



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.

October 2009

MEET LOIS SILLS BOWEN



When you read this I think you'll understand why I said, "Meet Lois." Lois is constantly on the go.

Lois moved into Coventry Place Oct. 2, 1998, after a fall in her home that broke her leg in five places. Even though Lois will be 89 years old on Oct. 3, a broken leg didn't change her lifestyle. She had been working for Ton-Tex Corporation for years and it wasn't long before she was back at the job.

Lois still works every day as office manager. Not only that, on weekends she usually goes to the movies, shopping, visiting the sick or whatever activities she and her friend Norma can think up.

Lois was the youngest of six children and grew up on a farm in Lithonia. She moved to Conyers when she married and then had three children.

Maybe working has kept Lois young.

WELCOME

NEW RESIDENTS

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

404

Andrea McMaster

531

Lucie Anderson

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 after they've been here for 45 days.



DEALER'S CHOICE

One grows old and memory fades,
One day you can't tell hearts from spades.

But that won't matter a bowl of mush
Unless you're caught with a busted flush.

So shuffle the deck and cut and deal,
This game we're playing is for real.

Then give it everything you've got,
We're going for the final pot.

Winners go in all the way,
Only losers refuse to play.

by John Beavers



VIVIAN DURDEN



OUR "NEW" CHEF

A big congratulations and a big thank you to Vivian for stepping up to the chef position.

Vivian began working at Coventry Place in June 2001. She was a good cook when she came, and she's a great cook now.

Stepping into the chef position doesn't seem to have fazed Vivian. She's been able to take over the ordering, the organizing, the scheduling, all of the tasks of chef, with skill and confidence.

Next month we'll feature the rest of the kitchen staff. You all know we currently have Millie Johnson, Robert Smith, Jessica Morton and our newest, James Jones. We'll probably be adding one more part time.

I hope each of you will continue supporting our kitchen staff as we make this transition.

VETERANS

Thursday, Oct. 15,
6 p.m.

Don't miss this important and informative presentation on how veterans and widows of veterans can qualify for the Aid and Attendance pension, a little known, little used benefit offered by the Veterans Administration.

Attorney Jim Swain will tell you how you can qualify for up to \$23,388 a year of tax-free assistance to help pay for assisted living, nursing home care or in-home care. A veteran himself, Mr. Swain has dedicated much of his practice to making veterans and their widows aware of this benefit.

We'll meet in the card room. Please also invite your family to come. There will be a sign-up sheet on the bulletin board. If you have any questions, come by the office and I can give you one of Jim's brochures.

CHEF TONY EZZARD

I'm sure everybody knows by now that Tony is having a rough time. He's in Grady Hospital, 9th floor, A23. Tony's address at home, which would be the best place to send a card if you want to, is: 1871 Plaza Lane, Apt. A-10, Atlanta, GA 30311.

Tony was hired as chef at Coventry Place in March of 2000. Over the years Tony has worked with the food committee to refine the menus. There were few things he couldn't make happen. When he said he couldn't, there was a good reason.

We've all loved Tony and suffered the pounds we've added from his good cooking. We'll really miss him.



OCTOBER EVENTS



MOVIES

Last month we tried something new by showing GONE WITH THE WIND on a weekday afternoon in the TV room. The attendance was so good, we decided to try it again. This month, on **Oct. 1**, we'll be showing PEARL HARBOR. Hope you'll come.

HALLOWEEN PARTY

Our Halloween party will be on Oct. 30 at 2:15 p.m. We'll be having the best costume contest again so start working on your outfit now. Also, Dolly O'Dell will be entertaining.



FLU SHOTS

Oct. 14 - flu shots. Don't forget!



The 2008 Halloween Costume winners were June Pullman and Charlie Davis.

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
		Dental Hygiene Month
4	5	6
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 1:00 Garden Club 2:00 Sit and Be Fit 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 2:30 Bingo HAPPY BIRTHDAY FREEMAN KING
11	12	13
3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY AUDREY WALTHALL DOROTHY BESAL ALICE WEAVER	Columbus Day 10:00 Sit and Be Fit 1:00 Dr. John Noonan 1:30 Shopping at Walmart 2:00 Sit and Be Fit 2:30 Reminiscence with Barbara 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 2:30 Bingo 7:00 Decatur Sing-a-long 8:00 Fire Drill
18	19	20
3:00 Hymn Sing-along 3:30 Chapel Service	10:00 Sit and Be Fit 1:00 Dr. John Noonan 2:00 Tea Social 2:00 Sit and Be Fit 3:45 Veggie Van HAPPY BIRTHDAY LOUISE ANDREWS	9:00 - 1:30 Doctor Shuttle 2:30 Bingo
25	26	27
3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY NANCY PARKER	9:30 DeKalb Mall Shopping 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Reminiscence with Barbara 3:45 Veggie Van	9:00 - 1:30 Doctor Shuttle 2:30 Bingo

Wednesday	Thursday	Friday	Saturday
1	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 MOVIE MATINEE PEARL HARBOR</p>	2	<p>10:00 Sit and Be Fit 11:00 Dining Out at Cracker Barrel</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY LOIS BOWEN</p>
7	8	9	10
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Let's Play Rummikub 1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Indoor Volleyball with Refreshments</p>	<p>9:30 Shopping at Farmer's Market 10:00 Sit and Be Fit 12:15 Birthday Luncheon</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>2:00 Games of Your Choice</p>
14	15	16	17
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Flu Shots 1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Let's Play Rummikub</p> <p>6:00 Veterans Benefits by Attorney Jim Swain</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>10:00 "When Making Decisions" with Coffee and Donuts</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY BETTY YOUNG</p>
21	22	23	24
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan 2:00 Sit and Be Fit 2:30 Chef Vivian's Delicious Delicacies 6:00 Worship Service and Communion with The Reverend Tom Hagood</p>	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:00 Crafts with Anita</p> <p>HAPPY BIRTHDAY ANDREA McMASTER AND JOHN BEAVERS</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>2:00 Games of Your Choice</p>
28	29	30	31
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop</p>	<p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 BINGO</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:15 Halloween Party Costume Contest Entertainment by Dolly O'Dell</p>	<p>2:00 Games of Your Choice</p>

Word Play

My, You're Inquisitive

Looking to stimulate your brain and laugh with friends, no materials required? Try this simple word game for any number of players.

