



www.coventryplace-ga.com

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

OFFICE HOURS

Monday–Friday 8 a.m.–4 p.m.
Weekends 9 a.m.–3 p.m.

COVENTRY PLACE CONTACT INFORMATION

E-mail- marketing@coventryplace-ga.com
Emergency After-Hours # (404) 299-9651



Monthly Celebrations

As you begin the new year, take note of these special designations for January:

- Eat a hearty breakfast during Oatmeal Month.
- Share your knowledge to celebrate National Mentoring Month.
- Use your imagination as you observe International Creativity Month.

January 2017

Weather Wonders

January is known for walloping a blast of wintry weather into many parts of the country, but no matter where you live, there are occasional weather extremes to deal with. Use the questions below to start a discussion about your extreme weather memories, as well as those of your friends and neighbors.

- What was the most extreme form of weather—snow, floods, hurricanes, heat—where you grew up? Do you have any memories of particularly severe occurrences? How did you survive them?
- When you were younger, did the weather in your hometown ever cause school to close? If so, what did you do on those days?
- Have you personally lived through a large-scale weather catastrophe such as a tornado, flood or hurricane? What do you remember most about it?
- What is your favorite type of weather, and why? Would you prefer it year-round, or just seasonally?



Trivia Whiz

Remembering MLK

Martin Luther King Jr. Day is a federal holiday celebrated on the third Monday in January. King, born Jan. 15, 1929, was a minister and social activist who played a pivotal role in the American civil rights movement.

King's famous "I Have a Dream" speech came during 1963's March on Washington. The appearance established his reputation as one of the greatest American orators.

Time magazine named King its Man of the Year in 1963.

A year later, he received the Nobel Peace Prize.

King was posthumously awarded the Presidential Medal of Freedom and the Congressional Gold Medal.

The Martin Luther King Jr. Memorial in Washington, D.C., was dedicated in 2011.



Hot Cocoa and Health

A cup or two of cocoa each day may do more than ward off a chill. Cocoa is rich in antioxidants, potassium, iron and other nutrients. Hot chocolate is also chock-full of flavonoids, powerful compounds that are being studied for their link to fighting cancer, preventing stroke and delaying dementia and other cognitive problems. Plus, sipping this sweet treat can make you feel better—not only because the drink is delicious, but also because it raises the body's levels of serotonin, which produces endorphins and can banish a bad mood.



Goodbye, Dry Skin

Winter's cool, dry air can leave skin rough and itchy. Take these steps to banish dry skin:

Bathing. Hot water can zap skin of essential moisture, so take lukewarm showers and baths, and limit them to 10 minutes or less. Use a gentle soap and dry off by blotting gently with a towel.

Moisturize. Apply moisturizer immediately after bathing while skin is still damp. Try creams or ointments, which are thicker than lotions, and look for products that contain shea butter, olive oil or petroleum jelly. Use it throughout the day, especially after washing your hands.

Hydrate. Drink plenty of water and avoid caffeine, which can contribute to dehydration. Many fruits and vegetables are high in water content, and the omega-3 fats found in foods such as tuna, nuts and olive oil can help your body retain moisture.

Heating. Avoid sitting near a fireplace, furnace vent or other heat sources. If possible, use a humidifier to combat dry indoor air.

Bedtime. Hands and feet are often the driest parts of the body, so slather them with lotion before bed. To treat especially dry skin, wear cotton gloves and socks overnight to trap moisture.





Aerial Ambassador

Often seen hovering over sporting events such as the Super Bowl, the iconic Goodyear blimp has been providing a bird's-eye view of the world for nearly a century.

Wanting to capitalize on the new aviation industry, the Goodyear Tire & Rubber Company of Ohio began manufacturing observation balloons, then in 1917, was contracted by the U.S. Navy to build nine blimps.

Soon, the company was making blimps bearing its name and logo and flying them across the country as an advertising vehicle. The fleet grew in number and features, including the use of helium power and lighted signage.

During World War II, defense became the focus, and Goodyear

built more than 150 airships that were used to patrol and defend U.S. coastlines.

After the war, Goodyear blimps soared into a new venture, providing TV audiences the first live aerial views of events like the Tournament of Roses parade in 1955 and Super Bowl I in 1967.

Three Goodyear airships are currently in operation, and for this year's 90th anniversary of its blimp business, upgrades will be completed to a new model that is larger and faster.

