



COVENTRY PLACE

www.coventryplace-ga.com

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

Coventry Place Management

Doug Baker Executive Director
 Barbara Olver Activities Director
 Anita Day Office Manager
 Wilda Johnson Personal Care Supervisor
 Anthony Leverett Maintenance Director
 Anthony Brown Food Dept Director
 Vivian Durden Asst Food Dept 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

Emergency - (404) 861-8304

E-mail - marketing@coventryplace-ga.com
doug.coventryplace@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.

May 2013

Happy Mother’s Day



May Is for Mothers

On the second Sunday in May, we honor mothers. Happy Mother’s Day to all the moms out there!

MOTHER’S DAY LUNCHEON

Join us on May 12 to celebrate Mother’s Day.

Menu

Cornish Hen

Broccoli and Cheese Casserole

Vegetable Medley

Fruit Salad

Yeast Rolls

Coconut Cake with a Cherry on Top!

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

WELCOME

NEW RESIDENTS

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

212 Donna Smith –
214 Mary Lindig –
401 Betti Snow

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?

Refer a friend to move to Coventry Place and let the Executive Director know their name and telephone number. If they move in, not only will you have a new neighbor, you'll get \$200!



Wit and 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

"An optimist is the human personification of spring."

—Susan J. Bissonette

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

—Bill Veeck

"I love spring flowers: daffodils and hyacinths are the ultimate flower for me.

They are the essence of spring."

—Kirsty Gallacher

"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

Indy 500

"The Greatest Spectacle in Racing" takes place in Indianapolis Memorial Day weekend.

Just for Fun

The highway patrolman noticed a car going just 22 miles an hour. He pulled the car over and noticed that there were five elderly ladies inside, eyes wide and white as ghosts. The officer explained that driving too slow could be dangerous. "But officer," said the driver proudly, "I was doing the speed limit exactly, 22 miles an hour!" The officer explained that 22 was the route number, not the speed limit, and asked if her passengers were okay. "Oh, they'll be alright in a minute, officer," the driver said. "We just got off Route 119."

Train Your Brain

The senior brain can make significant improvements in cognitive function, say scientists with The MacArthur Foundation Study of Aging in America. Cultivate mental strength and agility by attending lectures or classes, joining a book club, learning a foreign language or starting a new hobby.

Exercise Your Brain

HelpGuide.org notes that physical exercise increases the oxygen flowing to your brain and can reduce the risk of disorders that lead to memory loss, such as diabetes.

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.

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

Solution

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

Hail to Harry

Although he left office with one of the lowest approval ratings in history, Harry S. Truman is now considered one of the nation's top 10 presidents.

The 33rd president of the United States was born May 8, 1884, in Lamar, Mo. The family moved to Independence, Mo., in 1890.

Truman saw action in France during World War I and joined the reserves after the war, rising to the rank of colonel.

After returning to Independence, he married Bess Wallace in 1919. Truman ran a men's clothing store for several years, served as a county court judge, and, in 1934, was elected to the United States Senate.

President Franklin D. Roosevelt tapped Truman as his running mate in 1944. The pair won the election, and they were inaugurated on Jan. 20, 1945. Roosevelt's death three months later catapulted Truman to the presidency—and

some complex issues.

The challenges Truman faced included: the decision to drop the atomic bomb on Japan to end World War II; rebuilding Europe; creation of the North Atlantic Treaty Organization (NATO); the start of the Cold War with the Soviet Union; and dealing with a post-war economy at home.

Truman was re-elected in 1948, but his popularity waned during the next four years. When his term ended, Truman returned to Independence and spent his days reading, writing and taking long walks.

The president's accomplishments became apparent in the years after he left office, and current scholars agree he faced immense challenges and achieved remarkable successes.



Remember Me?

Charles M. Schulz created one of the most popular and recognizable comic strips of all time, "Peanuts," which tells the story of Charlie Brown and his friends.

