



Canterbury Tales



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A CANTERBURY-ON-THE-LAKE PUBLICATION

November 2019

Canterbury's 25th Anniversary Gala Benefitting The Pavilion Terrace Garden Project a Success!

By Kristie Arens, Director of Human Resources & Gala Chairperson

On September 28, our 22nd annual gala was held at White Lake Oaks. This special evening was a wonderful celebration of all things Canterbury – our residents, our families, our staff – and so much more. Our emcee was the Rev. Dr. David Dieter, who some of you may recall as Canterbury's first Executive Director and CEO here at our Waterford location. David had wonderful memories to share of our early days, how Canterbury came to be and the struggles and challenges that brought us to this very location 25 years ago! Throughout the evening, we honored the Windeler family for their role in Canterbury's development, as well as their ongoing and continued support of our community. We also honored three residents who have been with us for 25 years – Liz Hard, Joe Lanni and Fran Keem. We are blessed to have five employees with us who started here 25 years ago as well, all of whom were invited to be our guests for the evening. Two were able to join us, Rosemary Parsons from the Lockshire Salon and Kimberly Foster from Housekeeping. Dr. Breitenbach was recognized as our original medical director, and for his continued support of our residents and community over the last 25 years. Following dinner, dessert and cocktails, we enjoyed the entertainment provided by Midwest Dueling Pianos, who played songs from the last 25 years in honor of our anniversary. Our wine pull sent many home with lovely bottles of wine to enjoy, and our silent auction sent our guests home with wonderful baskets, products and experiences donated by staff, residents, vendors and friends of our community. Most importantly, the gala helped to raise over \$18,000 for the Terrace Garden Project; bringing us closer to our goal of renovating the outdoor area on the third floor of The Pavilion!

I would like to extend a sincere and heartfelt thank you to everyone who attended the gala, made a donation to the project, donated or helped to secure a silent auction item, and donated wine for our wine pull! Many staff members helped to plan and set up for the event in addition to their already busy jobs. There are moments in time when you simply feel the sense of family and community that is Canterbury, and the gala is one of those times. We are already looking forward to next year and hope that you are too!

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The Pulse of the Pavilion

By Kristie Arens, Director of Human Resources



Welcome to Scott Mahl, our Interim Nursing Home Administrator in the Pavilion! Scott comes to us through Life Care Services. While Scott is very happy to be here at Canterbury, he has joined us only for a limited period of time. Scott lives in Trail Creek, Indiana, which is about ten minutes away from Lake Michigan. He has accepted this opportunity as a temporary assignment, as he enjoys the variety in work that interim positions allow.

Here is a brief introduction to Scott and his background: He has Nursing Home Administrator licenses in Indiana and Michigan. He has been licensed since the year 2000. Scott has served in a variety of interim director and NHA assignments over the last 5 years.

Scott holds two Masters Degrees. One is MBA with an emphasis in Human Resources and the other is a MPA with an emphasis in healthcare.

Scott has extensive turn-around experience in skilled nursing buildings, proficiency in reducing complaint surveys and excellent team building skills. He is excited to bring those talents to Canterbury in this role, and to work with our leadership team moving forward.

When not at work, Scott enjoys fishing, kayaking, boating, hiking, weightlifting, sports shooting, archery; and he loves to cook! Scott also owns a motorcycle and enjoys the fun that riding brings him. Fun fact: Scott occasionally plays the ukulele and sings for free at senior centers (maybe we can talk him into playing/singing for us?)

Scott is looking forward to getting to know the residents, families and staff at Canterbury-on-the-Lake. Please welcome him and help him to feel at home. Ronda Pype will continue to serve as Interim Support to the Administrator and is doing a fantastic job in that role. We thank her, and the entire Pavilion team, for their dedication and hard work in this time of transition.

We will continue to share updates on permanent assignments, as those decisions are made, but if you have any questions or would like to talk in the meantime, feel free to seek out anyone you feel comfortable asking questions of: Ronda Pype, Shaneika Walker, Kristie Arens, and any of the Unit Managers are happy to answer your questions.



Chuck pictured here in the basket of a hot air balloon in 2017

In Tribute of Our Friend Chuck Martin

Written by Jamie Martin, Director of Resident Services

We lost a "true friend of Canterbury" at the end of September when Chuck Martin, a Southminster resident and a current member of Canterbury's Board of Directors and past Resident Association Board President passed away. Chuck LOVED his time at Canterbury and took full advantage of all of our offerings. He was a true gentleman, a man who loved to sing, play cards, go on outings and participate in just about all activities at Canterbury. He was a supporter and great "cheerleader" for the Community Life and Resident Services Departments and generally enhanced our Canterbury family and brought joy to all he encountered. Chuck was a big supporter of the proposed Terrace Garden Project on the 3rd Floor in The Pavilion and would have loved to have seen its construction. Most of us have known Chuck since 2015 when he moved in. We are so glad he chose to live at Canterbury and we are so honored to have had the opportunity to know such a wonderful man.



A Minute in The Meadows

By Karleigh Thompson, Meadows Community Life Services Coordinator

The Meadows had an exciting and memorable visit from the Rainbow Feathers Bird Club and Rescue. They are a non profit organization located in Southeast Michigan; they not only rescue birds but also share their love for birds and knowledge through their educational programs. Rainbow Feathers mission is to “promote, educate and assist in the care of exotic birds as well as to support avian research and address environmental concerns”. They have a group of volunteers that assist in rescuing and rehoming birds as well as that help with leading their education programs for the public. During their visit to the Meadows, they brought 25 different birds to share with our residents. They spent well over an hour with us; sharing all their knowledge about each and every bird from their personal background, any special diet, habitats and the birds origin countries. The best part of it was that we were all allowed to hold the birds! Each bird is well socialized so they were friendly, chatty and playful with all of our residents. We will be so happy to be welcoming them back to the Meadows in November and are looking forward to their visit again.