Because they can display easy-to-read text, animation and video, Goodyear's blimps are also used for disaster relief, public service announcements and philanthropic campaigns.

**The Goodyear blimp
celebrates its
90th anniversary
this year**

Wit & Wisdom

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!!!!

Saturday

5pm.....St. Thomas
More Catholic Church

Sunday @ 10
am....Decatur United
Methodist Church



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.



5 Things About: January

- January is the coldest month in the Northern Hemisphere and the hottest month in the Southern Hemisphere.
- Scholars say the name January derives from the Latin word for "door."
- With the exception of leap years, January begins on the same day of the week as October.
- The birth flower for the month is the carnation.
- The third Monday of January is recognized as Martin Luther King Jr. Day.



Sunday	Monday	Tuesday
1	2	3
3:00 HYMN SING- ALONG FOLLOWED BY CHAPEL SERVICE HAPPY NEW YEAR!!!!!!	10:00 Chair Exercises With John Clerici 2:30 Balloon Volley Ball 4:00 Bridge Club Happy Birthday Marguerite Sweny and George Hornbuckle	8:30-2:00 Doctor Runs 2:30 BINGO!
8	9	10
3:00 HYMN SING- ALONG FOLLOWED BY CHAPEL SERVICE	10:00 Chair Exercises With John Clerici 11:30 Bill Plays Ukelele 2:30 Ring Toss 4:00 Bridge Club	8:30-2:00 Doctor Runs 12:15 Birthday Luncheon 1:00 Aegis Rehab 2:30 BINGO!
15	16	17
3:00 HYMN SING- ALONG FOLLOWED BY CHAPEL SERVICE	10:00 Chair Exercises With John Clerici 2:30 Frisbee Toss 4:00 Bridge Club	8:30-2:00 Doctor Runs 10:00 Bible Talk 2:30 BINGO!
22	23	24
3:00 HYMN SING- ALONG FOLLOWED BY CHAPEL SERVICE	10:00 Chair Exercises With John Clerici 2:30 Lawn Darts 4:00 Bridge Club	8:30-2:00 Doctor Runs 2:30 BINGO!
29	30	31
3:00 HYMN SING- ALONG FOLLOWED BY CHAPEL SERVICE	10:00 Chair Exercises With John Clerici 2:30 Bean Bag Toss 4:00 Bridge Club	8:30-2:00 Doctor Runs 2:30 BINGO!

Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>9:30 Grocery Run KROGER</p> <p>10:00 Exercise With John Clerici</p> <p>1:30 Grocery Run Publix</p> <p>3:00 Arts and Craft</p>	<p>5</p> <p>8:30-2:00 DR RUNS</p> <p>2:30 Karaoke Party</p>	<p>6</p> <p>10:00 Chair Exercises With John Clerici</p> <p>1:15 Walmart</p> <p>2:30 Bingo</p> <p>4:00 Bridge Club</p>	<p>7</p> <p>10:00 MINI MANI PEDIS BY: Keisha!!!!!!!</p> <p>10:00 TO 11:00 AHS VISITING PETS PROGRAM (Come Cuddle Some Puppies!)</p> <p>FOOTBALL SATURDAYS Happy Birthday Donald Young and Ruby Hatcher</p>
<p>11</p> <p>9:30 Grocery Run KROGER</p> <p>10:00 Exercise With John Clerici</p> <p>1:30 Grocery Run KROGER</p> <p>3:00 Resident Council Meeting</p>	<p>12</p> <p>8:30-2:00 DR RUNS</p> <p>2:30 Entertainment by Pam</p>	<p>13</p> <p>10:00 Chair Exercises With John Clerici</p> <p>11:15 Lunch Bunch Red Lobster!!!!</p> <p>2:30 Bingo</p> <p>4:00 Bridge Club</p>	<p>14</p> <p>10:00 Coffee and Donuts</p> <p>Football in the TV Room Come Watch Your Favorite Teams!!!!</p>
<p>18</p> <p>9:00 Kroger</p> <p>10:00 Exercise With John Clerici</p> <p>1:30 Publix</p> <p>3:00 Arts and Craft</p> <p>6:00 COMMUNION WITH TOM HAGOOD</p> <p>Happy Birthday Windsor Jordan and Lorena Miles</p>	<p>19</p> <p>8:30-2:00 DR RUNS</p> <p>2:30 Hat and Tea Social</p>	<p>20</p> <p>10:00 Chair Exercises With John Clerici</p> <p>1:15 Dollar Tree</p> <p>2:30 Bingo</p> <p>4:00 Bridge Club</p>	<p>21</p> <p>10:00 Coffee and Donuts</p> <p>Football in the TV Room Come Watch Your Favorite Teams!!!!</p>
<p>25</p> <p>9:00 Kroger</p> <p>10:00 Exercise With John Clereci</p> <p>1:30 Kroger</p> <p>3:00 Adult Coloring</p>	<p>26</p> <p>8:30-2:00 DR RUNS</p> <p>2:30 Wine and Cheese Party!!!!!!</p>	<p>27</p> <p>10:00 Chair Exercises With John Clerici</p> <p>1;15 Last Chance Thrift Store</p> <p>2:30 Bingo</p> <p>4:00 Bridge Club</p>	<p>28</p> <p>10:00 Coffee and Donuts</p> <p>Football in the TV Room Come Watch Your Favorite Teams!!!!</p>

