



COVENTRY PLACE

www.coventryplace-ga.com

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

September 2012

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.



FIFTH GRADE ASSIGNMENT

A 5th grade teacher asked her class to look at TV commercials and see if they could use them in 20 ways to communicate ideas about God. Here are some of the results.

God is like

Bayer Aspirin

He works miracles.

God is like

A Ford

He's got a better idea.

God is like

Coke

He's the real thing.

God is like

Hallmark Cards

He cares enough to send His very best.

God is like

TIDE

He gets the stains out others leave behind.

God is like

Alka-Seltzer

Try Him, you'll like Him.

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.

427

Doris Whitener

515

Ann Marie Prengaman

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.



Vanilla Root Beer, Please

In the late 1800s, science became more a part of medicine and pharmacy, introducing a golden age of the American drugstore. The drugstore symbols of a mortar and pestle as well as the Rx over the door made sure everyone knew what type of business was housed inside. But drugstores did not limit their inventory to pharmaceuticals.

By the early 1920s, most drugstores had a complete soda fountain. Many fountains later expanded their menus and offered light meals. Soda fountains reached their heyday in the 1940s and 1950s.

The drugstore soda fountain drew people to town squares and Main Streets through much of the 20th century. Children would often stop on the way home from school for a cherry cola or a vanilla root beer.

Many drugstores also sold candy, comic books, toys, toiletries, paperback books and cosmetics, making them a popular destination for people of all ages.

MARION

Marion was a real kind woman
Her memory will live on in
our hearts.

No more pain and sorrow
She is in the arms of God.

We once sang the Lord's Prayer,
she said she couldn't sing
Although she sounded like a
robin in the spring.

Marion was an important part of
our lives

We need not worry, God has
paid the ultimate sacrifice.
by Ronald Dennard

ATTITUDES

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice everyday regarding the attitude we embrace for that day. We cannot change our past ... we cannot change the fact that people act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our **ATTITUDES.** by Chuck Swindol



On Aug. 9, Mike Smith entertained. I think the ladies liked it.

Health & Wellness

Drink It All In

Most people know it is important to stay hydrated and that water is the best choice to accomplish that. But do you know why? Our bodies are about 70 percent water, and it is a part of every cell. Here are a few ways water works in the human body:

Joints. Water is a component of the synovial fluid in our joints. The fluid acts as a shock absorber, removes waste and nourishes cartilage.

Transport. Water transports the minerals, vitamins, amino acids, salts, sugars and fats that our cells need to function properly. Our blood, which distributes nutrients, oxygen and antibodies, is about 83 percent water.

Metabolism. Water is essential for our body to build the “metabolic

pathways” that convert food into energy.

Brain health. Our brains are about 80 percent water, and our nerves are filled with fluid that is almost entirely made up of water and minerals. Dehydration impedes the ability of nerves to send and receive messages.

Joint pain, back pain, headaches, low energy levels, muscle weakness and lightheadedness can all be caused by dehydration. Get in the habit of drinking water with each meal and between meals. Your body will thank you.



Wit & Wisdom

“The time to relax is when you don’t have time for it.”
—Sydney J. Harris

“Tension is who you think you should be. Relaxation is who you are.”
—Chinese proverb

“For fast-acting relief, try slowing down.”
—Lily Tomlin

“Besides the noble art of getting things done, there is a nobler art of leaving things undone. The wisdom of life consists in the elimination of nonessentials.”
—Lin Yutang

“There’s never enough time to do all the nothing you want.”
—Bill Watterson

“I try to take one day at a time, but sometimes several days attack me at once.”
—Jennifer Yane

