



COVENTRY PLACE

www.coventryplace-ga.com

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

May 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.

Happy Mother's Day



MOTHER'S DAY LUNCHEON

Join us on May 13
 to celebrate Mother's Day.

MENU

Cornish Hen

Wild Rice

Vegetable Medley

Mandarin Orange Salad

Yeast Rolls

Strawberry Shortcake

Please call ahead of time to make your reservations.
 The new price of guest meals is \$7.

Keep the Color

To keep cut flowers fresh longer, add a teaspoon of baking soda to the water in the vase.

WELCOME

NEW RESIDENTS

I know you'll all want to welcome the new residents who moved in during April after the newsletter was published, and those who will be moving in May.

202

Charlotte Hicks
306

John Beacham
314

Wayne Harris
324

Danny Rockecharlie
416

Toni Smith
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.



A MOTHER IS

A mother is someone who will stand by your side

A mother is someone who will lead and guide.

A mother will be with you when things aren't going right

A mother is someone you can call in the middle of the night.

She will be there to talk over your problems

She will do all she can to help you solve them.

A mother will give you her very last dime

When you've hit rock bottom she will be there right in the nick of time.

A mother is someone to look up to

A mother is someone to tell you she loves you.

A mother will nurture you and watch you grow

If you do wrong, she will tell you so.

A mother is someone to see you through

Like a guardian angel she will watch over you.

by Ron Dennard (Coventry Place)

Health & Wellness

Keep Your Bones Healthy and Strong!

May is National Osteoporosis Awareness Month. Here are some tips to help keep your bones as healthy as the rest of your body:

Osteoporosis is sneaky. You can't feel your bones getting weaker. In fact, most of the time the first sign of osteoporosis is a broken bone. See your doctor about a bone mineral density test to determine the state of your bones.

Are you at risk? After the age of 30, bone mass decreases gradually with age. Women over 50 and men over 65 are most likely to develop osteoporosis. Family history is another indicator; if your parents or grandparents had osteoporosis, there's a greater risk you'll have it, too.

Keep strong and eat right. Your bones will be stronger if you get enough calcium and vitamin D and if you perform weight-bearing and muscle-strengthening activities. See your doctor for more advice.

Prevent falls. Stay physically active, have your vision and hearing tested and pay attention to the side effects of your medications—these are good ways to prevent falls and broken bones.

For more information, visit www.WebMD.com.

HOSPITALITY



Pictured to the left are the members of the Hospitality Committee: Sylvia Okula, Anna Chiles, Mary Ferry (co-chairman), Sara Adams (chairman), Miriam Hancock, Jeanette Farrar, Arline Corbett and Jean Hilbun.

This is the first year we've had a fully functioning Hospitality Committee. The members see to it every resident gets a balloon on their birthday, and they also take a rose to each new resident after they move into Coventry Place.

Thanks on behalf of all of us at Coventry Place for giving your time to make all of us feel at home.

MEMORIAL DAY
Join us on May 28 for
a picnic
MENU

Hamburger or Hot Dog
Baked Beans
Slaw
Chips
Watermelon

Fun Facts

Trying for a Triple

The Kentucky Derby, the first jewel in horse racing's Triple Crown, is held on the first Saturday in May. The "Run for the Roses" is followed two weeks later by the Preakness Stakes, with the Belmont Stakes three weeks after that.

The Kentucky Derby was first run in 1875, the year Churchill Downs opened in Louisville, Ky.

The Preakness is held at Pimlico Race Course in Baltimore, Md. The owner of the winning horse receives a replica of the Woodlawn Vase, a silver trophy crafted by Tiffany & Co. in 1860 that is now valued at more than \$1 million and is on display at the Baltimore Museum of Art.

The Belmont Stakes is the longest of the three races at one and a half miles. The race is run at Belmont

Park in Elmont, N.Y.

Three races in five weeks is an extremely difficult schedule for the 3-year-old thoroughbreds, and the races are at longer distances than most of the horses have run previously.

