

There have been outages of both the internet and some cable in June. Sentric's can detect those problems even when there is not a technician on site.

GREETINGS FROM POWERBACK REHAB! At Powerback Rehab, we help individuals regain strength, mobility, and independence while improving your overall quality of life. We understand that everyone's journey is unique, and that's why we take the time to listen and cater to your specific needs. Whether you're recovering from an injury, managing chronic pain, or looking to enhance your balance and flexibility, our dedicated team of therapists is here to guide you every step of the way.

Our team includes:

- Tyler Tredway: Director of Rehab and Physical Therapist (PT)
- Maggie Graham: Physical Therapist Assistant (PTA)
- Cassidy Bizzell: Compassionate Occupational Therapist (OT)
- Rebecca Kitchens: Speech Therapist (ST)

Together, our team at Powerback Rehab has been working hard to create an environment that promotes health and wellness. We've been here for over a year now, and it's been an incredible journey so far. We've had the privilege of forming meaningful relationships with some amazing residents, and we couldn't be more grateful for the trust and support you've shown us. If you have any questions, need further information, or simply want to say hello, please don't hesitate to reach out to us at 404-494-7904 or swing by our space in Room 251 at Montclair. We are thrilled to be part of your community!

RESPITE CARE AVAILABLE IN MONTCLAIR Montclair offers RESPITE CARE to Clairmont Place residents. Respite Care can enable eligible residents to return to our community after a fall or a hospitalization when they cannot safely return to their condo. This can be particularly attractive now that Powerback Rehab is located in the 2100 building to provide therapy to all eligible residents. (The nature of the resident's condition and insurance requirements may impact both admission to Montclair and eligibility for services from Powerback Rehab.)

Montclair has two respite rooms that are furnished. Please keep in mind that Montclair is not a hotel! Some families have been surprised that they cannot move in within hours of calling Claudette. Respite Care residents are considered to be temporary residents, but they must comply with all the admission paperwork of all personal care home residents in the state of Georgia, including medical testing. Montclair must also have a room available for you, and Montclair is filling up.

The current minimum admission for respite care is 30 days.

ASSEMBLING MEDICAL EQUIPMENT—For the safety of our resident, and for warranty coverage, Maintenance will no longer assemble or repair medical equipment to include wheelchairs, walkers, automated carriers, etc. We will provide contact information for medical equipment technicians to assist with this type of work. We also suggest that if you purchase this type of equipment, ask the vendor to assemble your item onsite or prior to shipping. Thank you for supporting us with this change.

Clairmont Conversation

July 2023



**CLAIRMONT
PLACE**

Clairmont Place Board of Directors

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Resident Engagement Director:
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Financial Manager:
Moose Wylde

Human Resources:
Tamian Hill

Clairmont Place
A Senior Independent Living Condominium
Community,
2100 Clairmont Lake, Decatur, GA 30033

Clairmont Place News

FINANCIAL CORNER: We deposited \$303.31 into the Capital Reserve Fund from 25 resident contributions of "rounding up" the June invoice. Many thanks to all who continued to participate in this initiative.

The Finance Committee welcomes two new members: Beth Davis and Kaffie McCullough. Beth and Kaffie join Dora Jackson, Graham Kerr (chair), Luther Lewis, Pat Miller, and Bob Woodson. Nancy Shuber recently stepped down from the Finance Committee after invaluable service. Nancy always spoke up on behalf of residents with limited incomes, urging the Finance Committee to be mindful of their situation. Nancy was also an extraordinary editor as we tried to explain complex situations clearly to residents.

NOTES FROM BILL: Summer is finally here and now is a good time to contact your local HVAC maintenance provider and schedule a service call for your air conditioning unit. When they arrive, be sure and ask them to check and ensure that the condensate drain is not clogged, and the drain pan is free of any water. This check is very easy and will eliminate potential flooding and unit down time. If you don't have an HVAC service provider, contact Bill Castle, and he will send you a list of vendors currently used by our residents. We look forward to seeing you this summer!

