



COVENTRY PLACE

www.coventryplace-ga.com

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

Coventry Place Management

Doug Baker Executive Director
 Jona Payne Marketing Director
 Anita Day Business Office Director
 Wilda Johnson Personal Care Director
 Zorana Zrnic Activities Director
 Anthony Leverett Maintenance Director
 Anthony Brown Dining Services Director
 Vivian Durden Assistant Dining Director
 Barbara Olver Office Administration



OFFICE HOURS

Monday–Friday 9 a.m.–5 p.m.
 Weekends 8 a.m.–3 p.m.

COVENTRY PLACE CONTACT INFORMATION

PHONE - (404) 296-0962

Emergency - (404) 861-8304

E-mail - marketing@coventryplace-ga.com
doug.coventryplace@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.

June 2013



Father's Day Fun Facts

- The first Father's Day happened on June 17, 1910.
- It took place after a successful campaign by Sonora Dodd to recognize the role of male parents with a celebration similar to Mother's Day.
- Sonora Dodd's inspiration was her own father who successfully raised six kids alone after his wife died in childbirth.
- A June date was chosen because this was when Sonora Dodd's father, William Smart, was born.
- While the holiday started to spread, many men thought that celebrating Father's Day with flowers and gifts was too commercial and not manly enough.
- In the 1920s and 1930s, some people campaigned to scrap both Mother's Day and Father's Day and just have Parents' Day—that never caught on.

HAPPY FATHER'S DAY!

WELCOME

WELCOME, NEW RESIDENTS

Everyone is excited about the new residents who have moved in! Watch for the new faces and introduce yourself. Moving to a new community can be challenging, especially when you don't know anyone. A really nice gesture would be to invite them to an activity with you.

Be a friendly neighbor and make them feel at home when you meet them! Harold King, Sahib "BOBBY" Pasha, Betti Snow, Jeanie Campbell, Mildred Brisson, Jean Ramsey, Debra Pauli

Want \$200? COULD YOU USE AN EXTRA \$200?

Refer a friend to move to Coventry Place and let the Executive Director know their name and telephone number. If they move in, after 30 days, not only will you have a new neighbor, you'll get \$200!



Ability Rehab is a Medicare Provider of Outpatient Physical, Occupational and Speech Therapy on-site at Coventry Place. Therapy specializes in the area of injury prevention as well as traumatic injury rehabilitation for acute injury. If you are having trouble with any of the following: walking, balance, general weakness, pain in the back, knee, or hip area, or find doing activities such as dressing, showering or eating are hard to complete, then you may benefit from Ability Rehab's services. The therapists who will work with you to provide services are: Jennifer (OT), Quiana (PT), and Clare (SLP). Ability Rehab's therapy room is located on the 2nd floor of Coventry Place. Please come by to introduce yourself and bring any questions that you may need to be answered with you!

Have You Heard? Interesting Facts About the Month of June

June is the month with the longest daylight hours of the year in the Northern Hemisphere. June's birthstones are the Pearl, the Moonstone and the Alexandrite. The June birth flowers are the Rose (Rosa) and the Honeysuckle (Lonicera). In 2009, June was the 662nd most popular name for girls in the USA. Anglo-Saxons gave June the name Sera monath (Dry month). June is derived from either Juno goddess of marriage or from iuniores (young people). In both common and leap years, no other month begins on the same day of the week as June. June is international men's month. June has the shortest daylight hours of the year in the Southern Hemisphere!



Schedule a Checkup

An occasional scheduled visit to the doctor could prevent multiple visits in the future. Your physician can offer tips on staying healthy, monitor blood pressure and other health factors, and provide immunizations that can prevent disease.



The Legends Show
A TRIBUTE TO THE OLDIES



A Long Way to the Finish Line

The 100th Tour de France will take place June 29 through July 21. The bicycle race covers about 2,000 miles throughout France.



Talk About It

Kentucky Derby

"The Run for the Roses," or "The Most Exciting Two Minutes in Sports," the first Derby race occurred in 1875 in Kentucky. The **Mint Julep** is the official drink. **Burgoo** a thick, meaty stew is the traditional meal for Derby goers. **Millionaire's Row** is the premium seating area that houses the rich and famous Kentucky Derby guests during the races. The **Triple Crown** is a series of three races, the Kentucky Derby, the Preakness Stakes and the Belmont Stakes, that is held annually. The **Derby Hat Parade** takes place inside of Churchill Downs. The **Kentucky Derby Festival** is an annual two-week series of events held in Louisville, Kentucky, beginning with Thunder Over Louisville and leading up to the Kentucky Derby. The **Infield** is best-known for hosting the largest Kentucky Derby party.



Mr. Sahib "BOB" Pasha at the Wine and Cheese Party.



Asha, the sword dancer!



Tippy the Clown Visits Residents



May 4, Our Derby Party Was Great! Beautiful hats, ice cream with Creme de Menthe, wonderful strawberries and grapes. Elizabeth Fitch drew the lucky horse #16 ORB and won the jackpot at the Derby Party! Be sure to congratulate Elizabeth when you see her!