Considered the pinnacle of achievement in horse racing, there have been only 11 Triple Crown winners to date: Sir Barton, 1919; Gallant Fox, 1930; Omaha, 1935; War Admiral, 1937; Whirlaway, 1941; Count Fleet, 1943; Assault, 1946; Citation, 1948; Secretariat, 1973; Seattle Slew, 1977; and Affirmed, 1978.

Will another Triple Crown winner emerge this year? Tune in and root for your favorite!



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
		1 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 10:45 Study of the Beatitudes Led by Dr. Frances Calder
6 3:00 Hymn Sing-along Followed by Chapel Service	7 10:00 Sit and Be Fit 1:30 Shopping at Walmart 2:00 Sit and Be Fit 3:00 Residents' Council Meeting 3:45 Veggie Truck	8 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur Sing-along
MOTHER'S DAY 13 12:00 Mother's Day Luncheon 3:00 Hymn Sing-along Followed by Chapel Service	14 10:00 Sit and Be Fit 1:45 Movie Matinee - "Fried Green Tomatoes" With Kathy Bates 2:00 Sit and Be Fit 3:45 Veggie Truck	15 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo <i>HAPPY BIRTHDAY ETHEL HERRON</i>
20 3:00 Hymn Sing-along Followed by Chapel Service	21 10:00 Sit and Be Fit 2:00 Sit and Be Fit 3:45 Veggie Truck	22 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo <i>HAPPY BIRTHDAY TINY SCHOBEL</i>
27 3:00 Hymn Sing-along Followed by Chapel Service	Memorial Day 28 10:00 Sit and Be Fit 12:00 Memorial Day Picnic 2:00 Sit and Be Fit 2:00 Horseshoes on the Patio <i>HAPPY BIRTHDAY DORIS CANNON</i>	29 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo

Wednesday	Thursday	Friday	Saturday
<p>9:30 Kroger Shuttle 2 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 1:30 Nurturing Dance Therapy 2:00 Sit and Be Fit 2:30 Vivian's Delicious Delicacies</p> <p><i>HAPPY BIRTHDAY SARA ADAMS</i></p>	<p>9:00–1:30 Doctor Shuttle 3 10:00 Sit and Be Fit</p> <p>1:00 Arts and Crafts With Anita (Making Derby Hats)</p> <p><i>HAPPY BIRTHDAY BERTIE MAE BROWN</i></p>	<p>10:00 Sit and Be Fit 4 2:00 Sit and Be Fit 2:30 Bingo</p> <p><i>HAPPY BIRTHDAY JACKIE MERAN</i></p>	<p>5</p> <p>10:30 Hug a Puppy 2:00 Games of Your Choice 6:00 Kentucky Derby Party</p>
<p>9</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 1:30 Nurturing Music Therapy 2:00 Sit and Be Fit</p>	<p>10</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Cootie Game Party in the Card Room</p>	<p>11</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at The Red Lobster 2:00 Sit and Be Fit 2:30 Bingo</p> <p><i>HAPPY BIRTHDAY SARAH ALOUF</i></p>	<p>12</p> <p>1:45 Movie Matinee "The Cheyenne Social Club" Starring James Stewart and Henry Fonda 2:00 Games of Your Choice</p>
<p>16</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 1:30 Nurturing Massage Therapy 2:00 Sit and Be Fit</p> <p>6:00 Worship Service and Communion With the Reverend Tom Hagood</p>	<p>17</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Dazzling Dames (new Entertainment) In the Dining Room</p> <p><i>HAPPY BIRTHDAY TONI SMITH</i></p>	<p>18</p> <p>10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo</p>	<p>19</p> <p>ARMED FORCES DAY</p> <p>1:45 Movie Matinee "Bucket List" Starring Morgan Freeman 2:00 Games of Your Choice</p>
<p>23</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 1:30 Nurturing Art Therapy 2:00 Sit and Be Fit</p>	<p>24</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Let's Play Scrabble or RummiKub</p>	<p>25</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>26</p> <p>2:00 Games of Your Choice</p> <p><i>HAPPY BIRTHDAY AL BROWN</i></p>
<p>30</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop</p>	<p>31</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Wine and Cheese Party</p> <p><i>HAPPY BIRTHDAY BEN BURNEY</i></p>		<p><i>May</i> </p>

FOOD

The picture at the bottom of the page is of the Food Committee. The members, starting at the right, are: Mary Ferry, Chairman, Sara Adams, Sylvia Okula, Anna Chiles and Sarah Alouf. Jo Ann Smith attends the Food Committee meetings.