DID YOU KNOW? In the common area on each floor there is an electrical outlet that has a RED cover plate. That red plate signals that when the electricity goes off, that outlet is powered by a generator.

NOTES FROM LISA – Beginning this month, we will only have 1 craft day a month, and it will be on the 3rd Tuesday. July 18 is the next craft day and Lois will have fun ideas for the holidays!

I have some really fun trips planned for July, and I hope you will come and join the fun! Please see the back of the calendar for trip and activity information.

From the Progressives: Join us for an informative discussion on end-of-life options, including medical-aid in dying and advance directives for dementia patients. Because this issue is usually of interest to everyone, of any political persuasion, this meeting is open to the entire community. July 18 at 3pm in the community room.

Technology Help with Scott is here from 11-1 the first and third Tuesday of each month. There is a change in July because of the 4th, so he

will be onsite the 11th and 18th this month. Scott is very resourceful with smart phones and computers and can help with most issues you may be experiencing.

Please sign in when you get to the community room so there is an order on who Scott sees; there is a clipboard by the sink in the community room for this.

Mark your calendar for August: Ageless Grace comes here the 1st and 3rd Mondays of the month at 3 pm starting August 7

PARKING LOT ETIQUETTE

Our parking lot has been carefully thought out to fit the general needs of our population.

- **Residents:** park near the entrance to the 1800 building (near the green awning).
- **Private caregivers, vendors, and employees:** park along the woods, on the outer rim of the large parking lot with the green awning.
- **Visitors:** park near the 2100 building, along the lake, so that they can easily access the Front Desk.
- **Family:** park in visitor spaces near the 2100 building or along the woods in the 1800 parking lot
- **Employees:** park near the bus and along the woods in the large parking lot.
- **Early bird employees:** park behind the 2100 building so that they do not walk in the dark when arriving at 6am to work in the kitchen or in Montclair.

We know that some **private caregivers** started parking near the entrance to the 2100 building during Covid, when we were requiring that they sign in at the front desk. **Please remind your private caregivers to park along the woods of the large parking lot, visible to the green awning.**

SENTRICS— When you have a problem with Sentric, please call Sentric directly.

- From the landline in your condo unit dial *123
- From any other phone 877-888-2595 and press 1. (The recorded message says it is for "internet support" but it is for all issues – cable, phone, and internet.)

If Sentric is unable to help you, then please call our Front Desk at 678-686-6160. The front desk has a program that keeps track of complaints and we use that in working with Sentric.

JULY Event Information for Sign Ups

If you are signing up for these events, please take note of the deadline. If you cancel a trip after the deadline, please understand that you will be charged for the event.

PLEASE SIGN UP AT THE FRONT FOR ALL EXCURSIONS.

Saturday, July 1: All Shook Up is a fun Elvis musical at City Springs Theatre. Show starts at 2:00, bus will leave at 1:00. \$31 including fees and cost of bus.

Tuesday, July 4: 4th of July BBQ on the patio (weather permitting). This will be your only meal for the day.

Friday, July 7: Jurassic World: the Exhibition, followed by lunch at the Thinking Man's Tavern. 11:00 reservation, bus leaving at 10:00. \$33 including fees and cost of bus.

Friday, July 14: Lunch and shopping at No Mas Cantina. Bus leaves at 10:45.

Monday, July 17: Covid Boosters- Briarcliff will be back out giving the Bivalent Covid booster. This is the same booster from the fall but approved to be given again. You WILL need to fill out the form with all your information (confirming you agree to the vaccine) and have your Medicare ID for A & D. Peggy will call each floor down to the community room as done in the past, starting at 10am.

Tuesday, July 18: Progressives Meeting open to all, Tuesday July 18 at 3pm. Kaffie McCollough will be talking about end-of-life options.

