



COVENTRY PLACE

www.coventryplace-ga.com

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

July 2012

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

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.



MALA'S GOING TO BE 105

You're Invited
 Friday, July 27,
 to Celebrate Mala's
 105th Birthday
 at 4 p.m. in the afternoon
 Mexican Food - Live Mexican Music
 Everyone Is Invited



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.

214

Louise Abraham

411

Diane Amis

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.



PLAYING WHEEL OF FORTUNE

One of the games BB&T gave us is Wheel of Fortune. Another is the bowling game. You'll see Flora with a huge smile as she's "throwing" the ball. What fun! Be sure and come on Thursday, July 19, and try it out.



There is an exercise application we need to try out. Anybody out there who is really familiar with the Wii games, come help us get up to speed so we can really experience all of the different things we have been given.

COMFORT ME

Comfort me dear God, make me
know day always
follows night
That You will soothe my soul and
everything will be alright
I had a wonderful time bringing
the Word
The most powerful work to be
heard

Comfort me dear God, please
don't let Satan take
control
Not only does he want my life, he
wants to destroy my
soul
I want to go home so bad
Just put my mind at ease
Let me always remember to go
down on my knees

Comfort me Lord
Take me in the right direction
Let me feel your love and affection
I feel tired and afraid, sleep is not
in my eyes
Your love, Your greatness, may
I realize

Comfort me God, I have nowhere
to go
So many things I do not know
Let me feel the angel you sent to
be with me
Let me hail Glory to God, thanks
for victory
by Ron Dennard





OUR BB&T FRIENDS

Our friends from BB&T gave us a Wii and many of the games that you can play on it. You'll see in the other pictures that it was a real hit. Thank you so much. Remember, BB&T is a bank. If you're thinking about changing banks, remember BB&T.

Know Your Nut Nutrition

A handful of nuts a day could help keep the doctor away.

Although nuts are relatively high in fat, it is mostly unsaturated fat, and nuts are cholesterol-free. They also contain high amounts of fiber, protein, vitamins and minerals. Most tree nuts, plus peanuts, are excellent sources of B-complex vitamins, vitamin E, magnesium, manganese, zinc, copper and phosphorus.

The Food and Drug Administration has said that eating 1 1/2 ounces (about 1/3 cup) of most nuts daily may help reduce the risk of heart disease.

Other nut nuggets:

- South American rainforests are the only place Brazil nuts have been grown successfully.
- Walnuts are high in omega-3 fatty acids.
- Hazelnuts are also known as filberts.

- Pecans are the only commercially cultivated tree nut native to the United States.
- One ounce of almonds provides 35 percent of the daily recommended intake of vitamin E.
- The macadamia nut is native to Australia.
- Cashews contain an antioxidant that helps maintain eye health.
- The pistachio, native to Iran, Syria and Greece, has been cultivated for more than 10,000 years.



Wit & Wisdom

"No man needs a vacation so much as the man who has just had one."
—Elbert Hubbard

"A good vacation is over when you begin to yearn for your work."
—Morris Fishbein

"On vacations: We hit the sunny beaches where we occupy ourselves keeping the sun off our skin, the saltwater off our bodies, and the sand out of our belongings."
—Erma Bombeck

"Those that say you can't take it with you never saw a car packed for a vacation trip."
—Unknown

"Vacations prove that a life of pleasure is overrated."
—Mason Cooley

"I hate vacations. There's nothing to do."
—David Mamet

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	3
<p>RENT DUE</p> <p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Shopping at Walmart</p> <p>2:00 Sit and Be Fit</p> <p>2:30 Residents' Council Meeting With Refreshments</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>7:00 Decatur Sing-Along</p>
8	9	10
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p> <p>HAPPY BIRTHDAY JANE TAYLOR</p>	<p>10:00 Sit and Be Fit</p> <p>1:15 Veterans Program in the Card Room</p> <p>1:30 Dr. John Noonan</p> <p>2:00 Sit and Be Fit</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>
15	16	17
<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 Sit and Be Fit</p> <p>3:45 Veggie Truck</p>	<p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>10:00 Fire Drill</p> <p>2:30 Bingo</p>
22	23	24
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Let's Play RummiKub In the Card Room</p> <p>2:00 Sit and Be Fit</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>
29	30	31
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p> <p>HAPPY BIRTHDAY MALA MOTT</p>	<p>10:00 Sit and Be Fit</p> <p>1:45 Movie Matinee "Temple Grandin" A Great Movie</p> <p>2:00 Sit and Be Fit</p> <p>3:45 Veggie Truck</p> <p>HAPPY BIRTHDAY BRUCE STAMEY</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
<p>Independence Day 4</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 12:00 July 4 Picnic 1:30 Nurturing Dance Therapy 1:30 Kroger Shuttle 2:00 Sit and Be Fit 3:00 July 4 Celebration With Dolly O'Dell</p> <p>HAPPY BIRTHDAY JEAN HILBUN</p>	<p>RENT PAST DUE 5</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Arts and Crafts With Anita</p> <p>HAPPY BIRTHDAY ANNA CHILES</p>	<p>6</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>7</p> <p>1:45 Movie Matinee “Julie and Julia” The Story of Julia Childs</p> <p>2:00 Games of Your Choice</p>
<p>9:30 Kroger Shuttle 11</p> <p>10:00 Sit and Be Fit 10:30 Blood Pressure and Balance by Camellia Home Health 1:30 Nurturing Music Therapy 1:30 Publix Shuttle 2:00 Sit and Be Fit 2:30 Vivian’s Delicious Delicacies</p> <p>HAPPY BIRTHDAY MARY COKER</p>	<p>12</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Ice Cream Social Sponsored by Serenity</p>	<p>13</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at the Olive Garden</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>14</p> <p>1:45 Movie Matinee “A River Runs Through It” Starring Robert Redford</p> <p>2:00 Games of Your Choice</p>
<p>9:30 Kroger Shuttle 18</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Nurturing Massage Therapy 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Wilda’s Wellness Workshop 6:00 Worship Service and Communion With the Reverend Tom Haygood</p>	<p>19</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Wii Bowling Come and Play Our New Game We’ll Bowl and Have Refreshments</p>	<p>9:30 Shopping at Walmart 20</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY FRANCES BELINS</p>	<p>21</p> <p>1:45 Movie Matinee “Blind Side” Starring Sandra Bullock</p> <p>2:00 Games of Your Choice</p>
<p>25</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 1:30 Nurturing Art Therapy 2:00 Sit and Be Fit</p>	<p>26</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Wine and Cheese Party</p>	<p>27</p> <p>9:00 Dr. Lee Cohen (Dentist) 10:00 Sit and Be Fit 10:00 DeKalb Mall Shopping and Lunch at the Food Court</p> <p>2:00 Sit and Be Fit 2:30 Bingo 4:00 Celebrating Mala Mott’s 105th Birthday</p>	<p>1:45 Movie Matinee 28</p> <p>“Joshua” Starring Tony Goldwyn Joshua Is an Inspirational Story About a Stranger Whose Mysterious Supernatural Powers Inspires a Small Town</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY BERNARD MATTOX</p>
			

