



COVENTRY PLACE

www.coventryplace-ga.com

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

September 2010

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) 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.



MALA AT 101



MALA AT 102



MALA AT 103

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.

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.

122 Julia Eassey
130 Peggy May
206 Mary Ferry
210 Eva Webb
219 Anita Diffin
330 Jan Moser
407 P. O. Evans
501 Claudia & Roscoe Lowery
514 Bill Worrell

\$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.



FALL YES

Once again we start September,
All our muscles loose and limber.

Warmed by the summer sun,
Most of all our hard work done,

We view our crops with calm elation,
Confident in our cultivation.

Plow and hoe and till and scratch
Preparing winter's turnip patch.

Collards too will be just great
On our winter dinner plate.

Now we're ready to have a ball
Plunging headlong into fall.

by John Beavers

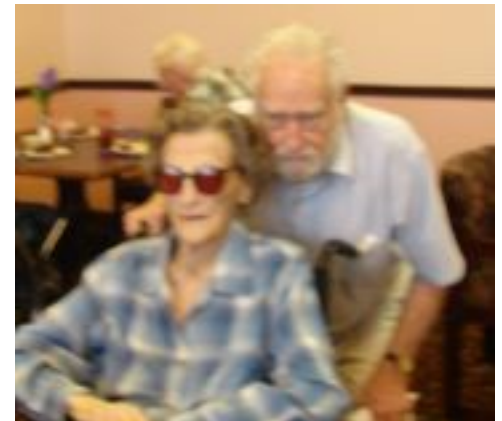


RESIDENT REFERRAL



Lorena Miles received a check for referring Bill Worrell to Coventry Place. This is Lorena's third referral. Thank you, Lorena.

63rd WEDDING ANNIVERSARY



Walter and Betty Wrightson celebrated their 63rd wedding anniversary here at Coventry Place. They shared a beautiful cake with their friends at dinner on their anniversary, Aug. 5.

NAME OUR NEWSLETTER

There have been some suggestions turned in for a name for our monthly newsletter. If you haven't yet turned in yours, please do soon. We'll make a decision at the Residents' Council Meeting on Sept. 13.



THE FLAG THAT FLEW FROM THE PENTAGON ON 9/11/01

LABOR DAY CELEBRATION

I took this picture while I was in Washington, D.C., in 2006. It seems appropriate since Labor Day is Sept. 6, so close to “the day” on Sept. 11.

We’ll have a picnic to celebrate. The menu is:

Barbecue Chicken
Potato Salad and Baked Beans
Waldorf Salad
Rolls
Pecan Pie

If you’re having guests, please call (404) 296-0962 so we’ll know how many are coming. Guest meals are \$5.



THREE REASONS NOT TO MESS WITH CHILDREN

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because, even though it was a very large mammal, its throat was very small.

The little girl stated that Jonah was swallowed by a whale.

Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, “When I get to heaven I will ask Jonah.”

The teacher asked, “What if Jonah went to hell?”

The little girl replied, “Then you ask him.”

A Sunday school teacher was

discussing the Ten Commandments with her 5- and 6-year-olds.

After explaining the commandment to “honor” thy father and thy mother, she asked, “Is there a commandment that teaches us how to treat our brothers and sisters?”

Without missing a beat, one little boy (the oldest of a family) answered, “Thou shall not kill.”

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head.

She looked at her mother and inquisitively asked, “Why are some of your hairs white, Mum?”

Her mother replied, “Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white.”

The little girl thought about this revelation for a while and then said, “Mummy, how come ALL of grandma’s hairs are white?”

Wit & Wisdom

“Soft is the music that would charm forever; The flower of sweetest smell is shy and lowly.”

—William Wordsworth

“Music hath charms to soothe the savage breast / To soften rocks, or bend a knotted oak.”

—William Congreve

“Those evening bells! Those evening bells!

How many a tale their music tells Of youth and home, and that sweet time

When last I heard their soothing chime.”

—Thomas Moore

“After silence, that which comes nearest to expressing the inexpressible is music.”

—Aldous Huxley

“There’s no bad day that can’t be overcome by listening to a barbershop quartet; this is just truth, plain and simple.”

—Chuck Sigars

DINING ROOM SERVING HOURS

Breakfast
7:15–8:15 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
<i>Grandparents Day</i> <small>1st Sunday after Labor Day</small>		
5	6	7
<p>RENT PAST DUE</p> <p>3:00 Hymn Sing-along</p> <p>followed by Chapel Service</p> <p>HAPPY BIRTHDAY MILDRED BALDWIN</p>	<p>LABOR DAY</p> <p>10:00 Sit and Be Fit 12:00 Labor Day Picnic</p> <p>2:00 Sit and Be Fit</p> <p>HAPPY BIRTHDAY BRENDA JONES ED TURNER AND PATSY EDWARDS</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Flu Shots 2:30 Bingo</p>
12	13	14
<p>3:00 Hymn Sing-along</p> <p>followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Dr. John Noonan 2:00 Sit and Be Fit 2:30 Residents' Council Meeting 3:45 Veggie Truck</p> <p>HAPPY BIRTHDAY NICK SPIVEY</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>12:15 Birthday Luncheon</p> <p>2:30 Bingo</p> <p>7:00 Decatur Sing-a-long</p>
19	20	21
<p>3:00 Hymn Sing-along</p> <p>followed by Chapel Service</p>	<p>10:00 Sit and Be Fit</p> <p>1:30 Shopping at Walmart 1:30 Dr. John Noonan 2:00 Sit and Be Fit 3:45 Veggie Truck</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Bingo</p>
26	27	28
<p>3:00 Hymn Sing-along</p> <p>followed by Chapel Service</p>	<p>9:30 Wild Animal Safari (see article on page 6 for details) 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 3:45 Veggie Truck</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>12:15 Columbia Presbyterian Church Prime Time Reunion Lunch in the Cardroom</p> <p>2:30 Bingo</p> <p>HAPPY BIRTHDAY JOHN KITCHENS</p>

