



COVENTRY PLACE

www.coventryplace-ga.com

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

October 2008

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.

MARION HODGES



Marion Brown Hodges is second only to Mala Mott for having lived at Coventry Place the longest. She moved in on October 13, 1990.

(Continued on next page.)

WELCOME

NEW RESIDENTS

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

204

Marjorie Plyler

206

Joyce Chatfield

329

Bobbie Idleman

412

Frieda Turner

506

Fern Williams

529

Helen Byers

532

Barry Johnson

\$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.



FALL FOR THE COLORS

October is here, a time of good cheer,
Columbus Day, less than two weeks
away

Yom Kippur practically right at the
door.

Dawgs are hot, jackets are not
Goblins unseen await Halloween

Oak leaves are brown, some up, some
down

Pumpkins are mellow, maple leaves
yellow.

Some leaves are red, ready to shed.

Hot days behind us, cool nights will
find us.

Autumn - I love it. Can't get enough of
it.

By John Beavers



Marion Hodges Continued

Marion was born Jan. 20, 1925, in Atlanta. She attended Commercial High School and graduated in 1943. She went to work, even before graduating, at the Atlanta Tuberculosis Association as a secretary. From there she moved on to work at Bell Air Craft and finally the City of Atlanta Council, from which she retired.

Marion met George Hodges while he was attending Atlanta Junior College through her sister, Margaret. They married in 1943 and had two children, George and Ann. She has three grandchildren.

In 1990, Marion's children became unhappy with her living alone, so with her brother-in-law she visited Kingsbridge, the Regency, and lots of other places, including Coventry Place. We're happy Marion chose our home.

When Marion moved into Coventry Place, she had Prissi, an adorable Boston Terrier. She called her Priss or Baby. Marion just loves dogs it seems because all her life she had bird dogs, too.

The smile you see on Marion's face is the way you see her every day. You can't help but smile back. Thank you, Marion, from all of us.

Wit & Wisdom



MISSIONARIES TO BRAZIL

Dorothy and Gordon Gartrell, who were missionaries to Brazil, have come to Coventry Place and shared their message with our residents twice now. We are so grateful for the missionaries, ministers and lay people who sacrifice their time for us. Ask at your church if anyone would like to take an occasional Sunday afternoon to minister at Coventry Place.

NUMBERING OUR DAYS

"Teach us to number our days that we may apply our hearts unto wisdom,"

That when our numbered days are spent we may be ushered into Your Kingdom.

May we diligently and faithfully search Your Holy Word,

So that we may go and help those who have not yet heard.

Open our ears that we may hear, and open our eyes that we may see,

That what we hear and what we see may be acceptable to Thee.

Open our hearts so Your Abiding Love may flow freely in, And open our mouths so we may speak of That Love within.

With hearts filled with love and compassion for others,

Help us to make of them, in Your Name, our brothers.

Let our light so shine as to dispel the darkness in the world

Then let us all rejoice and praise You until Heaven's flags unfurl.

This is our earnest prayer to You, Oh God,

That our days and Thy Wisdom may be our rod

To ward off the evil which seeks to blind,

To drag down, poison, and destroy our mind.

by Franklin Jennings

This was brought to us by Lucy Mills. Thanks Lucy.

"Whenever you're scared of something, don't let that define you. We all feel it, but step up."

—Vince Vaughn

"At my age, flowers scare me."

—George F. Burns

"They torture and scare you for 20-odd years ... Then they expect you to pick a career."

—John Lennon

"Good advice usually works best when preceded by a bad scare."

—Al Batt

"Bravery is the capacity to perform properly even when scared half to death."

—Omar Bradley

"To tell the truth, I'd scare me, too."

—Jethro Tull

"Every day I run scared. That's the only way I can stay ahead."

—John Johnson

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
5	6	7
3:00 Hymn Sing-along with a Guest Pianist - in the Card Room 3:30 Chapel Service	10:00 Sit and Be Fit 11:00 Dining Out at The Varsity 3:45 Veggie Van HAPPY BIRTHDAY, FREEMAN KING	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
12	13	14
3:00 Hymn Sing-along 3:30 Chapel Service	COLUMBUS DAY 9:30 Shopping at WalMart 10:00 Sit and Be Fit 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo 7:00 Decatur Sing-along HAPPY BIRTHDAY, CHARLES DAVIS
19	20	21
3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY LOUISE ANDREWS AND JIM WILLIAMS	10:00 Sit and Be Fit 1:30 Dr. John Noonan 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY, MARTHA C. WILLIAMS
26	27	28
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo

Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">1</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle</p>	<p style="text-align: right;">2</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Let's Play RummiKub</p>	<p style="text-align: right;">3</p> <p>9:30 Shopping at The Farmers' Market 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p> <p>HAPPY BIRTHDAY, LOIS BOWEN</p>	<p style="text-align: right;">4</p> <p>2:00 Movie Matinee</p> <p>CHANGING LANES starring Ben Affleck</p>
<p style="text-align: right;">8</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:30 Tony's Tantalizing Tidbits</p>	<p style="text-align: right;">9</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 10:30 United Postal Service A Program on Mailing Service Needs</p> <p>3:00 Let's Play Scrabble with Refreshments</p>	<p style="text-align: right;">10</p> <p>10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon</p> <p>2:30 Bingo</p> <p>HAPPY BIRTHDAY, CHANDLER LANGSTON</p>	<p style="text-align: right;">11</p> <p>2:00 Movie Matinee</p> <p>LEFT BEHIND starring Brad Johnson</p> <p>HAPPY BIRTHDAY, DOROTHY BESAL AND ALICE WEAVER</p>
<p style="text-align: right;">15</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 1:30 Flu Shots</p> <p>6:00 Worship Service with The Reverend Tom Hagood in the Card Room</p>	<p style="text-align: right;">16</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 High Tea and Hat Day in the Card Room</p>	<p style="text-align: right;">17</p> <p>10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>	<p style="text-align: right;">18</p> <p>2:00 Movie Matinee</p> <p>BYE BYE BIRDIE starring Ann Margaret</p>
<p style="text-align: right;">22</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:30 Wilda's Wellness Workshop</p> <p>HAPPY BIRTHDAY, JOHN BEAVERS</p>	<p style="text-align: right;">23</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>Let's Play Skip Bo</p>	<p style="text-align: right;">24</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at Red Lobster</p> <p>2:30 Bingo</p>	<p style="text-align: right;">25</p> <p>2:00 Movie Matinee</p> <p>ALL OF ME starring Steve Martin</p> <p>HAPPY BIRTHDAY, NANCY PARKER</p>
<p style="text-align: right;">29</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle</p>	<p style="text-align: right;">30</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Arts and Crafts with Anita</p>	<p style="text-align: right;">31</p> <p>10:00 Sit and Be Fit</p> <p>NO BINGO</p> <p>3:00 Halloween Party Wine and Cheese with Dolly O'Dell Entertaining - in the Dining Room</p>	

MILK AND JUICE



This is our new milk machine. It holds five gallons at a time.



This is our new juice machine. It holds three different flavors: orange, apple and cranberry.



A GOOD IDEA

What we will do about having salads is, I think, a good idea. We will alternate green salads and fruit. One day there will be a green salad, the next, fruit. The salad will be placed on the table ready for you.

Other benefits of not having the salad bar are saving money, since there will be less waste, and clearing up the bottle neck getting into the dining room. We've also been able to shift the tables around so it is less crowded.

If you are on a restricted diet and can't eat leafy salads, let us know. We'll see to it you get fruit every day.



RISING PRICES

As each of you know, prices are escalating. Earl Polk brought me statistics from the US Dept. of Labor. Food is up 6%, energy is up 29%, and transportation is up 13.4% and more. Because I desperately want to keep our monthly rate increases low, as Coventry Place has traditionally done, we've instituted some changes that will save money.

We changed the way we purchase coffee, tea, milk, and orange juice. Now we've done away with the waste from the salad bar.

Thank you so much.



THE SALAD BAR IS GONE

At the residents' council meeting on Monday, Sept. 8, we discussed several important things. One of the most important was discontinuing the salad bar.

As a result of attending a meeting with the FDA (Food and Drug Administration) emphasizing ways to avoid food-borne disease, I became aware of how risky it was to have an open salad bar. Because individuals pick up tongs, put lettuce (etc.) in their bowl, drop the tongs back in the lettuce, then the next individual does the same, it is clear an open salad bar is not a good nor sanitary idea.



Everyone enjoyed the entertainment by THE UKELELE GROUP!



Some of the residents attending the entertainment.



The Ukelele Group came to Coventry Place and entertained the residents. We are so fortunate to have groups like this in the Decatur area who are willing to give their time. Thank you.

REMEMBERING THE FINE ART OF LIVING

I search my mind trying to remember
When I was young and bold;
A time when I never thought about
The limitations of being old.
I try hard to bring back to mind
The joy I felt when I was ten,
When everything I saw and did
Made life so interesting.

And what about when I was
twenty-one,
Oh, I was such a bright and happy
soul;
No one could stop my forward
march
Because I was in control.

But during these years when my
mind comes and goes
And my zest for life has worn thin,
I remind myself of the lesson I've
learned
To stay passionate and live my life
till it ends.

Penned March 10, 2008, by Vivian
Billins

Vivian Billins is the mother of our
Vivian, the Kitchen Supervisor. This is
the second time we've had the honor of
featuring one of her poems. Thank you,
Vivian.

HOPE

"Of all the forces that make for a
better world, none is so powerful as
hope. With hope, one can think, one
can work, one can dream. If you have
hope, you have everything."

"Natural" Meds

Surveys show that nearly half of all Americans use at least one type of alternative or complementary therapy or medicine, including herbal treatments. Often labeled "natural," herbal remedies are not necessarily safer than prescription and over-the-counter drugs. Because of potential side effects and unanticipated drug interactions, it is important to tell your health care provider what you are taking.

Below are a few common herbal preparations and their known side effects:

St. John's Wort. Taken for depressed mood. Uncommon side effects include dry mouth, sleepiness and sensitivity to sunlight.

Ginkgo. Taken to aid memory and concentration. Side effects include headache, allergic skin reactions and stroke.

Glucosamine. Taken to treat arthritis pain. Research has shown limited side effects.

October 2008



SEPTEMBER BIRTHDAYS



THE SPIVEY FAMILY INTRODUCING LITTLE NICK

Above, celebrating birthdays in September were: Front Row - John Kitchens, Alice McBride, Mildred Baldwin, Betty Harris. Second Row - Chuck Culpepper, Nick Spivey, Rosa Brown, Ed Turner, Charles Metz and Brenda Jones. The honor of blowing out the candles goes to the resident who has achieved the most birthdays. This month it was Mildred Baldwin.

Friends and family turned out to celebrate with our residents and we had a great time. Chef Tony did a great job with the chicken parmesan.

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