



COVENTRY PLACE

www.coventryplace-ga.com

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

March 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.



March Into Spring

Enjoy a new season of nature's renewal.

Read It? Pass It on

Instead of tossing a magazine when you're finished reading it, offer it to a friend, who might be willing to swap another magazine with you.

A Figure of Speech

Phrase: Upper crust.

Meaning: The highest circle of the upper class.

Origin: In Renaissance times, the top part of a loaf of bread was considered better—and less likely to be burned—so it was served to nobility.

Say What?

saturnine \ SAT-ur-nine \ adj.

Having a gloomy temperament.

Example sentence: The gray skies and relentless rain magnified John's saturnine disposition.

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.

407

Bertie Mae Brown

406

Freddie Mathis

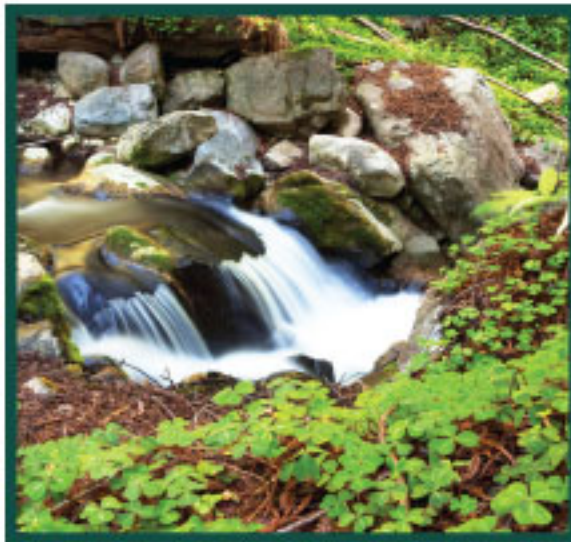
BE A GOOD
NEIGHBOR AND
SEEK THEM OUT.

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.



FLAIR FOR WORDS

We really have lost the flair for words. These are great!

These glorious insults are from an era before the English language got boiled down to 4-letter words.

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one." —George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second...if there is one."
—Winston Churchill, in response.

A member of Parliament to Disraeli:
"Sir, you will either die on the gallows or of some unspeakable disease."

"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy."
—Walter Kerr

"He has all the virtues I dislike and none of the vices I admire."
—Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure." -Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary."
—William Faulkner (about Ernest Hemingway)

"Thank you for sending me a copy of your book; I'll waste no time reading it." —Moses Hadas

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." —Mark Twain

"He has no enemies, but is intensely disliked by his friends..."
—Oscar Wilde

"I feel so miserable without you; it's almost like having you here."
—Stephen Bishop

"He is a self-made man and worships his creator."
—John Bright

"I've just learned about his illness. Let's hope it's nothing trivial."
—Irvin S. Cobb

"He is not only dull himself; he is the cause of dullness in others."
—Samuel Johnson

"He is simply a shiver looking for a spine to run up." —Paul Keating

"In order to avoid being called a flirt, she always yielded easily."
—Charles, Count Talleyrand

Wit & Wisdom



IN MEMORY OF HORACETINE VANN

Horacetine's family requested that donations in her memory be sent to Coventry Place. We are so thankful for that.

The last project Horacetine was working on was getting an aviary for our residents, so a group of her friends are donating this cage for us to have finches.

Some residents have made a donation already, but if you haven't and you want to help, just drop a little something by the office.

I know it would make Horacetine happy to know we are pursuing her project. We'll need to buy the birds, the nests, the food and water containers, bath bowls, I don't know what all, but that will be fun, too.

"Green is the prime color of the world, and that from which its loveliness arises."
—Pedro Calderon de la Barca

"Sometimes our fate resembles a fruit tree in winter. Who would think that those branches would turn green again and blossom, but we hope it, we know it."
—Johann Wolfgang von Goethe

"I had to live in the desert before I could understand the full value of grass in a green ditch."
—Ella Maillart

"Green is my favorite. And it's my favorite because it's the color of my wife's eyes, grass, trees, life, and money, and Mother Earth."
—Casper Van Dien

"For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver."
—Martin Luther



How to See the Glass as Half-Full

Cultivating an attitude of optimism not only makes you happier, it can also boost your health and relationships. Researchers at Duke University Medical Center found that heart disease patients who scored high in an optimism survey had the best medical outcomes. A study of dating couples published in the *Journal of Personality and Social Psychology* revealed that optimists are less likely to fight with their significant others.

