



# COVENTRY PLACE

www.coventryplace-ga.com

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

## September 2011

### 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](mailto:marketing@coventryplace-ga.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.



### 10-Year Tribute

This year's Patriot Day, on Sept. 11, marks the 10th anniversary of 9/11. Americans unite to remember the heroes and victims of that day and honor their extreme acts of bravery and patriotism.

### THE GIFTS OF AGE

Judith Viorst, an author, shared some of her insights on aging with AARP.

*Know that time is precious.* As we age, we have fewer moments left to squander. Use this knowledge to embrace each moment.

*Move on.* You may look back on your life and feel you never got what you wanted, expected or deserved. Have a short pity party and then find better things to do.

*Don't take things personally.* Sometimes people are curt, aloof or rude for reasons that have **nothing** to do with you.

## 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.

New Residents  
122 Miriam Hancock  
211 Sue Robinson  
227 Ed Willis  
229 Lois VanDame  
310 Gean Capin  
530  
Connie and Bill  
Brillhart

### \$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.



### COVENTRY PLACE CAREGIVERS

Continuing with our coverage of our wonderful caregivers. At the right, you see three more. Remember to stop by the office and tell us about your experiences with these ladies. Recognition of their efforts means a lot and I know they would appreciate having your comments in their file.

First on the right is Sonya Ervin. Sonya is the assisted living housekeeper and also works as a caregiver when needed. Sonya has been here since May 2009. She works from 8 a.m. to 4 p.m., Monday through Friday.

The next caregiver is Tarha Yarbrough. Tarha started at Coventry Place in June 2009. She works the 7 a.m. to 3 p.m. shift, Monday through Friday.

The third caregiver is Sheryl Brown. Sheryl started at Coventry Place November 2009. She works Monday, 3 to 11 p.m., Tuesday, 11 p.m. to 7 a.m., Friday, 3 to 11 p.m., Saturday, 1 to 8 p.m., and Sunday 3 to 8 p.m.

Thank you, ladies. Coventry Place residents, be sure to tell these ladies how much we appreciate them.

## CAREGIVERS



**Sonya Ervin**



**Tarha Yarbrough**



**Sheryl Brown**





## Wit & Wisdom



### ARTS AND CRAFTS WITH ANITA

In July, the residents decorated craft paper bags. They really turned out beautiful. There were quite a few residents who participated and made their own bags, but it would be great to have more.

Mark your calendar—participate—it's fun. In September, we'll have Arts and Crafts on the 29th. Don't forget.

**PLEASE PARTICIPATE, THURSDAY, SEPTEMBER 29th**

### NEW ENTERTAINMENT

On Aug. 11, we had a new entertainer. The turnout was really great.



But I don't think his reception was quite as good. Don't worry, we're always searching for new talent.

### FOODS THAT IRRITATE THE BLADDER

If you find yourself going to the bathroom more frequently, **DO NOT REDUCE YOUR BEVERAGE CONSUMPTION.** Cutting back on fluids can cause even more bladder irritation. Look at what you're drinking and eating. These foods may irritate the bladder.

*Citrus fruits and juices.* They're highly acidic. Instead, eat fruits such as apples, bananas and berries.

*Coffee and black tea.* These are diuretics, they make you go to the bathroom more, plus they contain caffeine which stimulates the bladder. Sip caffeine-free herbal tea.

*Avoid hot sauce, chili peppers and tomato products.* Overactive bladder could be a sign of a more serious illness. If you've noticed an increase in frequency or urgency, consult your physician.

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

—Martin Luther King Jr.

"Laziness may appear attractive, but work gives satisfaction."

—Anne Frank

"By working faithfully eight hours a day, you may eventually get to be boss and work 12 hours a day."

—Robert Frost

"Nothing will work unless you do."

—Maya Angelou

"Far and away the best prize that life has to offer is the chance to work hard at work worth doing."

—Theodore Roosevelt

"If you put all your strength and faith and vigor into a job and try to do the best you can, the money will come."

—Lawrence Welk

## 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 CLOSSES 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
<b>REMEMBER TO USE THE SUGGESTION BOX</b>		
<b>4</b>	<b>5</b>	<b>6</b>
3:00 Hymn Sing-along Followed by Chapel Service  HAPPY BIRTHDAY CHARLIE METZ	<b>LABOR DAY</b> <b>RENT PAST DUE</b>  10:00 Sit and Be Fit  3:00 The Cootie Game in the Card Room  No Veggie Truck  HAPPY BIRTHDAY MILDRED BALDWIN	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit  2:00 Sit and Be Fit 2:30 Bingo  HAPPY BIRTHDAY BRENDA JONES, ED TURNER AND PATSY EDWARDS
<b>11</b>	<b>12</b>	<b>13</b>
3:00 Hymn Sing-along Followed by Chapel Service	9:30 Shopping at Walmart 10:00 Sit and Be Fit  1:30 Dr. John Noonan 3:00 Resident Council 3:45 Veggie Truck	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit  12:15 Birthday Luncheon  2:00 Sit and Be Fit 2:30 Bingo  7:00 Decatur Sing-along
<b>18</b>	<b>19</b>	<b>20</b>
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit  2:30 Movie Matinee "Recruits" With Alan Deveay  3:45 Veggie Truck	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit  2:00 Sit and Be Fit 2:30 Bingo
<b>25</b>	<b>26</b>	<b>27</b>
3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit  1:30 Dr. John Noonan 2:30 Scrabble or Rummikub 3:45 Veggie Truck	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit  2:00 Sit and Be Fit 2:30 Bingo

