



COVENTRY PLACE

www.coventryplace-ga.com

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

March 2010

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) 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.



Veggies May Reduce Cancer Risk

Mom was right; you should eat your vegetables. Doing so may help decrease your chance of developing colorectal cancer. Colon and rectal cancer affect hundreds of thousands of individuals each year. In 2009, nearly 150,000 new cases were diagnosed. Studies suggest that diets high in fat and low in calcium, folate and fiber may increase the risk of colorectal cancer. Additional studies suggest that people who eat a diet very low in fruits and vegetables may be at higher risk. During Colorectal Cancer Education and Awareness Month in March, take steps to decrease your chances of developing this disease. For more information, visit www.Cancer.gov.

How to Avoid Estate Taxes

Benjamin Franklin said, "In this world nothing is certain but death and taxes." But there are ways to reduce the amount of your money that gets paid out to estate taxes: gifting money annually, investing in trusts, establishing family corporations, private annuities, irrevocable life insurance trusts and family limited partnerships. As with all financial planning, it's important to meet with a lawyer to discuss your best options and create an estate plan.

WELCOME

NEW RESIDENTS

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

206

Althea Miller

220

Bill Hanna

426

Betty and Bob Grattan

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.

\$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.



ST. PATRICK'S DAY PARTY



YOU ARE INVITED TO A
ST. PATRICK'S DAY PARTY
ON WEDNESDAY, MARCH 17
AT 6:00 IN THE EVENING
REFRESHMENTS WILL BE SERVED
AND ENTERTAINMENT WILL BE BY
SINGING STEVE.



Be sure to come, invite a friend and, don't forget, wear something green if you can. Steve is really fun to sing along with, so get ready.

SATISFACTION

Life that was frenetic,
Full of games and fun,
Now smolders in a twilight
haze,
A race that's almost run.

The competitions ended,
It's time to settle back,
Enjoy the things we've earned
And forget the things we lack.

For what more could we ask,
For what more could we pray,
Than the warmth of loving
friends
To brighten every day.

by John Beavers



HEARING AIDS

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and was able to be fitted for hearing aids that allowed him to hear 100%. He went back a month later and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." The elderly gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"



Alla Mulvehill has been playing the "bayan," or button accordion since she was 8 years old.

THE BAYAN

The residents who celebrated their birthdays in February had a special treat when Alla Mulvehill came and started playing. Alla is a native of the former Soviet Republic Ukraine. She completed studies at the Leontovych Music College in Vinnitsa and from the Kiev University of Arts and Culture. Alla immigrated to the U.S.A. in 2003. She is the lead accordionist with the Atlanta Balalaika Orchestra. She has played the accordion lead in "Fiddler on the Roof."

Alla can tailor her performance to the particular musical tastes of her audience, and is available for day or evening performances. Would you like to have Alla entertain at Coventry Place?



Lenora Beale's sculpture



Sally Faletti's artwork



April Reid's pictures



Kay Potter's husband

The residents who participated really enjoyed it. Let us know if you would like to do this again.

SHOW AND TELL

We had a new activity in February, "Show and Tell." Here are some of the items that were shared.



Joyce King's paintings shared by Freeman



Kay Potter shared pictures from her husband's experiences during WWII



Bobbie Idleman's quilting



Grace McCoy's quilting

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>1</p> <p><u>RENT DUE</u></p> <p>9:00-1:00 AARP Free Income Tax Preparation 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Resident's Council Meeting 3:45 Veggie Truck</p>	<p>2</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY LARRY STARKS</p>
<p>7</p> <p>3:00 Hymn Sing-along 3:30 Chapel Service</p>	<p>8</p> <p>9:00-1:00 AARP Free Income Tax Preparation 10:00 Sit and Be Fit</p> <p>1:30 Shopping at Walmart 2:00 Sit and Be Fit 3:45 Veggie Truck</p> <p>HAPPY BIRTHDAY SCOTTY SIMPSON AND FRED BUDDY</p>	<p>9</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur Sing-a-long</p>
<p>14</p> <p>3:00 Hymn Sing-along 3:30 Chapel Service</p>	<p>15</p> <p>9:00-1:00 AARP Free Income Tax Preparation 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>16</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>
<p>21</p> <p>3:00 Hymn Sing-along 3:30 Chapel Service</p>	<p>22</p> <p>9:00-1:00 AARP Free Income Tax Preparation 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>23</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo 4:00 Fire Drill</p>
<p>28</p> <p>3:00 Hymn Sing-along 3:30 Chapel Service</p>	<p>29</p> <p>9:00-1:00 AARP Free Income Tax Preparation 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 3:45 Veggie Truck</p> <p>HAPPY BIRTHDAY JONATHAN YOUNG AND JIM HAMILTON</p>	<p>30</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 style="text-align: right;">3</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Let's Play Scrabble 2:00 Sit and Be Fit</p>	<p style="text-align: right;">4</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:00 Mini Pedicure 2:00 Tea Social and Hat Day</p>	<p style="text-align: right;">5</p> <p>RENT PAST DUE 9:30 Shopping at Big Lots 10:00 Sit and Be Fit</p> <p>1:00 Mini Pedicure 2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY DOT BOWERS</p>	<p style="text-align: right;">6</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">10</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>6:00 Communion and Worship Service with The Reverend Tom Hagood</p>	<p style="text-align: right;">11</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Let's Play RummiKub</p>	<p style="text-align: right;">12</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">13</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY BEULAH COCHRAN</p>
<p style="text-align: right;">17</p> <p>HAPPY ST. PATRICK'S DAY 9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit</p> <p>6:00 St. Patrick's Day Party with Singing Steve in the dining room</p>	<p style="text-align: right;">18</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 11:00-1:30 Jerry Miller Imports There will be a drawing for free gifts.</p> <p>1:00 Mini Pedicure 1:30 Arts & Crafts with Anita</p>	<p style="text-align: right;">19</p> <p>10:00 Sit and Be Fit 11:15 Dining Out at Golden Buddha</p> <p>1:00 Mini Pedicure 2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">20</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY DAVID DUKES</p>
<p style="text-align: right;">24</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Wilda's Wellness Workshop 2:00 Sit and Be Fit</p>	<p style="text-align: right;">25</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Indoor Volleyball</p>	<p style="text-align: right;">26</p> <p>9:30 Shopping at Walmart 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">27</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;">31</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:30 Vivian's Delicious Delicacies</p>			<p style="text-align: center;"><i>happy spring!</i> </p>

