

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 Marketing and Activities
 Anita Day Office Manager
 Wilda Johnson Resident Care Director
 Tony Ezzard Chef/Dining Service Dir.
 Anthony Leverett Maintenance Director



OFFICE HOURS

Monday–Friday 8:00 a.m.–5:00 p.m.
 Weekends 9:00 a.m.–5:00 p.m.

COVENTRY PLACE PHONE NUMBERS

Office - (404) 296-0962
 Emergency - (404) 825-9943
 E-mail - marketing@coventryplace-ga.com
 Fire, Police, Ambulance - 911
 Coventry Beauty Shop - (404) 294-9695
 Sierra Therapy - (404) 501-9122

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.

November 2008



Don't Forget Election Day

Mark your calendars for Nov. 4. On Election Day, we will elect a president and his vice president, 33 senators, 11 governors and 435 representatives. You can make a difference. Take time to vote.



NOVEMBER 2

Another DON'T FORGET is that daylight saving time ends Nov. 2. It's the fall, so you fall back. That means, set your clock back one hour on Saturday night before you go to bed.

WELCOME

NEW RESIDENTS

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

Watch for the new faces and introduce yourselves. Moving to a new home can be challenging, so let's all be good neighbors.

208

Billie Lary

527

Phyllis Casselman

\$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 after they've been here for 45 days.



THANKSGIVING LUNCHEON MENU

Turkey and Dressing

Green Bean Casserole

Candied Yams

Cranberry Sauce

Waldorf Astoria Salad

Rolls

Pumpkin Pie with Whipped Cream

Coffee, Tea, Milk or Punch

GUESTS FOR THANKSGIVING

We welcome the opportunity to have families and friends of our residents gather with us to celebrate here at Coventry Place, our home.

Because so many of our residents go out on Thanksgiving with their families, we will celebrate on Tuesday, Nov. 25. The luncheon will begin serving at 12 p.m.

Guest meal charges are \$5, payable at the front desk. Reservations need to be made no later than Saturday, Nov. 22. You can call (404) 296-0962 to sign up.

GIVING THANKS

Every Charlie, Charles and
Chuck

Every Buster, Bob and Buck
Every Jeanette, Jane and Joan

Who almost never eat alone
Know the joy of congregation

And of friendly conversation

Whether fed on sirloin rare

Or on paltry poultry fare

On November twenty-seven

Then we turn our eyes to

heaven

AND GIVE THANKS

by John Beavers



RESIDENT APPRECIATION

Since it's Thanksgiving, I thought it would be appropriate to give thanks to and for our wonderful resident volunteers who do so much for Coventry Place.

The first one is John Beavers. John moved here in June of 2007. He has been on the Food Committee, works in the Country Store, and don't forget, he is the POET LAUREATE of Coventry Place.

Say "thanks" to John.

FACTS FROM SIERRA THERAPY

Q: Did you know that faulty footwear may contribute to why people fall?

A: Many people sustain fall-related injuries. Most falls occur in the home when a person is participating in normal activities such as walking. Inappropriate footwear has also been cited as a contributing factor to falls in the home. There is a definite relationship between balance and footwear. Many seniors have been reluctant to change footwear because of the expense, the style of the shoe, the top of the shoe still looks fine and more importantly, the lack of importance placed on the effect of footwear in preventing falls.

Avoid a fall—check your shoes today! If you have any questions as to whether you have on safe shoes, stop by and see your Sierra on-site Physical Therapist, Tonya Murphy, PT for a free shoes evaluation, in Apt. #124. See the 10 Points of Senior Shoe Safety on page 7.



JEANETTE FARRAR

Jeanette moved to Coventry Place in October of 2004. She was on the first food committee, has served on the Resident Council from its inception and was the first Chairman. Jeanette “runs” Bingo for us and works in the Country Store.

Say “thanks” to Jeanette.



JOHN KITCHENS

John moved here in January of 1999. He was co-chairman of the Residents’ Council with Ed Brown in 2006 and 2007. He is now co-chairman with Earl Polk. John is currently on the Food Committee, as he has been for three years.

Say “thanks” to John.

MORE THANKS



FLORA CHEN

Flora moved into Coventry Place in April of 2006. She works with the Country Store. She enjoys playing games and participates in just about everything.

Say “thanks” to Flora.



BRENDA JONES

Brenda came to us in October of 2007. She is the Movie Committee. If you have any suggestions, just let her know. She’s active with the Sit and Be Fit group and always smiling.

Say “thanks” to Brenda.



SARA ADAMS

Sara moved to Coventry Place in May of 2007, the same time I did. She serves as chairman of the Food Committee and has done an exceptional job. If you have suggestions, please let her know. Sara takes our nutrition very seriously.

Say “thanks” to Sara.

MEAL HOURS

Breakfast
7:15-8:15 a.m.
Lunch
12-1:30 p.m.
Dinner
5-6 p.m.

BE SURE TO ...

