



COVENTRY PLACE

www.coventryplace-ga.com

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

January 2013

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

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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.



NEW YEAR

A new year is upon us
 With all its hopes and dreams
 Sit up and pay attention
 Life is more than what it seems.
 Make some resolutions
 Better choices with your meals
 Get up and move around each day
 Move your toes and heels.
 Be thankful always for what you have
 Do not want more than you give
 Be kind to others that you meet
 Respect them as they live.
 If you remember all these things
 As the new year rolls on by
 You’ll be a better person
 And feel good while you try.
 by Mary Ferry

WELCOME

NEW RESIDENTS

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

216 Martha Jean Stanley

404 Mildred Linch

421 Elene Rivers

418 Nellie Boone

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.



Beat the Winter Blues

The winter blues have a way of getting us down, but that doesn't mean we have to stay there. The next time you're feeling in a funk, try one of these methods to boost your mood:

Pull out the photo album. A U.K. study found that looking at personal photos lifted people's spirits by 11 percent. Pick pictures with fond memories, such as those from a fun vacation or family gathering.

Spread the warmth. There's a reason we turn to steaming mugs of hot tea or cocoa for comfort—a Yale study shows that warm liquids can make us feel happier. Taking a warm bath or shower will have the same effect.

Lighten up. Sunlight is a natural mood booster, and studies show that increased light exposure contributes to happiness and better sleep. Open your shades and have a meal by the window to soak up as much daylight as you can.

Put on a happy face. A simple smile is sometimes all it takes to raise your spirits. A cheerful demeanor will also invite others to visit with you.

LET'S GET ALONG WITH EACH OTHER

Let's get along with each other.
That man over there, call him your brother.

It's a cruel world that we live in.
That woman over there, call her your friend.

Let's get along with our fellow man.

When he's down and out, let's give him a hand.

Let's not say bad things about each other.

Let's try to love one another.

If we see a person about to fall,
Let's be there so he can stand tall.

The one standing beside you couldn't be all bad.

We don't know all the problems he's had.

There are so many disillusion.

There is so much confusion.
But if we tried, maybe if we just tried,

We could work it out and stand side by side.

by Ron Dennard



Wit & Wisdom



"I think in terms of the day's resolutions, not the year's."
—Henry Moore

"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work."
—Oprah Winfrey

"Achievable goals are the first step to self-improvement."
—J. K. Rowling

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."
—Confucius

"My current goal is to place a moratorium on goals."
—Jessica Savitch

"It is always during a passing state of mind that we make lasting resolutions."
—Marcel Proust

"A goal without a plan is just a wish."
—Antoine de Saint-Exupery



CAROLERS

We had carolers visiting, and oh, we so enjoyed them!



We made gingerbread houses on Monday the 10th. This is really a great project to get you into the Christmas spirit.



And Billie Lary treated everybody with her homemade cakes. Wow! Thanks, Billie.

DINING ROOM SERVING HOURS

Breakfast

7-8:15 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
		"HAPPY NEW YEAR" 1 10:00 Sit and Be Fit 2:00 "Bringing in the New Year!" Coffee and Donuts in the Card Room RENT DUE
REMEMBER TO USE THE SUGGESTION BOX		
6 3:00 Hymn Sing-along Followed by Chapel Service	7 10:00 Sit and Be Fit 2:00 Shaking It With Daniel 3:45 Veggie Truck	8 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo HAPPY BIRTHDAY SHEILA SOLOMON
13 3:00 Hymn Sing-along Followed by Chapel Service	14 10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Shaking It With Daniel 2:45 Residents' Council Meeting in the Back Dining Room 3:45 Veggie Truck	15 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
20 3:00 Hymn Sing-along Followed by Chapel Service HAPPY BIRTHDAY LOIS VANDAME	MARTIN LUTHER KING DAY 21 Martin Luther King Jr. Day 10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Shaking It With Daniel 3:45 Veggie Truck	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	28 10:00 Sit and Be Fit 2:00 Shaking It With Daniel 3:45 Veggie Truck HAPPY BIRTHDAY MARTHA WILLIAMS	29 9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo

Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit</p> <p>HAPPY BIRTHDAY BETTY JEAN WRIGHTSON</p>	<p>3</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Tea Social Wearing Our Hats</p> <p>HAPPY BIRTHDAY BILLIE LARY</p>	<p>4</p> <p>10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo</p>	<p>5</p> <p>RENT PAST DUE</p> <p>1:45 Movie Matinee 2:00 Games of Your Choice</p>
<p>9</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 2:00 Sit and Be Fit 2:30 Vivian’s Delicious Delicacies</p>	<p>10</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Harry Cooksey Entertaining With Big Band Swing Music</p>	<p>11</p> <p>10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY MILDRED JEDREZAK</p>	<p>12</p> <p>1:45 Movie Matinee 2:00 Games of Your Choice</p>
<p>16</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Wilda’s Wellness Workshop 6:00 Communion and Worship Service With the Reverend Tom Hagood</p>	<p>17</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:30 Arts and Crafts With Anita</p>	<p>18</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at Golden Buddha 2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY WINDSOR JORDAN LORENA MILES JOHN BEACHAM</p>	<p>19</p> <p>1:45 Movie Matinee 2:00 Games of Your Choice</p>
<p>23</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 2:00 Sit and Be Fit</p>	<p>24</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Scrabble or RummiKub With Refreshments</p>	<p>25</p> <p>10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY NATHAN BAUMGARTNER</p>	<p>26</p> <p>1:45 Movie Matinee 2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY JOAN BLANKENSHIP</p>
<p>30</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p>31</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Monthly Wine and Cheese Party “Honoring Our New Residents”</p>		