DOLLY O'DELL



Dolly and Sylvia Okula singing together.



Lorena, Sara, Grace and Billie



Martha, Louise, Rachel and Nick



Ellen, Maggie, "Black eyed" Charlie, Lenora and Earl

In the picture below you can see what an attendance we had. Barbara said there were 70 people at the party.



We really love Dolly. When she entertains, you can be sure there will be a "real" party. We also love her many, many hats. Thanks, Dolly.

Following are pictures of residents at the party.



Bruce, Chuck and Beulah



Andrea, Jim, Tom and Theda



Would you believe Dolly was even helping get people seated, pushing wheel chairs and all.

AND THE WINNERS WERE

Everyone got a ticket when they were going in, then we had a drawing for valentine candy. The winners were: Althea Miller, Brenda Jones, Theda Laffitte and Daisy Harrell. Congratulations!



Help Troops Phone Home

A Massachusetts teenager and her younger brother began making a difference for soldiers several years ago. Their objective still matters today. The Cell Phones for Soldiers program has raised more than \$2 million, which has paid for more than 500,000 prepaid calling cards sent to soldiers overseas, according to www.CellPhonesForSoldiers.com. The idea for the program began in 2004 when then-13-year-old Brittany Bergquist and her 12-year-old brother Robbie heard that a soldier owed \$7,600 on a phone bill. They decided to bust their piggy bank to help. The story became national news, and grownups pitched in, too.

Here's how it works: A company, Recellular, purchases cell phones donated to the cause for about \$5 each. The charity then spends that money on prepaid calling cards. In 2009, soldiers used more than 12 million minutes on the prepaid cards. Sgt. Maj. Lisa Torello, on the U.S. Army's home page, says, "You have a lot of soldiers (who) can't afford to call home. This simple act can raise the morale for so many."

For details on donating, visit www.CellPhonesForSoldiers.com. You'll find drop-off locations in your area to donate cell phones. Or, you can print out a prepaid shipping label to mail in your phone for free.

Going Green

Green should be the official color for March. After all, it's the month when all things dormant begin to come alive. And, of course, green rules on St. Patrick's Day. What else is green?

Safer spending.

American currency has been green since 1862, when the U.S. Treasury Department created a green ink to discourage counterfeit money-making.

Sacred symbolism.

In Japan, green is regarded as the color of eternal life. In countries where Islam is the primary religion, the color is even more significant. The origin of the color's symbolism to Muslims is obscure, but some say green was the Prophet Muhammad's favorite color. Others believe it symbolizes vegetation and life.

Scientific factors.

Green is noteworthy in the world of science because the chemical chlorophyll gives plants color.

March 2010



THE FEBRUARY BIRTHDAY PARTY

On Tuesday, February 9, the monthly birthday party was held honoring the residents who had birthdays in February. In the picture above, seated from the left are: Avis Dykes, June Mann and Marty Smith; standing from the left are Muriel Taylor, Mildred Lamb and Sally Falletti.

Not pictured are Bill Hanna and Kay Potter.

We always enjoy our guests coming to celebrate with their families. Mark your calendar and join us.

The birthday party in March will be on Tuesday, March 9. Each resident can have four guests, so invite your family and friends. We do need reservations so we know how many to prepare for. Please call (404) 296-0962 ahead of time.



Mildred Lamb was the birthday honoree who had achieved the most birthdays, so she got to blow the candles out on the cake.