## Wednesday

## Thursday

## Friday

## Saturday

	1	2	3
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle</p> <p>2:00 Sit and Be Fit</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:30 Meet Your Neighbor With Refreshments</p>	<p>10:00 Sit and Be Fit</p> <p>11:00 Dining Out at O’Charley’s</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>10:30 Hug a Puppy</p> <p>2:00 Games of Your Choice</p> <p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</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>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Entertainment in the Dining Room - MIKE SMITH</p>	<p>9:00 Dr. Lee Cohen - Dentist 10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p>	<p>10:30 Visit With Nurse Betsy</p> <p>2:00 Games of Your Choice</p>
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Kroger Shuttle 2:00 Wilda’s Wellness Workshop</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>3:00 Happy Hour With Wine and Cheese in the Card Room</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>2:00 Games of Your Choice</p>
<p>9:30 Kroger Shuttle 10:00 Sit and Be Fit</p> <p>1:30 Publix Shuttle</p> <p>2:00 Sit and Be Fit</p> <p>HAPPY BIRTHDAY LaVONNE BUSH AND GEAN CAPIN</p>	<p>9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit</p> <p>2:00 Arts and Crafts With Anita</p>	<p>10:00 Sit and Be Fit</p> <p>2:00 Sit and Be Fit 2:30 Bingo</p> <p>HAPPY BIRTHDAY BOB GALLAGHER</p>	<p><b>REMEMBER TO USE THE SUGGESTION BOX</b></p>



## Joking Around

### Laugh Lines: School Daze

In honor of September, here's a busload of back-to-school jokes:

*Summer vacation* is over, and little Tommy is back in school. A few days later, the teacher calls Tommy's mother:

Teacher: "You have to do something about Tommy. He's acting up and disrupting class."

Tommy's mom: "I kept Tommy all summer long and never once called *you* when he misbehaved."

*Little Sadie* comes home from school very upset.

Sadie's mom: "What's wrong?"

Sadie: "My teacher scolded me for something I didn't do."

Sadie's mom: "That's terrible! I'll go down to the school and talk to her. What was it that you didn't do?"

Sadie: "My homework."



### MALA'S 104th BIRTHDAY



Thanks to Bill Hanna and his daughter, Robin Hughes, we had a wonderful celebration of Mala's 104th birthday party. A photographer came from Fox news and filmed an interview with Mala. You can see it by Googling DeKalb County Woman

celebrates 104th birthday. We had a wonderful crowd. In fact, it was larger than we expected, so we ran a little short on food. But, what a wonderful crowd and celebration. The Coventry Place staff did a great job preparing the food and serving.



Bill and Mala danced.





Andrea danced



Then Robin read the poem from the Red Hat Society about when I grow old I'm going to wear purple ... it's a great poem.



Then Vivian read a poem she had written especially for Mala.

### VANITY OF A KITCHEN

How many people have you fed  
That always cleaned their plate?

After receiving a nursing bottle  
when born

Her baby food and chew cookies  
were always ate.

May I have some more of this or that?  
Was always her question to me.

Sure, Mrs. Mott, you may have more.  
This became her precious reality.

God thank you for Mrs. Mott  
She's our number one fan.

Your appetite inspired us all  
Please, enjoy, eat all that you can

We love you truly Mrs. Mott  
It's our secret, please don't tell

As long as you desire Coventry's food  
We will always feed you well.



Vivian isn't just in charge of our kitchen, she's quite a poet, too. Thank you, Vivian, for being a great cook, but also for being such a caring person and doing all you can for our residents.

### HALE'S BELL

In 1755 was born  
young Nathan Hale

He was a  
revolutionary, a fully  
active male.

His dedication to the  
cause led to his  
promotion

Up through the  
ranks to captain,  
showing his devotion.

He volunteered to  
don disguise and  
infiltrate the British

Who occupied  
Long Island, well  
trained and never  
skittish.

But the redcoats saw  
through his disguise  
and arrested him as  
a spy

On September 21,  
1776, and on  
September 22, 1776,  
did promptly hang  
him high.

Just before the eternal  
swing, he said the  
words we all  
remember:

"I only regret that I  
have but one life to  
lose for my country"

And that, dear  
friends, is a manly  
way to dedicate  
September.

By John Beavers



# September 2011



## THE AUGUST BIRTHDAY PARTY



On Tuesday, Aug. 9, we celebrated the birthdays of all the residents who were born in August. There's got to be a story behind why there are 12 residents to celebrate in July, and only five in August. Anybody want to try to figure that out.

There were five birthdays in August, but there were some who were unable to attend and one who is not pictured. In the picture is Horacetine Vann and Adrienne Pardieck. Not pictured are Will Kammerer, Walter Wrightson and Marjorie Stanfiel.

The September party will be on the 13th. Make your plans to attend. Each resident can have four guests at no charge and we dearly love to celebrate birthdays.