“How beautiful it is to do nothing, and then rest afterward.”
—Spanish proverb

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
		
2	Labor Day	3
3:00 Hymn Sing-Along Followed by Chapel Service	10:00 Sit and Be Fit 12:00 Picnic Luncheon 1:45 Movie Matinee 2:00 Sit and Be Fit	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 10:30 Bible Study - Residents Welcome 2:30 Bingo 7:00 Decatur Sing-Along HAPPY BIRTHDAY CHARLIE METZ
9	10	11
3:00 Hymn Sing-Along Followed by Chapel Service	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 Truck	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo
16	17	18
3:00 Hymn Sing-Along Followed by Chapel Service HAPPY BIRTHDAY RONALD DENNARD	10:00 Sit and Be Fit 1:30 Dr. John Noonan 1:30 Shopping at Walmart 1:45 Movie Matinee 2:00 Sit and Be Fit 3:45 Veggie Truck	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 1:00 Flu Shots by Walgreens (Will Need a Copy of Your Medicare Card) 2:00 Fire Drill 2:30 Bingo
23/30	24	25
23rd and 30th 3:00 Hymn Sing-Along Followed by Chapel Service 30th HAPPY BIRTHDAY BOB GALLAGHER	10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Musical Legends by Dennis 3:45 Veggie Truck	9:00-1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY MIRIAM HANCOCK

Wednesday	Thursday	Friday	Saturday
			RENT DUE 2:00 Games of Your Choice
5	6	7	8
RENT PAST DUE 9:30 Kroger Shuttle 10:00 Sit and Be Fit 11:00 Blood Pressure Check by Camellia Home Health 1:30 Nurturing Dance Therapy 1:30 Publix Shuttle 2:00 Sit and Be Fit 2:30 Vivian's Delicious Delicacies HAPPY BIRTHDAY MILDRED BALDWIN	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:30 Entertainment With Pam HAPPY BIRTHDAY BRENDA JONES ED TURNER PATSY EDWARDS	10:00 Sit and Be Fit 10:00 Shopping at Target 2:00 Sit and Be Fit 2:30 Bingo	1:45 Movie Matinee 2:00 Games of Your Choice
12	13	14	15
9:30 Kroger Shuttle 10:00 Sit and Be Fit 10:30 Changing Behaviors to Prevent a Fall by the American Red Cross 1:30 Nurturing Music Therapy 1:30 Kroger Shuttle 2:00 Sit and Be Fit	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Arts and Crafts With Anita	10:00 Sit and Be Fit 11:00 Out to Eat at LongHorn Steakhouse 2:00 Sit and Be Fit 2:30 Bingo	2:00 Games of Your Choice
19	20	21	22
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Surprise Entertainment by Homestead Hospice 1:30 Publix Shuttle 2:00 Sit and Be Fit 6:00 Worship Service and Communion With the Reverend Tom Haygood	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 2:00 Wii Games or RummiKub	10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo	1:45 Movie Matinee 2:00 Games of Your Choice
26	27	28	29
9:30 Kroger Shuttle 10:00 Sit and Be Fit 1:30 Nurturing Art Therapy With Helen 1:30 Kroger Shuttle 2:00 Sit and Be Fit 2:00 Wilda's Wellness Workshop	9:00–1:30 Doctor Shuttle 10:00 Sit and Be Fit 3:00 Wine and Cheese Party by Home Helpers	9:30 Shopping at Walmart 10:00 Sit and Be Fit 2:00 Sit and Be Fit 2:30 Bingo HAPPY BIRTHDAY LAVONNE BUSH GENE CHAPIN	2:00 Games of Your Choice

FOR MALA

Mala Mott, this is
your day

The Lord woke you
this morning

So we could all tell
you Happy Birthday.

With Bill at her
side, each and every
day

What a beautiful
couple, wouldn't you
say?

When I see them
coming, it puts a
smile on my face.

Can you believe
she's been here since
they built Coventry
Place?

We love you, Mala,
yes it's true,

When your small
voice hollers, "Help,"
here comes the fifth
floor crew.

God Bless you,
Mala, on this day

You made it to
your 105th birthday.

by Sonya Ervin
(Personal Care
Housekeeper)



WHAT A PARTY!