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
<p>Father's Day</p> 	<p>Written by resident John, Beavers My eyes are dim, I cannot see I have not brought my E-6-B, I have not brought my E-6-B!</p>	
2	3	4
<p>3:00 Hymn Sing-Along Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit 2:00 Exercise With Daniel 2:30 Residents Council Meeting 3:30 Bridge Social 3:45 Veggie Truck</p>	<p>9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 11:00 Wheel of Fortune 1:00 Coventry Walking Club 2:30 BINGO 7:00 Decatur Sing-Along</p>
9	10	11
<p>3:00 Hymn Sing-Along Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit 1:00 Pamper and Polish: Nail Talk 1:30 Doctor John Noonan 2:00 Exercise With Daniel 3:30 Bridge Social 3:45 Veggie Truck</p>	<p>10:00 Sit and Be Fit 11:00 Wheel of Fortune 12:15 Birthday Luncheon 1:30 Coventry Walking Club 2:30 BINGO</p>
16	17	18
<p>3:00 Hymn Sing-Along Followed by Chapel Service</p>	<p>Happy Birthday William Orr 10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Exercise With Daniel 3:00 Bridge Social 3:45 Veggie Truck</p>	<p>Happy Birthday Easter Williams 9:30 Doctor Runs 10:00 Sit and Be Fit 11:00 Wheel of Fortune 1:00 Coventry Walking Club 2:30 BINGO</p>
23/30	24	25
<p>Happy Birthday Danny Rockecharlie Happy Birthday Flora Chen 3:00 Hymn Sing-Along Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit 1:00 Pamper and Polish: Nail Talk 2:00 Exercise With Daniel 3:30 Bridge Social 3:45 Veggie Truck</p>	<p>10:00 Sit and Be Fit 11:00 Wheel of Fortune 1:00 Coventry Walking Club 2:30 BINGO</p>

Wednesday	Thursday	Friday	Saturday
			RENT DUE 1 Happy Birthday Ellen Halligan 10:00 Hug a Puppy 1:00 Movie and Popcorn 2:00 Games of Your Choice
<div style="text-align: right;">5</div> 9:30 Kroger Shuttle 10:00 Sit and Be Fit 11:00 Bowl-a-Mania 1:30 Kroger Shuttle 1:30 Nurturing Therapy 3:00 Hot Tea Social	<div style="text-align: center;">OH, NO!! LATE FEES BEGIN</div> <div style="text-align: right;">6</div> 9:00-1:30 Doctor Runs 10:00 Sit and Be Fit 1:00 Arts and Crafts With Zorana 2:30 Entertainment With Ron 3:30 Game of SORRY	<div style="text-align: right;">7</div> 10:00 Sit and Be Fit 1:30 Shopping at Walmart 1:30 Ice Cream Social Outside/Inside 2:30 BINGO 3:30 Bridge Social	<div style="text-align: right;">8</div> 2:00 Games of Your Choice
<div style="text-align: right;">12</div> 9:30 Kroger Shuttle 10:00 Sit and Be Fit 11:00 Bowl-a-Mania 1:30 Publix Shuttle 2:00 Vivian Delicious 3:30 Pamper and Polish: Nail Talk	<div style="text-align: right;">13</div> 9:30-1:30 Doctor Runs 10:00 Sit and Be Fit 2:00 Live Entertainment-Pam Thomas 3:30 Game of Sorry	<div style="text-align: right;">FLAG DAY!</div> <div style="text-align: right;">14</div> Happy Birthday Charles Davis Happy Birthday Dorothy Brandon 10:00 Sit and Be Fit 11:15 Outback Steak Outing 1:30 Ice Cream Social Outside/Inside 2:30 BINGO 3:30 Bridge Club Social	<div style="text-align: right;">15</div> 1:00 Movie and Popcorns 2:00 Games of Your Choice
<div style="text-align: right;">19</div> 9:30 Kroger Shuttle 10:00 Sit and Be Fit 11:00 Bowl-a-Mania 1:30 Kroger Shuttle 3:00 National Iced Tea Day 6:00 Communion and Worship Service With Tom Haygood	<div style="text-align: right;">20</div> 9:30-1:30 Doctor Runs 10:00 Sit and Be Fit 1:00 Karaoke Fun 3:00 Wine and Cheese Party	<div style="text-align: right;">21</div> 10:00 Sit and Be Fit 1:30 Pizza Party 2:30 BINGO 3:30 Bridge Social	<div style="text-align: right;">22</div> Happy Birthday Jane Elliot 2:00 Games of Your Choice
<div style="text-align: right;">26</div> Happy Birthday Herman McKinney 9:30 Kroger Shuttle 10:00 Sit and Be Fit 11:00 Bowl-a-Mania 1:30 Publix Shuttle 2:00 Wilda's Wellness Workshop	<div style="text-align: right;">27</div> Happy Birthday Randy Morgan 9:30-1:30 Doctor Runs 10:00 Sit and Be Fit 1:00 Watermelon Contest 2:30 Let's Play Scrabble	<div style="text-align: right;">28</div> 9:30 Shopping at Walmart 10:00 Sit and Be Fit 11:00 Bowl-a-Mania 1:30 Ice Cream Inside/Outside 2:30 BINGO 3:30 Bridge Club Social	<div style="text-align: right;">29</div> 1:00 Movie and Popcorn 2:00 Games of Your Choice

