

Canterbury Tales



Volume 32, Number 6

A CANTERBURY-ON-THE-LAKE PUBLICATION

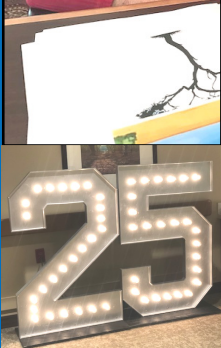
June 2019

National Nursing Home Week 2019

By Abbey Mason, Pavilion Life Enrichment Manager

May has been a very exciting and busy month here on the Pavilion side of Canterbury. We kicked off *National Nursing Home Week* with floral arrangements on Mother's Day, followed by Motown celebrations with the Guest Stars Inc., tricks and circus treats, safari snacks and exotic animals, a country hoedown and a silver masquerade ball to top off the week. Our residents, staff and volunteers had a blast!

As June rolls around, we will be celebrating Father's Day, Flag Day, and kicking off the start of summer with a good ole' BBQ during lunch. We are all looking forward to having some fun in the sun!



LIVE SOULFULLY

National Skilled Nursing Care Week

May 12–18, 2019



A Note from our Therapy Team

By Kristie Back, Rehab Director



The TMC Therapy Department at Canterbury will be putting on two different in-services in the month of June! The first in-service will be put on by the Director of Therapy, Kristie Back, OTR/L who will be providing education on the three types of therapy that we have to offer. The focus will be what to expect with what each therapy discipline specializes in and how we can assist with maintaining your physical and cognitive independence. This in-service will take place on Wednesday, June 5th at 3pm in the Wellness Center.

Do you have a fear of falling? Multiple situations can contribute to an increase fall risk including poor muscle strength, improper assistive device usage, incorrect posture, poor safety awareness and decreased awareness of physical limitations. Upon identification, these areas can be treated and reversed with the assistance of therapy. The therapy department at Canterbury-on-the-Lake will be holding an in-service to evaluate these situations and allow you to better understand your risk for falls. There will be 2 balance tests that include different movements and information to help you better understand fall risks based on age and gender. This in-service will be led by Amanda Walworth, LPTA, and will take place on Wednesday, June 19th at 3PM in the Wellness Center.

Forgetfulness is a common complaint among many of us as we get older. Losing your keys, misplacing your wallet, or forgetting names more often than you used to can be worrisome. If you find yourself concerned about your memory, TMC is offering a free assessment of memory and can help you to determine if what you're experiencing is a normal part of the aging process. The free assessments will be put on by Kristin Hojnacki, SLP, and offered to any resident of the LEAS on Thursday, June 6th from 12:30-2:30PM. A sign-up sheet will be located on the communication activities board in the LEAS.



With any questions regarding these in-services please feel free to contact the Therapy Department at 248-674-5367.

The blanketeers were successful with making the no sew tie blankets! We had several residents come out to partake in this activity and make a difference in people's lives. When residents come into Canterbury-on-the-Lake, and are in the last stages of end of life, we provide the blankets to those residents as a personal touch, and to help this process seem a little more like being at home. The blankets bring a feeling of love for the residents and also the families that spend that time with them. Then, after they have passed, the families are able to take those blankets home as another way to remember their loved ones and to have as a keepsake for ever afterwards. Losing someone they love is a difficult time for families, and knowing that these blankets were on their loved ones offers a wonderful and lasting memory.

2019 Walk to End Alzheimer's

By Director of Development, Susan Hammersmith



The Detroit 2019 Walk to End Alzheimer's will be taking place on Saturday, August 23, 2019 at the Detroit Zoo. Alzheimer's disease has become the sixth-leading cause of death in the United States, with 1 person diagnosed every 65 seconds.

For the fifth year, Canterbury-on-the-Lake will be putting together a walk team with a goal of raising \$2,500. Put on your walking shoes for those of you who want to participate in the walk but are hesitant to join the group at the Zoo, Canterbury will be having our very own walk on our campus too!