Friday, July 21: The Art of the Brick: An immersive experience into art made entirely from Legos from the renowned Lego artist Nathan Sawaya. \$31 including fees and cost of bus.

Friday, July 21: Sexy at Sixty: music by Nancy Gaddy. 4pm. This is a fun and lively performance that pokes fun at getting older!

Sunday, July 23: Sock Hop Cocktail Party- 4pm in the coffee bar area. Music with the Gum Strummers.

Tuesday, July 25: Magician at Large, Knox Zimmer at 1 PM in the Community Room.

Thursday, July 27: Visit with Chattahoochee Nature Center Wildlife Director in the Community Room at 2pm. Kathryn Dudeck will bring a Barn owl and Gopher tortoise.

Saturday, July 29: Cyrus & Sam are back with your favorite 60's and folk music. In the community room at 4pm.



HELPING US HELP YOU

Please notify the front desk after you call 911. We can then help the responders enter the building and direct them to your condo unit. If needed, we can also be prepared with a key to unlock your condo unit for the 911 responders. Front desk: 678-686-6160.

We recently had an ambulance driver arrive at Montclair rather than the 1800 building. Your call to the front desk can help assure that you don't experience a delay when the ambulance goes to the wrong place.

ENTRANCE TO 1800 BUILDING

The safety of our community depends on everyone working together. Residents tend to want to be kind and help those without key fobs to get into the building. But this is an instance when residents should only let in their own visitors. Please try to be aware of others who might try to enter the breezeway or the main doors with you. And please only admit your own guests. If you come across someone who seems out of place or someone comes to your door without an invitation, please call the front desk immediately. The number for the front desk is 678-686-6160. Our courtesy officers monitor the front desk phone line when the desk is closed.



SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 AG - Art Gallery
 BRD - Board Room
 CH 3 - Channel 3
 CIN - Cinema
 CB - Coffee Bar
 CR - Community Room
 CFTR - Craft Room
 FTC - Fitness Center
 LR - Living Room
 MDR - Main Dining Room

MTCL - Montclair



9:15 Seated Yoga Class (CR)
 10:30 Senior Fit Exercise by Bradford (CH 3)
 10:30 Floor & More Yoga (CR)
 1:00 All Shook Up: Elvis
 7:00 Dirty Rotten Scoundrels (CH 3)
 7:15 Sing-a-long with Howard (7th Floor)

2:30 Manipulation (LR)
 4:00 Music with Jonny (MTCL)

FLOOR MEETINGS- CANCELLED
 9:15 Strength, Stretch & Balance (CR)
 10:00 Watercolors Art Class (CFTR)
 1:00 Shopping at Toco Hills

Independence Day
 12:00 BBQ lunch on the patio (Patio-weather permitting)
 1:00 Sing-a-long Music with Tom Wolf (Patio-weather permitting)
 6:30 Grocery Bag Project for Homeless (CFTR)

1:00 Local Doctors 1-4
 9:00 Coffee Chat with Atlanta Master Chorale (Dining Room)
 10:00 Blood Pressure Screening (Bar)
 10:00 Men's Golf Putt Challenge (FTC)
 10:00 Prospective residents informational meeting (CR)
 10:00 Senior Splash with Maggie
 10:00 Walking Group (Green Awning)
 10:30 Exercise by Bradford (CH 3)
 2:00 Chapel (CR)
 2:45 Bingo (AG)
 7:00 Miss Congeniality (CH 3)

9:00 Strength, Stretch & Balance (CR)
 10:00 The Drawing Board (CFTR)
 1:30 Library Committee
 1:30 Resident Council CANCELLED (BRD)
 6:30 Trivia (Floor Common Area)
 7:00 Mahjong (LR)

10:15 Jurassic World: The Exhibition and lunch out
 1:00 Find Your Balance: Free Physical Therapy Screens (CR)
 2:00 Stretch & Flex with Tyler (CR)
 4:00 Happy Hour with the Whittings (Small sitting area outside MDR)

