



COVENTRY PLACE

www.coventryplace-ga.com

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

September 2009

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.

MEET DAVID DUKES



I think everybody knows David Dukes (Dr. David Dukes, PhD) and I guarantee David knows everybody. This is the nice gentleman who recognizes every resident's birthday by getting a card and having other residents sign it. David says he thinks everyone should get a card on their birthday and at Christmas.

David was born in San Francisco at the Presidio as an Army brat. He says they lived all over the United States. He got his PhD in Business and Brain Topography at the University of North Texas in Denton.

David moved to Coventry Place in November of 2007 and says this is the happiest time of his life.

David's mother was Margaret Ann Barnes, a well-known author. Ask David about her books. I've read all three and they're really great.

WELCOME

NEW RESIDENTS

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

508

William Senerchia

520

Martha Andrews

531

Dale Boyle

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.



Happy Labor Day

CELEBRATE LABOR DAY AT COVENTRY PLACE

LABOR DAY LUNCHEON

Barbecue Pork

Grilled Bratwurst and Kraut

Potato Salad

Baked Beans

Slaw

Wheat Roll

Watermelon

REFRESHMENTS AND ENTERTAINMENT

At two o'clock, we'll gather for refreshments in the dining room.

THEN, at 2:30 p.m., we'll be entertained by Frank Geiger. He's the one who plays the banjo that we all have liked so much in the past.

Y'ALL COME

FALL DOWN

Scuppernongs on Labor Day
Are still a full three weeks away
From giving us their sweetest
taste.

But tomatoes and other fresh
produce

Enable us to enjoy the juice
While we look for an early fall
post haste.

The football team will keep us
jumping

While the baseball gang is
slumping
And our basketball team is not
yet at the gate.

So while away the hours
As we pluck the season's
flowers

And the heavy duty holidays
still wait.

by John Beavers



IF I CAN BE SMART

Enough to treat every
one else with respect,
maybe they'll be dumb
enough to treat me
with respect.

also by John

Biography



WE CELEBRATED WITH MALA MOTT on her 102nd birthday.

MALA IS 102 YEARS OLD

On July 29, Mala turned 102 years old. Coventry Place had a birthday party for her and what a turnout. Dolly O'Dell entertained and really brought the house down. We knew John Kitchens had a good voice, but I don't think we knew how good until he sang a duet with Dolly. Then Charlie Davis took the floor dancing with Dolly. You'll see all the smiles in the pictures. Wow! Mala, that was fun. Let's do it again next year.

A Friend to All

Known in country music circles as "the best friend a song could have," the legend of country western star Conway Twitty lives on. Born Harold Lloyd Jenkins, this singer, songwriter, producer, entertainer and recording artist took the music industry by storm with 55 No. 1 singles and selling more than 50 million records. In the mid 1950s, he signed his first record deal and took a stage name, one that combined two cities: Conway, Ark. and Twitty, Texas. This month, we celebrate his birth anniversary, Sept. 1, 1933.

He was known as an honest man who never drank, never used drugs, loved his family and his fans. His signature song, "Hello Darlin'," captured the hearts of tens of millions. He died in June 1993 and was inducted into the Country Music Hall of Fame in 1999.



Mala, her family, and all her friends were entertained by Dolly O'Dell.



Dolly singing "I Left My Heart in San Francisco" with John Kitchens.



Grace, Maggie, David and Billie had a good time.



...and dancing with 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
		1 9:00 Dr. Lee Cohen, Dentist 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
6 3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY BRENDA JONES, ED TURNER, AND PATSY EDWARDS	Labor Day 7 10:00 Sit and Be Fit 12:00 Labor Day Luncheon 2:00 Labor Day Celebration -Refreshments 2:30 Entertainment Frank Geiger	8 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo 7:00 Decatur Sing-a-long
13 <u>GRANDPARENTS DAY</u> 3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY NICK SPIVEY	14 9:30 Shopping at Walmart 10:00 Sit and Be Fit 1:30 Dr. John Noonan 2:00 Sit and Be Fit 2:30 Residents' Council Meeting 3:45 Veggie Van	15 9:00 - 1:30 Doctor Shuttle 10:00 Tysha Powell, Doctor of Audiology 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY CHUCK CULPEPPER
20 3:00 Hymn Sing-along 3:30 Chapel Service HAPPY BIRTHDAY ROSA BROWN	21 10:00 Sit and Be Fit 1:30 Garden Club 1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Van	22 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo
27 3:00 Hymn Sing-along 3:30 Chapel Service	28 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Reminiscence with Barbara 3:45 Veggie Van HAPPY BIRTHDAY JOHN KITCHENS	29 9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo

Wednesday	Thursday	Friday	Saturday
<p align="right">2</p> <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 align="right">3</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Movie Matinee</p> <p>"Gone with the Wind"</p>	<p align="right">4</p> <p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY CHARLES METZ</p>	<p align="right">5</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY MILDRED BALDWIN</p>
<p align="right">9</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Let's Play SkipBo 1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p align="right">10</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Learn to Play RummiKub</p>	<p align="right">11</p> <p>9:30 Farmers' Market 10:00 Sit and Be Fit 12:15 Birthday Luncheon</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p align="right">12</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY BETTY McBRIDE</p>
<p align="right">16</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:30 Tony's Tantalizing Tidbits</p> <p>6:00 Worship Service with Reverend Tom Hagood</p>	<p align="right">17</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Indoor Volleyball</p>	<p align="right">18</p> <p>10:00 Sit and Be Fit 11:15 Dining Out at the Varsity</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p align="right">19</p> <p>2:00 Games of Your Choice</p>
<p align="right">23</p> <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 align="right">24</p> <p>9:00 - 1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Ice Cream Social</p>	<p 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 align="right">26</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY MARGARET FRAHER</p>
<p align="right">30</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Let's Play Sorry 2:00 Sit and Be Fit</p> <p>HAPPY BIRTHDAY BOB GALLAGHER</p>	 <p>"For summer there, bear in mind, is a loitering gossip, that only begins to talk of leaving when September rises to go." - George Washington Cable</p>		

Create a Story: Fill-in-the-Blank

Ask friends to provide nouns (n.) and verbs (v.) to fill in the blanks below. (PT = past tense.) Then read the story out loud for an outlandishly funny tale.

