



COVENTRY PLACE

www.coventryplace-ga.com

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

June 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

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.



Welcome Summer

Summer solstice, also known as the first day of summer and the longest day of the year, is June 21.

Burst of Flavor

Senses of taste and smell diminish with age, so you may be tempted to salt your food more heavily than before, even though seniors generally need less salt than younger people. To add more pep to meals, reach for herbs, mild spices, lemon juice and healthful oils, such as olive oil, to season food.

Tell Your Eye Doctor

Some medicines can affect your eyesight. If you're scheduled to have your vision examined, prepare a list of all your medications and take it to the eye doctor.

Hats Off to Dad

Father's Day is June 19.

WELCOME

NEW RESIDENTS

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

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.

New Residents
122 Janey Ring
420 Lucille and Ben Burney
Transfers
502 Julia Essey
504 Sheila Solomon
510 Bill Rodgers
426 Ethel Herron
311 Avis Dykes



\$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.



Summer Nights at the Drive-In

At least a couple of generations of Americans spent many a warm summer night at the local drive-in theater, taking in a double feature, cartoons and a newsreel of current events.

Richard M. Hollingshead of Camden, N.J., is credited with inventing the drive-in in the late 1920s. He experimented with a movie projector mounted on the hood of his car, projecting the picture onto a screen nailed to trees in his backyard. By 1933, Hollingshead had improved his invention to the point that he secured a patent and opened his first theater.

Following World War II, the baby boom hit with full force and growing families were looking for economical entertainment. By 1958, drive-ins across the U.S. numbered more than 5,000 and expanded beyond movies to include playgrounds, kids' rides, talent shows, miniature golf and even animal shows. Some drive-ins would open the gates as much as three hours before showtime so families could make an entire evening of a trip to the drive-in.

Health & Wellness

Halt Heartburn

Occasional heartburn, which occurs when digestive juices from the stomach travel back up into the esophagus, usually is harmless. Frequent episodes, however, may indicate gastroesophageal reflux disease (GERD) and warrant a trip to the doctor. Untreated, GERD can lead to chronic inflammation of the esophagus and precancerous changes to cells.

Advancing age raises the risk of heartburn, but careful food choices can help keep it at bay.

Here are some tips from WebMD:

- *Watch your portions.* Don't load your stomach with more food than it can comfortably digest.
- *Slow down.* Dining in a dash doesn't set the stage for good digestion.
- *Limit fatty foods.* They stay in the stomach longer, creating more opportunity for discomfort.
- *Avoid acids.* Tomatoes, citrus fruits and vinegar-based foods can cause irritation, especially if they're eaten on an empty stomach.
- *Hold the hot peppers.* Dialing down the heat doesn't mean bland food. Many herbs and spices add flavor without fire.

Wit & Wisdom



ARLINE CORBETT WITH HER BRIDGE CLUB

New resident Arline Corbett had her bridge club at Coventry Place. Any other bridge players out there? Maybe we can have our own bridge club here.

WE DYED EASTER EGGS

Lots of residents participated in dyeing Easter eggs to be used as the centerpiece for the Easter Luncheon. The tables looked wonderful. Watch for activities like this on your calendar in the monthly newsletter. It's fun to do and a great way to make friends.



"Those who bring sunshine into the lives of others cannot keep it from themselves."

—J.M. Barrie

"Far away, there in the sunshine, are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—Louisa May Alcott

"Just living is not enough. One must have sunshine, freedom and a little flower."

—Hans Christian Andersen

"He that will enjoy the brightness of sunshine must quit the coolness of the shade."

—Samuel Johnson

"A day without sunshine is like, you know, night."

—Steve Martin

"What sunshine is to flowers, smiles are to humanity."

—Joseph Addison

WIN WIN WIN

We start out in the spring,
So full of pep and zeal,
That by the end of March
We just know we'll wheel and deal.

But then comes April and we find
The competition is prepared
To answer back in kind.

So before we can wrap up
The World Series and all,
There comes the painful truth:
Ya gotta hit th' ball!



by John Beavers



FATHER'S DAY LUNCHEON

Our Father's Day luncheon will be on Sunday, June 19, at noon. Please call and make reservations (404-296-0962). The menu will be:

Salmon or Chicken
Garnished with Parsley
Green Bean Casserole
Scalloped Potatoes
Watergate Salad
Yeast Rolls
Pecan Pie

DADS

"Any man can be a father. It takes someone special to be a dad."

--Anonymous

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
<p>REMEMBER TO USE THE SUGGESTION BOX</p>		
<p>5</p> <p>RENT PAST DUE</p> <p>3:00 Hymn Sing-Along Followed by Chapel Service</p>	<p>6</p> <p>9:30 Shopping at Walmart 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Movie Matinee Angela Lansbury in SHELL SEEKERS 3:45 Veggie Truck</p>	<p>7</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>
<p>12</p> <p>3:00 Hymn Sing-Along Followed by Chapel Service</p> <p>Happy Birthday Freddie Mathis</p>	<p>13</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan 2:00 Sit and Be Fit 2:30 RummiKub in the Card Room 3:45 Veggie Truck</p>	<p>14</p> <p>FLAG DAY</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon</p> <p>2:30 Bingo</p> <p>7:00 Decatur Sing-Along Happy Birthday Charlie Davis</p>
<p>HAPPY FATHER'S DAY 19</p> <p>12:00 Father's Day Luncheon</p> <p>3:00 Hymn Sing-along Followed by Chapel Service</p> <p>Happy Birthday Bill Rodgers</p>	<p>20</p> <p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Truck</p>	<p>21</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>
<p>26</p> <p>3:00 Hymn Sing-Along Followed by Chapel Service</p>	<p>27</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:00 Movie Matinee Julia Roberts in PRETTY WOMAN 3:45 Veggie Truck</p> <p>Happy Birthday Sakae Makita and Randy Morgan</p>	<p>28</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>

