

COVENTRY PLACE

www.coventryplace-ga.com

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

July 2009

Coventry Place Staff Directory

Jo Ann Smith Executive Director
 Barbara Olver Marketing and Activities
 Anita Day Office Manager
 Wilda Johnson Resident Care Director
 Tony Ezzard Chef/Dining Service Dir.
 Anthony Leverett Maintenance Director



OFFICE HOURS

Monday–Friday 8:00 a.m.–5:00 p.m.
 Weekends 9:00 a.m.–5:00 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.



QUIET AT NIGHT, PLEASE

As we get older, we experience the loss of some of the things we took so for granted in the past. One of those things is HEARING. With the loss of our ability to hear as well, it is only natural that we feel people aren't speaking as loudly as they used to and we're constantly asking, "What?" Also, people don't talk as loudly on the television or radio it seems. We often don't realize that they ARE speaking as loudly, we're just not hearing as well. The natural thing to do is turn the volume up.

Please don't—not during the night. There are others who are not hard of hearing, and the noise from your radio or television keeps them from being able to sleep.

There are wireless headphones available to help with this problem. The headphones are very light and comfortable to wear. That way, you can have the volume as loud as you need it and not disturb others. BE A GOOD NEIGHBOR.

WELCOME

NEW RESIDENTS

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

323

Bernard Frech

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.

Welcome
New
Residents

\$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.



JULY 4 INDEPENDENCE DAY LUNCHEON MENU



Barbecued Chicken
Baked Beans
Potato Salad
Cole Slaw
Garlic Bread
Fruit Cobbler



Invite your family and friends to join us. It's only \$5 per guest and you're sure to all have a great time. Please call (404) 296-0962 by Thursday, July 2, and let us know how many guests you'll have. There will be special entertainment at 2:30 p.m. for everyone's enjoyment.

WHY JULY?

Once called QUINTILLIS (from QUINTUS—meaning fifth),

Mark Antony renamed the month

To honor Julius Caesar—that's no myth

Our glorious republic

Got jump-started on the Fourth.

Two centuries (and counting) later

We celebrate for all we're worth.

Remembering as we do

Our forebears, girl and boy,
Who gave their all that

We might have the freedom we enjoy.

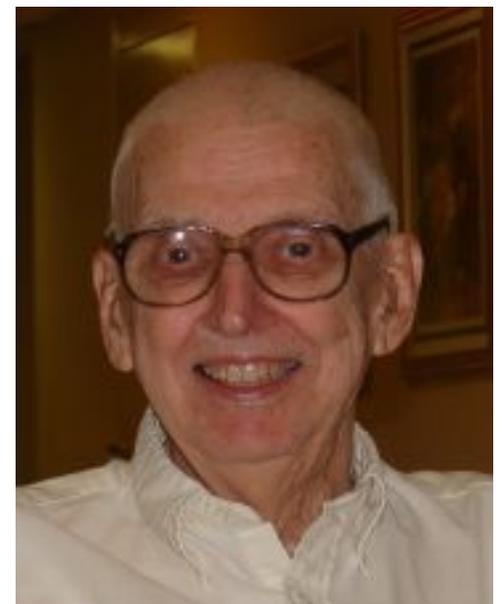
It's up to you and me,

With noses to the grindstone
and shoulders to the wheel,

To save this land of liberty

For our grandchildren's weal.

by John Beavers



Wit & Wisdom



Have a Fantastic Fourth!

Celebrate your freedom
on Independence Day,
July 4. Have a safe
and happy holiday!

A Cause of Concern: the Sun and Your Skin

Summer can mean fun in the sun. Just take every precaution to keep it that way. That means being cautious about sun exposure.

Now, more than ever, it is imperative to take sun exposure seriously. New cases of skin cancer melanoma (a tumor) are increasing among men and women in the United States, according to a recent report in the "Journal of Investigative Dermatology." More than 1 million new cases occur annually. The study revealed the biggest increase is among men 65 and older.

People of all ages should be aware of skin cancer. It can begin to develop in youth, although most skin cancer does not appear until a person is 50 or older. Sun exposure is considered the most likely cause, because every time you get sunburned, skin cells are damaged. That is why, especially in the summer, it is wise to wear hats,

tightly-woven protective clothing, and waterproof or water-resistant sunscreen with UVA protection and an SPF of 30 or more.