Food is such an important part of our daily life, both because we have to have it, but also because we enjoy it so much. The task of trying to make over a hundred people happy with each and every meal is really impossible, but it's amazing what a great job these ladies do.

The committees change every year when the new resident council board is elected. Would you like to participate? We'll continue handing out a volunteer list so you can indicate what you would like to help with at Coventry Place. It's very rewarding to be a part of the neighborhood.

ACTIVITIES



New resident Amelia Jackson has been coming to Coventry Place for years as part of the Decatur Sing-a-long. She's pictured above with Keith and Bill. Thanks to each of you for entertaining us.

WINE AND CHEESE PARTY



We have a wine and cheese party each month, and there's always a good turnout. You'll see Jane Taylor helping to serve at the left. Thanks, Jane.



Here's Ester Williams at the wine and cheese party.

EASTER LUNCHEON



We had a terrific Easter Luncheon thanks to Vivian and her staff.



ST. PATRICK'S DAY PARTY



There were lots of people who wanted to celebrate St. Patrick's Day. We had a new entertainer who really made the day.



There was a drawing, and the winners were from left Lois Vandame, John Beavers and Jeanette Farrar. Congratulations!



JELLY BEAN CONTEST WINNER

Shown with his prizes, the jelly beans and an Easter lily, is Charlie Davis who guessed the closest for the number of jelly beans in the jar. He ALMOST got it exactly right.



Don't Worry, Be Tappy!

National Tap Dance Day is May 25, which is also the birthday of Bill "Bojangles" Robinson, one of the greatest tap dancers ever.

Tap dancing has roots in Irish step dancing, English clog dancing, and African drum rhythms and dance movements. In the 1830s in New York City, different immigrant groups would gather to show off their dance skills. By the 1920s, tap had become an established dance form and entertained people at Harlem's Cotton Club and other venues.

Tap then moved into films. Robinson is known today for his dancing with Shirley Temple in several films in the 1930s.

Fred Astaire became a well-known dancer, appearing in movies in the 1930s through 1950s. Gene Kelly brought a more athletic style to dance in the 1940s and '50s in such films as "Anchors Aweigh" and "Singin' in the Rain."

These and other dancers, such as Sammy Davis Jr. and Gregory Hines, have helped keep alive the tradition of fast, rhythmic footwork. Probably the best-known contemporary tap dancer is Savion Glover, who has choreographed Broadway shows and movies, including "Happy Feet."

WRITE ME

Something for May,
something for May,
Get it done before
you hit the hay.

Twelve different
months make up
a year,

Each calling for
variations so clear.

Composing can wreck
your composure
Just like a
snapshot's double
exposure.

So buckle down and
get to work.

Don't be beaten by
a writer's quirk.
by John Beavers
(Coventry Place)



NURTURING THERAPY

Each Wednesday
we have
entertainment that
comes to us FREE. We
have dance, music,
massage and art. Mark
your calendar and
come down. It's at
1:30 p.m., and I think
you'll really enjoy it.

May 2012



THE APRIL BIRTHDAY PARTY



On Tuesday, April 10, we celebrated the birthdays of all the residents who were born in April.

The residents who attended are pictured above. They are, seated from left: Waydene Fountain, Rachel Spivey, Bill Worrell, and Mike Finney. Standing are David Bryant, Mary Ferry and Alma Boone.

Unable to attend were Roscoe Lowery and Jean Browne.

Featured on the left is Rachel Spivey. She was honored for having achieved the most birthdays. Congratulations, Rachel! Please have many more.

The party each month is on the Tuesday before the 15th. Plan to attend when your loved one has their birthday month. Call ahead of time so we can have a special table set up for your family to be able to celebrate together. Each resident who's celebrating can have up to four guests at no charge. It's lots of fun!