



# COVENTRY PLACE

www.coventryplace-ga.com

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

## Coventry Place Staff Directory

Jo Ann Smith ..... Executive Director  
 Barbara Olver ..... Activities Director  
 Anita Day ..... Office Manager  
 Wilda Johnson ..... Personal Care Supervisor  
 Jeanie Christian ..... Marketing Director  
 Anthony Leverett ..... Maintenance Director  
 Anthony Brown ..... Head Chef  
 Vivian Durden ..... Chef



### OFFICE HOURS

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

### COVENTRY PLACE CONTACT INFORMATION

PHONE - (404) 296-0962

*Emergency - (404) 861-8304*

E-mail - [marketing@coventryplace-ga.com](mailto:marketing@coventryplace-ga.com)  
 or [jchristian.coventry@gmail.com](mailto:jchristian.coventry@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.

## March 2013



### SPRING IS HERE

Equinox is when a day and night are the same length. This happens twice a year, in September and in March. The vernal equinox, which this year is on March 20, is considered the first day of spring.

### TAI CHAING CLASSES TO BEGIN SOON

If you ever attended one of the Tai Chi sessions presented by Coventry Place, then you may want to attend the Tai Chaing Classes soon to begin. Unlike Tai Chi, Tai Chaing is a combination of Tai Chi and sports medicine. It increases mobility, balance and coordination. It helps relieve arthritis, Osteoarthritis, Fibromyalgia, lower back and joint pain, and pain related to aging. It does this by increasing strength, flexibility, range of motion and circulation.

Classes are for half an hour a day for six days a week and we are hoping to have them at 3:30 p.m., when exercise is most effective. See David Dukes to sign up.

## 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.

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Jacqueline Snowden

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.



### GOD WILL HELP US

God will help us, we don't have to fret  
He loves each of us, we must never forget.

Our bodies ache and our feet are worn  
But in our Savior we can depend on.  
God will help us by the promises  
He made

If we call on Him, our souls He  
will save

We must continue to be strong and  
run a good race

God is there with His amazing grace.  
We must pray in good times and in bad  
Call on God whether we be happy  
or sad.

He loves us, we cannot imagine how  
great His love is

He will wipe away all our tears  
We should be grateful for each day we  
have seen

Although things may fall apart at  
the seams

God will help us, because He loves  
us so

If we knock, He will open the door.

by Ron Dennard

### Superstar Nutrients for Seniors

Even if you're the picture of perfect health, your body still needs certain nutrients more than it did 20 or 30 years ago. In observance of National Nutrition Month, make sure you add these superstar nutrients to your plate:

*Vitamin B12.* This vitamin keeps your nerve and blood cells healthy. B12 deficiencies can make you feel tired, negatively affect your appetite and even cause depression and confusion. B12 can be found in fish, eggs and milk.

*Potassium.* In addition to helping muscles contract, potassium can also somewhat protect against sodium's negative effects on blood pressure. Foods rich in potassium include spinach, carrots, potatoes and oranges.

*Calcium and vitamin D.* Calcium has long been considered the heavy hitter of this dynamic duo—supporting muscles and bones, participating in hormone release and acting as a nervous system messenger—but scientists have found that vitamin D may be important beyond its role as calcium's helper. Good sources of these nutrients are salmon, egg yolks, broccoli and milk.

Changes to the aging digestive system can make getting enough of these important nutrients difficult. Be sure to check with your doctor to determine whether you're getting enough and if a supplement may be right for you.





Coventry Place welcomes our new Executive Director, Doug Baker.

### DOUG BAKER

Doug is originally from New Orleans, Louisiana, where he worked as a Special Agent in Narcotics. He moved to Chattanooga, Tennessee, in 1986 to attend college, where he later earned a Doctor of Ministry Degree. He worked full-time in Christian Broadcasting for 12 years with the Moody Bible Institute of Chicago while leading a local church. Twelve years ago, Doug transitioned into senior living and health care serving as COO of Tennessee Home Health Care, and later as District Director and Executive Director in Assisted Living. Doug enjoys playing guitar and singing. He and his wife, Terri, now reside in Woodstock, Georgia. They have two children and three grandchildren.