Need any more reasons to turn that frown upside down? Research indicates that an optimistic attitude

improves coping skills and may ward off colds and prevent depression. March is Optimism Month, a perfect time to look at the bright side. *MayoClinic.com* offers these suggestions:

Change what's not working. Identify aspects of your life you feel negatively about and focus on ways to improve them.

Monitor your thoughts. If you catch yourself in a negative spiral, reframe your thoughts in a positive way.

Laugh. Keeping a sense of humor about yourself defuses tension.

Maintain healthy habits. Exercise is a proven mood lifter, and nutritious foods nourish your mind as well as your body.

Find positive pals. Negative people can undermine your ability to manage stress in healthy ways.

Check your self-talk. Would you think such uncharitable thoughts about a good friend? Treat yourself kindly, too.

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>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p> <p>HAPPY BIRTHDAY MARIE STEINBERG</p>	<p>9-12 AARP Free Income Tax Preparation</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>2:30 MOVIE MATINEE "Places in the Heart" Starring Sally Fields</p> <p>3:45 Veggie Truck</p> <p>HAPPY BIRTHDAY MADINA SCHLITTLER</p>	<p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>10:45 Study of the Beatitudes by Dr. Frances Calder</p> <p>2:30 Bingo</p>
<p>DAYLIGHT SAVING TIME 11</p> <p>SPRING FORWARD</p> <p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p> <p>HAPPY BIRTHDAY ARLINE CORBETT</p>	<p>9-12 AARP Free Income Tax Preparation</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>3:00 Resident Council Meeting</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> <p>7:00 Decatur Sing-along</p>
<p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p>	<p>9-12 AARP Free Income Tax Preparation</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>2:30 MOVIE MATINEE "A League of Their Own" Starring Tom Hanks</p> <p>3:45 Veggie Truck</p>	<p>First Day of Spring</p> <p>9:00–1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p> <p>4:00 Fire Drill</p> <p>HAPPY BIRTHDAY DAVID DUKES</p>
<p>3:00 Hymn Sing-along</p> <p>Followed by Chapel Service</p>	<p>9-12 AARP Free Income Tax Preparation</p> <p>10:00 Sit and Be Fit</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>

Wednesday	Thursday	Friday	Saturday
1	2	3	
	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Let's Start a Coventry Place Cookbook Meeting HAPPY BIRTHDAY LARRY STARKS	10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY LARRY STARKS	10:30 Hug a Puppy 11:15 Decatur First United Methodist Church Children's Choir 2:00 Games of Your Choice
7	8	9	10
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Nurturing Dance Therapy 1:30 Publix Shuttle 2:00 Sit and Be Fit 2:30 Vivian's Delicious Delicacies	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:00 Arts and Crafts With Anita 2:00 Sit and Be Fit	10:00 Sit and Be Fit 11:00 Dining Out at The Olive Garden 2:00 Sit and Be Fit 2:30 Bingo	2:00 Games of Your Choice
14	15	16	17
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 1:30 Nurturing Music Therapy 2:00 Sit and Be Fit	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 A Hat (ala Horacetine) and Tea Party HAPPY BIRTHDAY ADDIE HARWELL	9:30 Shopping at Target 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	2:00 Games of Your Choice 3:00 HAPPY ST. PATRICK'S DAY Party With a Door Prize
21	22	23	24
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 1:30 Nurturing Massage Therapy 2:00 Sit and Be Fit 6:00 Communion and Worship Service With the Reverend Tom Haygood	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Poker Club and Scrabble Contest WIN WIN WIN	10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	2:00 Games of Your Choice
28	29	30	31
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 1:30 Nurturing Art Therapy 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Wine and Cheese Party HAPPY BIRTHDAY LIZ PUTNAM JONATHAN YOUNG JIM HAMILTON GLEN CLONTS	9:30 Shopping at Walmart 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	2:00 Games of Your Choice

