

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
 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
or jchristian.coventry@gmail.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.

October 2012



Fall Beauty

Cool breezes and changing colors are here. Enjoy autumn!

Treat Yourself

Even after retirement, many seniors remain busy doing things for other people. It is great to stay active, but don't forget to pamper yourself. Take one day a week to visit your favorite restaurant, see a movie or relax with a book.

Radiant Gem

The opal is the birthstone for October.

The Doctor Is In

To avoid long waits at your doctor's office, schedule your appointments early in the morning or right after lunch. Avoid Mondays and days following holidays.

'Race' Is One

How many words can you come up with using the letters in "scarecrow"?

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.

130 Herman
McKinney

132 Marsha Wassan
213 Maxanne Fox
421 Alberta Huttner
428 Young Hong
502 Linda Harn
506 Dorothy Brandon

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? If your referral moves into Coventry Place, not only will you have a new neighbor, you'll get \$200.



HALLOWEEN PARTY

You are invited
to a
Halloween Party
Wednesday, Oct. 31,
at 2:45 p.m.
in the dining room
at Coventry Place.

COSTUME CONTEST

There will be a costume contest so start shopping.

PRIZES

1st place - for best costume
2nd place - for scariest costume



LAST YEAR'S WINNERS

DEAR GOD, BLESS COVENTRY PLACE

Dear God, bless Coventry Place and everyone who lives here

May we give gratitude and hold it dear.

I pray You will bless our families, neighbors and friends

Those who might not have next of kin.

I thank you Dear God for giving us a home

We make friends and are not alone

Sometimes we might not agree with our neighbors

But, Dear God, you are able.

Dear God, bless the staff as they help see us through

Help them always to depend on You.

We have a beautiful home with its patio and gardens

Please give us hope for tomorrow.

Help us to love our home, a gift from You

To each other may we be true.

We thank you for Coventry Place and those who live here

Through sorrow and pain, let us know You are near.

by Ron Dennard





SARAH ALOUF WITH DORIS WHITENER

Remember how we keep saying if you refer a resident to Coventry Place and they move in you get \$200 as a referral fee? Well, Sarah Alouf referred Doris Whitener and Doris moved in and Sarah got \$200.

If you haven't had a chance to welcome all our new residents yet, please do. Go visit, ask them to go to an activity with you, make them feel welcome. Really often I hear residents say we should make new move-ins feel more welcome. Well, you know what? We need your help to do this. And there's a real upside for you when you do—you make a new friend and that's a really big deal.

Columbus Day: History and Controversy

In August 1492, three ships, led by Italian-born Christopher Columbus, set out to find a trade route to Asia on behalf of the Spanish crown.

Most educated Europeans of the time knew the world was round, but they had no idea how large it really was. When Columbus spied land after two months at sea, he thought he had reached the East Indies, the islands off Southeast Asia. He was actually half a world away in the Bahamas. Columbus made three more voyages to the New World but never saw mainland North America.

In 1937, President Franklin D. Roosevelt declared Oct. 12, the date Columbus first landed, a national holiday. It was later moved to the second Monday in October. Parades and festivals nationwide honor Columbus and his Italian heritage.

The holiday and the man behind it are not without controversy. Some

people reason that Columbus didn't really discover anything, since the lands he found were already occupied. Others feel he should not be remembered as a hero, since the colonization that followed his journeys led to slavery and disease for native inhabitants. Some areas hold alternative celebrations to honor these indigenous populations.

While we may disagree on Columbus' legacy, we can agree that, by bringing about Europe's first contact with the Americas, he helped set the stage for the eventual birth of our nation.