1. Check the bulletin board DAILY for additional activities or cancellations.
2. Listen to announcements.
3. When you sign up for a trip to the doctor, put down the time as 30 minutes before your appointment to allow time to get there.
4. No plastic, magazines or phone books can be put in the newspaper recycle bins. Be sure not to put your 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
 NOVEMBER		
2	3	4
DAYLIGHT SAVING TIME ENDS 3:00 Hymn Sing-along with a Guest Pianist 3:30 Chapel Service	10:00 Sit and Be Fit 2:30 Residents' Council Meeting 3:45 Veggie Van	ELECTION DAY 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY MILDRED HOLTON AND RAYMOND VICK
9	10	11
3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY APRIL REID	10:00 Sit and Be Fit 10:00 Mike Cox, Senior Healthcare Specialists 2:30 Veterans' Benefits Speaker 3:45 Veggie Van	VETERANS DAY 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo 7:00 Decatur Sing-a-Long
16	17	18
3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY MARCELIA DAVIS	9:30 Shopping at Walmart 10:00 Sit and Be Fit 1:30 Dr. Noonan Foot Doctor 2:30 Let's Play Scrabble 3:45 Veggie Van HAPPY BIRTHDAY ROSA CHASTAIN	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
23/30	24	25
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 2:30 Let's Play Rummikub 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:00 THANKSGIVING LUNCHEON 2:30 Bingo

Calendar of Events

Wednesday	Thursday	Friday	Saturday
			<p style="text-align: right;">1</p> <p>2:00 Movie Matinee "O Brother, Where Art Thou?"</p> <p>Starring George Clooney</p>
<p style="text-align: right;">5</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 2:30 Tony's Tantalizing Tidbits</p>	<p style="text-align: right;">6</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Let's Play Skip-Bo</p>	<p style="text-align: right;">7</p> <p>10:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right;">8</p> <p>2:00 Movie Matinee "The World According to Garp"</p>
<p style="text-align: right;">12</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 12:30 Diabetes Education Fair 1:30 Kroger Shuttle 2:30 FIRE DRILL</p>	<p style="text-align: right;">13</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Adam Boehmer "A Juggling Show" Refreshments Will Be Served</p>	<p style="text-align: right;">14</p> <p>10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo HAPPY BIRTHDAY JEANETTE FARRAR</p>	<p style="text-align: right;">15</p> <p>2:00 Movie Matinee "Chicago" Starring Richard Gere</p>
<p style="text-align: right;">19</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 2:00 Wilda's Wellness Workshop 6:00 Worship Service with The Reverend Tom Hagood in the Card Room</p>	<p style="text-align: right;">20</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:30 Arts & Crafts with Anita HAPPY BIRTHDAY "GUS" MONROE AND JOAN MURRAY</p>	<p style="text-align: right;">21</p> <p>10:00 Sit and Be Fit 3:00 Wine & Cheese Party in the Card Room</p>	<p style="text-align: right;">22</p> <p>2:00 Movie Matinee "Patch Adams" Starring Robin Williams</p>
<p style="text-align: right;">26</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 3:00 Meet Your Neighbor and Orientation</p>	<p style="text-align: right;">27</p> <p>HAPPY THANKSGIVING 2:30 Let's Play Skip-Bo</p>	<p style="text-align: right;">28</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at Mary Mac's Tea Room 2:30 Bingo</p>	<p style="text-align: right;">29</p> <p>2:00 Movie Matinee "House Sitter" Starring Steve Martin</p>

AND MORE



ADRIENNE PARDIECK

moved into Coventry Place in September of 2006. She is on the Resident Council this year serving as scribe and works in the Country Store. There are other "behind the scenes" things that Adrienne does, but we'll keep that "behind the scenes."

Say "thanks" to Adrienne.



HORACETINE VANN

moved in September of 2002. She was on the Resident Council in 2007, is on the Food Committee this year, and always welcomes newcomers. Horacetine is also known for her hats.

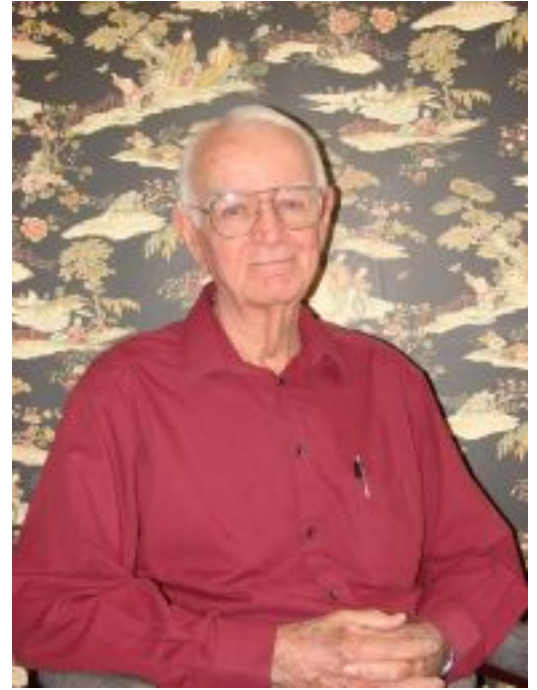
Say "thanks" to Horacetine.



