



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 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 being here.

We wish you a very happy, healthy and prosperous New Year!

January 2015



Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye’s retina, it boosts the body’s levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows.

Hugs Are Healthy

Stretch out your arms and give someone a squeeze. Hugging reduces stress hormones and releases a soothing brain chemical -- and this reaction occurs whether you’re giving a hug or receiving one.

January by the Numbers

18 million. Number of flowers used to decorate the floats in the annual Rose Parade in Pasadena, California.

45%. Americans who make a New Year’s resolution.

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 here in December. It would be very nice, if you could make them feel welcome and invite them to an activity with you.

- Sylvia Mosley (Apt. 316)
- Herschel Daniel (Apt. 127)
- Rebel and Jim Pilger (Apt. 407)
- Welcome back Donald Young! (Apt. 431)



Tournament of Roses

This event began as a promotional effort to promote the "Mediterranean of the West" by Pasadena's distinguished Valley Hunt Club in the winter of 1890. They invited their former East Coast neighbors to a mid-winter holiday, where they could watch games such as chariot races, jousting, foot races, polo and tug-of-war under the warm California sun. The abundance of fresh flowers, even in the midst of winter, prompted the club to add a parade where entrants would decorate their carriages with hundreds of blooms.

The Tournament of Roses has come a long way since its early days. The Rose Parade's elaborate floats now feature high-tech computerized animation and exotic natural materials from around the world. Although a few floats are still built exclusively by volunteers from sponsoring communities, most are built by professional float building companies and take nearly a year to construct. The year-long effort pays off on New Year's morning when millions of viewers around the world enjoy the Rose Parade.



This was the Trim-A-Tree activity. Shown here from left to right are Anna Chiles, Dot Hopkins, Mary Beth Kyle and Evelyn Webb.



Artist's Corner

Here is a photo of our resident Sandra Turpin with a lovely piece of artwork that she made of poinsettias for Christmas in crewel embroidery. Crewel embroidery is a type of crochet embroidery using wool and a variety of embroidery stitches. Crewel wool is thick and creates a raised, dimensional feel to the work.

Art Class

Dr. Melanie Davenport teaches art education at Georgia State University and brings several of her students with her to show our residents how to make a variety of creative designs. The turnout is great and everyone seems to enjoy the experience. The Georgia State students gain hands-on experience in a community-based setting, and the residents have opportunities to try some new things.

In the lower left top photo is Phyllis Edwards displaying Chunghua paper cutting which originated in China. Under that photo is Evelyn Webb with a lovely landscape she made using pastels. To the right of those photos on the top are Melanie (on the right) showing Jane Elliott (on the left) how to do the first phase of a bubble print which is made with washable Tempura paint. In the photo below that, Susan Stembel, an art teacher in DeKalb County who is working on her Masters degree, holds up a paper with three bubble prints on it.



Another Year

People are winding down from activities of the last year

We think of friends and family who are so dear

This year we must realize God is our closest friend

He has seen us through each year's end

The cold weather will make some of us yearn for Spring

Let us make resolutions to do better than the year before

If we have hatred and hold grudges

We must not do this anymore

365 days to help each other

To treat everyone as your sister or brother

God has put a New Year before us, with all the hopes and dreams

Things are usually better than they seem

Happy New Year to you and those you love

May you always feel God's love from above

(Written by Ron Dennard)

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
4	5	6
10:00 Sit and Be Fit 3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 10:30-2:00 Rosie's Jewelry 1:00 DeKalb Farmers Market 2:30 Veggie Truck 4:00 Bridge	Happy Birthday Donald Young! 9:00 Doctor Runs 10:00 Sit and Be Fit 10:30 Bible Study 2:30 Bingo 7:00 Decatur Sing-along
11	12	13
10:00 Sit and Be Fit 3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 2:45 Veggie Truck 4:00 Bridge	9:00 Doctor Runs 10:00 Sit and Be Fit 12:15 Birthday Luncheon 2:30 Bingo
Happy B'day Windsor Jordan! 18	Martin Luther King Jr. Day 19	20
Happy Birthday Lenora Miles! 10:00 Sit and Be Fit 3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 2:45 Veggie Truck 4:00 Bridge	9:00 Dr. Runs 10:00 Sit and Be Fit 10:30 Bible Talk 2:30 Bingo
25	26	27
Happy Birthday Nathan Baumgartner! 10:00 Sit and Be Fit 3:00 Hymn Sing-along Followed by Chapel Service	10:00 Sit and Be Fit 2:45 Veggie Truck 4:00 Bridge	9:00 Dr. Runs 10:00 Sit and Be Fit 2:30 Bingo