Sandy Porter
 9:15 Seated Yoga Class (CR)
 10:30 Senior Fit Exercise by Bradford (CH 3)
 10:30 Floor & More Yoga (CR)
 3:30 Frank Hamilton School Open Jam (CR)
 7:00 Plan B (CH 3)
 7:15 Sing-a-long with Howard (7th Floor)

Claudia Shorr
 2:30 Manipulation (LR)
 4:00 Music with the Druid Hills Billies (CR)

James Freeman
 9:15 Strength, Stretch & Balance (CR)
 10:00 Watercolors Art Class (CFTR)
 10:45 Birthday Brunch (MDR)
 1:00 Shopping at Toco Hills
 3:45 Caregivers Group (CFTR)
 3:45 Life Changers Support Group (BRD)

9:00 Men's Coffee (AG)
 9:00 Car Detailing by David Dorsey 9-2
 9:15 Strength, Stretch & Balance (CR)
 11:00 Technology Help (CR)
 2:00 Handy Hands (3rd Floor)
 2:00 Montclair Committee Meeting (CR)
 2:15 Aqua Aerobics
 2:30 Rummikub (LR)
 6:30 Grocery Bag Project for Homeless (CFTR)

Joan DeWitt
 1:00 Local Doctors 1-4
 9:00 Coffee Chat with Tyler from Powerback Rehab (Dining Room)
 10:00 Men's Golf Putt Challenge (FTC)
 10:00 Senior Splash with Maggie
 10:00 Walking Group (Green Awning)
 10:30 Exercise by Bradford (CH 3)
 11:00 Lecture with Tyler from Powerback Rehab (CR)
 2:00 Chapel (CR)
 2:45 Bingo (AG)
 7:00 Midnight in the Garden of Good and Evil (CH 3)

Judith Greenberg
 9:00 Long Distance Doctors 9-4
 9:00 Strength, Stretch & Balance (CR)
 10:00 The Drawing Board (CFTR)
 6:30 Trivia (Floor Common Area)
 7:00 Mahjong (LR)

10:30 Writer's Group (BRD)
 10:45 Lunch and shopping at No Mas Cantina
 2:00 Stretch & Flex with Tyler (CR)
 4:00 Happy Hour and music by Beth Moore (Small sitting area outside MDR)
 6:30 Bunco (AG)

9:15 Seated Yoga Class (CR)
 10:30 Senior Fit Exercise by Bradford (CH 3)
 10:30 Floor & More Yoga (CR)
 7:00 Buddy (CH 3)
 7:15 Sing-a-long with Howard (7th Floor)

2:30 Manipulation (LR)
 4:00 Music with Jonny (MDR)

9:15 Strength, Stretch & Balance (CR)
 10:00 Covid Boosters (CR)
 10:00 Watercolors Art Class (CFTR)
 1:00 Shopping at Toco Hills
 6:30 Game Night (AG)

9:00 Men's Coffee (AG)
 9:15 Core Strength (CR)
 11:00 Technology Help (CR)
 1:30 Crafts with Lois (CFTR)
 2:00 Handy Hands (3rd Floor)
 2:15 Aqua Aerobics
 2:30 Rummikub (LR)
 3:00 Progressives Meeting (CR)
 6:30 Grocery Bag Project for Homeless (CFTR)

1:00 Local Doctors 1-4
 9:00 Coffee Chat with Paul Bugg (Dining Room)
 10:00 Men's Golf Putt Challenge (FTC)
 10:00 Senior Splash with Maggie
 10:00 Walking Group (Green Awning)
 10:30 Exercise by Bradford (CH 3)
 2:00 Chapel (CR)
 2:45 Bingo (AG)
 6:45 Book Lovers
 7:00 X-Men (CH 3)

9:00 Strength, Stretch & Balance (CR)
 10:00 The Drawing Board (CFTR)
 3:00 Landscape Committee (CR)
 6:30 Trivia (Floor Common Area)
 7:00 Mahjong (LR)