Caregiver Success

Curtarha Yarbrough, CNA

One can say the best feeling ever is doing hard work and knowing that you tried. Another can say the fence is the limit; let's hit it! Whatever goals you seek to attain, I hope you do it with intelligence and wisdom. You will realize that the time and energy you spent in study and classroom work were not in vain, but prepared you for a bright future. It is an exciting time in your life and we wish to congratulate you on becoming a State Certified Nurse Assistant!

Thank you from
Coventry Place



It's Easy to Exercise Indoors

When it comes to exercise, finding the motivation to stick with it is often the hardest part, especially if the weather isn't cooperating. When it gets too cold or hot outdoors, move your routine inside with these ideas:

No equipment? No problem. Canned goods, water bottles or even heavy books can all substitute for hand weights. Climbing stairs can be a great workout: Dr. Cedric Bryant of the American Council on Exercise says that a 180-pound person will burn nine calories a minute walking up stairs at a moderate intensity.

Turn on the TV. Believe it or not, you can get plenty of healthy movement in during your favorite show. During commercials, do push-ups, lunges and abdominal crunches, or simply walk or jog in place. See how many reps you can do each time, and try to increase it next time.

Clean house. According to www.CalorieLab.com, there's a lot of

weight to be lost doing housework. A 150-pound person can burn 39 calories sweeping the floor for 15 minutes, 22 calories washing dishes or ironing, and 26 calories watering plants.

Now there's no excuse to miss a workout. Remember, before you begin any fitness routine, first consult with your medical care provider.



Residents Exercising with Daniel From The Ability Rehab Team!

Marathon Day - Written by Resident Mary Ferry

The world has changed so drastically We see it day by day
Destruction has ruled over peace
In the good old USA. With guns & bombs & other means
Of tearing us apart search to make a better life
We look within our hearts. A marathon was run on Patriots Day, no less
An annual event over 100 years, no guess
During these 100 years, it had been run in peace
Memories that haunt the runners
This year will never cease. As some crossed the finish line
A bomb burst in their ears
Another explosion added to the fears.
Three were killed, many injured &
Others who just cried A day that closed the city no matter how we tried.



Our flag is representative of our independence and our unity as a one nation, under God, indivisible. Our flag has a proud and glorious history. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride! President William Taft issued an executive order in 1912 dictating the proportions for the flag and placement of the stars. Before then, these features were left up to the flag maker, resulting in unusual star arrangements and odd proportions. Betsy Ross, often credited with sewing the nation's first flag, apprenticed not as a seamstress but as an upholsterer, learning to make and repair curtains, bedcovers, tablecloths, rugs, umbrellas and Venetian blinds. Congress officially adopted the Stars and Stripes as the nation's flag on June 14, 1777. "The Star-Spangled Banner," is based on a 15-star, 15-stripe flag sewn by Mary Pickersgill for Fort McHenry in Baltimore. Vermont and Kentucky had recently been added to the original 13 states. The U.S. flag has been modified 26 times since its adoption in 1777.

Laughing Corner

A couple in their 90s are both having some short-term memory loss. While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down.

Later that evening they're sitting and reading, when the husband gets up.

"Would you like anything from the kitchen?" he asks.

"Some vanilla ice cream," his wife replies.

"Okay."

"Shouldn't you write it down so you don't forget it?" she asks.

"Don't worry, I won't forget."

"Well," she says. "A few raspberries on top would be great. You want to write that down?"

"I've got it, honey. A bowl of vanilla ice cream with raspberries on top."

"And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?"

A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!"

He waddles out to the the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife.

She looks at the plate a few seconds, then says, "You forgot my toast."



Wit & Wisdom

Positive Thought

"A cloudy day is no match for a sunny disposition."

—William Arthur Ward

Holiday ABCs

I is for Idly licking a cone

C is for Choosing the right flavor

E is for Eagerly sampling varieties

C is for Cone Confections

R is for Recommending flavors

E is for Eating it with friends

A is for Almost dripping on your shirt

M is for Multiple scoops

'Ire' Is One

How many words can you come up with using the letters in "mysterious"?

Motivational Tip

"If we did all the things we are capable of, we would literally astound ourselves."

—Thomas Edison

At Sea

World Oceans Day is celebrated on June 8.

June 2013



HAPPY BIRTHDAY!

May Birthdays

- Sara Adams 5/2
- Bertie Mae Brown 5/3
- Jackie Meran 5/4
- Doris Cannon 5/28
- Ben Burney 5/31



Ben Burney turning 103.