



www.coventryplace-ga.com

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

**COVENTRY PLACE  
CONTACT INFORMATION**

Phone- (404) 296-0962

After Hours- (404) 299-9651

Coventry Beauty Shop (404) 294-9695

Email- [marketing@coventryplace-ga.com](mailto:marketing@coventryplace-ga.com)

**OFFICE HOURS**

Monday–Friday ..... 9 a.m.–5 p.m.

Weekends ..... 8 a.m.–3 p.m.

**Coventry Place Management**

Michael Cress II ..... Executive Director

Jessica Otts ..... Marketing Director

Anita Day ..... Business Office Director

Wilda Johnson ..... Personal Care Director

Anthony Leverett ..... Maintenance Director

Amsalu Dessie, RN ..... Weekend Nurse

Barbara Olver ..... Office Administration

John Kinchen ..... Dining Services Director

**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 2014**



**Fall’s Flavors**

Immerse yourself in the scents of the season, whether you are picking a hand soap or room spray, or enjoying a tasty treat. Choose pumpkin or apple, or spice things up with clove, cinnamon, nutmeg, ginger or peppermint.

**Ten Years Younger**

How would you like to feel more mentally alert? It may be as easy as challenging yourself with a crossword puzzle. Researchers have found that crosswords and other puzzles, reading, playing cards or playing chess can lead to immense brain benefits, including helping 80-year-olds retain the brainpower of someone 10 years younger.

**Be Proud**

“I think your whole life shows in your face and you should be proud of that.” —Lauren Bacall

## WELCOME

### GOOD FRIENDS MAKE GOOD NEIGHBORS!

Want \$200?

Do you know anyone who may need some extra help, socialization, or who would enjoy living near you? Refer them to Coventry Place! Tell Michael Cress their name and telephone number. If they move in, after 30 days, not only will you have a new neighbor, we'll pay you \$200!

### WELCOME OUR NEW RESIDENTS!

Please welcome our new residents who moved in during September. It would be very nice if you could invite them to an activity with you.

- Frank Fenn (Apt. 512)
- Marguerite Sweny (Apt. 222)
- Robert Perkins and Darlene McLemore (Apt. 219)
- Welcome back Marion Rapsis (Apt. 311)



### Congressional Medal Part of Flight 93 Ceremony

The 40 passengers and crew who died when hijacked United Airlines Flight 93 crashed in southwestern Pennsylvania during the September 11, 2001 terrorist attacks were honored in a new way during the 13th anniversary ceremony at the Flight 93 National Memorial, which marks the spot where the crash occurred.

A Congressional Gold Medal awarded to those who died at the site of the memorial was presented as part of the ceremony. Bells tolled, and the names of the victims were read at 10:03 a.m., the moment the airliner crashed as passengers fought with hijackers for control of the jet.

The ceremony came as the National Park Service marked progress on a \$17 million to \$23 million phase of the project that includes a visitors' center and a learning center. It is very important that there is a place to come to learn about what happened that terrible day. The Congressional Medal will go on permanent display once the visitors' center opens, hopefully in 2015.

### NFL October Schedule

*Thursday, 10/2 at 8:25 p.m.*

Vikings vs. Packers

*Sunday, 10/5 at 1 p.m.*

Bills vs. Lions

Browns vs. Titans

Texans vs. Cowboys

Buccaneers vs. Saints

Rams vs. Eagles

Ravens vs. Colts

Bears vs. Panthers

Steelers vs. Jaguars

Falcons vs. Giants

*Sunday, 10/5 at 4:05 p.m.*

Cardinals vs. Broncos

*Sunday, 10/5 at 8:30 p.m.*

Bengals vs. Patriots

*Monday, 10/6 at 8:30 p.m.*

Seahawks vs. Redskins

*Thursday, 10/9 at 8:25 p.m.*

Colts vs. Texans

*Sunday, 10/12 at 1 p.m.*

Patriots vs. Bills

Steelers vs. Browns

Bears vs. Falcons

Lions vs. Vikings

Jaguars vs. Titans

Ravens vs. Buccaneers

Panthers vs. Bengals

Broncos vs. Jets

Packers vs. Dolphins

*Sunday, 10/12 at 4:05 p.m.*

Chargers vs. Raiders

*Sunday, 10/12 at 4:25 p.m.*

Cowboys vs. Seahawks

Redskins vs. Cardinals

*Sunday, 10/12 at 8:30 p.m.*

Giants vs. Eagles

*Monday, 10/13 at 8:30 p.m.*

49ers vs. Rams

(Continued on Page 3).