Calendar of Events

Wednesday	Thursday	Friday	Saturday
	<p>New Year's Day 1</p> <p>Office Is Closed.</p>	<p>2</p> <p>Happy Birthday Marguerite Sweny! 9:30 Wal-Mart 10:00 Sit and Be Fit 2:30 Bingo 4:00 Bridge</p>	<p>3</p> <p>10:00 Sit and Be Fit 10:00 Cinnamon Rolls and Coffee 2:00 Movie and Popcorn</p>
<p>Happy B'day Kathy Woods! 7</p> <p>9:30 Kroger 10:00 Sit and Be Fit 1:30 Publix</p>	<p>8</p> <p>9:00 Doctor Runs 10:00 Sit and Be Fit 2:00 Arts & Crafts With Mary Beth</p>	<p>9</p> <p>10:00 Sit and Be Fit 11:15 Lunch - O'Charley's 2:30 Bingo 4:00 Bridge</p>	<p>10</p> <p>10:00 Sit and Be Fit 2:00 Movie and Popcorn</p>
<p>14</p> <p>9:30 Kroger 10:00 Sit and Be Fit 1:30 Kroger</p>	<p>15</p> <p>9:00 Doctor Runs 10:00 Sit and Be Fit 2:30 Entertainment With Laura</p>	<p>16</p> <p>10:00 Sit and Be Fit 1:30 Wal-Mart 2:30 Bingo 4:00 Bridge</p>	<p>17</p> <p>10:00 Sit and Be Fit 10:00 Cinnamon Rolls & Coffee 2:00 Movie and Popcorn</p>
<p>21</p> <p>9:30 Kroger 10:00 Sit and Be Fit 1:30 Publix 6:00 Communion With Tom Hagood</p>	<p>22</p> <p>9:00 Doctor Runs 10:00 Sit and Be Fit 2:30 Hot Tea & Hat Social</p>	<p>23</p> <p>10:00 Sit and Be Fit 11;15 Lunch Bunch - Carrabba's (Italian) 2:30 Bingo 4:00 Bridge</p>	<p>24</p> <p>10:00 Sit and Be Fit 2:00 Movie and Popcorn</p>
<p>28</p> <p>Happy Birthday Martha Williams! 9:30 Kroger 10:00 Sit and Be Fit 1:30 Kroger</p>	<p>29</p> <p>9:00 Doctor Runs 10:00 Sit and Be Fit 2:30 Wine and Cheese Party</p>	<p>30</p> <p>10:00 Sit and Be Fit 2:30 Bingo 4:00 Bridge</p>	<p>31</p> <p>10:00 Sit and Be Fit 10:00 Cinnamon Rolls & Coffee 2:00 Movie and Popcorn</p>

Hydrate for Your Health

Blood is 80 percent water, so if you're dehydrated, your heart must work harder, raising your risk of heart attack. Staying hydrated is vital for seniors, because the body's thirst response diminishes with age. Seniors also are more likely to be taking medications that deplete the body's fluids. Here are some tips for getting enough liquids: *Drink (and eat) your water.* This can come from a variety of sources: water, juice, milk, coffee, tea and low-sodium soup. Fruits and vegetables are high in water, too. *Avoid energy drinks.* They may contain stimulants that can be dangerous to someone with high blood pressure or heart disease. *The 70/70 rule.* When both temperature and the humidity are above 70 you enter the dehydration danger zone, so drink more.



Here are Bill Worrell and his guests at the Thanksgiving Luncheon.



Here are Betsy Brown and her guests at the Thanksgiving Luncheon.



Here are Lorena Miles and her guests at the Thanksgiving Luncheon.



Here are Sara Adams and her guests at the Thanksgiving Luncheon.



Here is Kay Potter's family at the Thanksgiving Luncheon.



Here our residents are in the Art Class making origami butterflies. Shown are Jim Hamilton and Jane Elliott.



Here at the Art Class are Steve Hessler, Lynda Crowe, and Joe Brown creating ornaments out of Crayola Model Magic.



Jane Taylor created these cute designs from Crayola Model Magic.



A Bluegrass Band came out to entertain our residents. We really enjoyed listening to them.



Here are Kay Potter and John, the fiddler player, from the Bluegrass Band.

New Year's Meal

According to tradition, New Year's Day supper will bring you fortune in the year to come. Two Southern classics, greens and black-eyed peas all but guarantee a prosperous year. Some say the greens represent dollar bills and the peas, coins ensuring wealth and luck. According to folklore, this auspicious New Year's Day tradition dates back to the Civil War, when Union troops pillaged the land, leaving behind only black-eyed peas and greens as animal fodder. Rich in nutrients, these were the humble foods that enabled Southerners to survive. Slow cooking collards with pork makes them mouthwatering and tender. Eat a baked ham or pork chops as a main dish as the more pork in your meal, the more luck you will have.

January 2015

Happy Birthday to Those Born in December!



On Tuesday, Dec. 9, we celebrated the birthdays of our residents who were born in December. They are Frances McElroy, John Wilkinson, Bernard Frech, and Sandra Turpin. Bernard Frech took the cake for the oldest December birthday!!! He was born on Dec. 27, 1924, and is 90 years old.

The monthly birthday luncheon is held on Tuesday before or after the 15th of the month. Plan to attend when your loved one has their birthday. Please call ahead of time so that 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 a resident or for a family reunion, please let us know so that you can reserve the library or dining room.

HAPPY BIRTHDAY!!!



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