Wit & Wisdom

"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."
—Stanley Horowitz

"Autumn is a second spring when every leaf is a flower."
—Albert Camus

"Autumn arrives in early morning, but spring at the close of a winter day."
—Elizabeth Bowen

"Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the Earth seeking the successive autumns."
—George Eliot

"It was one of those perfect English autumnal days which occur more frequently in memory than in life."
—P. D. James

"How beautifully leaves grow old. How full of light and color are their last days."
—John Burroughs

DINING ROOM SERVING HOURS

Breakfast

7-8:15 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
	10:00 Sit and Be Fit 1:45 Movie Matinee 2:00 Shaking It With Daniel in the Media Room 3:45 Veggie Truck	1 9:00-1:30 Doctor Shuttle 2 10:00 Sit and Be Fit 10:30 Bible Study Residents Welcome 2:30 Bingo 7:00 Decatur Sing-a-long Happy Hour With Wine and Cheese
7 3:00 Hymn Sing-along Followed by Chapel Service	Columbus Day 9:30 Shopping at Walmart 10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Shaking It With Daniel 2:30 Sunshine Express With Bill Taylor's Country Music 3:45 Veggie Truck	8 9:00-1:30 Doctor Shuttle 9 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo
14 3:00 Hymn Sing-along Followed by Chapel Service	15 10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Shake It With Daniel in the Media Room 3:45 Veggie Truck	16 9:00-1:30 Doctor Shuttle 16 10:00 Sit and Be Fit 11:15 Dining Out at North DeKalb Mall Food Court - Special Entertainment Will Be Pam Thomas 11:30 Fire Drill 2:30 Bingo
21 3:00 Hymn Sing-along Followed by Chapel Service	22 10:00 Sit and Be Fit 1:30 Movie Matinee 2:00 Shaking It With Daniel 3:45 Veggie Truck HAPPY BIRTHDAY JOHN BEAVERS	23 9:00-1:30 Doctor Shuttle 23 10:00 Sit and Be Fit 2:30 Bingo
28 3:00 Hymn Sing-along Followed by Chapel Service	29 10:00 Sit and Be Fit 2:00 Shaking It With Daniel in the Media Room 3:45 Veggie Truck	30 9:00-1:30 Doctor Shuttle 30 10:00 Sit and Be Fit 2:30 Bingo

Wednesday	Thursday	Friday	Saturday
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 1:30 Nurturing Dance Therapy 2:00 Sit and Be Fit</p> <p>HAPPY BIRTHDAY LOIS BOWEN</p> <p style="text-align: right;">3</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Wii Games and Rummikub</p> <p style="text-align: right;">4</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p style="text-align: right;">5</p>	<p>1:45 Movie Matinee 2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY FREEMAN KING YOUNG HONG</p> <p style="text-align: right;">6</p>
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Kroger Shuttle 1:30 Nurturing Music Therapy 2:00 Sit and Be Fit 2:30 Vivian's Delicious Delicacies</p> <p>HAPPY BIRTHDAY LINDA HARN</p> <p style="text-align: right;">10</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:45 Movie Matinee or Scrabble</p> <p>HAPPY BIRTHDAY DOROTHY BESAL ALICE WEAVER AUDREY WALTHALL</p> <p style="text-align: right;">11</p>	<p>10:00 Sit and Be Fit 10:30 Trip to Jaemor Farms With Dining at the Corner Cafe</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p style="text-align: right;">12</p>	<p>2:00 Games of Your Choice</p> <p style="text-align: right;">13</p>
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle 1:30 Surprise Entertainment From Homestead Hospice 2:00 Sit and Be Fit</p> <p style="text-align: right;">17</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Arts and Crafts With Anita</p> <p style="text-align: right;">18</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p style="text-align: right;">19</p>	<p>1:45 Movie Matinee 2:00 Games of Your Choice</p> <p style="text-align: right;">20</p>
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 1:30 Nurturing Art Therapy 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop</p> <p style="text-align: right;">24</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Wine and Cheese Party in Honor of Our New Residents</p> <p style="text-align: right;">25</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Shopping at Walmart 2:00 Sit and Be Fit 2:30 Bingo</p> <p style="text-align: right;">26</p>	<p>2:00 Games of Your Choice</p> <p style="text-align: right;">27</p>
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Publix Shuttle 2:00 Sit and Be Fit 2:45 Halloween Party Entertainment and Costume Contest 1st prize for best costume 2nd prize for scariest costume</p> <p style="text-align: right;">31</p>			

Global Food Facts

JALXX

Birthdays happen,
like it or not.