## Getting Through the Flu Season

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older, as the first and most important step in protecting against this serious disease. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. People should begin getting vaccinated soon after the flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins.

**Wash your hands.** Frequent hand-washing keeps germs away and prevents infections. Make sure to thoroughly scrub for at least 15 seconds.

**Cover coughs and sneezes.** To prevent contaminating the air, always cover your mouth when you cough or sneeze. For best results, cough or sneeze into a tissue or the crook of your elbow to protect your hands from germs.

**Stay home.** Flu easily spreads in large groups. You can reduce your risk of contracting it if you avoid crowds during the peak flu season.

## Halloween Collectibles

Just about anything related to Halloween prior to the 1960s is considered collectible, including costumes, metal clickers, paper candy bags, life-size skeletons, puppets and noisemakers. The golden era of Halloween memorabilia was 1900 to 1920. Cardboard lanterns, postcards, sheet music, candy containers, with dolls and even party boxes were all made during this time with typical Halloween depictions. These early pieces, particularly those in good condition, are rare as well, as most of them were made from paper, and their values range from \$100 to \$400. Throughout the 1920s and 1950s, Halloween became very commercialized, and so you can find a wide variety of amazing items. Some of the most valuable Halloween collectibles are papier mâché lanterns or candy containers in unusual shapes and German toys featuring grimacing faces. The more

unusual ones, such as full-bodied jack-o'-lanterns, can be worth hundreds and perhaps exceed \$1,000 in the right market. German toys with grimacing faces from the 1930s and 1940s are collectibles that can be worth in excess of \$1,000 when found complete and in mint condition. Collectors also look for Halloween items dating as far back as the Victorian era with delightfully embossed vintage postcards, many of which feature lovely witches (witches were not always presented in a wicked way), vegetable people and frightful devils. Many of the earliest collectibles feature beautiful and kindly witches, which probably enhanced their collectibility. The most favorite collectibles are the vegetable people that were made in the 1930s. They were whimsical figures that were made to be given out at Halloween parties to be crushed by children. Luckily, some of them were not crushed and they have become wonderful collectibles today.

## Cont. From Page 2

### NFL October Schedule

Thursday, 10/16 at  
8:25 p.m.

Jets vs. Patriots

Sunday, 10/19 at  
1 p.m.

Vikings vs. Bills

Browns vs. Jaguars

Dolphins vs. Bears

Saints vs. Lions

Titans vs. Redskins

Falcons vs. Ravens

Panthers vs.

Packers

Bengals vs. Colts

Seahawks vs. Rams

Sunday, 10/19 at  
4:05 p.m.

Chiefs vs. Chargers

Sunday, 10/19 at  
4:25 p.m.

Cardinals vs.

Raiders

Giants vs. Cowboys

Sunday, 10/19 at  
8:30 p.m.

49ers vs. Broncos

Monday, 10/23 at  
8:30 p.m.

Chargers vs.

Broncos

Sunday, 10/26 at  
9:30 a.m.

Lions vs. Falcons

(Continued on  
Page 6).

## 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
		
5	6	7
10:00 Sit and Be Fit 3:00 Hymn Sing-A-Long Followed by Chapel Service	9:30 Walmart 10:00 Sit and Be Fit 2:45 Veggie Truck 3:00 Resident Council 4:00 Bridge	9:00 Doctor Runs 10:00 Sit and Be Fit 10:30 Bible Study 2:30 Bingo 7:00 Decatur-Sing-A-Long
12	13	14
10:00 Sit and Be Fit 3:00 Hymn Sing-A-Long Followed by Chapel Service	<b>Happy Birthday John Huddle!</b>  Columbus Day 10:00 Sit and Be Fit 10:30 Last Chance Thrift Store 2:45 Veggie Truck 4:00 Bridge	9:00 Doctor Runs 12:15 Birthday Luncheon 2:30 Bingo 7:00 Decatur-Sing-A-Long
19	20	21
10:00 Sit and Be Fit 3:00 Hymn Sing-A-Long Followed by Chapel Service	10:00 Sit and Be Fit 2:45 Veggie Truck 4:00 Bridge	9:00 Doctor Runs 1:00 Dr. John Noonan 1:30 Bible Talk 2:30 Bingo
26	27	28
10:00 Sit and Be Fit 3:00 Hymn Sing-A-Long Followed by Chapel Service	10:00 Sit and Be Fit 2:00 Ice Cream Social 2:45 Veggie Truck 4:00 Bridge	9:00 Doctor Runs 11:00 Around the World With Kathy 2:30 Bingo

# Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>1</b></p> <p>9:00 Kroger 10:00 Sit and Be Fit 1:30 Publix</p>	<p style="text-align: right;"><b>2</b></p> <p>9:00 Doctor Runs 10:00 Sit and Be Fit 2:30 Indoor Volleyball</p>	<p style="text-align: right;"><b>3</b></p> <p>10:00-2:00 Rosie Jewelry 10:00 Sit and Be Fit 2:30 Bingo 4:00 Bridge</p>	<p style="text-align: right;"><b>4</b></p> <p><b>Happy Birthday Dru Kight!</b></p> <p>10:00 Sit and Be Fit 1:30 Games of Your Choice 2:00 Movie</p>
<p style="text-align: right;"><b>8</b></p> <p>9:00 Kroger 10:00 Sit and Be Fit 1:30 Kroger</p>	<p style="text-align: right;"><b>9</b></p> <p>9:00 Doctor Runs 10:00 Sit and Be Fit 2:00 Arts &amp; Crafts - Painting Pumpkins</p>	<p style="text-align: right;"><b>10</b></p> <p>10:00 Sit and Be Fit 10:15 Lunch at Longhorn Steakhouse Followed by a Stop at Jaemor Farms 2:30 Bingo 4:00 Bridge</p>	<p style="text-align: right;"><b>11</b></p> <p>10:00 Coffee and Donuts 2:00 Movie</p>
<p><b>Happy B'day James Shirley!</b></p> <p style="text-align: right;"><b>15</b></p> <p>9:00 Kroger 1:30 Publix 6:00 Communion With Tom Hagood</p>	<p><b>Happy B'day Marsha Wassam!</b></p> <p style="text-align: right;"><b>16</b></p> <p>9:00 Doctor Runs 2:30 Richard Robins (flutist)</p>	<p style="text-align: right;"><b>17</b></p> <p>10:00 Sit and Be Fit 1:30 Walmart 2:30 Bingo 4:00 Bridge</p>	<p style="text-align: right;"><b>18</b></p> <p>10:00 Sit and Be Fit 1:30 Games of Your Choice 2:00 Movie</p>
<p style="text-align: right;"><b>22</b></p> <p>9:00 Kroger 1:30 Kroger</p>	<p style="text-align: right;"><b>23</b></p> <p>9:00 Doctor Runs 2:30 Wine &amp; Cheese Party</p>	<p style="text-align: right;"><b>24</b></p> <p>10:00 Sit and Be Fit 11:15 Lunch Bunch - Green Ginger 2:30 Bingo 4:00 Bridge</p>	<p style="text-align: right;"><b>25</b></p> <p>10:00 Coffee &amp; Donuts 2:00 Movie</p> <p><b>Happy Birthday Ernest Freeman and Leila Browning!</b></p>
<p style="text-align: right;"><b>29</b></p> <p>9:00 Kroger 1:30 Publix 6:00 Bluegrass Band</p>	<p style="text-align: right;"><b>30</b></p> <p>9:00 Doctor Runs 2:30 Hot Tea and Hat Social</p>	<p style="text-align: right;"><b>31</b></p> <p>10:00 Sit and Be Fit 2:30 Halloween Costume Party 4:00 Bridge</p>	

## Cont. From Page 3

### NFL October Schedule

Sunday, 10/26 at  
1 p.m.

Lions vs. Falcons

Rams vs. Chiefs

Texans vs. Titans

Vikings vs.

Buccaneers

Seahawks vs.

Panthers

Ravens vs. Bengals

Dolphins vs.

Jaguars

Bears vs. Patriots

Bills vs. Jets

Sunday, 10/26 at

4:05 p.m.

Eagles vs. Cardinals

Sunday, 10/26 at

4:25 p.m.

Raiders vs. Browns

Colts vs. Steelers

Sunday, 10/26 at

8:30 p.m.

Packers vs. Saints

Monday, 10/27 at

8:30 p.m.

Redskins vs.

Cowboys



Seated at the Sept. 9 Birthday Luncheon are (from left to right) Anna Chiles, Sara Adams, Phyllis Edwards, Miriam Hancock, Dorothy Purcell, Dru Knight, Marion Rapsis, and Mary Ferry.



Seated at the front table in this photo at the Birthday Luncheon are from left to right Ron Dennard's sister Mary Tanksley and her husband James Tanksley, Jane Taylor, Betty Sisson, and Ron Dennard.



Nellie Boone takes the cake for the oldest September birthday!!! She was born on September 12, 1920, and is 94!

