



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  
Zorana Zrnic ..... Personal Care Director  
Anthony Leverett ..... Maintenance Director  
Wilda Johnson ..... Weekend Supervisor  
Barbara Olver ..... Office Administration  
Dining Services Director



### 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

*After Hours - (404) 861-8304*

*Coventry Beauty Shop (404) 294-9695*

Email - marketing@coventryplace-ga.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 2014

### I’ll Wear a Shamrock

St. Patrick’s Day is with us,  
The day when all that’s seen  
To right and left and everywhere  
Is green, green, green!

And Irish tunes they whistle  
And Irish songs they sing,  
Today each Irish lad walks out  
As proud as any king.

I’ll wear a four-leaf shamrock  
In my coat, the glad day through,  
For my father and mother are Irish  
And I am Irish too!  
—Mary Carolyn Davies



## WELCOME

### WELCOME, NEW RESIDENTS!

Please welcome our new residents who moved in during December and January after the newsletter was published. A really nice thing would be to invite the new residents to an activity with you. It's hard to walk into a new place when you don't know anybody.

- Lee Etta Fletcher
- Patricia Harris
- Phillip Linch
- Jim Pattillo
- Bill Spivey
- Geoff Williamson
- Kathy Woods

### Want \$200?

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

### For a Little Laugh

"A synonym is a word you use when you can't spell the first word you thought of." —Burt Bacharach



### It's Wonderful Being Wellderly

March is here, and in addition to March Madness and St. Patrick's Day, it's time to celebrate Wellderly Week!

Beginning on the third Monday in March, this weeklong event is a celebration and recognition of senior citizens who do not act their age. If you take a look around you, it's easy to see just what that means: Today's seniors are something special. Medical advances and active lifestyles are helping seniors live longer than ever, and not just live, but thrive.

Senior adults are becoming pros at Wii, going on frequent excursions, volunteering, exercising daily and updating their Facebook pages!

These are the people who are showing the rest of society that "80 is the new 70," and so on. Remember as you celebrate Wellderly Week the words of poet Robert Browning: "Grow old along with me! The best is yet to be."

### Celebrate Wellderly Week

### Fantastic Friendships

In the words of Thomas Aquinas, "There is nothing on this Earth more to be prized than true friendship." That's a pretty powerful statement. But friendships are pretty powerful relationships.

Friends laugh with us when things are good and give us support when we are down. They accept us as we are and want only our friendship in return.

Besides the warmth and camaraderie that friendships provide, research shows they are good for our health, too. Friends help reduce stress in our lives, especially during challenging times such as illness, job loss or the death of a loved one.

Research has found that people in strong friendships have lower blood pressure, heart rate and cholesterol, meaning a decreased risk of disease.

Friends can provide the motivation and support we may need to improve ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

The degrees of friendship may vary from those who are more like family, to casual acquaintances with whom we occasionally spend time, but each relationship is beneficial, as is the ability to continue making new friends throughout life.

# SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

6	3	2	5	8	4	7	1	9
8	4	1	5	9	3	7	6	2
4	7	1	6	3	8	2	5	9
1	6	4	3	8	5	7	9	2
5	8	7	6	2	9	1	3	4
9	2	3	1	7	4	8	5	6
7	1	8	5	2	6	4	3	9
2	4	8	9	6	3	5	1	7
3	5	6	4	1	7	9	2	8

Solution

3	5							8
			6	3				
7		1						3
	2		1			8		
	8		6		9		3	
		4			5		9	
4						2		5
			2	4				
6					8		7	1

## Reflections of Ron

### The Window

If I were an artist,  
I would gather my  
paint,  
my oils and my  
brushes  
I would capture  
the marvelous view  
from the window  
of my third floor  
apartment  
Most of my days  
I have lived on the  
ground floor

Not now

It is very still.

Yellows, blacks, blues  
and greens

One light is a  
reflection

from my hall

It appeared to be  
a street light

I guess I'll eat a snack,  
turn off the television  
and call it a night

### Peel and Eat

Studies have found  
that people with  
plenty of potassium  
in their diet may be  
less prone to high  
blood pressure.  
Potassium-rich foods  
include bananas,  
oranges and  
cantaloupe.

## Epic of Patron Saint St. Patrick

When Roman rule to shores of  
Briton reached, one was born who  
changed the history of Christianity  
through word he preached. This  
"Patricus" in fifteenth century  
caught by pagans, made to tend  
their sheep while just a lad, a saint  
would one day be. There came to  
him, this slave, as he did sleep, a  
vision God would help him break  
away. He fled and learned in God  
all faith to keep.