Schulz did all the art, lettering and inking of the strips himself, which is unusual for a comic strip creator.

During the nearly 50-year run of the strip, he only once took a vacation—five weeks in celebration of his 75th birthday.

Almost 18,000 total strips appeared. Schulz requested that no new strips be made after his death, so only reruns have appeared since 2000.

Schulz hated the name "Peanuts." He stated, "It's totally ridiculous, has no meaning, is simply confusing, and has no dignity—and I think my humor has dignity."

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
		COVENTRY CORNER OPEN MONDAY - SATURDAY FROM 2 TO 4 P.M.
5	6	7
3:00 Hymn Sing-Along Followed by Chapel Service	10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Shaking It With Daniel 2:30 Residents' Council Meeting 3:45 Veggie Truck Oh No! Late Fees Begin Today	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 10:30 Bible Study (Card Room) All Residents Welcome! 2:30 Bingo
12	13	14
Happy Mother's Day 12:00 Mother's Day Luncheon 3:00 Hymn Sing-Along Followed by Chapel Service	10:00 Sit and Be Fit 2:00 Shaking It With Daniel 3:45 Veggie Truck	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
19	20	21
3:00 Hymn Sing-Along Followed by Chapel Service	10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Shaking It With Daniel 3:45 Veggie Truck	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
26	27	28
3:00 Hymn Sing-Along Followed by Chapel Service	Memorial Day Memorial Day Picnic Menu BBQ Chicken Baked Beans Cole Slaw Pie!	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo Happy Birthday, Doris Cannon!

Wednesday	Thursday	Friday	Saturday
1 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 1:30 Dance Therapy <u>RENT DUE</u>	2 6:00 Bible Talk (Card Room) 9:00–1:30 Doctor Shuttle 2:00 Entertainment With Ron 6:00 Bible Talk (Card Room) Happy Birthday, Sara Adams!	3 10:00 Sit and Be Fit 1:30 Shopping at Walmart 2:30 Bingo Happy Birthday, Bertie Mae Brown!	4 10:00 Hug a Pet 2:00 Games of Your Choice 5:30 Kentucky Derby Party (TV Room) Happy Birthday, Jackie Meran!
8 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 1:30 Music Therapy	9 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:00 Arts and Crafts With Anita 6:00 Bible Talk (Card Room)	10 10:00 Sit and Be Fit 11:00 Mary Mac’s for Lunch! 2:30 Bingo	11 2:00 Games of Your Choice
15 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 1:30 Surprise Entertainment! 6:00 Communion and Worship Service With Tom Haygood	16 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:00–2:00 SOCK HOP!! (Dining Room) EVERYONE, WEAR Bobby Socks! 6:00 Bible Talk (Card Room)	17 10:00 Sit and Be Fit 2:00 Ice Cream Social 2:30 Bingo	18 2:00 Games of Your Choice
22 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 1:30 Nurturing Art Therapy	23 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Wine and Cheese Party Honoring All NEW RESIDENTS! 6:00 Bible Talk (Card Room)	24 9:30 Shopping at Walmart 10:00 Sit and Be Fit 2:30 Bingo	25 2:00 Games of Your Choice
29 9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 2:00 Wilda’s Wellness Workshop	30 9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Let’s Play Scrabble or Rummikub 6:00 Bible Talk (Card Room)	31 10:00 Sit and Be Fit 1:45 Movie Matinee - Hachi - A Dog’s Tale (True Story) 2:30 Bingo Happy Birthday, Ben Burney!	

A Lei for May

With the scent of spring flowers in the air and summer just a few weeks away, it's the perfect time of year to make your own Hawaiian-inspired lei.

Materials:

- Pen or pencil
- Craft paper
- Scissors
- Single hole punch
- Yarn or string
- Drinking straws

Directions:

Draw or trace flower shapes on several sheets of paper. You will need about 20 flower shapes for one lei. Cut out the flowers and punch a hole in the center of each. Cut the drinking straws into 1-inch pieces.