ED BROWN

moved into Coventry Place in January of 2006. He was co-chairman of the Residents' Council with John Kitchens in 2006 and 2007. He is still on the board. Ed also has headed up the Country Store since it opened in 2006. He makes sure there's someone scheduled to open the store and does the inventory for the orders.

Say "thanks" to Ed.



FREEMAN KING

moved from Macon to live at Coventry Place in January of 2006. He's on the Residents' Council and works in the Country Store. Freeman also keeps the birdseed in the feeders, the water in the bird bath and corn out for the squirrels.

Say "thanks" to Freeman.



WOULD YOU LIKE TO LEARN?

One of our new residents, Bobbie Idleman, has volunteered to teach us how to play Rummikub.

There's a sign-up sheet on the bulletin board for all who are interested. Wouldn't it be great to have games going on all the time?

Don't forget - sign up.

BLUE GRASS BAND

On Oct. 16, the Blue Grass Band came and entertained our residents. If you've never attended, watch the calendar and come next time. You'll have a toe-tapping good time.





EARL POLK

has lived at Coventry Place since December of 2005. He is currently co-chairman of the Residents' Council with John Kitchens. We're looking forward to Earl and his daughters entertaining us again when the pump organ is finished with its refurbishing.

Say "thanks" to Earl.



KAY POTTER

came to live at Coventry Place in June of 2003. She is "daily" active in the happenings at Coventry Place. Kay helps with the activities - making reservations, setting up times for community musical groups to come, she helps with the preparation of the refreshments and helps serve. Kay also has been instrumental in finding ministers to do worship services. In addition to all that, she has been on the Food Committee and the Memorial Committee. AND, you know all the flyers you see on the bulletin boards for our activities, Kay puts them out daily.

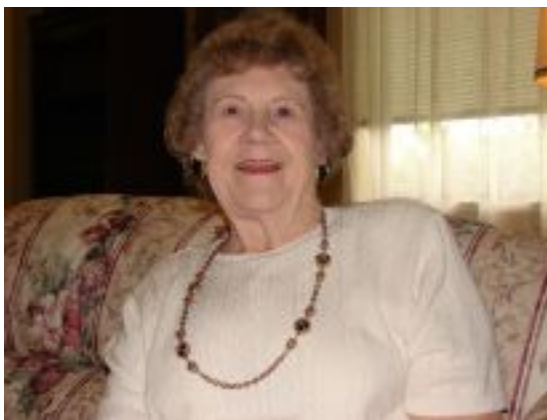
Say "thanks" to Kay.



LEON AND EMILY SLUCHEK

moved in September, 2007. They are on the Food Committee and have been a big contribution for all that's been accomplished. I'm sorry to tell you that Leon and Emily are moving. They have bought a condo in Marietta and will leave us in November. We'll really miss them.

Say "thanks" to Leon and Emily.



ANNA CHILES

has been at Coventry Place since November of 2007. She is on the Food Committee and has helped with the Country Store. Not the least of Anna's contributions is her granddaughter Lindsey. Lindsey is so friendly and helpful to the residents. There are quite a few who will want to join in thanking not only Anna for being here, but Lindsey also.

Say "thanks" to Anna.

WYNNE CHRISTENSEN

(not pictured) moved here in September of 2006. She is on the Food Committee.

Say "thanks" to Wynne.

8 POINTS

OF SENIOR SHOE SAFETY:

1. Buy shoes that have traction, but not heavy rubber soles that curl over the top.
 2. Avoid shoes with heavy rubber lugs on the outsole like those found on athletic shoes.
 3. Shoes with tied laces are safer than those without laces, as they do not fall off your feet and can be adjusted to accommodate swelling, orthotics or braces.
 4. Do not wear shoes with slippery, worn outsoles.
 5. Do not wear loose or poorly fitting shoes.
 6. Avoid wearing smoother shoes when walking on slippery or wet surfaces.
 7. Avoid shoes with too much cushioning - they may be too unstable.
 8. When buying shoes, try them on at the end of the day to accommodate any swelling.
- Thank you, Sierra.

November 2008



OCTOBER BIRTHDAYS



FOUR GENERATIONS - Louise Andrews with her daughter, granddaughter and great-granddaughter.

Those celebrating birthdays in October are pictured above. Seated (and the one achieving the most birthdays) is Chandler Langston; from the left, Lois Bowen, John Beavers, Martha Williams, Alice Weaver, Dorothy Besal, Nancy Parker, Louise Andrews and Freeman King.

We had lots of guests joining our birthday celebrants and thoroughly enjoyed all. It was great getting another four generations together (left) with Louise Andrews.

Each month, we celebrate (on the Friday before the fifteenth of the month) with all the residents who have birthdays in that month and their guests. Reservations must be made by the Wednesday prior to the birthday luncheon. Please call (404) 296-0962.