Sometimes they're
happy, or diddly
squat.

Regardless of that they
just keep coming,

So pick up your
guitar and keep on
strumming.

Mysteries of life lie
straight ahead

So prepare to be
tough and steady your
tread.

Then dry your eyes,
don't sit there and
bawl.

For once a year
they creep up on all.
JBLXXXVIII

NOTE FROM JO ANN

It took me a little
while, but I figured
this out. There is a
special meaning to
the JALXX and the
JBLXXXVIII. If you
can't figure it out, ask
me, and I'll share with
you.

Thank you, John.

Put Some Squash on Your Plate

Do you know the difference between a butternut squash and an acorn squash? They are different shapes and sizes, but both are considered winter squash, which means they are harvested when mature and, because of their hard skin, can be stored for up to several months.

Winter squash are a good source of vitamins A, C and B6, fiber, manganese and antioxidants. They can be baked, steamed, boiled or sautéed.

Try one of these today:

Butternut squash. Shaped like a large pear, this squash has beige skin and orange flesh. It tastes like a nuttier version of the sweet potato. Baking enhances its flavors.

Acorn squash. This green and orange squash is about the size of a softball and is shaped like an acorn. The yellow-orange flesh is sweet and nutty.

Kabocha squash. A type of Japanese squash that is becoming more popular in the U.S., kabocha is very sweet in

flavor. This large, round squash has deep green skin and orange flesh. It holds its shape when cooked, which makes it perfect for using in soups or steamed dishes.

Spaghetti squash. This watermelon-shaped squash is known for flesh that separates into long, spaghetti-like strands as it cooks; it can be used in any recipe that calls for regular spaghetti. The squash is mellow-tasting with a slight crispness not found in pasta. The more yellow the rind, the riper the squash.



THE AUGUST WINE AND CHEESE PARTY

ACTIVITIES

Here are some pictures of the recent activities at Coventry Place. They're from the wine and cheese party.



Charlotte and Marion



Flora, Bernard and Diane



Jeanette, Sara and Young

In the picture on the left you have Ethel, Amelia, Eileen, Kay Bruce and almost Marion. On the right you'll see more. We do like our wine and cheese parties.



Lenora, guest and Louise



Toni and Ester



Lois

If you're not coming to the wine and cheese parties, the movies, the game sessions, the arts and crafts, and on and on, I hope you know you're missing a lot of fun.

BY MARY FERRY

THE MOUSE WHO CAME TO DINNER

We sat around the table one night

After a meal that made us feel right

The chatter had stopped & we had to think

About those dishes piled up in the sink.

We heard a scurrying on the kitchen floor

What could it be? Should we open the door?

A little grey mouse came into sight

He was searching around at the crumbs on the floor

What could we give him? He needed more.

All of a sudden our cat made a pounce

On the poor mouse who took a great bounce

We rescued the mouse & called him a winner

Aptly, we named him "The Mouse who Came to Dinner."

October 2012



THE SEPTEMBER BIRTHDAY PARTY



On Sept. 11 we celebrated the birthday of the residents who were born in September. Seated from the left are: Diane Amis, Miriam Hancock, Brenda Jones and Mildred Baldwin. Standing are: Ron Dennard, Ed Turner and Charlie Metz. Not able to attend were Patsy Edwards, Gean Chapin and Bob Gallagher.

Pictured on the left is Mildred Baldwin, who has the honor of having achieved the most birthdays. Congratulations!

We celebrate birthdays every month and really hope that you, the family and friends of our residents, will make plans to attend when your loved one is having their birthday. The party is on the Tuesday before the 15th of the month and each resident can have up to four guests at no extra charge. Mark your calendar and join us. We have lots of fun and there is a special menu for this special occasion.