Annette Ford
 9:15 Art of the Brick: an Immersive Experience
 2:00 Stretch & Flex with Tyler (CR)
 4:00 Happy Hour (CB)
 4:00 Sexy at Sixty- Music by Nancy Gaddy (Small sitting area outside MDR)

Patricia Manare (Montclair)
 9:15 Seated Yoga Class (CR)
 10:30 Senior Fit Exercise by Bradford (CH 3)
 10:30 Floor & More Yoga (CR)
 10:30 Therapy Dog Visit (MTCL)
 7:00 X2 (CH 3)
 7:15 Sing-a-long with Howard (7th Floor)

Olga Rust Joyce Wiley
 2:30 Manipulation (LR)
 4:00 Sock Hop Cocktail Party (CB)

Mary Condon (Montclair) Barbara Fountain
 9:15 Strength, Stretch & Balance (CR)
 10:00 Watercolors Art Class (CFTR)
 11:00 The Sing-a-longs (MTCL)
 1:00 Shopping at Toco Hills
 3:45 Caregivers Group (CFTR)
 3:45 Life Changers Support Group (BRD)
 6:30 Poetry for the mind (CR)

9:00 Men's Coffee (AG)
 9:15 Core Strength (CR)
 1:00 Knox Zimmer: Magician at Large (MDR)
 2:00 Handy Hands (3rd Floor)
 2:15 Aqua Aerobics
 2:30 Rummikub (LR)
 6:30 Grocery Bag Project for Homeless (CFTR)
 7:00 Dekalb Symphony Pops Concert

Lynne Rea
 1:00 Local Doctors 1-4
 9:00 Coffee Chat with Judy Cohen (Dining Room)
 10:00 Men's Golf Putt Challenge (FTC)
 10:00 Senior Splash with Maggie
 10:00 Walking Group (Green Awning)
 10:30 Exercise by Bradford (CH 3)
 10:30 Trip to Frank Hamilton School and boxed lunches
 2:00 Chapel (CR)
 2:45 Bingo (AG)
 7:00 Meet the Parents (CH 3)

9:00 Long Distance Doctors 9-4
 9:00 Strength, Stretch & Balance (CR)
 10:00 The Drawing Board (CFTR)
 2:00 Visit with Chattahoochee Nature Center Wildlife Director (CR)
 6:30 Trivia (Floor Common Area)
 7:00 Mahjong (LR)

Anne Adamson
 10:00 Trip to Dollar Tree
 10:30 Writer's Group (BRD)
 2:00 Stretch & Flex with Tyler (CR)
 4:00 Happy Hour (CB)
 4:00 Music with Ben Ladner (CR)

9:15 Seated Yoga Class (CR)
 10:30 Senior Fit Exercise by Bradford (CH 3)
 10:30 Floor & More Yoga (CR)
 4:00 Cyrus & Sam play your favorite 60's and Folk Music (CR)
 7:00 Traffic (CH 3)
 7:15 Sing-a-long with Howard (7th Floor)

Nonagene Freeman
 2:30 Manipulation (LR)
 4:00 Breakfast at Tiffany's (CIN)

9:15 Strength, Stretch & Balance (CR)
 10:00 Watercolors Art Class (CFTR)
 1:00 Shopping at Toco Hills

July Birthdays
 8 Sandy Porter
 9 Claudia Shorr
 10 James Freeman

12 Joan DeWitt
 13 Judith Greenberg
 21 Annette Ford
 22 Patricia Manare - Montclair
 23 Olga Rust

23 Joyce Wiley
 24 Mary Condon - Montclair
 24 Barbara Fountain
 26 Lynne Rea
 28 Anne Adamson

30 Nonagene Freeman

30 Nonagene Freeman

July 2023

Clairmont Place
 Lisa Pierce 678-686-6163