How do you determine whether you have skin cancer? If a mole size changes, have it checked. Men need to keep an eye on their backs, necks and trunks. Women need to be alert when it comes to their legs and calves. But melanomas even can appear under arm pits, around belly buttons and on the bottoms of feet.

Skin cancer is treatable and unlikely to spread, but catch it as early as possible.



"Summer afternoon, summer afternoon. To me, those have always been the two most beautiful words in the English language."

—Henry James

"Ah, summer! What power you have to make us suffer and like it."

—Russell Baker

"Deep summer is when laziness finds respectability."

—Sam Keen

"Of all the wonders of nature, a tree in summer is perhaps the most remarkable—with the possible exception of a moose singing 'Embraceable You' in spats."

—Woody Allen

"The dandelions and buttercups gild all the lawn. The drowsy bee stumbles among the clover tops, and summer sweetens all to me."

—James Russell Lowell

MEAL HOURS

Breakfast
7:15-8:15 a.m.
Lunch
12-1:30 p.m.
Dinner
5-6 p.m.

BE SURE TO ...

1. Check the bulletin board DAILY for additional activities or cancellations.
2. Listen to announcements.
3. When you sign up for a trip to the doctor, put down the time as 30 minutes before your appointment to allow time to get there.
4. No plastic, magazines or phone books can be put in the newspaper recycle bins. Be sure not to put your 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 3:30 Chapel Service HAPPY BIRTHDAY, ANNA CHILES AND MARGARET HUDLOW	9:30 Walmart Shopping 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Residents' Council Meeting 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY, FERN WILLIAMS
12	13	14
3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY, GEORGE PATTERSON	10:00 Sit and Be Fit 1:30 Dr. John Noonan 1:30 Shopping at Market Square Macy's 2:00 Sit and Be Fit 2:15 Reminiscence with Barbara 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
19	20	21
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 1:30 Dr. John Noonan 1:30 Let's Play RummiKub 2:00 Sit and Be Fit 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 10:00 Fire Drill 2:30 Bingo HAPPY BIRTHDAY, MICHAEL DAILY
26	27	28
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:15 Reminiscence with Barbara 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY, BERNARD MATTOX AND GRACE DOWIS

Wednesday	Thursday	Friday	Saturday
1 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit	2 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:30 Let's Play RummiKub or Scrabble	3 9:30 Shopping at Farmers' Market 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	4 Independence Day 12:00 July 4 Luncheon 2:30 Special Entertainment in the Dining Room HAPPY BIRTHDAY, JEAN HILBUN
8 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:30 Tony's Tantalizing Tidbits	9 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Watermelon on the Patio	10 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:00 Sit and Be Fit 2:30 Bingo	11 2:00 Movie Matinee "Air Force One" Starring Harrison Ford HAPPY BIRTHDAY, MARY COKER
15 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 6:00 Worship Service with The Reverend Tom Hagood	16 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:30 Barbara's Poker Club HAPPY BIRTHDAY, KATHERINE WRIGHT	17 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	18 2:00 Movie Matinee "Dr. Dolittle" Starring Peter Coyote and Kyla Pratt
22 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 HAPPY BIRTHDAY, JOSEPH HIGGINS	23 <u>GORGEOUS GRANDMA DAY</u> 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:30 Arts & Crafts with Anita	24 10:00 Sit and Be Fit 1:30 Shopping at Walmart 2:00 Sit and Be Fit 2:30 Bingo	25 2:00 Movie Matinee "Kiss the Girls" Starring Ashley Judd
29 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:30 LET'S CELEBRATE MALA MOTT'S 102nd BIRTHDAY There will be special entertainment for Mala <u>HAPPY BIRTHDAY, MALA</u>	30 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Inside Volleyball HAPPY BIRTHDAY, BRUCE STAMEY	31 10:00 Sit and Be Fit 11:00 Dining Out at The Red Lobster in Stone Mountain 2:00 Sit and Be Fit 2:30 Bingo	

Bedtime Snacks

Knowing what bedtime snacks keep you awake will help you fall asleep faster.

The worst things to eat before bed are chocolate or greasy foods (which are difficult to digest) and spicy foods (which cause heartburn). A nightcap may help you fall asleep but can cause night sweats and nightmares.

