



COVENTRY PLACE

www.coventryplace-ga.com

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

February 2011

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

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.



WEDNESDAY, JAN. 12, 2011

This is what North Decatur Road looked like, even on the third day after the snow. With 21-degree weather, it just won't melt.

But—didn't it just amaze you how well our staff handled this emergency? Wilda and Anita are really good cooks, aren't they?

At one point, we had nine people spending the night in the building. Of course, Wilda and Anita, but also Jackie, Tarha, Terry R., Terri M., Mike T., Kolleen and Sonya. That's special effort and true dedication to the residents of Coventry Place.

The residents and staff of Coventry Place have a really positive attitude and know how to deal with difficult circumstances.

Positive Thought

"Positive anything is better than negative nothing."
 —Elbert Hubbard

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.

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.

124

Madina Schlittler
202

Addie Pollyea
416

Mary Harrison

\$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.



Relax, and Help Manage Pain

Relaxation techniques can be a means to help those living with pain lessen the aches and stress associated with chronic pain. It can also encourage sufferers to take a more involved role in their treatment and gain back some control. The University of Maryland offers these techniques:

Deep breathing: Take a long, slow breath for eight to 10 seconds (or as slowly as possible), hold it for one or two seconds, then slowly release.

Guided imagery: Close your eyes and visualize a peaceful place.

Progressive relaxation: While sitting or lying down, consciously relax muscles, one at a time, from your toes to your head.

Quiet ears: Lie down with your hands beneath your head, then cover your ear canals with your thumbs to block out sound. Hold this for 10 to 15 seconds.

Toe tensing: Lie down, point your toes toward your head and hold for 10 seconds. Then relax the toes and repeat.

I THAWED SO

Meaty urologist Glenn Cook
Forecasts weather by the book
On Saturday, a sunny day,
Says a winter storm is on
the way

Supermarkets have their hits
By customers stocking up
on grits

On meats and produce,
food galore,
Nearly emptying every store.
(For this is the way that
we respond

To winter weather severe
and beyond.)

Sunday evening, sure as
a cinch,

We get snow, in depth
three inch,

Topped by freezing rain
and sleet,

It makes for impassable
city street.

Worse yet, you just wait,
Eighteen-wheelers on
the interstate,

Line up for miles of frustrated
truckers

Behind two miserable
jack-knifed suckers

Schools are closed, shut down
for a week,

But Saturday night will the
Falcons peak.

Now never you mind, this
beats farming,

We look forward next week to
global warming.



by JOHN BEAVERS



NEW EMERGENCY NUMBER

WE HAVE A NEW EMERGENCY PHONE NUMBER.
(404) 861-8304

MAKE A NOTE - OR CUT OUT THIS ARTICLE.

Our main phone number is (404) 296-0962. This is the first number you would always call. During office hours, we answer the phone. AFTER office hours, however, the caregivers on duty answer the phone. If they are on the floor making rounds, naturally, they don't hear the phone ring. That's when you need to call the emergency number.

Wit & Wisdom

"In a great romance, each person basically plays a part that the other really likes."
 —Elizabeth Ashley

"Romance is thinking about your significant other when you are supposed to be thinking about something else."
 —Nicholas Sparks

"There is something so settled and stodgy about turning a great romance into 'next of kin' on an emergency-room form, and something so soothing and special, too."
 —Anna Quindlen

"They spoil every romance by trying to make it last forever."
 —Oscar Wilde

"Youth cannot imagine romance apart from youth."
 —Booth Tarkington

"Romance is a love affair in other than domestic surroundings."
 —Sir Walter Raleigh



Surprise the Grandkids

Every kid loves a surprise, especially one that's filled with a grandparent's love. When they least expect it, make your grandkids' day with one of these ideas.

Make a day of it. Take each grandchild out for a day of one-on-one fun. The dates can be planned ahead, but keep the itinerary secret.

Attend birthday parties—virtually. Children don't expect grandparents who live far away to attend their birthday parties, but you can be there—thanks to the Internet. Using your computer's webcam and a free Skype or OoVoo account, you can sing along and watch as they open presents.

Introduce a new holiday. On top of

sending your grandkids the usual holiday cards, why not surprise them on some more obscure holidays? Treat them to a coupon for National Ice Cream month in July, or send them a magic kit on March 24, Harry Houdini's birthday.

Open a museum. Have drawings or cards your grandkids have made for you matted and framed. The next time they visit, they'll be excited to see their artwork so lovingly displayed.

Camp-in. Weather and logistics can conspire against campouts, but not if you plan to camp inside. Put up a tent, turn off the TV and sit around a pretend campfire, singing songs and telling stories.