A Will Your Way

Making a will is a simple way to ensure that your assets, from property to personal items, are passed on to the people you want to have them. Knowing that you've made a will also puts family members' minds at ease; once you've expressed your wishes, it may reduce tension among relatives.

It isn't necessary to hire a lawyer to draft a will. Even lawyers usually start from a standard form and add the details. You can do the same thing yourself with downloadable software or an online form, both of which can be purchased for a fraction of a lawyer's fee on sites such as www.Nolo.com.

Basic requirements include signing your will in front of two witnesses. However, if you have any questions about your options, your assets or any other aspect of your will, don't hesitate to consult an attorney.



Go for the Gold

Every four years, all around the world, people enjoy watching the Summer Olympic Games. This year's games take place July 27–Aug. 12 in London, England.

The first modern Olympic Games in 1896 featured nine sports: athletics (track and field), cycling, fencing, gymnastics, shooting, swimming, tennis, weightlifting and wrestling. All nine will be part of this summer's event.

From 1900 to 1992, the games often included "demonstration sports." These were usually sports specific to the host country, such as American football in the United States or a wrestling competition called glima in Sweden. Eventually, the number of regular events became so

high that the tradition of including demonstration sports was suspended.

Becoming the host city for the Olympic Games involves a long process and carries benefits and challenges. After a site is chosen, the city has seven years to prepare for the event. Hosting the games can be healthy for a city's economy and bring the area prestige. Preparing for the games usually involves improving a city's infrastructure and constructing venues that can be enjoyed by residents after the games are over.

The United States has hosted four Summer Olympic Games, more than any other country. In 2016, the Summer Olympics will be held in Rio de Janeiro, Brazil.



THE DAZZLING DAMES

The Dazzling Dames (see the picture on the left) really entertained us. Maybe we need to be dancing for the smiles and the exercise.



Beautiful dances and beautiful costumes.



THE WINE AND CHEESE PARTY



NURTURING ART THERAPY



REMEMBER TO ATTEND THE RESIDENTS' COUNCIL MEETING ON JULY 2



The Residents' Council is your voice at Coventry Place. We have about 30 to 35 residents who attend. That's less than one third of our population. Please come Monday, July 2, and give it a try. This is the time to voice your pros and cons and to hear from your neighbors about theirs.

JOHN BEAVERS

'NOTHER TWISTER, SISTER

Ripped by lightning, shook by thunder,

Another small town torn asunder.

Hold your fire, this was no blunder,

Mother nature came to plunder.

Year in, year out, the fact remains,

Tornados love the southern plains.

by John Beavers

MEMORIAL DAY HORSESHOES

On Memorial Day, there was a horseshoe game on the patio.

Bernard Mattox, John Beacham, Danny Rockecharlie and Ron Dennard played.

Bernard and John scored two dead-ringers. On the sidelines enjoying the game were Kay Potter and Jeanette Farrar.

Want to play? The game is available anytime.



July 2012



THE JUNE BIRTHDAY PARTY



On Tuesday, June 12, we celebrated the birthdays of all the residents who were born in June.

The residents who attended are pictured above. They are seated from the left: Bob Gratton, Flora Chen, Ester Williams, Wilda Trout, Jane Elliott and Bill Rogers. Standing are: Eileen Halligan, Danny Rockecharlie and Charlie Davis.

Unable to attend and not in the picture are Randy Morgan, Charlotte Hicks and William Orr.

Featured on the left is Ester Williams. Ester was honored this month because she has achieved the most birthdays. Congratulations, Ester. Here's to many, many more.

The party each month is on the Tuesday before the 15th. Plan to attend when your loved one has their birthday month. Call ahead of time so we can have a special table for your family to be able to celebrate together. Each resident who's celebrating can have up to four guests at no charge. It's lots of fun!