



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

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

Anita Day Business Office Director

Wilda Johnson Personal Care Director

Anthony Leverett Maintenance Director

Barbara Olver Office Administration

John Kinchen Dining Services Director

FROM THE EXECUTIVE DIRECTOR

Our friendly and caring 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 have found a place to stay—that you are a part of the family. Thank you for making Coventry Place your home.

Celebrate Mothers

In 1905, Anna Jarvis began a campaign to make Mother’s Day a recognized holiday in the United States. Jarvis’ own mother had been a peace activist who cared for wounded soldiers on both sides during the Civil War. Celebrate the mothers in your life on the second Sunday in May.

May 2015

Positive Thought

“Live your life and forget your age.” —Frank Bering

HAPPY MOTHER’S DAY!

“A mother’s love for her child is like nothing else in the world.” —*Agatha Christie*

Mother’s Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us here at Coventry Place, we want to wish all the moms who call our community home a very happy Mother’s Day!



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 our Executive Director, 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 here in February! Help us make them feel at home here at Coventry Place! If you see a new face in the elevator, on your hall, in the lobby, or even the dining room, try introducing yourself and inviting them to join you in your favorite activity! (Be sure to introduce them to your friends, as well!)



Savor Springtime Activities

If you're longing to bid the wintertime blues goodbye as warmer, sunny weather returns, there's no better cure for cabin fever than to spend time outdoors on a bright and breezy spring day. Consider these ideas for enjoying the season.

Take me out to the ballgame. Since spring ushers in baseball season, catch your home team in action or take in other spectator sports, such as a grandchild's soccer game or a local high school track meet.

Let's get growing. Get back in touch with nature by planting flowers or vegetables. Whether it's a community garden or a small pot for your windowsill, tending plants can be therapeutic.

A bird's-eye view. Spring is prime time for bird-watching since many species of our feathered friends are returning from winter migration, as well as building nests to raise their hatchlings.

Pack a picnic. Whether you enjoy a full meal or just some seasonal snacks, dining outside on a beautiful day is the perfect way to take in the season.

Appreciating America's Military

May is a month to appreciate warmer days, sunshine and all that comes with spring. And since 1999, it's also designated as Military Appreciation Month, a time to formally and publicly thank and support the men and women who have served or currently serve to protect our freedom and liberty.

Created from the simple idea of gathering America around its armed forces to show gratitude and solidarity, the month of May was chosen because it already includes the most military-related commemoration days: Loyalty Day, Victory in Europe (VE) Day, Armed Forces Day, Military Spouse Appreciation Day and, most well-known, Memorial Day.

The congressional resolution for Military Appreciation Month calls for a proclamation from the president regarding the important role these men and women fill, but you can celebrate in your own community any way you choose. One of the easiest, yet most meaningful, is to offer a heartfelt thank-you to all service members, past and present.



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

	5	1	9	6	7	8	2	3	4
	1	6	8	5	9	4	7	2	3
	8	7	5	2	3	1	6	9	4
	9	7	4	2	3	1	7	8	5
	2	3	4	7	6	1	9	8	5
	6	3	8	5	2	4	3	7	1
	7	9	4	3	8	5	2	6	1
	2	1	9	6	7	3	8	4	5
	4	8	3	1	4	2	5	9	7

Solution

		3						7
	2			6	7		8	
	9			8	5			1
	1			8				6
3				1				2
8			4				7	
9			2	3			4	
	6		5	9			2	
4								5



Make It Mediterranean

Like many trends, diet fads come and go through the years, and often with mixed results. However, the Mediterranean diet, which is flexible and less limiting when compared to other diets, is recommended by the Dietary Guidelines for Americans to prevent disease and boost nutrition.

The diet is named for the way of cooking and eating in countries along the Mediterranean Sea, such as Greece and Italy. People in this region report low rates of cardiovascular diseases, and research has shown that the Mediterranean diet may contribute to a lower risk of diabetes, certain cancers,

osteoporosis, Parkinson's and Alzheimer's diseases, and depression.

The diet emphasizes plant-based foods, specifically fruits and vegetables, legumes, nuts and whole grains. Bread, pasta and other carbohydrates make up a large portion, but the key is choosing whole-grain varieties and using olive oil instead of butter or margarine to add flavor. Olive oil is the most prominent fat used, but other healthy fat sources include avocados and nuts.

Followers of the Mediterranean diet eat fish or poultry at least twice a week but consume red meat just a few times a month. Dairy products are also somewhat limited. Instead of using excess salt, herbs and spices are used to give food more flavor.

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Wit & Wisdom

"This very moment is a seed from which the flowers of tomorrow's happiness grow."

—Margaret Lindsey

"If we're going to bring out the best in people, we, too, need to sow seeds of encouragement."

—Joel Osteen

"To see things in the seed, that is genius."

—Lao Tzu

"With every deed you are sowing a seed, though the harvest you may not see."

—Ella Wheeler Wilcox

"Your heart is full of fertile seeds, waiting to sprout."

—Morihei Ueshiba

"If we plant the right seeds, tomorrow will be better. If you put out good things, then you'll get good things back."

—Ben Vereen

"Don't judge each day by the harvest you reap but by the seeds that you plant."