Cut a long piece of yarn or string, approximately 2 feet. Tie a knot at one end. String a flower onto the yarn and follow it with one straw piece. Continue alternating flowers and straw pieces until the strand is nearly full. Tie the ends of the yarn to each other with a secure knot.

Don't Give in

When Satan's after you, don't give in
 Jesus is there, a dependable friend
 Keep on running, stay in the race
 One day we'll see the Savior's face
 Don't give in when you feel all alone
 He's there sitting on the throne
 Try harder the next time than you
 did before

He's there, just knock at the door
 Don't let life's discouragement get
 you down

Jesus will always be around
 Don't give in to earthly fears
 Just stay in God's Will

Things will get better, just wait and see
 Everything the way you want it to be
 Thank God for each and every day
 Just let the Lord have His way

Ron Dennard



We Salute You, Caregivers

Think of the word "caregiver" and you're unlikely to question how the term got its name. To care is "to be concerned" and to give is to "offer to another." Someone who offers their concerns for another is compassionate, kindhearted and undoubtedly needed. For all the things caregivers do, from assisting with everyday tasks to providing companionship and a listening ear, they deserve much praise. We offer a heartfelt thanks and a special salute to all the caregivers in our community!

Flower of [May]

Botanical name | *Convallaria majalis*

Other names | May Bells, Our Lady's Tears

Description | Small bell-like blooms on a short delicate stem

Colors | White, pink

Facts | All parts of the plant are poisonous if ingested. This flower is popular for weddings because of its delicate and romantic shape.

[Lily of the Valley]

Meaning | Sweetness, return of happiness





The Day to Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones, not just service members.

On Memorial Day, the American flag should be flown at half staff until noon, then raised to full staff in recognition of those currently serving in the military.

The Memorial Day weekend is often a time for picnics and barbecues, as it is considered the unofficial start of summer.

It Takes Two

Some of the best-loved songs are the result of collaboration between a composer and lyricist. Such was the case with the work of Gilbert and Sullivan. Composer Arthur Sullivan and lyricist W. S. Gilbert are best-known for their comic operas.

Before the two collaborated, Gilbert wrote poems, stories and articles, some of which later provided inspiration for his work with Sullivan. Sullivan was proficient with many musical instruments and began composing early in his life. Together, the pair wrote most of their shows between 1871 and 1896. Several, including "H.M.S. Pinafore" and "The Mikado," were hugely successful.

The duo was known for writing satirical shows full of ridiculous scenarios. For example, in "The Pirates of Penzance," the pirate apprentice Frederic says that once he leaves his apprenticeship on his 21st birthday, he will spend his life trying to eradicate piracy. It is later revealed, however, that his birthday is Feb. 29, so though he has lived 21 years, he has had only five birthdays. The pirates and Frederic disagree about whether his duty has been fulfilled.

Gilbert and Sullivan's shows have enjoyed a resurgence in popularity since Joseph Papp revived "The Pirates of Penzance" in 1981. The show cast actors who were known more for their work in musical theater than opera.



Wit & Wisdom

"A mother's love for her child is like nothing else in the world."
—Agatha Christie

"I am sure that if the mothers of various nations could meet, there would be no more wars."
—E. M. Forster

"My mother loved children—she would have given anything if I had been one."
—Groucho Marx

"The art of mothering is to teach the art of living to children."
—Elaine Heffner

"All women become like their mothers. That is their tragedy. No man does. That's his."
—Oscar Wilde

"Sooner or later, we all quote our mothers."
—Bern Williams

"A mother's arms are made of tenderness and children sleep soundly in them."
—Victor Hugo

May 2013



Happy Birthday!



May Birthdays
Sara Adams...May 2
Bertie Mae Brown...May 3
Jackie Meran...May 4
Doris Cannon...May 28
Ben Burney...May 31