### Laugh Lines

- Fred imagined himself a brilliant artist. But his teacher said he was so bad it was a wonder he could draw breath.
- Q: What do you call an American drawing? A: A Yankee doodle.
- A robber in Paris nearly got away with stealing several paintings from the Louvre. However, after planning the crime, breaking in, evading security, getting out and escaping with the goods, he was captured only two blocks away when his van ran out of gas. When asked how he was able to mastermind such a cunning crime and then make such an obvious error, he replied, "I had no Monet to buy Degas to make the Van Gogh."

### Quilting in America

Maybe you have one that's a family heirloom, lovingly draped over your favorite chair. Or perhaps you've even sewn one yourself. Cozy enough to cuddle up with and pretty enough to hang on a wall, the quilt is a practical piece of artwork that has a rich history in America.

Originating from a Latin term meaning "stuffed sack," the quilt has three layers: the decorated top, filler (or batting) in the middle, and the backing. There are three types of quilts: whole cloth, appliqué and patchwork, the most common style today.

The practice of quilting can be traced back to the ancient Egyptians. In the late 11th century in Europe, knights wore quilted clothing under their armor. After colonists brought quilting to America, the craft quickly became popular with settlers heading west.

American quilts were originally used as bed coverings and were hung

across drafty doorways and windows. The patchwork style arose from using scraps of fabric to make a quilt, since new cloth was rare and expensive.

Quilting bees were popular social events among women settlers, who would gather and complete several quilts in a day's time.

The sewing machine and greater availability of fabrics allowed quilting to become a more creative and fashionable art by the 1900s. Although styles and patterns have changed throughout history, quilting has remained a fascinating skill and is still popular with contemporary crafters.



## DINING ROOM SERVING HOURS

### Breakfast

7-8:15 a.m.

### Lunch

12-1 p.m.

### Dinner

5-5:30 p.m.


THE DINING ROOM CLOSSES 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><b>COVENTRY CORNER</b></p> <p><b>OPEN MONDAY - SATURDAY</b></p> <p><b>FROM 2 TO 4 P.M.</b></p>		
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Shaking It With Daniel</p> <p>2:45 Residents' Council Meeting</p> <p>3:45 Veggie Truck</p> <p><b>HAPPY BIRTHDAY</b> <b>MARIE STEINBERG</b></p>	<p><b>Rent Is Late</b></p> <p>9:00-1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>10:00-2:00 AARP Free Income Tax Preparation</p> <p>10:30 Bible Study</p> <p>2:30 Bingo</p> <p><b>HAPPY BIRTHDAY</b> <b>CAROLYN CRANE and</b> <b>MADINA SCHLITTLER</b></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 Dr. John Noonan</p> <p>2:00 Shaking It With Daniel</p> <p>3:45 Veggie Truck</p>	<p>9:00-1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>10:00-2:00 AARP Free Income Tax Preparation</p> <p>10:30 Bible Study</p> <p>12:15 Birthday Luncheon</p> <p>2:30 Bingo</p>
<p>3:00 Hymn Sing-Along</p> <p>Followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Shaking It With Daniel</p> <p>3:45 Veggie Truck</p>	<p>9:00-1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>10:00-2:00 AARP Free Income Tax Preparation</p> <p>10:30 Bible Study</p> <p>2:30 Bingo</p> <p>4:00 Fire Drill</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 Dr. John Noonan</p> <p>2:00 Shaking It With Daniel</p> <p>3:45 Veggie Truck</p>	<p>9:00-1:30 Doctor Shuttle</p> <p>10:00 Sit and Be Fit</p> <p>10:30 Bible Study</p> <p>2:30 Bingo</p>