Talk About It

Many Hands Make Light Work

From washing dishes to milking cows, many people have childhood memories of helping out with chores. Roll up your sleeves and reminisce about household responsibilities from your youth.

What were some everyday chores you did while growing up? What was your least favorite task? Did you have some that you looked forward to doing?

Were there any seasonal chores, like canning fruits or vegetables or chopping firewood?

What was laundry like in your household—did you have a washing machine and dryer, or did you have to wash some or all items by hand? Did you have a clothesline?

Did you earn an allowance for helping out at home?

If you have children, what chores did you assign them?





Hat And Tea Social!!!!!!!!!!!!



Remember Me?

She belted out songs on Broadway as the first lady of the American musical stage. Here's your ticket to a look back at the life of Ethel Merman.

She was born Ethel Agnes Zimmerman on Jan. 16, 1909, in Queens, N.Y.

In 1930, at age 21, she became an overnight sensation after her Broadway debut in the George and Ira Gershwin musical "Girl Crazy." She stopped the show when she sang "I Got Rhythm," with the audience demanding several encores.

Merman went on to star in 12 more musicals, including "Anything Goes," "Annie Get Your Gun" and "Gypsy."

Sharpshooter Annie Oakley was her longest-running role, and "There's No Business Like Show Business" became her signature song.

She said her part as Mama Rose in "Gypsy" was her favorite.

January 2017

ENTERTAINMENT TRIVIA

Winter Wonderland

Movie

- 1) "Serendipity"
- 2) "Home Alone"
- 3) "White Fang"
- 4) "Little Women"
- 5) "Grumpy Old Men"
- 6) "Happy Feet"

Setting

- A) Minnesota
- B) New England
- C) Antarctica
- D) New York
- E) Illinois
- F) Canada

Snow and ice serve as backdrops for many films set in winter. Can you match the cold weather-themed movies to their setting?

Answers: 1) D; 2) E; 3) F; 4) B; 5) A; 6) C

 by Dr. Mimi Hull



Dear Dr. Mimi:

I have a real fear of public speaking, and even though I feel like it's gotten better, I'm still nervous when I have to speak to any type of crowd (large or small).

My boss trusted me with a special project, and I'm presenting it to the entire office next week. I'm terrified of making a complete fool of myself. What if I forget everything that I've been working on for the past month?

What should I do to ease my anxiety?

—Anxious

Dear Anxious:

You are not alone. Almost everyone gets nervous speaking to a crowd.

Here are some steps you can take to reduce your anxiety about public speaking. Review your material and be organized so that you don't get confused or lost during your presentation. However, don't try to memorize your information. Use notes or PowerPoint. Practice in front of someone you're comfortable with. Finally, accept the fact that you have a fear and that you are willing to work with it. Acceptance lessens anxiety!

—Dr. Mimi

Dr. Mimi Hull heads Hull & Associates, a team of trainers, speakers and consultants. A licensed psychologist, she has a master's in counseling and personnel services and a doctorate in psychology with specialization in business management from the University of Florida, Gainesville. Her B.A. in psychology is from Syracuse (N.Y.) University. Reach her at www.HullOnline.com or DrMimi@HullOnline.com.