Mala's 105th birthday party was the best yet. Bill Hanna and his daughter Robin Hughes outdid themselves this year. The mariachi band was totally wonderful—we all had a great time.



There was dancing and lots of
people ...



... and a big Happy Birthday sign.



AS WE AGE

Age is just a number so many people say

Yet we feel our aches and pains in moving every day

I had an age experience a little while ago

I suddenly felt older and couldn't let it go.

My youngest daughter turned 40 in June

I told her it was much too soon
For her to be 40 like the others
Being the youngest of her sisters and brother.

I realized then it's in the way we live
Another birthday beats the alternative.

by Mary Ferry #206

UNANSWERED QUESTION

How much of it was coincidence?

I refer to the assassination of Abraham Lincoln and John F. Kennedy. Both Lincoln and Kennedy were concerned with Civil rights. Lincoln was elected president in 1860, and Kennedy in 1960. Both were slain on a Friday and in the presence of their wives. Both were shot from behind and in the head. Their successors, both named Johnson were Southern Democrats and both were in the senate. Andrew Johnson was born in 1808, and Lyndon Johnson was born in 1908. John Wilkes Booth was born in 1839, and Lee Harvey Oswald was born in 1939. Booth and Oswald were Southerners who favored unpopular ideas. Both presidents' wives lost children through death while in the White House.

Lincoln's secretary, whose name was Kennedy, advised him not to go to the theater. Kennedy's secretary, whose name was Lincoln, advised him not to go to Dallas. John Wilkes Booth shot Lincoln in a theater and ran to a warehouse. Lee Harvey Oswald shot Kennedy from a warehouse and ran to a theater.

The names Lincoln and Kennedy each contain seven letters. The names Andrew Johnson and Lyndon Johnson each contain 13 letters. The names John Wilkes Booth and Lee Harvey Oswald each contain 15 letters.

Both assassins were killed before being brought to trial. Both Johnsons were opposed for re-election by men whose names started with G.

contributed by Billie Lary

GO FOR THE GOLD

It was the month of August which 'round here is never cold,

And our finest young contenders in London brave and bold.

Smashing old world records, beach volleyball and such,

Knowing no one raising tulips will ever beat the dutch.

And the game that we call soccer is really futbol, if you please,

And a marathon runner from Kenya will drive you to your knees.

For us here in the USA we have to be content with the

gold collected by Michael Phelps in past competitions blest,

Oh wait, here's Gabby Douglas, new star, brighter than the rest.

by John Beavers

Remember Me?

If you're one of the millions of fans of today's numerous television talent shows, tip your hat to a pioneer in the industry, Ed Sullivan. Sullivan hosted "The Ed Sullivan Show" for nearly 23 years, from 1948 to 1971.

Sullivan's show appealed to a broad audience and multiple generations. Most episodes included puppets, pop stars, a vaudeville act, comedians and someone from the theater.

Sullivan was known for booking "breakthrough" acts of would-be superstars such as Elvis Presley and, perhaps most notably, The Beatles.

The 1961 Broadway musical "Bye Bye Birdie" paid tribute to Sullivan and his show in the song "Hymn to Sunday Evening." When the play became a film, Sullivan made an appearance in the movie, playing himself.

September 2012



THE AUGUST BIRTHDAY PARTY



On Tuesday, Aug. 14, we celebrated the birthdays of all the residents who were born in August.

The residents who attended are pictured above. Seated is Marjorie Stanfiel. Standing from the left are: Sue Robinson, Adrienne Pardieck and Amelia Jackson. Unable to attend were Will Kammerer and Walter Wrightson.

Pictured on the left is Marjorie Stanfiel who, of those who attended, had achieved the most birthdays.

The party each month is on the Tuesday before the 15th (that's the newsletter deadline). Be sure to attend when your loved one has their birthday. Call ahead of time, so we can have a special table for your family to be able to celebrate together. Each resident can have four guests at no charge. Hope you'll be here. It's lots of fun.