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 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY, JACK LAMB
6 3:00 Hymn Sing-Along Followed by Chapel Service <u>SUPER BOWL STARTS AT ABOUT 6:30</u>	7 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	8 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur Sing-Along
13 3:00 Hymn Sing-Along Followed by Chapel Service	14 <u>HAPPY VALENTINE'S DAY</u> 10:00 Sit and Be Fit 12:00 Valentine's Lunch With Door Prizes 1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Truck	15 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Fire Drill 2:30 Bingo
20 3:00 Hymn Sing-Along Followed by Chapel Service	21 <u>PRESIDENTS' DAY</u> 10:00 Sit and Be Fit 2:00 Sit and Be Fit 3:45 Veggie Truck HAPPY BIRTHDAY, MILDRED LAMB	22 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
27 3:00 Hymn Sing-Along Followed by Chapel Service HAPPY BIRTHDAY, SALLY FALETTI	28 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Movie: <u>OVERBOARD</u> With Goldie Hawn and Kurt Russell 3:45 Veggie Truck HAPPY BIRTHDAY, MURIEL TAYLOR	

Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>GROUNDHOG DAY</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>3</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Meet Your Neighbor 3:30 Pianist Rick Siegmann in the Card Room</p> <p>HAPPY BIRTHDAY, AVIS DYKES</p>	<p>4</p> <p>10:00 Sit and Be Fit 10:00 Farmer’s Market</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY, BILL HANNA</p>	<p>5</p> <p>10:30 Hug a Puppy</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY, JUNE MANN</p>
<p>9</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 2:00 Sit and Be Fit</p>	<p>10</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Arts and Crafts With Anita (Making Valentine Cards)</p>	<p>11</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>12</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p>16</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 Viian’s Delicious Delicacies</p> <p>HAPPY BIRTHDAY, MARTY SMITH</p>	<p>17</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 11:00–2:00 Jerry Miller Imports and Jewelry</p>	<p>18</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at Mary Mac’s</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>19</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY, KAY POTTER</p>
<p>23</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>6:00 Communion and Worship Service With the Reverend Tom Hagood</p>	<p>24</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Rummikub or Scrabble With Refreshments-Anyone Who Wants to Learn, Please Come</p>	<p>25</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>26</p> <p>2:00 Games of Your Choice</p>
			<p>REMEMBER TO USE THE SUGGESTION BOX</p>

Discussion Topic

Talk About It: Presidents' Day

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- Who was president of the United States when you were born?
- Who is the first president you remember watching on TV?
- When you were a child, did you ever dream of becoming president? Was there a president who inspired you?
- Who was the first presidential candidate you voted for?
- What do you think a president's top priorities should be?
- Do you think the U.S. will elect a woman president? If so, when?

NEW YEAR'S EVE PARTY

It looks like a nightclub in the picture on the bottom, doesn't it? It sounded like one, too, with Mike Smith really getting into it.



WINE AND CHEESE PARTY



Pam entertained, singing great Christmas songs.



And the residents came. This was on Dec. 16.

THINGS TO DECLINE

Decline to lose your happy smile, the twinkle in your eye;

Your humor and your zest for life will help you to get by.



CHRISTMAS LUNCHEON

We had our Christmas luncheon on Dec. 21 and, as usual, the food and guests were fantastic and in abundance.

Here are some of our visitors and the wonderful group who came to sing for us.



These are friends of Lucie Anderson. They roamed around the dining room singing. Every voice was absolutely fantastic. We've never had better entertainment. Thank you so much.



Marjorie Stanfiel's family



Annis Essex and family



Lorena Miles and family



Ester Williams and family



Irene Seckman and her daughter



Sarah Wright and Ethel Herron with niece, Margaret

WE THANK YOU

We thank you all for coming and making Christmas special for those of us at Coventry Place. Please come back.



Horacetine Vann and friend



Scottie Simpson and his brother's family



Jeanette Farrar and family



Naomi Kelly and her children



John Beavers and family

We have special luncheons just any time we can find an excuse because we love having friends and family visit us.

February 2011



THE JANUARY BIRTHDAY PARTY



CHARLIE BOWERS

We were supposed to have the January birthday party on Tuesday, Jan. 11, but instead we had SNOW. We had the party on Jan. 18. However, since that's after the newsletter deadline, we went ahead and took pictures of the residents who have January birthdays. To the left is Charlie Bowers, who has achieved the most birthdays for this month.

Seated from left: Betty Jean Wrightson, Charlie Bowers, Lorena Miles and Billie Lary. Standing from left: Mildred Jedrezak, Rosemary Sohl, Helen Byers, Marion Hodges and Martha Williams. Not able to be in the picture were Sheila Solomon, Windsor Jordan and Joan Blankenship.

The February birthday party will be on Tuesday, Feb. 8. Please call ahead, (404) 296-0962, to make reservations. Each celebrant can have up to four guests at no charge.