Back home a vision came he  
could not gainsay. "Voice of the  
Irish" said to come to go live  
amongst them. This would be his  
pathway. He studied and a bishop  
did become.

To Rome did not succumb; To  
Ireland turned to live amidst the  
pagans with aplomb. He spoke and  
many listened, and they learned. A  
king he did convert. He had no  
fear. His reputation grew and was  
well-earned. Slavery he helped

make disappear along with human  
sacrifice and warfare. Converts to his  
teachings did adhere. Love and  
power of prayer he did declare,  
And he alone of women so  
well spoke.

He's now revered; his day is met  
with fanfare. For all the wonders  
Patrick did invoke (The driving out  
of snakes unlikely true), a toast is  
given him by Irish folk. Each  
seventeenth of March a big to-do, the  
wearing of the shamrock, early mass,  
rivers dyed in green, processions too.

A day to raise to Paddy each  
our glass!

Andrea Dietrich 3/23/02

### Prized Poet

Robert Frost, one of America's most  
famous and beloved poets, was born  
March 26, 1874, in San Francisco.  
Frost's experiences as a farmer in rural  
New England influenced many of his  
poems, which often describe scenes  
in nature.

## 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
		
2	3	4
<b>HAPPY BIRTHDAY LARRY STARKS!</b> *NATIONAL PBJ DAY* 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	*PRINCESS DAY* <i>ORTHODOX LENT BEGINS</i> 10:00 SIT & BE FIT 2:45 RESIDENT COUNCIL MEETING 3:45 VEGGIE TRUCK 6:00 BRIDGE CLUB	<b>HAPPY BIRTHDAY MARIE STEINBURG!</b> *MARDI GRAS* *FAT TUESDAY* 9:00 TAXES AARP 9:00 - 4:00 DR RUNS 10:00 SIT & BE FIT 2:30 BINGO
9	10	11
<b>HAPPY BIRTHDAY BARBARA MAGGIO!</b> *SPRING FORWARD! DAYLIGHT SAVING TIME BEGINS* (SET YOUR CLOCK 1 HOUR AHEAD) 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	*SALVATION ARMY DAY* 10:00 SIT & BE FIT 1:30 DOLLAR GENERAL 2:30 HEALTH TALK BY HOMESTEAD HOSPICE 3:45 VEGGIE TRUCK 6:00 BRIDGE CLUB	<b>HAPPY BIRTHDAY BETSY BROWN!</b> 9:00 - 4:00 DR RUNS 10:00 SIT & BE FIT 10:30 BIBLE STUDY 11:15 BIRTHDAY LUNCHEON 2:30 BINGO
16	17	18
<i>FULL MOON</i> 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	*ST. PATRICK'S DAY* 10:00 SIT & BE FIT 2:30 ST. PATRICK'S DAY PARTY WITH PAM 3:45 VEGGIE TRUCK 6:00 BRIDGE TRUCK	9:00 TAXES AARP 10:00 SIT & BE FIT 1:30 BIBLE TALK 2:30 BINGO
23/30	24/31	25
<i>LAST QUARTER MOON (23RD)</i> 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE <i>NEW MOON (30TH)</i> 10:00 SIT & BE FIT 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	<b>HAPPY BIRTHDAY DOUG IRBY!</b> *NATIONAL CHOCOLATE COVERED RAISINS DAY* 9:30 LAST CHANCE THRIFT STORE 10:00 SIT & BE FIT 2:30 INDOOR VOLLEYBALL 3:45 VEGGIE TRUCK 6:00 BRIDGE CLUB	*AMERICAN DIABETES ASSOCIATION ALERT DAY* NATIONAL MEDAL OF HONOR DAY* 9:00-4:00 DR RUNS 10:00 SIT & BE FIT 2:30 BINGO