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right; margin: 0;">1</p> <p><u>RENT DUE</u></p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit</p>	<p style="text-align: right; margin: 0;">2</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; margin: 0;">3</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 style="text-align: right; margin: 0;">4</p> <p>10:30 Visit with Nurse Betsy</p> <p>2:00 Games of Your Choice</p> <p>HAPPY BIRTHDAY CHARLIE METZ</p>
<p style="text-align: right; margin: 0;">8</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 Vivian’s Delicious Delicacies</p>	<p style="text-align: right; margin: 0;">9</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Happy Hour Wine and Cheese Party with Entertainment</p>	<p style="text-align: right; margin: 0;">10</p> <p>10:00 Sit and Be Fit 10:00 Shopping at Big Lots 10:30 Shopping and Lunch at DeKalb Mall</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right; margin: 0;">11</p> <p>10:30 Visit with Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right; margin: 0;">15</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit</p> <p>6:00 Communion & Worship Service with The Reverend Tom Hagood HAPPY BIRTHDAY CHUCK CULPEPPER</p>	<p style="text-align: right; margin: 0;">16</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Inside Volleyball</p>	<p style="text-align: right; margin: 0;">17</p> <p>10:00 Sit and Be Fit 11:00 Dining Out at The Hickory House</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p style="text-align: right; margin: 0;">18</p> <p>2:00 Games of Your Choice</p> <p>3:00 Fire Drill</p>
<p style="text-align: right; margin: 0;">22</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 style="text-align: right; margin: 0;">23</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Meet Your Neighbor</p>	<p style="text-align: right; margin: 0;">24</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; margin: 0;">25</p> <p>2:00 Games of Your Choice</p>
<p style="text-align: right; margin: 0;">29</p> <p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Sit and Be Fit 3:00 Safe Strides by Gentiva</p>	<p style="text-align: right; margin: 0;">30</p> <p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Watermelon on the Patio</p> <p>HAPPY BIRTHDAY BOB GALLAGHER</p>		

SAFARI TRIP



On Monday, Sept. 27, we're going to take the bus to Pine Mountain, Georgia, to see the Wild Animal Safari. The cost per person for the trip will be \$20. We'll have to have a minimum of six people going.

There is a Safari Cafe where we could eat or we could take a picnic lunch. When we have our group signed up, we'll have a meeting and decide which you would rather do.

The deadline for signing up and paying is Sept. 23.

Sounds like fun! Make your plans. There will not be any caregivers on the trip, so if you need assistance, see if you can get a family member to go with you on the trip.



MALA'S BIRTHDAY PARTY ON JULY 29



Mala, Bob Mott, his wife and Nick



PAMELA ENTERTAINED



FRIENDS



MORE FRIENDS



AND MORE FRIENDS



GENTIVA SAFE STRIDES

On Wednesday, Sept. 29, at 3:00

Gentiva Home Health will present a balance dysfunction program for the residents of Coventry Place.

Does the fear of falling keep you from doing things you love to do? Maybe you've even fallen recently, but kept it to yourself because you didn't want to worry your loved ones. It's important to find out what caused the fall in order to prevent future occurrences.

That's where Gentiva Safe Strides comes in. Gentiva's team of skilled professionals will comprehensively assess each person interested for balance dysfunction and determine the root cause of a fall by:

- Thoroughly evaluating vision, vestibular system (inner ear), balance, sensation and coordination using standardized clinical testing tools.
- Using therapeutic exercises and activities to improve circulation.
- Evaluation of blood pressure and medications.
- Measuring leg strength and flexibility for their effects on balance.
- Assessing your living area and environment for potential problems such as fall hazards.

Once the cause of a fall is determined, our team will work with your physician to develop and implement a customized plan to address balance dysfunction and treat injuries caused by previous falls.

(continued in far right column)

HAPPY BIRTHDAY, HORACETINE



Horacetine,



with her family



and MANY friends,



plus wonderful refreshments,

celebrated her 90th birthday party on Aug. 14 at Coventry Place. Here's to many, many more.

Gentiva for You?

Is Gentiva Safe Strides for you?

- Are you 65 or over?
- Have you fallen within the last three months?
- Do you have fatigue, dizziness or trouble getting around?
- Are you taking medications that cause you to feel weak?
- Have you ever had a stroke?
- Do you have a progressive neurological disease?
- Do you have arthritis, joint disease or other problems with your legs?
- Do you have a foot condition or wear improper footwear?

If you answered yes to two or more of these questions, be sure to come to this program.

Most Gentiva services are covered by Medicare and many health insurance companies.

September 2010



THE AUGUST BIRTHDAY PARTY



WALTER WRIGHTSON

On Tuesday, Aug. 9, we celebrated the birthdays of all the residents born in August. The person in attendance who had achieved the most birthdays was one of our new residents, Walter Wrightson, pictured with the beautiful and delicious chocolate cake. You will have seen Walter already in the newsletter with his wife, celebrating their 63rd anniversary. It was a busy month for Walter.

Seated from left are: Lee Yelton, Horacetine Vann and Adrienne Pardieck. Standing is Walter.

Not in attendance were Inez Ogburn and Marjorie Stanfiel.

We really enjoy our monthly birthday parties and welcome family and friends to come to Coventry Place to celebrate with us. The September party will be on the 14th. Call ahead, (404) 296-0962, to make reservations. Each celebrant can have up to four guests at no charge.