The best evening snack is a small one that causes your body to relax. For example, if mom gave you milk at bedtime, she knew best—dairy contains tryptophan. Other foods containing this sleep-promoting substance are bananas, oats and honey. Carbohydrates help tryptophan through the bloodstream, so whole wheat toast or crackers with a piece of cheese or low-fat yogurt with granola can also do the trick. Chamomile tea promotes muscle relaxation. Add a bit of honey, and you'll be snoozing in no time.

ACTIVITIES & SPECIAL OCCASIONS IN JUNE



We really enjoyed the Briarcliff Baptist Church Senior Choir.



Anita, Norma and Tony served at the Ice Cream Social. Great Job! Below are Maggie, Joan, Mildred and Wilda.



And then, SURPRISE, Anita had gotten bubble stuff. Jean Hilbun was the champion.



But Rosa and Jeanette were right in there, too.

THAT WAS FUN!



MALA ON HER 101st BIRTHDAY BLOWING OUT THE CANDLES.

MALA MOTT WILL BE 102 on JULY 29

YOU'RE INVITED
TO CELEBRATE MALA MOTT
HER 102nd BIRTHDAY
ON JULY 29 AT 2:30 P.M.

Not only is Mala the oldest resident at Coventry Place in the number of birthdays she has achieved, she's also the resident who has lived at Coventry Place for the most years. It's almost 22 years now. That's quite a record.

Mala is very active, coming to the dining room for lunch and dinner, playing bingo twice a week, and visiting with her many friends. Mala—we want to know your secret.



Ellen Wright's family had a special birthday celebration for Ellen's 90th birthday. Congratulations, Ellen.



Thank you to Chaplain Jennifer Hornbuckle, with Crossroads Hospice, for the moving memorial service for those who passed away in the last fifteen months. Many of the residents who attended shared remembrances of former neighbors. It was very touching.



Barbara Jung has brought a new activity to Coventry Place—Reminiscence. Everyone really enjoyed her first visit. She's now on the schedule to come twice a month. Join in!

Screen Saver

Still wondering what to do with that obsolete analog TV? How about an old computer? Got a cell phone from the 1990s? Believe it or not, somebody will gladly take them off your hands.

Fearing that consumers might dump analog TVs like litter along the highway—after all, they are nearly useless unless they have been updated to digital standards—companies have instituted incentive and take-back programs to encourage the public to responsibly recycle their electronics. It is part of an environmental initiative because of the potential danger. Each year an estimated 400 million units of obsolete electronics are scrapped, and TVs that end up in landfills can have as much as 8 pounds of lead, a poison that can damage the nervous system.

Dell Computers will take back computers regardless of brand. Sony joined Waste Management in a program to accept unwanted electronics. Panasonic pledges to make products more efficient and simpler to recycle.

For information in your area about donating or recycling electronics or recycling in general, try these web sites: www.Earth911.com, www.MyGreenElectronics.org and www.TechSoup.org.



Healthy Tip

Health: Choose Your Exercise

You may have tried to exercise before and become frustrated—but don't give up on it! With regular aerobic exercise (five to seven times per week) you can change your metabolism! And a good metabolism is what you need to burn fat. You may have to work hard, but if you are diligent in your exercise, you will be able to pretty much eat what you want and still be as thin as those "lucky" people born with a great metabolism. To really make a difference, you must be consistent with your exercise ... otherwise you may be wasting your time. You may not love aerobic exercise, but you will love what it does for you. It should be done every day and be as natural as brushing your teeth to really make a difference.

July 2009



THE JUNE BIRTHDAY PARTY



THEDDA LAFFITTE blew out the candles on the birthday cake.

Kay Potter and Barbara really did a great job with the June birthday party. The tables were really lovely.

Those being honored are, seated from left: Ray Johnson and Flora Chen.

Standing from left: Bill Rodgers, Thedda Laffitte, Wilda Trout (with her granddaughter), Ellen Wright and Jane Elliott.

Not pictured are Charles Davis, Earl Polk and Randy Morgan.

Thedda Laffitte was the resident who has achieved the most birthdays for the June party, so she blew out the candles.

Please remember how much it means to us, the staff at Coventry Place, and to your loved one for you to come and celebrate the birthdays with us. The party is on the Friday before the 15th of the month. In July, it will be on the 10th.

Make your plans ahead of time and call (404) 296-0962.