Wednesday	Thursday	Friday	Saturday
			<p style="text-align: right;"><b>1</b></p> <p><i>*WEAR YELLOW DAY*</i>  <b>NEW MOON</b>            10:00 SIT AND BE FIT            1:30 GAMES OF YOUR CHOICE            2:00 MOVIE</p>
<p style="text-align: right;"><b>5</b></p> <p><b>HAPPY BIRTHDAY CAROLYN CRANE AND MEDINA SCHLITZER!</b>  <i>ASH WEDNESDAY</i>            9:30 KROGER            10:00 SIT &amp; BE FIT            1:30 PUBLIX            2:30 SIT &amp; BE FIT</p>	<p style="text-align: right;"><b>6</b></p> <p><i>*OREO COOKIE DAY*</i>            9:00 - 4:00 DR RUNS            10:00 SIT &amp; BE FIT            2:30 ARTS &amp; CRAFTS WITH ANITA</p>	<p style="text-align: right;"><b>7</b></p> <p><i>*DRESS IN BLUE DAY*</i>            9:30 WALMART            10:00 SIT &amp; BE FIT            2:00 PRETTY NAILS            2:30 BINGO</p>	<p style="text-align: right;"><b>8</b></p> <p><i>*INTERNATIONAL FANNY PACK DAY*</i>  <b>FIRST QUARTER MOON</b>            10:00 SIT &amp; BE FIT            10:30 DONUTS &amp; COFFEE            1:30 - 3:00 W.I.F.E. MINISTRIES GOSPEL MUSIC &amp; PLAYING GAMES OF YOUR CHOICE</p>
<p style="text-align: right;"><b>12</b></p> <p>9:30 KROGER            10:00 SIT &amp; BE FIT            1:30 PUBLIX            2:30 SIT &amp; BE FIT</p>	<p style="text-align: right;"><b>13</b></p> <p>9:00-4:00 DR RUNS            10:00 SIT &amp; BE FIT            2:30 ICE CREAM SOCIAL</p>	<p style="text-align: right;"><b>14</b></p> <p><i>*POTATO CHIP DAY*</i>            10:00 SIT &amp; BE FIT            11:00 LUNCH BUNCH AT O'CHARLIES            2:00 PRETTY NAILS            2:30 BINGO</p>	<p style="text-align: right;"><b>15</b></p> <p>10:00 SIT &amp; BE FIT            1:30 GAMES OF YOUR CHOICE            2:00 MOVIE</p>
<p style="text-align: right;"><b>19</b></p> <p><b>HAPPY BIRTHDAY DOT PURCELL!</b>  <i>*NATIONAL CHOCOLATE CAMEL DAY*</i>            9:30 KROGER            10:00 SIT &amp; BE FIT            1:30 PUBLIX            2:30 SIT &amp; BE FIT            6:00 COMMUNION SERVICE WITH REV. TOM HAGOOD</p>	<p style="text-align: right;"><b>20</b></p> <p><b>HAPPY BIRTHDAY DAVID DUKES!</b>  <i>*INTERNATIONAL DAY OF HAPPINESS* WON'T YOU BE MY NEIGHBOR DAY*</i>  <b>FIRST DAY OF SPRING</b>            10:00 SIT &amp; BE FIT            2:30 SKIP-BO &amp; SCRABBLE</p>	<p style="text-align: right;"><b>21</b></p> <p><i>*POETRY DAY*</i>            10:00 SIT &amp; BE FIT            1:30 WALMART            2:00 PRETTY NAILS            2:30 BINGO</p>	<p style="text-align: right;"><b>22</b></p> <p><b>HAPPY BIRTHDAY JIM PATILLO!</b>            10:00 SIT &amp; BE FIT            10:30 DONUTS &amp; COFFEE            1:30 GAMES OF YOUR CHOICE            2:00 MOVIE</p>
<p style="text-align: right;"><b>26</b></p> <p><i>*MAKE UP YOUR OWN HOLIDAY DAY*</i>            9:30 KROGER            10:00 SIT &amp; BE FIT            1:30 KROGER</p>	<p style="text-align: right;"><b>27</b></p> <p><b>HAPPY BIRTHDAY GWINN CLARK!</b>  <i>*PURPLE DAY*</i>            9:00 DR RUNS            10:00 SIT &amp; BE FIT            2:30 NEW RESIDENTS WINE &amp; CHEESE PARTY</p>	<p style="text-align: right;"><b>28</b></p> <p>10:00 SIT &amp; BE FIT            11:15 LUNCH BUNCH AT LOS BRAVOS            2:00 PRETTY NAILS            2:30 BINGO</p>	<p style="text-align: right;"><b>29</b></p> <p><b>HAPPY BIRTHDAY JIM HAMILTON AND GLEN CLONTS!</b>            10:00 SIT &amp; BE FIT            1:30 GAMES OF YOUR CHOICE            2:30 MOVIE</p>

## Remember Me?

Born in 1911 in Tampico, Ill., Ronald Reagan served as the 40th U.S. president from 1981 to 1989.

At college, Reagan played football, ran track and served as captain of the swim team.

After graduating, Reagan worked as a radio sports announcer. While in California to cover spring training, he did a screen test for Warner Brothers, which signed him to a contract.