Joke Time

Laugh Lines: Erin Go Ha

Q. What's Irish and stays outside all summer?

A. Paddy O'Furniture.

Q. What do you call a fake stone in Ireland?

A. A sham rock.

Q. Why do frogs like St. Patrick's Day?

A. Because they're always wearing green.

Q. What does a leprechaun call a happy man wearing green?

A. A jolly green giant.

Q. Why do people wear shamrocks on St. Patrick's Day?

A. Regular rocks are too heavy.

Q. What's the most important ingredient in Irish stew?

A. A pinch of Gaelic.

Share these silly seasonal jokes with family and friends

THIS IS US!!!

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others.

HOWEVER, upon reflection, we would like to point out that it was **NOT** the senior citizens who took

- The melody out of music,
- The pride out of appearance,
- The courtesy out of driving,
- The romance out of love,
- The commitment out of marriage,
- The responsibility out of parenthood,
- The togetherness out of family,
- The learning out of education,
- The service out of patriotism,
- The Golden Rule from rulers,
- The nativity scene out of cities,
- The civility out of behavior,
- The refinement out of language,
- The dedication out of employment,

- The prudence out of spending,
- The ambition out of achievement or God out of government and school.

YES, I'M A SENIOR CITIZEN!

I'm the life of the party ... Even if it lasts until 8 p.m. I'm very good at opening childproof caps ... With a hammer.

I'm awake many hours before my body allows me to get up. I'm smiling all the time because I can't hear a thing you're saying. I'm sure everything I can't find is in a safe secure place, somewhere. I'm wrinkled, saggy, lumpy, and that's just my left leg. I'm beginning to realize that aging is not for wimps.

Yes, I'm a **SENIOR CITIZEN** and I think I am having the time of my life! Spread the laughter - Share the cheer - Let's be happy - While we're here.

AND, MAY GOD BLESS AMERICA AND MAY AMERICA BLESS GOD!!



MARCH 11 - DAYLIGHT SAVING TIME DON'T MISS THE BUS SUNDAY MORNING

On Saturday night, March 10,
set your clock forward one hour

(we lose one hour)

SPRING FORWARD

SCRABBLE GAMES



Brenda Jones was the winner of the Scrabble game in January.



Here are Brenda, Jeanette and Flora concentrating on the board during the February game.



On the bottom left you'll see Anita and Alma Boone working on a cat puzzle. It's set up in the TV room. Join in. It's a really challenging puzzle.



NEW TV

We have our new TV all set up and we're really getting into the movies. Beverly Wolfe (Jo Ann's sister) is a real movie buff and she's doing a great job showing more movies. Tell Beverly if there's something you would like to see.



PAM ENTERTAINED

On Jan. 26, Pam entertained playing her keyboard and singing. A pretty good crowd showed up, but I sure would have liked to see more participation.



HOO R U

Pardon me for being forward

But I'd like to know your name.

You told me once but I forgot

Now isn't that a shame.

My mind goes blank from time to time

Leaving me in the dark.

So let's be re-acquainted

And enjoying the spark.

by John Beavers

A FEW MORE WORDS

"Why do you sit there looking like an envelope without any address on it?"

—Mark Twain

"His mother should have thrown him away and kept the stork." —Mae West

"I've had a perfectly wonderful evening. But this wasn't it."

—Groucho Marx

"He has Van Gogh's ear for music."

—Billy Wilder

March 2012



THE FEBRUARY BIRTHDAY PARTY



On Tuesday, Feb. 14, we celebrated the birthdays of all the residents who were born in February.

It was a festive Valentine party and the special shrimp dish Tony prepared was really wonderful.

Seated from left are Muriel Taylor, Sally Falletti, Avis Dykes and Jack Lamb.

Standing from left are June Mann, Bill Hanna and Kay Potter. Not able to attend were Pat Porteous and Ed Wallis.

Jack Lamb is featured with the birthday cake. He was honored for having achieved the most birthdays. Congratulations, Jack!

The party each month is on the Tuesday before the 15th. Plan to attend when your loved one has their birthday. Call ahead of time so we can have a special table set up for your family to be able to celebrate together. It's lots of fun!