# Calendar of Events

Wednesday	Thursday	Friday	Saturday
		<p style="text-align: right;"><b>1</b></p> <p><b>Rent Is Due</b>            10:00 Sit and Be Fit            11:00 Dining Out at the Varsity            2:00 Sit and Be Fit            2:30 Bingo</p>	<p style="text-align: right;"><b>2</b></p> <p>10:00 Hug a Puppy            1:45 Movie Matinee            2:00 Games of Your Choice</p> <p><b>HAPPY BIRTHDAY            LARRY STARKS</b></p>
<p style="text-align: right;"><b>6</b></p> <p>9:30 Kroger Shuttle            10:00 Sit and Be Fit            1:30 Nurturing Therapy            1:30 Publix Shuttle            2:00 Sit and Be Fit            2:00 Vivian's Delicious Delicacies</p>	<p style="text-align: right;"><b>7</b></p> <p>9:00–1:30 Doctor Shuttle            10:00 Sit and Be Fit            1:00 Arts and Crafts With Anita            2:00 Bridge With Elene in the Media Room            6:00 Bible Talk With Elene in the Card Room</p>	<p style="text-align: right;"><b>8</b></p> <p>9:30 Shopping at Walmart            10:00 Sit and Be Fit            1:15 Hand Puppet Show in the Card Room            2:00 Sit and Be Fit            2:30 Bingo</p>	<p style="text-align: right;"><b>9</b></p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;"><b>13</b></p> <p>9:30 Kroger Shuttle            10:00 Sit and Be Fit            1:30 Kroger Shuttle            1:30 Nurturing Therapy            2:00 Sit and Be Fit            2:30 Wilda's Wellness Workshop  <b>HAPPY BIRTHDAY            DORIS WHITENER</b></p>	<p style="text-align: right;"><b>14</b></p> <p>9:00–1:30 Doctor Shuttle            10:00 Sit and Be Fit            2:30 St. Patrick's Day Party with the Dazzling Dames (We'll Have Refreshments)            6:00 Bible Talk With Elene  <b>HAPPY BIRTHDAY            ANN MARIE PRENGAMAN</b></p>	<p style="text-align: right;"><b>15</b></p> <p>10:00 Sit and Be Fit            2:00 Sit and Be Fit            2:30 Bingo</p>	<p style="text-align: right;"><b>16</b></p> <p>1:45 Movie Matinee            2:00 Games of Your Choice</p>
<p><b>1st DAY of SPRING</b> <span style="float: right;"><b>20</b></span></p> <p>9:30 Kroger Shuttle            10:00 Sit and Be Fit            1:30 Nurturing Therapy            1:30 Publix Shuttle            2:00 Sit and Be Fit            6:00 Communion and Worship Service With the Reverend Tom Hagood  <b>HAPPY BIRTHDAY            DAVID DUKES</b></p>	<p style="text-align: right;"><b>21</b></p> <p>9:00–1:30 Doctor Shuttle            10:00 Sit and Be Fit            2:00 Bridge With Elene            2:30 Scrabble or RummiKub            6:00 Bible Talk With Elene</p>	<p style="text-align: right;"><b>22</b></p> <p>10:00 Sit and Be Fit            11:00 Dining Out at Athens Pizza            2:00 Sit and Be Fit            2:30 Bingo</p>	<p style="text-align: right;"><b>23</b></p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right;"><b>27</b></p> <p>9:30 Kroger Shuttle            10:00 Sit and Be Fit            1:30 Nurturing Therapy            1:30 Kroger Shuttle            2:00 Sit and Be Fit</p>	<p style="text-align: right;"><b>28</b></p> <p>9:00–1:30 Doctor Shuttle            10:00 Sit and Be Fit            2:00 Bridge With Elene            3:00 Wine and Cheese Party Honoring New Residents            6:00 Bible Talk With Elene</p>	<p style="text-align: right;"><b>29</b></p> <p>10:00 Sit and Be Fit            1:30 Shopping at Walmart            2:00 Sit and Be Fit            2:30 Bingo</p> <p><b>HAPPY BIRTHDAY            JAMES HAMILTON and            GLEN CLONTS</b></p>	<p style="text-align: right;"><b>30</b></p> <p>1:45 Movie Matinee            2:00 Games of Your Choice</p>

## Talk About It

### Make It Up

March 26 is Make Up Your Own Holiday Day. With March also containing National Pig Day, National Grammar Day and National Open an Umbrella Indoors Day, it's clear that just about anything can be celebrated as a holiday.

Have you ever thought about starting a new holiday? What happened to make you consider the idea?

What do you think would make a good holiday? Would it relate to a person, place or thing? How would it be celebrated? What traditions could be started?

What is the craziest name you can think of for a new holiday?

Are there any existing holidays you feel should be celebrated differently? What new traditions could be added to existing holiday celebrations?

## Health & Wellness

### Soak Up the Sun

We all know that too much sun exposure can lead to sunburn, wrinkles and age spots, cataracts and even skin cancer. But don't let the risks stop you from getting the sunlight your body needs.

Natural sunlight is the most efficient way to get your daily intake of vitamin D, an essential vitamin that supports the immune system and helps the body absorb calcium. Vitamin D keeps teeth and bones strong and healthy and is crucial in preventing osteoporosis.