Reagan made his screen debut in 1937 and appeared in more than 50 films over the next three decades.

After serving as governor of California from 1967 to 1975, Reagan and running mate George H. W. Bush won the 1980 presidential election. At age 69, Reagan became the oldest person elected to the post.

Called the Great Communicator, Reagan was a popular and influential two-term president.



### Going Back to the Ball Field

Even though the regular season won't begin for several more weeks, Major League Baseball teams are now in the middle of an important annual ritual: spring training.

The tradition of spring training began in the late 1800s, when teams held organized baseball camps in New Orleans and Jacksonville. Unlike today, a baseball player's salary was not enough to support him and his family for the whole year, so many players took other jobs during the winter. Spring training helped get players back into shape.

Nowadays, most players stay fit all

year long, but spring training still serves as a warm-up to the season. Additionally, new players are able to try out for spots on the team, and the practices and exhibition games allow teammates to get to know each other better.

Teams used to travel during spring training to play practice games with other teams, and camps weren't always in the same place every year. Today, each team has an established camp in either Arizona or Florida. The teams that train in Arizona make up the Cactus League, and Florida has the Grapefruit League.

Spring training games are a big draw for fans eager for the season to begin. Many fans travel to training camps to watch the games and get autographs from their favorite players.

### The tradition of spring training began in the late 1800s

## Flower of [March]

Botanical name | *Narcissus*

Other name | Jonquil

Description | Trumpet-shaped blossom surrounded by petals that may be of a contrasting color

Colors | Primarily yellow and orange, white

Facts | The name of the flower is based on the Greek mythological character Narcissus, known for his vanity. It is the national flower of Wales.

## [Daffodil]

Meaning | Unrequited love, chivalry, respect, modesty, faithfulness



## Taking Care of Your Kidneys

March is National Kidney Month, a good time to learn about keeping your kidneys healthy.

Kidneys have many functions, including removing waste from the body, balancing the body's chemicals and fluids, regulating blood pressure, producing red blood cells, and helping to keep bones healthy.

Millions of Americans live with chronic kidney disease, or CKD. CKD is manageable, but it can worsen over time, especially if it goes undetected.

Anyone can develop CKD, but the most common causes are diabetes and high blood pressure. Symptoms are not always noticeable, but may include nausea; swelling in the feet, hands or face; back pain; and unusual-looking urine.

Simple blood and urine tests can indicate if you have kidney disease.

A different type of kidney disease, polycystic kidney disease, is an inherited disorder that can lead to kidney damage. Other common kidney problems include kidney stones and kidney infections, which are less serious but can develop into bigger problems if left untreated.

Managing diabetes, high blood pressure and heart disease is very important in preventing kidney problems. Other ways to keep your kidneys healthy are reducing sodium in your diet, exercising regularly and controlling your cholesterol.

To learn more about kidney health, visit [www.Kidney.org](http://www.Kidney.org).

## Happy Mardi Gras Poem by Bridgitte Williams

Welcome, Fat Tuesday.  
 Throw your cares away!  
 Hand me that King's cake.  
 It's time to celebrate!  
 You get the baby.  
 I get the wine.  
 The gumbo, the shrimp.  
 We are going to have a good time!  
 All the colored beads.  
 Too many lights to see.  
 The bands are playing.  
 The music is so sweet!  
 And, we are dancing.  
 This night is meant to stay.  
 We will always remember.  
 Happy Mardi Gras Day!  
 Never stop partying.  
 Never.  
 Best Mardi Gras...  
 Ever!



Frances, Sara, Miriam and Betty enjoying Cinnamon Rolls and Hot Chocolate.

## Nice to Know You

Meeting a new neighbor can be fun, and you may even find you have a lot in common. After learning the basics, such as their name, family and some of their hobbies, try a few more creative questions. Some can be silly, and some can be more serious and thought-provoking. Let the conversation flow naturally and see where each question takes you!

Here are some suggestions:

Were you named after anyone? If so, who?

What's your earliest memory?

What do you like to do to relax?

Which modern technology are you most grateful for? Is there any new technology that you find annoying?

What is the most important lesson you've learned in life?

What was your favorite fashion fad through the years?

What was your favorite vacation?

# March 2014

## **The Coventry Place February Birthday Party Will Be in the April Newsletter Due to the Snow and Bad Weather.**



Residents making Valentine's Day Cookies with Lori from Long Leaf Hospice

The monthly party is on Tuesday before or after the 15th. Plan to attend when your loved one has their birthday. Call ahead of time so we can have a special table for your family to celebrate. You can have four guests at no charge.



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