### October Birthstone

According to the Gemological Institute of America (GIA), there are two birthstones for October - tourmalines and opals. Tourmalines exist in more colors and color combinations than any gemstone in the world. Pink and green tourmalines are widely available and affordable. Opals are valued for their unique shifting colors in rainbow hues called "play of color." There are three types: white, black and fire opal. Black is the most valuable.

## Flower of [October]

**Botanical name** | *Calendula Officinalis*

**Other names** | Pot marigold

**Description** | 2-inch-wide strawflower-like blossoms on long stems

**Colors** | Orange, yellow, cream and apricot

**Facts** | Calendula petals are used in soups, stews and salads. The blossoms were used in ancient beverages as a cure for indigestion and in ointments for skin irritations, sore eyes and toothaches.

## [Marigold]

**Meaning** |  
Winning grace



## Practice Positivity

Practicing a positive attitude pays off. Enhanced health, increased longevity and better relationships are just a few benefits. October is Positive Attitude Month, a perfect time to improve your outlook with these helpful habits.

*Be grateful.* Every day presents us with blessings that we often take for granted. Taking time to recognize them and be thankful helps prevent negative thoughts or events from overshadowing your life.

*Pal around.* Attitudes are contagious. Make it a point to spend as much time as possible with other positive people. Surrounding yourself with that energy can rub off on you.

*Stay active.* Exercise is good for your mind as well as your body. Exercise releases endorphins, the natural, feel-good chemicals in your body that improve mood and elevate your spirit.

*Crack up.* They say laughter is the best medicine, and it's also the perfect antidote to negativity. Whether you spend time with funny friends or tune in to a TV comedy, strive to get some giggles in each day.

*Look ahead.* Nothing can change the past, but you can definitely influence your future. Being positive is a choice, and like exercise, healthy eating or other good habits, it takes practice and dedication; the longer you stick with it, the easier it becomes.



## The Art of Friendship Maintenance

It's one of the most important lessons we learn in life. We should always take care of the things we love. That's especially true of our treasured friendships. If we want them to last and grow, we need to invest some time and energy and thought into nurturing and maintaining them.

What is it that keeps friendships alive and well? A lot of it just comes naturally. As we spend time together and enjoy each other's company and help each other, we're also taking care of our relationships. And yet a little deliberate nurturing goes a long way toward keeping a friendship in full bloom.

Most of the time, a little everyday tending is all that is needed—a phone call or an e-mail, a touch or a hug, or a thoughtful present. Such little gifts and gestures keep us connected. Kept promises, too, help fertilize a friendship. So do the sacrifices we are willing to make for each other.

Most of all, nurturing a friendship involves keeping each other in mind—even when we're not together. It means checking in on a regular basis, just to share our hearts and make sure that everything is alright. It means seeking out ways to communicate, in ways little and large. "Oh yes, I'm still here. I know you're there, too. Never, ever forget that I care about you."

## Lauren Bacall

Lauren Bacall, born Betty Jean Perske, Sept. 16, 1924–Aug. 12, 2014, was an American actress known for her distinctive husky voice and sultry looks. She began her career as a model. She first appeared as a leading lady in the Humphrey Bogart film *To Have and Have Not* (1944) and was amazing because she was so talented at such a young age. The movie started a romance between the two. She was 20 and he was 45. They were married until Bogart's death from esophageal cancer in 1957. She became a widow at 32. She later married Jason Robards in 1961, but they divorced in 1969 because of his alcoholism. She died on August 12 after suffering a massive stroke at the age of 89 at her apartment in Manhattan. In 1997, she got the 11th place on the top 100 movie stars of all time list.

# October 2014

## HAPPY BIRTHDAY TO THOSE BORN IN SEPTEMBER!



On Tuesday, Sept. 9, we celebrated the birthdays of all of our residents born in September. Pictured from left to right are Ron Dennard, Nellie Boone, Brenda Jones, Miriam Hancock, Edwin Turner, and Robert Woodyard. Not pictured are Barbara Hesler, Karen Fisher and Jean Chapin.

The monthly birthday luncheon is held on the Tuesday before or after the 15th. Plan to attend when your loved one has their birthday. Call ahead of time so we can have a special table for your family to celebrate. You can have four guests at no charge.

Also, for families needing a place to host a birthday party for residents or a family reunion, let us know so you can reserve the library or dining room.

HAPPY BIRTHDAY!!!



2806 North Decatur Road  
Decatur, GA 30033

(404) 296-0962 • [www.coventryplace-ga.com](http://www.coventryplace-ga.com)