Wednesday	Thursday	Friday	Saturday
<p>RENT DUE 1</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>Happy Birthday Eileen Halligan</p>	<p>2</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 11:00 Play Horseshoes on the Patio</p> <p>1:30 Crafts With Anita</p>	<p>3</p> <p>10:00 Shopping at Big Lots 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>4</p> <p>10:30 Hug a Puppy</p> <p>2:00 Games of Your Choice</p>
<p>8</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>Happy Birthday Mary Harrison</p>	<p>9</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Meet Your Neighbor With Ice Cream, In the Card Room</p>	<p>10</p> <p>10:00 Sit and Be Fit 11:00-1:00 Rosie's Jewelry</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>Happy Birthday Wilda Trout</p>	<p>11</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p>15</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Vivian's Delicious Delicacies</p> <p>6:00 Communion and Worship Service With the Reverend Tom Haygood</p>	<p>16</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Slam Scrabble With Refreshments</p>	<p>17</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at Cracker Barrel</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>Happy Birthday William Orr</p>	<p>18</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p> <p>Happy Birthday Ester Williams</p>
<p>22</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 2:00 Wilda's Wellness Workshop</p> <p>Happy Birthday Jane Elliott</p>	<p>23</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Cootie Game in the Card Room With Refreshments</p> <p>Happy Birthday Flora Chen</p>	<p>24</p> <p>10:00 Sit and Be Fit 11:00-1:00 Rosie's Jewelry</p> <p>1:30 Shopping at Walmart</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>Happy Birthday Bob Grattan</p>	<p>25</p> <p>2:00 Games of Your Choice</p>
<p>29</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>30</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Wine and Cheese Happy Hour</p>	<div style="text-align: center;">  JUNE </div>	<p>REMEMBER TO USE THE SUGGESTION BOX</p>

LUNCHEON



Lenora Beale with her family



Rosemary Sohl and daughter



Naomi Kelley and children



Estelle Byrd and family



Marjorie Stanfiel and family

EASTER CELEBRATIONS



On April 19, the results were announced for the winner of the Jelly Bean Contest. Jean Hilbun came in first and Sylvia Okula was second. Congratulations!



Then on April 21, the drawing was held for the Easter Basket Raffle. A new resident's son drew the winning ticket and the winner was Sara Adams. This raffle raised \$116 for our sound system project.

MOTHER'S DAY LUNCHEON



Bill Hanna presented each mother with a rose at the Mother's Day Luncheon. Barbara helped him give them out.



Here's Bill, giving Mala her rose. Thank you so much, Bill, from all of the ladies.

Summer

OTHER ACTIVITIES IN APRIL AND MAY



The April 28 Wine and Cheese Happy Hour



Happy Hour



More Happy Hour



Mike Smith entertained on May 12. He sings the songs that "we" identify with and sings them really well. I heard some of the ladies in the lobby talking afterward, and they really enjoyed Mike's entertainment.

MARK YOUR CALENDAR TO PARTICIPATE



Dominating the World Skyline

At 2,716 feet and more than 160 stories, the Burj Khalifa in Dubai, United Arab Emirates, holds the world record as the tallest building. Inside this architectural wonder, which opened in 2010, is an observation deck on the 124th floor, a restaurant on 122, the Armani Hotel Dubai with 160 guest rooms and a four-story recreation center.

Since 1998, the Middle East and Far East have led the continuing quest for "tallest-building" distinction, with nine of the top 10 structures built in those areas of the world. The Taipei 101 in Taiwan held the previous height record at 1,670 feet and 101 stories. Opened in 2004, the landmark skyscraper was named for its floor count and was designed to withstand typhoons and earthquakes. It contains a multilevel shopping mall with hundreds of stores, restaurants and clubs.

Other structures on the top 10 list for height include the Shanghai World Financial Center, the International Commerce Center in Hong Kong, the twin Petronas Towers in Kuala Lumpur and the Nanjing Greenland Financial Center in Nanjing, China. The only North American structure on the top 10 list is the Willis Tower in Chicago (former Sears Tower).

LUNCHEON



Irene Wilkerson and family



Billie Lary and family



Martha Williams and family



Jeanette Farrar and family



Marion Hodges and family

June 2011



THE MAY BIRTHDAY PARTY



On Tuesday, May 10, we celebrated the birthdays of all the residents who were born in May. We had lots of guests, great food and even more fun.

The resident who had achieved the most birthdays was Tiny Schobel, pictured on the left.

Above in the picture, from the left, are the honorees:
Seated- Sarah Alouf and Tiny Schobel

Standing - Ethel Herron, Doris Cannon, Sara Adams, Mary Margaret Shea and Jackie Meran. Not pictured is Al Brown, who wasn't able to attend.

Please put on your calendar to come to the birthday luncheon when your loved one has their birthday month. The June luncheon will be on the 14th. Each resident can have up to four guests at no charge and we have a special menu for this event.

Call ahead, (404) 296-0962, to make reservations.