—Robert Louis Stevenson

**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
	<i>May</i> 	
3	4	5
10	11	12
		
17	18	19
24/31	Memorial Day	25
		26

Wednesday

Thursday

Friday

Saturday

1

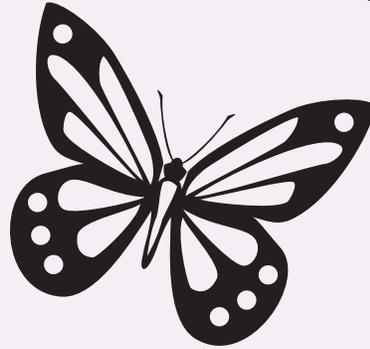
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Talk About It

Telling Your Story

May is Personal History Awareness Month, a time to focus on preserving the details of your life for you and others to enjoy. Use the following questions to get started, and share your stories with a friend or neighbor as you go along.

Begin with your parents. Where were they from? How did they meet? Did they tell you about any special moments from their courtship or marriage?

Now it's time to talk about you. When and where were you born? Where did you grow up? Do you have any siblings? What did you do for fun? What are your favorite memories of childhood?

What schools did you attend when you were younger? Did you go to college or vocational school? How about the military? What job(s) did you have as an adult?

Puppy Love

If you love animals but can't own a pet, you may still be able to enjoy the companionship of your favorite four-legged friends. Consider volunteering at an animal shelter. Doing so gives you the chance to interact with animals without worrying about the costs, time constraints or health restrictions that may prevent you from keeping your own pet.

Of course, here at Coventry Place, we get to enjoy snuggling with sweet, cuddly puppies right here the first Saturday of every month, at 10 A.M. in the television room—courtesy of the wonderful volunteers from Atlanta Humane Society's Visiting Pets program, led by Tim McManus. THANKS, TIM AND AHS!



IT'S SPRINGTIME AND LOVE IS IN THE AIR!



Michael and once and future Princess, Coventry Kate! Love at first sight!



Mary and Joe—where did those hearts come from?



OUR APRIL BIRTHDAY CELEBRANTS: (Front row L to R): Phyllis Edwards, Mary Ferry and Alma Boone; (Back Row, L to R): Carolyn Hairston and Bill Worrell. (Not pictured: Charles "Mike" Berberich, Steve Hesler, George McLaren, and Phillip Lynch)

April Birthday Luncheon

We had nine residents celebrating birthdays in the month of April at the April Birthday Luncheon on April 14. Many family members and friends joined them to celebrate. The resident with the most April birthdays (93 of them, in fact!), Mike Berberich was unable to attend, so our April Matriarch, Alma Boone—born a scant year later—took the cake for the oldest in attendance! HAPPY BIRTHDAY, EVERYBODY!!



April's Matriarch of the Month, Alma Boone, is joined by her sisters.



Bill Worrell celebrated his 90th birthday with two of his favorite folks!

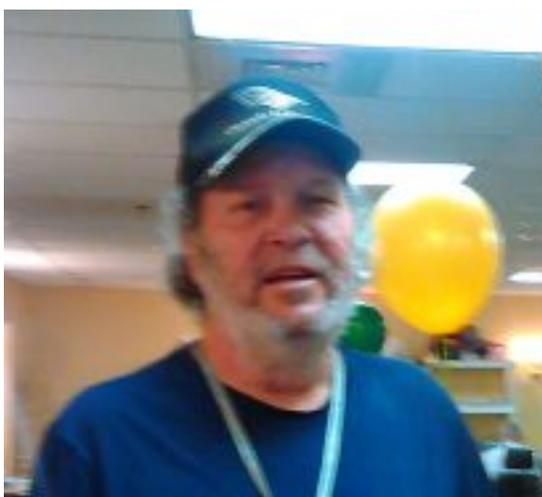


Mary Ferry (center, back - in blue shirt) celebrates with family and friends, including her beau, Joe (far right) and longtime pal, Anna Chiles (front left).

More April Birthday Fun!



Birthday Boy, George McLaren



Birthday Boy, Steve Hesler



Like the Three Musketeers, Miriam, Janice and Dot are here to support their good friends, birthday girls Mary Ferry and Phyllis Edwards.

Remember Me?

Whether it was welcoming guests to an island paradise or facing off with Capt. Kirk, Ricardo Montalban played memorable roles during his long acting career. Here's more about one of Hollywood's first Latino leading men.

Montalban was born Nov. 25, 1920, in Mexico City.

In 1947, he landed his first leading role in an American film, playing a bullfighter in the musical "Fiesta," co-starring Esther Williams.

Montalban shot to stardom as the dashing, white-suited host Mr. Roarke in the hit TV series "Fantasy Island," which aired from 1978 to 1984.

"Star Trek" fans know him as the memorable Khan, a superhuman space-age villain and nemesis of Capt. Kirk.

He was married for 63 years to actress Georgiana Young, the half sister of actress Loretta Young.

May 2015

Alma Boone Takes the Cake!



On April 14, we celebrated the birthday of all our residents born in April! It was quite a crowd! At 92, Birthday Girl Alma Boone took the cake for having the most birthdays (in attendance). Our oldest April Baby, Charles "Mike" Berberich, 93, was unable to join us.

(Please see pages 6 and 7 for more pictures of our April Birthday celebration!)

Our monthly birthday parties are held on the Tuesday before the 15th of the month. Please plan to attend the month your loved one has their birthday! Please call ahead of time to let us know you're coming, so we can have a special table set up for your family to celebrate! Also, for families needing a place to host a birthday party for a resident, a special anniversary or a family reunion, please let us know so you can reserve the dining room or the media room!



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