



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 Activities Director
 Anita Day Office Manager
 Wilda Johnson Personal Care Supervisor
 Jeanie Christian Marketing Director
 Anthony Leverett Maintenance Director
 Anthony Brown Head Chef
 Vivian Durden Chef



OFFICE HOURS

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

COVENTRY PLACE CONTACT INFORMATION

PHONE - (404) 296-0962

Emergency - (404) 861-8304

E-mail - marketing@coventryplace-ga.com
or jchristian.coventry@gmail.com

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 2013



I LOVE YOU

My heart is filled with love for you
 I’ll do all you ask me to do.
 Valentine’s Day gives me an opportunity
 to express my feelings
 You have my heart just a-reeling.

I have been loving you for quite sometime,
 I have joy knowing you are around.
 Take my hand and we can aim for the stars,
 With our love we can go very far.

I love you, my dear, come close to me,
 Let’s be happy as we can be.
 Time is on our side, we can trust in each other
 All we need is love.

Happy Valentine’s Day from me to you,
 I hope that our love will always be true.
 I love you on this day,
 I wouldn’t have it any other way.

From Ron Dennard

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.

209 Joan Quintana
309 Carolyn Crane
312 Phyllis Edwards

124 Melissa Young

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.



A Rose Is a Rose

It may be the season to give and receive roses, but the fragrant buds are a perfect gift at any time of year. Double the impact of your bouquet's message by considering this list of rose colors and their meanings:

Red. It's pretty clear what a bunch of red roses conveys: "I love you." Crimson flowers also represent respect, passion and beauty.

White. Nothing says "I'm sorry" like a cluster of white roses. In addition, ivory-colored buds signify reverence, purity, innocence and humility.

Yellow. Joy and friendship are indicated by giving yellow roses, which can also mean "Welcome back" and "Remember me."

Pink. Say "Thank you" with deep, dark pink roses, which show appreciation and gratitude. Lighter pink roses reveal sympathy and grace.

Orange. Show your enthusiasm with orange buds, a color that also suggests desire.

One single rose shows devotion or love at first sight.

Picture Perfect Display

Photographs, whether taken in a professional studio or with your own camera, are a great way to preserve special memories. However, it's hard to relive those memories when your pictures are stashed in a box or cluttering up your computer's hard drive. Use these display ideas so you can enjoy your photos every day.

Frame and hang. A frame is all you need to turn a photo into art. Go the classic route with matching frames and mats, or mix styles and colors that complement each other. Arrange with mirrors or other artwork for an eclectic look.

Let your shelves shine. Setting framed pictures on shelves adds dimension.

Line 'em up. Hang wire or string behind a large, empty frame or along the wall, then use clothespins or other decorative clips to hang photos. This arrangement is ideal for changing out images throughout the year.

Search the supply closet. Clipboards are another creative way to refresh photos on a regular basis. Leave the boards their natural color or dress them up with decorative paper, then clip in photos and hang the clipboards or prop them against a wall.

Get glamorous with glass. For a truly unique display, slide a black and white photo into a glass jar or bottle so the image shows through the side. Place elements such as sand, shells or stones in the bottom for added depth and interest.

Wit & Wisdom



WINNERS OF THE DOOR DECORATION CONTEST

Every year, we have a contest among the residents for who decorates the prettiest door. This year, we had really good participation, but second floor ran away with honors.

1st Place - Nathan Baumgartner

2nd Place - Billie Lary

3rd Place - Jean Hilbun

I hope you shopped the after-Christmas sales and started getting ready for next year. Let's have EVERY door decorated.

ATTITUDE

Your attitude is everything
It follows you through life
A good one brings you happiness
A bad one causes strife
Your attitude precedes you
When others know your ways
Sometimes it will follow you
After managing bad days
When it is said, you need
an AA for your BA you need to
stop & think
Make some changes in your
attitude
To get you in the Pink.

by Mary Ferry #206
February 2013



HEART HEALTH QUICK TIPS

Celebrate American Heart

Month by:

Staying fit. If you're a healthy weight, you need only 30 minutes of moderate physical activity a day for heart fitness.

Sleeping well. Studies show seven to nine hours of sleep a night helps prevent heart disease.

Knowing the score. Have regular screenings for your blood pressure and high cholesterol.

Eating right. Pile on the vegetables, fruit and whole grains; eat fish at least twice a week.

Being happy. Laughing stimulates blood circulation, increases oxygen intake and helps you relax. Watch a funny television show or movie. Tell someone a joke or silly story. Don't be shy. Go ahead and laugh out loud!

"Wherever you go, go with all your heart."

—Confucius

"The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart."

—Helen Keller

"Love is of all passions the strongest, for it attacks simultaneously the head, the heart and the senses."

—Lao Tzu

"In the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed."

—Kahlil Gibran

"There is a wisdom of the head, and ... a wisdom of the heart."

—Charles Dickens

"If you find it in your heart to care for somebody else, you will have succeeded."

—Maya Angelou

DINING ROOM SERVING HOURS

Breakfast

7-8:15 a.m.

Lunch

12-1 p.m.

Dinner

5-5:30 p.m.