Questions, the name of the game, is fairly self-explanatory. The object is to carry on a conversation using only questions. The game begins when someone asks the first question, traditionally, "Would you like to play Questions?" Play continues until a player fails to reply with a question, instead making a statement.

Some consider hesitation, repetition and asking a rhetorical or unrelated question to be fouls. You can keep score (awarding a point when a player asks a question correctly), or play in a group and remove players who foul. The player or team with the highest point total wins.

ENTERTAINMENT AT COVENTRY PLACE



ON AUG. 20, WE HAD MIKE SMITH.



The lobby was full to listen to Charlotte Wood playing the organ.

AND THEN ON SEPT. 7, FOR LABOR DAY WE WERE ENTERTAINED BY THE BANJO PLAYING FRANK GEIGER.



On Aug. 30, Charlotte Wood (Ed Polk's daughter) played the antique pump organ. What a beautiful sound. We hope Charlotte comes back often.

ABOUT THE ANTIQUE ORGAN

The antique pump organ originally belonged to Eliza Shupe Cress of Mountain City, Tennessee. We know it dates back to at least the 1880s, maybe earlier.

Eliza Cress, Grandmaw Cress to the family, was my generation's great-grandmother. She was the grandmother of my mother, Marguerite Wolfe, who is now a great-great-grandmother.

We brought the organ to Coventry Place when my mother moved in here in 2006. When Charlotte Wood visited her father one Sunday afternoon in 2007, she played the organ. That's when we decided to have it refurbished. We hope we all get to enjoy the music for years to come.

Financial Burden of Alzheimer's Disease Increasing Rapidly

In the Alzheimer's Association's "2009 Alzheimer's Disease Facts and Figures" report, it is estimated that seniors living with the disease or another form of dementia have health care costs nearly triple that of those without the conditions—\$33,007 in yearly care costs compared to \$10,603. In addition, the Association estimates that 5.3 million Americans have Alzheimer's, a number expected to rise significantly in the coming years.

Adding to the significant health care cost burden of Alzheimer's and related dementia is the fact that nearly 10 million unpaid caregivers spent 8.5 billion hours caring for relatives with the disease, at an estimated value of \$94 billion. These caregivers often pay considerable out-of-pocket costs for health care due to underfunding from Medicare and Medicaid.

Causing further demand for funding and research is the statistic that deaths from AD rose by 47 percent between 2000 and 2006, while the number of deaths from heart attack, stroke, breast and prostate cancer fell during that same time frame.

Harry Johns, CEO of the Alzheimer's Association (www.ALZ.org), stressed the need for more research funding to detect the disease earlier and begin treatment faster. "With the first baby boomers turning age 65 in just two short years—and entering the arena of increasing risk for developing Alzheimer's—an aggressive plan is needed now to address the threat of this disease."

WHEN MAKING DECISIONS

Throughout our lives we make many decisions. Some are small decisions that are easy to make and do not affect our lives much. Some are larger and are more difficult because they have a big impact on us and our families. The larger decisions require more time and thought. Many times we discuss them with our family to get their input. We want to be sure that the "right" or correct decision is made.

This is why we have developed our When Making Decisions program at A.S. Turner & Sons.

When Making Decisions is an informative presentation that shares up-to-date information about the options and requirements of funeral and cremation options. The type of arrangements and services that people want are possibly different from what their family members may think. Funeral services can be different from what the family is traditionally used to. Maybe cremation is desired now and the family has no idea that their loved one has even considered this type of service. The When Making Decisions program gives the entire family the opportunity to discuss these options now, versus waiting until the services are needed and it's too late to discuss them.

Please come join us on **Saturday, Oct. 17, at 10 a.m. at Coventry Place** for a presentation to our residents and their families. There will be coffee and doughnuts served. Everyone will receive their own Personal Planning Guide. Also, there will be drawings for four (4) \$25 GIFT CERTIFICATES TO KROGER.

Talk About It

Favorite Fall Memories

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- What were your favorite fall activities growing up? Going on hay rides? Raking leaves (or jumping in them)? Visiting a pumpkin patch? Playing football in the backyard?
- What were some of your favorite fall foods? Homemade apple pie? A big bowl of chili? Hot chocolate with marshmallows? A mug of apple cider?

October 2009



THE SEPTEMBER BIRTHDAY PARTY



Mildred "Billie" Baldwin blew out the candles at the September birthday party for our residents with September birthdays.

The residents being honored for September birthdays are pictured above. Seated from left: John Kitchens, Patsy Edwards, Mildred "Billie" Baldwin and Betty McBride. Standing from left: Bob Gallagher, Charlie Metz, Chuck Culpepper, Ed Turner, Nick Spivey and Brenda Jones. Not able to attend was Margaret Fraher.

Billie Baldwin was the September birthday resident who had achieved the most years.

This was the biggest birthday party we've ever had. We had lots of birthdays this month and lots of guests, which we really love. Each resident is allowed four guests. Invite your family and friends. Be sure to let us know ahead of time. The birthday party is on the Friday prior to the 15th of the month.