We will be kicking off this year's team events on Friday, June 21, the "Longest Day" of the year, the Summer Solstice. Wear purple in support of the fight against Alzheimer's! There will be a FREE ice cream bar on the patio outside of the Pub from 11:00 a.m. – noon.

If you would like to join our team go to

<http://act.alz.org/goto/canterburyonthelake>

or contact Susan Hammersmith at 248-674-5390 to help you register.



Transportation News

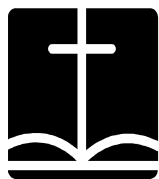
By Hollie Hunter, Transportation Manager



June is the PERFECT opportunity for us to remind you about our Transportation Valet Service. When it's too hot and humid and you have to go out to get some groceries, let us do the shopping for you. You give us the list and we bring everything right to you. We do it all: run errands, do your shopping, or pick up your prescriptions. Try us out! I promise you will love the service (all the while you stay cool as a cucumber at home). Also, try our personal shopping service. You can hire Transportation staff to take you shopping with 1:1 service, and they will shop with you to assist during your trip. Valet charges start at \$11.25 for 1/2hour (minimum of 1/2 hour).



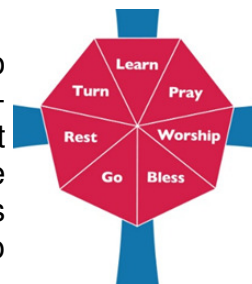
For more information, or to arrange for services or any other transportation need, please call 248.884.5352 during our business hours of 9:00AM-5:00PM Monday-Friday (Those are our office hours; transportation runs are 24/7).



PASTORAL CARE CORNER

By The Rev. Deacon Glenn Morrison, Pastoral Care Coordinator

This month and the next several months I want to take some time to share with this community a practice that The Episcopal Presiding Bishop Michael Curry, is encouraging everyone, (not just Episcopalians, but all Christians), a way to center out lives around God. This is called “The Way of Love”. The image to the right shows us the different practices that when followed, should help all of us find a new or better way to “Come and Follow Jesus” in this Jesus Movement.



For the next seven months I want to use my Chaplain's Corner to share a different practice each month. All of these practices are taken from the website www.episcopalchurch.org/wayoflove which I invite you to explore and learn more!

As we continue this month to the topic is “Rest”. I know at the end of last month I said it would be “Pray” but I felt a need to switch up, so “Rest”, or keeping the Sabbath, or “Switching to God Time”, might be another way of thinking.

How we all rest is as different as we are all different, finding time in our busy lives is never that easy, but failing to find that time causes more stress than the business of life. We all here at Canterbury-on-the-Lake are subject to this same need. Either you are a resident and trying to keep up with all the different things going on here at Canterbury-on-the-Lake, or maybe you are an employee; working all week, then going home and facing all the demands that your life can have for you there! Or perhaps you are a family member of one of the many residents that live here and you spend many hours coming and showing that love to your loved one. In any case, we are all faced with the same dilemma. How do we balance our time and get the rest we need for the betterment of ourselves?

The key to all this is seeing the need first and foremost. It is important to recognize the need for down time. Whether it is reading, watching a movie or just sitting in a dark room and meditating. Maybe it is playing sports, gardening, or if you are like me it is woodworking, which are all active ways. Finding the time in our lives to enjoy leisure or our own God Time is so important to our spiritual well-being.

This month I challenge you all to look for your own Rest/God Time in your days. Then take those time and install them. Rest ye all and recharge thy souls!

Happy Spring going on summer to you all and as promised last month. Next month the topic will be “Pray” something that I hold dear to my heart!

*You may reach Glenn Morrison during regular business hours at 248-674-9292,
or e-mail gmorrison@cotl.net or in his office located in St. Luke's Chapel*

Dietician's Dialogue

By Angella Jirovec, Registered Dietician, Unidine Clinical Dietician Manager

Putting a Stop to Food Waste



At Canterbury-on-the-Lake we celebrated STOP FOOD WASTE DAY on April 24th. Stop Food Waste Day is all about reducing food waste in our everyday lives so that we can reduce our footprint. It takes many resources including land, water, food, electricity, and gas to produce food. Nearly 40% of food in the United States is wasted. Reducing food waste or loss can save money, improve access to food and protect natural resources. You can help reduce food waste by planning meals for the week, creating a shopping list, and utilizing leftovers. A few facts you should know...