Vitamin D from sunlight provides a variety of other benefits, from promoting healthy blood circulation to stimulating the appetite and improving digestion. Vitamin D deficiency has been associated with

conditions such as cancer, diabetes, heart disease and Alzheimer's disease.

A daily dose of sunlight also acts as a mood booster and can improve sleep.

Most people need between five and 15 minutes of sun exposure a day. The general rule is the darker your skin, the more sunlight you need. During warmer months, do your sunbathing in the early morning and late afternoon. Always wear sunscreen or protective clothing if you will be out longer than your allotted time.



### IT'S REALLY HARD TO SAY GOOD-BYE

It's really hard to say good-bye to all of you at Coventry Place, but it's time.

Being your executive director has been the most rewarding thing I've ever done, and I've had several careers. I want to thank each and every one of you for the opportunity you gave me. You have supported me in each challenge we were dealt and believed in me when I really wasn't always positive I was going in the right direction. Thank you.

While being at Coventry Place with each of you has been wonderful, there is another aspect of my life that is totally precious to me—that's my children, my grandchildren and my sisters. I look forward to more time with each member of my family. If I don't stop now and smell these roses, I will lose the opportunity.

So, please, wish me luck, as I wish each of you luck, and pray for me, too. I love each of you.

It's not really good-bye, it's see you later. Your friend, Jo Ann



## Build Your Birding Basics

You don't need fancy equipment to learn about birds in your area; all you need are some observational skills and a little background knowledge.

Begin by familiarizing yourself with what birds are native to your city or state. This will narrow down your potential sightings. Then consider the four main aspects to identifying a bird:

*Size and shape.* Does the bird have a long, square tail? How about a plump body or an angled beak?

*Color.* Is the underside a lighter or darker shade than the top feathers? Do you see any stripes or speckled wing patterns?

*Behavior.* Is there frequent singing, picking at bark or foraging on the ground?

*Habitat.* Was the bird seen in woodlands, open grassland, near water or in a suburban spot?

Write down your observations, with as many details as possible. You can then use a birding field guide to determine the species, or visit [Audubon.org](http://Audubon.org) or [AllAboutBirds.org](http://AllAboutBirds.org) for photos and descriptions.



**Write down observations about the birds you see with as many details as possible**

## MONTHLY WINE AND CHEESE PARTY

We had our monthly wine and cheese party on Jan. 31 to welcome the new residents. As usual, we ate, drank and made merry.



Were you there?



Watch your activities in the newsletter, on the bulletin boards and on the elevators. Participate—it's fun.

## NEW ACTIVITIES

Elene Rivers has started a Bible Study on Thursday nights. Be sure and go.

Also, Elene is trying to start a bridge group. Do you play? Would you like to learn to play?

Call Elene, stop and talk to her in the dining room, or go by the office and leave a message for her. With your help, we can get a bridge club going.

## BIBLE STUDY AND BRIDGE

## Wit & Wisdom

"No man can taste the fruits of autumn while he is delighting his scent with the flowers of spring."  
—Samuel Johnson

"In the spring, I have counted 136 different kinds of weather inside of 24 hours."  
—Mark Twain

"Spring is when you feel like whistling even with a shoe full of slush."  
—Doug Larson

"The true harbinger of spring is not crocuses or swallows returning to Capistrano, but the sound of the bat on the ball."  
—Bill Veck

"Spring is nature's way of saying, 'Let's party!'"  
—Robin Williams

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."  
—Anne Bradstreet

# March 2013



## THE FEBRUARY BIRTHDAY PARTY



Each month we celebrate the birthdays of those residents whose birthday is in that month. On the 12th, we celebrated with the residents who were born in February.

Pictured above are those who were able to attend. Seated from the left is Kay Potter, June Mann, Janice Benario and Sally Faletti. Standing are Bill Hanna, Muriel Taylor and Grant Bailey. Unable to attend were Avis Dykes, Joan Quintana and Marion Rapsis.

On the left is Bill Hanna, who had the honor of having achieved the most birthdays. Congratulations, Bill.

Celebrating our residents' birthdays is a big deal at Coventry Place. We love to honor milestones and birthdays are definitely big milestones.

Come and celebrate with us when your loved one has their birthday. Each celebrant can have up to four guests at no charge. Call (404) 296-0962 and make your reservations.