In the Old West

Horses, cowboy hats and swinging saloon doors—they instantly make us think of westerns. Hugely popular from the late 1940s to the early 1960s, westerns dominated television programming for many years. Notable shows included “Maverick,” “Gunsmoke” and “Bonanza.”

Cowboys weren’t limited to the small screen. Top western films such as “The Searchers,” “High Noon” and “Shane” are still familiar to many people.

The most well-known western actor was John Wayne, who made hundreds of movies over 50 years, including 1969’s “True Grit,” for which he won an Oscar for Best Actor.

Though the time when westerns were ever-present has passed, westerns are still seen in theaters and on television and are still popular with audiences.



Drink Up! Tea for Health

Eastern medicine has long known tea is beneficial for many aspects of life. Western cultures have caught on, and with good reason: Studies show some teas may encourage weight loss, lower cholesterol and even help fight cancer and diabetes. Not all teas are created equal, however. Here’s a guide to help you choose the right brew for teatime:

Black tea. Made from fermented tea leaves, black tea may protect lungs from damage caused by cigarette smoke, may reduce the risk of stroke and helps maintain a healthy circulatory system.

Green tea. Made from steamed tea leaves, green tea has less caffeine than other varieties. Drinking green tea may reduce the risk of skin, breast and colon cancers. It has a high concentration of antioxidants and may help with weight loss, reduce the risk of Alzheimer’s disease and help maintain healthy cholesterol levels.

Oolong tea. A study in the Archives of Internal Medicine reported oolong drinkers had a 46 to 65 percent reduction in hypertension.

Herbal tea. This includes drinks made from herbs or fruit steeped in water, such as chamomile or ginseng, without using leaves from the tea plant.

Drinking hot tea can also raise our spirits, so enjoy a few cups today.

Drinking green tea may reduce the risk of some cancers





TRIM A TREE

We had our annual Trim a Tree event on Dec. 6. It's festive and lots of fun. In the picture on the page to the left are some residents gathering for the event and below are some more.



From the Decatur Sing-along Christmas Party



Ring in a Resolution

With a few New Year's resolutions, you can make a fresh start at any age. Here are some suggested goals for you to work toward this year:

Plan some play. Studies show that social interaction promotes good health and a longer life. Check out your local senior center or your community's activities calendar to see what kinds of programs are available. Game nights, classes and special interest clubs are great ways to meet new people and reconnect with old friends.

Stretch your legs. As we grow older, exercise can provide many benefits. Plan a daily walk to get your muscles moving. You'll soon notice a difference in your body, including looser joints and better balance.

Keep good records. Gather important documents, such as medical and financial information, and store them together in a safe place. Let a friend or family member know where this file is located so it can be easily accessed during an emergency.

Take precautions. Prevent falls by making sure there are no loose edges on carpets or rugs. Use a nightlight or lamp to help you see better when walking around at night.

Remember Me?

Jean Arthur was the quintessential leading lady of the screwball comedy genre popular in the 1930s and '40s, starring in "You Can't Take It With You," "The Talk of the Town" and "The More the Merrier."

Arthur was born Gladys Georgianna Greene and took her professional name from two of her heroes, Joan of Arc and King Arthur.

Shyness and stage fright were a constant presence in Arthur's life. In fact, she was set to play Billie Dawn in the Broadway play "Born Yesterday" but was so overcome with nerves that she left the production.

Arthur starred in the classic films "Mr. Smith Goes to Washington" and "Shane."

In her later years, Arthur taught acting classes at Vassar College, where one of her students was a promising young actress named Meryl Streep.



January 2013



THE DECEMBER BIRTHDAY PARTY



Each month we celebrate the birthdays of those residents whose birthday is that month. On Dec. 11, we celebrated with Lenora Beale and Sylvia Okula, pictured above.

Louise Jones and Bernard Freche also have their birthday in December, but both were hospitalized. We wish them a speedy recovery.

On the left is Sylvia with her family. We feature the person each month who has achieved the most birthdays, and this month that is Sylvia.

We love to celebrate at Coventry Place, and we really enjoy having the families come to celebrate with their loved one and with us.

Mark your calendar and be sure to come when it's your loved one's turn. Please call ahead of time and let us know how many will be attending from your family.