33% of all food produced globally is wasted every year. This translates to 1.2 trillion dollars worth of food annually

Almost 50% of all fruits and vegetables are wasted every year globally which is equivalent to 3.7 trillion apples

If 25% of the food lost or wasted was saved every year it would be enough to feed 870 million hungry people

To support Stop Food Waste Day, the dietitians ran a contest in which entered their ideas and tips for how they helped reduce waste. Here are a few great ideas and tips from our staff and residents.

Today I stopped...

"Buying lettuce that I never eat and end up throwing away."

"Throwing away leftovers and now I eat them for lunch the next day."

"Throwing away scrap food. Now I compost it instead."

"Buying as much produce at the grocery store. Instead I grow some of my own produce and only take what I need for that meal from my garden."

"Cutting off the crust of my kid's sandwiches. I encourage them to eat the whole sandwich."

"Wasting scraps, I use leftover vegetables and meat to make soup."

"Going to the grocery store when I am hungry."

Everyone can play their part by choosing 1 or 2 goals and making a commitment to reduce food waste. What will YOU do today to stop food waste?



FORE!

Have you made your reservations for Canterbury's 11th Annual Golf Outing yet? This year's event will be on Thursday, June 6th, at the Fountains Golf Course in Clarkston. This year's event will benefit the

Terrace Garden Project on the third floor of The Pavilion.

For golfers, registration begins at 8:00 a.m. with the shotgun start at 9:00 a.m. The Awards Dinner will be at 3:30 p.m.

To reserve your spot on the field or for the Awards Dinner, contact Susan Hammersmith at 248-674-5390.



Southminster Salutes...



By Margaret Nommensen, Southminster Resident



How Our Gardens Grew

There were no formal gardens when Canterbury was completed twenty-five years ago. However, Mrs. Windeler, an enthusiastic gardener, with help from others, planted the first flowerbeds around Southminster. Mark DeRaud was kind enough to share his memories of the fourteen years he has been at Canterbury. He says the fish pond and waterfall were already here. A garden committee, under the leadership of Susan Dembiec, CEO at that time, was formed to plan further landscaping. First, however, a stand of ash trees had to be removed as they were infested by the Ash Borer.

Somewhere along the way, the Green Magic Growers compiled a list of the shrubs and flowers and placed the small green markers that identified each plant. There were 103 of them; many of them have been moved or uprooted, so some labels are no longer accurate.

The Summerhouse was built by John Halliday of Extreme Handyman. The Lakeside Pavilion was built in 2012 by Bill Alhstrom, a retired architect. Some of the residents were not pleased, as not only the lake front vegetation needed to be removed, but the metal roof was considered unsightly. The roof was replaced and now the Pavilion has become a favorite place for residents and visitors to rest and enjoy the beauty of the lake.

The South Garden is now in its fourth year and has matured into a profusion of flowers and shrubs. The Leas Garden was built in memory of Susan Dembiec and is a lovely garden where residents enjoy not only flowers and shrubs but several raised planters where Community Life Services staff plant herbs, vegetables and strawberries. Peas, beans, tomatoes (large and small) are included, but not radishes and carrots because the chipmunks eat them!

Many of us are unaware of what Mark calls the "Annabelle's Garden," where the totem pole stands. A more recent addition to the landscaping is the "Piken Path," the paved walk along the lake. Funding for it was provided by Mary Piken.

This summer Mark says, many more annuals will be planted, now that the sprinkler system has been repaired. Many memorial trees and private small gardens have been planted by residents, notably the large garden of flowers and shrubs on the northeast corner of Southminster.



All of these gardens we enjoy so much make Canterbury "a community like no other."