THE DINING ROOM CLOSSES 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
<p>COVENTRY CORNER</p> <p>OPEN MONDAY - SATURDAY</p> <p>FROM 2 TO 4 P.M.</p>		
3	4	5
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p> <p>HAPPY BIRTHDAY</p> <p>AVIS DYKES</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Shaking It With Daniel</p> <p>3:45 Veggie Truck</p> <p>HAPPY BIRTHDAY</p> <p>BILL HANNA</p>	<p>RENT PAST DUE</p> <p>9:00-1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>10:30 Bible Study Led by the Reverend Tom Hagood</p> <p>2:30 Bingo</p> <p>7:00 Decatur Sing-Along</p> <p>HAPPY BIRTHDAY</p> <p>JUNE MANN</p>
10	11	12
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan</p> <p>2:00 Shaking It With Daniel</p> <p>3:45 Veggie Truck</p>	<p>9:00-1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon</p> <p>2:30 Bingo</p>
17	18	19
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p>	<p>Presidents' Day</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan</p> <p>2:00 Shaking It With Daniel</p> <p>3:45 Veggie Truck</p>	<p>9:00-1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p> <p>HAPPY BIRTHDAY</p> <p>KAY POTTER</p>
24	25	26
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Shaking It With Daniel</p> <p>3:45 Veggie Truck</p>	<p>9:00-1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>

Wednesday	Thursday	Friday	Saturday
1		RENT DUE 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	2 GROUNDHOG DAY 1:45 Movie Matinee 2:00 Games of Your Choice HAPPY BIRTHDAY LOUISE ABRAHAM
6	7	8	9
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 2:00 Sit and Be Fit	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:00 Arts and Crafts With Anita “Let’s Make Valentine Cards”	9:30 Shopping at Walmart 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	2:00 Games of Your Choice HAPPY BIRTHDAY GRANT BAILEY
13	14	15	16
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:30 Vivian’s Delicious Delicacies	BE MY VALENTINE 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:00 Valentine Luncheon 3:00 Scrabble or Rummikub in the Card Room	10:00 Sit and Be Fit 11:00 Dining Out at The Olive Garden 2:00 Sit and Be Fit 2:30 Bingo	1:45 Movie Matinee 2:00 Games of Your Choice
20	21	22	23
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 2:00 Sit and Be Fit 2:00 Wilda’s Wellness Workshop 6:00 Communion and Worship Service With the Reverend Tom Hagood	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Entertainment - Keith Peters - And We’ll Have Refreshments	10:00 Sit and Be Fit 1:30 Shopping at Walmart 2:00 Sit and Be Fit 2:30 Bingo	2:00 Games of Your Choice
27	28		
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit HAPPY BIRTHDAY SALLY FALETTI	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Wine and Cheese Social Honoring Our New Residents HAPPY BIRTHDAY MURIEL TAYLOR		

Talk About It

Cupid's Arrow

Love is in the air in February—there's a whole day set aside for it. Share your memories of past and present loves with your friends and family.

- Do you usually celebrate Valentine's Day? How? Are chocolates and roses standard fare or do you have a less traditional approach? Have you ever written a love letter or a poem to someone?
- Did you exchange valentines with classmates in school? If so, were they store-bought or homemade?
- Is there a particular Valentine's Day you remember clearly? Why was it special? Who was your sweetheart?



WE RANG IN 2013



Pam entertained; Martha Williams' family had four generations here.



Danny Rockecharlie had a guest.



The Williams danced!



And Maxanne had fun, too!



JULIE ANDREWS TURNS 79

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall and sang one of the musical numbers she performed in the legendary movie *Sound of Music*, but with a little change to the lyrics.

(Sing It!) If you sing it, it's especially hysterical!!!

Botox and nose drops and needles for knitting,

Walkers and handrails and new dental fittings,

Bundles of magazines tied up in string,

These are a few of my favorite things.

Cadillacs and cataracts, hearing aids and glasses,

Polident and Fixodent and false teeth in glasses,

Pacemakers, golf carts and porches with swings,

These are a few of my favorite things.

When the pipes leak,

When the bones creak,

When the knees go bad,

I simply remember my favorite things,

And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,

No spicy hot food or food cooked with onions,

Bathrobes and heating pads and hot meals they bring,

These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',

Thin bones and fractures and hair that is thinnin',

And we won't mention our short shrunken frames,

When we remember our favorite things.

When the joints ache,

When the hips break,

When the eyes grow dim,

Then I remember the great life

I've had,

And then I don't feel so bad.

Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores. Please share Ms. Andrews' clever wit and humor with others who would appreciate it.



Did you sing it? I bet it made you smile.



HAPPY VALENTINE'S DAY

Painting America

From a young age, Norman Rockwell knew he wanted to be an artist. He enrolled in the New York School of Art at age 14, and two years later he was already a successful painter. In addition to his position as art director for the Boy Scouts of America's publication *Boys' Life*, he also worked freelance for a variety of other teen magazines.

When Rockwell was 22, he painted a cover for the *Saturday Evening Post*. It was the first of 322 covers for the magazine, including some of his more iconic paintings. "Freedom of Speech," "Freedom to Worship," "Freedom from Want" and "Freedom from Fear"—inspired by President Franklin Roosevelt's 1943 address to Congress—became hugely popular and toured the U.S., raising more than \$130 million for the war effort.

February 2013



THE JANUARY BIRTHDAY PARTY



Each month, we celebrate the birthdays of those residents whose birthday is in that month. On the 8th, we celebrated with the residents who had birthdays in January.

Pictured above are those residents who were able to attend. From the left: Lois VanDame, Windsor Jordan, Billie Lary and Martha Williams. There were a lot of residents who were not able to attend: Betty Jean Wrightson, Sheila Solomon, Mildred Jedrezak, Lorena Miles, John Beacham and Nathan Baumgartner.

On the left is Lois VanDame, who had the honor of having celebrated the most birthdays. Congratulations, Lois.

We love to celebrate with our residents at Coventry Place and hope you will make a special effort to attend to honor your loved one when it's their birthday month.

Call (404) 296-0962 and let us know you're coming. Each birthday celebrant can have four guests at no charge.