday in January. In the picture above, seated from the left are:

Mildred Jedrezak, Charlie Bowers, and Grace McCoy; standing from the left are: Helen Byers, Sheila Solomon, Martha Williams, Marion Hodges, Billie Lary, Maggie Choate, Lorena Miles and Windsor Jordan. Not pictured is Ewing Braunig.

We always enjoy our guests coming to celebrate with their families. Mark your calendar and join us.

The birthday party in February will be on Tuesday, Feb. 9. Each resident can have four guests, so invite your family and friends. We do need reservations so we know how many to prepare for. Please call (404) 296-0962 ahead of time.