VOLUNTEER CORNER

By Liz Vachon, Volunteer Coordinator



This month, I would like to highlight a volunteer that is coming to us from Baker College. Brooke Plautz is working towards her Bachelors of Science degree specific to Radiation Therapy. She currently works at Meadowbrook Urgent Care in Birmingham but will be moving to a new position with St. Joseph Mercy as a Radiology Technician. She chose to volunteer at Canterbury because she is very familiar with some of the staff and it is close to home.



Brooke has been an outstanding addition to our volunteer team. She loves working with our staff to make events and activities a huge success. She learns quickly and is always excited to be part of whatever we throw at her. She has been making some very meaningful connections with some of our Pavilion residents which is exactly what we want to see happen with our volunteers. Her favorite activity that she has volunteered for so far is popcorn Fridays in the Pavilion. Interacting with the staff and residents is something that she loves to do. She is easy to talk to you and you will love her just minutes after meeting her! The residents are really drawn to her bubbly energy.

When she is not volunteering, working or going to school, she loves to be outside. She will spend most of her free time with friends and family and her two dogs, Uno (a yorkie) and Remington (a dachshund).

When asked what has been her favorite part of volunteering at Canterbury, she said, "After the day is done, I leave, knowing that I have made not only a difference in a resident or staff member's day, but mine as well. Volunteering has taught me to slow down and enjoy life right now. The residents I have worked with and visited, always give me an extra boost of love, patience and positivity."

Our volunteers give so much to us, and it is nice to know that volunteering is having such a positive impact on their lives as well. Thank you so much Brooke for being part of our volunteer squad! We are blessed to have you with us, and we couldn't be more proud of the work that you are doing here.



Have you liked us on Facebook yet?

Be part of the over 900 people who follow our Canterbury-on-the-Lake Facebook page. There, you will find lots of up-to-the-minute communications, pictures and happenings. We enjoy watching our family members "keep up" with what their loved one is doing at Canterbury, with many of them leaving comments like "that's my grandma" and "look at all the wonderful things grandpa is up to". What a great way to share memories, let people know the great things we are doing at Canterbury, and what we are doing as a community.





A Message from Executive Director Rochelle Rothwell



Spring remains a time of year that I love being at Canterbury-on-the-Lake. The community really starts to come to life and many of Canterbury's best features are front and center. It feels like a time of new beginnings. You can almost walk the grounds daily and see new, beautiful flowers and trees budding and starting to get green and grow.

The community staff works hard to ensure that the grounds are ready to be enjoyed by residents, staff and visitors. This year it feels particularly busy! Watching the spring clean up of the grounds, the replacement of the putting green and even the repaving of the roadways around the community have given a fresh "new beginning" feel to the overall community atmosphere.

Furniture has been placed near the lakeside pavilion and on the covered patio near The Pub, which became the newest popular spot at Canterbury last year when our renovation and expansion project was completed. Pretty soon we can enjoy the summer BBQ season and the parties, entertainment, and outings that summer brings.

For our Board of Directors and Leadership team, spring means planning for the future of Canterbury. Our group recently began a new process of strategic planning. As a group, we are considering renovation plans for the community and ways that we might be able to provide new offerings to our resident population. We are considering technology offerings that will allow for more convenience and ease in keeping current on the many community offerings, but also to allow for residents to enjoy support and conveniences within their apartments. Stay tuned. As our planning continues, we will look to you for your insight and expertise to ensure our plans and offerings will make your home the best it can be.



Members of Canterbury's Leadership team, LCS staff and the Board of Directors

We hope you enjoy all the beauty that Canterbury has to offer during the spring and summer seasons when our outdoor areas are at their finest. We look forward to continued planning that will help us to ensure the beauty and support of the community for years to come.

2019 CANTERBURY-ON-THE-LAKE BOARD OF DIRECTORS

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Canterbury Tales is the monthly newsletter of Canterbury-on-the-Lake and can be accessed on our website at www.canterburyontheLake.com. We welcome your comments about *Canterbury Tales* as we strive to improve our publication. Articles of interest may be submitted to Jamie Martin, Director of Resident Services by e-mail at jmartin@cotl.net.