The game was about to start. So I hopped aboard my shiny, red (n.) _____ and (v., PT) _____ down the street, using one hand to chomp on a (n. food) _____. In my first at-bat, I used my aluminum (n.) _____ and smacked a home run over the 12-foot (n.) _____. As I rounded the bases, I tripped and fell on my (n., body part) _____. The third baseman laughed so hard he (v., PT) _____.

GROWING OLDER

My steps, they've slowed down immensely,
I'm no longer as swift as I used to be.

In fact, I must now give some thought to how I move
Because the direction I take may certainly prove
To be filled with dangers, that I can't see
And fraught with trials, too many for me.

Clarity of sight I no longer possess
My hearing is no longer sharp, I must confess.
My appetite changes from day to day
My memory sometimes fails me and the words I want to say
Get stuck within the gray matter inside my head
And just like that, my conversation stops dead.
It's called, "a senior moment"!

Now my hair is more white than black,
And all of it that I've lost certainly won't be growing back;
I can get winded just watching T.V.
And any kind of real exercise is just too much for me.
But my mind is clear and lively still
So, I've not completely gone over the hill.

I've lived long enough to be able to compare
The good life with the bad life because I've been there.
So, I look forward, my friends, to the next stage of life
Cause I know it'll be peaceful and bereft of strife.
So, I won't worry, I'll just take a stand,
For as long as I'm able and as long as I can.
by Vivian Billins (this is our Vivian's Mother)



Tysha Powell, Doctor of Audiology

JKP BALANCE AND HEARING CENTER

Greetings to you, the Residents of Coventry Place. I would like to personally thank everyone who participated in my community seminar and on-site hearing evaluations earlier this year. As a part of the commitment to superior resident care, the administration at Coventry Place and JKP Balance and Hearing Center, we will be meeting your needs again. I will be at Coventry Place on **Sept. 15**. Services provided on-site will be for hearing evaluations and questions concerning hearing aids. Appointments are limited, **please sign up for your appointment early.**

Weight, Other Risk Factors, Tied to Dementia

The March 2009 issue of "Archives of Neurology" comprised four studies concerning controllable risk factors for developing Alzheimer's disease and dementia.

In one study, from Columbia University Medical Center in New York City, researchers collected data from 156 people with Alzheimer's disease and found those with higher LDL and total cholesterol levels and diabetes to have more rapid cognitive decline.

In another study of 2,798 men and women conducted at the University of Washington in Seattle, over more than five years, obesity in middle age was found to increase risk for dementia, while after age 65, being underweight caused a higher risk.

"There may be some modifiable lifestyle factors that may influence our risk of developing cognitive impairment and Alzheimer's disease down the road," said Ronald Petersen, M.D., chairman of the Medical and Scientific Advisory Council of the Alzheimer's Association and director of the Alzheimer's Disease Research Center at the Mayo Clinic. "Development of cognitive decline need not be a passive process. What you do ... with respect to your lifestyle—your diet, your weight, your activity level—may have a bigger impact on what's going to happen to you at age 70."

For more information on these studies, visit www.HealthDay.com or see Vol. 66, No. 3 of "Archives of Neurology."

AND WE HAVE WATERMELON AGAIN



Adrienne, Jeanette and Earl were the first in line for watermelon on Thursday, July 13. It was a beautiful day for it.



This is the last picture I took before I went back to the office. What a crowd. But - it got even bigger, people just kept coming.

WE HAVE LOTS OF ACTIVITIES

Are you participating? We have ice cream socials, tea parties, wine and cheese parties, entertainment of all kinds, games, movies, exercise, indoor volleyball, Anita's crafts, Tony's Tidbits, Wilda's Wellness Workshop, Barbara's poker party - what am I leaving out?

Give it a try. I think you'll really enjoy the activities and we would like to have you join us.

Talk About It: Babe Ruth's Legacy

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:

- Babe Ruth hit 714 home runs in his professional career. Did you ever see him play? Did he hit a home run?
- He liked other sports besides baseball. In 1934, he was photographed surfing the waves. Would you rather play baseball or surf?
- Babe Ruth was a southpaw. Who else do you know who is left-handed?

September 2009



THE AUGUST BIRTHDAY PARTY



CHARLIE PHILLIPS HAS ACHIEVED THE MOST YEARS

The honorees at the August birthday party are pictured above. Seated from left: Bea Gilliam, Charlie Phillips and Marguerite Wolfe. Standing from left: Doris Angier, Lee Yelton and Adrienne Pardieck. Not able to attend were Horacetine Vann and Marjorie Stanfiel.

Charlie Phillips was the August birthday resident who has achieved the most years.

We had lots of guests for our honorees and are so glad they came. The birthday luncheon is on the Friday before the 15th of the month. Plan on coming if your friend or family member is having a birthday that month. It means a lot to us and a lot to our residents. Remember, only four guests per resident with no charge.