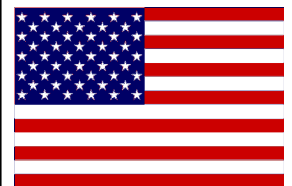
A LETTER FROM THE LEAS

By Tiffany Gregart, Leas Manager



Roll out the holly! Oh wait! I know it is only the beginning of November but it is hard not to get excited about the holidays here at Canterbury. We all know how much fun it is to visit friends and family during the holidays; seeing the way they decorate their homes and learning about the traditions they may have. That feeling is so strong here as the Christmas elves arrive on the Monday after Thanksgiving and begin the transformation. Christmas has always been my most favorite time of the year and that feeling has just grown with my years at Canterbury. The Christmas music floating down the hallways, the stunning Christmas scenes around each corner and the trees so many beautiful trees! Coming to work each day during the holiday season is like celebrating each day with family and friends.

Please watch the November and December calendars for all of our wonderful holiday activities. I am looking forward to celebrating with all of you.



Southminster resident and Korean War veteran, Charles Fox participated in the September 24, 2019 Honor Flight to Washington D.C. through Flag City Honor Flight out of Findlay, Ohio. Charles made the trip of a lifetime with a perfect day and with his family surprising him at the big “welcome home” party upon his return. What a great and memorable day for Charles!



PASTORAL CARE CORNER

By The Rev. Deacon Glenn Morrison, Pastoral Care Coordinator

I would like 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 our lives around God. This is called "The Way of Love". The image above shows us the different practices that when followed should help all of us find a new, or maybe a better way to "Come and Follow Jesus" in this Jesus Movement. Over the past few months and the remaining couple of months, I want to use my Chaplains 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!

This month the topic is "Bless", as the Presiding Bishop points out on the website: *Jesus called his disciples to give, forgive, teach, and heal in his name. We are empowered by the Spirit to bless everyone we meet, practicing generosity and compassion, and proclaiming the Good News of God in Christ with hopeful words and selfless actions. We can share our stories of blessing and invite others to the Way of Love.*

When we think about bless or blessing, we commonly refer this act as something a priest, pastor or another clergy does; yet the act of blessing is a ministry that we are all called to do. We live in community as neighbors in the greater world and we all are called to bless each other every day. First and foremost, our lives are connected and should be seen as a blessing for all of us. If we can live into the call of Jesus we need to have each other's backs at all times. Being there for each other is in itself a blessing for all parties concerned! To give is to get. When we share our blessings, we in turn receive likewise blessings. To teach blessings is also everyone's responsibility in community. We teach through living by example.

Maybe the biggest blessing we can receive and or give is the act of forgiveness. By recognizing ourselves as broken, we must first forgive ourselves. Then it becomes much easier to forgive others.

In closing I offer you all my blessings on this day, and through out the future. I also encourage each of you to share your own blessings with each other; day and night! Next month I will be winding up this series with the final topic in this "Way of Love", entitled "Worship".

You may reach Pastoral Care Coordinator Glenn Morrison at 248-674-5295 during regular business hours, or e-mail him at gmorrison@cotl.net. He can also be found in his office inside St. Luke's Memorial Chapel



Treesgiving: Spreading Holiday Cheer!

By Liz Vachon, Volunteer Coordinator

This season, we were contacted by a brand new non-profit organization called Treesgiving. This group is planning to give decorated, two foot trees to residents in our community. Treesgiving was created for a 7 year-old who wanted to provide all people with a mini tree for the holiday like he had in his own room.

"My son had a little mini blue Christmas tree on his dresser in his room. It only had lights on it and he wanted ornaments. My husband took him to the store and they picked some out. After we finished decorating, we discussed being thankful. We spoke how he was fortunate to have his own mini tree because many people do not. This made my son sad. He asked if there was a way to provide other/all people with trees. In the moment, I told him it was a very nice genuine thought, but that we couldn't do this for everyone. The next day, I thought, I can make that happen for him, and Treesgiving was formed." This story was written by Andrea, the mother of the boy and the Founder of Treesgiving. (continued on the next page)

Notes from the Kitchen

By Erica Kelly, Interim Dining Services Director for Unidine



The holidays are fast-approaching and we would like to let you know how holiday meals are typically celebrated here at Canterbury. Holiday meals are served at the noon time meal on the day of the holiday. Thanksgiving will be served on Thursday, November 28th and Christmas on Wednesday, December 25th. Guests are always welcome. Watch for information and guest meal prices posted in each area of the building.

Southminster Buffet held in the Iris Room in the Upper Community Center from 1-4pm

The Leas held in the Orchid Dining Room at Noon

The Pavilion held in various locations of The Pavilion at Noon

The Meadows held in the Meadows Dining Room at Noon

Be sure to check for reservation date deadlines on postings around the building about 2-3 weeks from the holiday.

From The Pavilion Life Enrichment Team

By Molly Williams, Pavilion Life Enrichment Manager



What a wonderful fall we've had! Pavilion residents sure did enjoy the warmer fall weather. We wish it could stay all year! Our residents had a great time at our apple orchard outing! We went on a tour of the inside of Yates Cider Mill and learned some history, and then had some delicious donuts and cider!

The ladies of Canterbury enjoyed their monthly Red Hat Society meeting! They elect a new President and Vice President every month. The ladies chatted amongst themselves and came up with a variety of ideas for future activities.

We are looking forward to the fantastic holiday celebrations to come! We encourage family and friends to join us during every activity!

(continued from previous page) Treesgiving receives donations to make the beautifully decorated trees, where they identify groups or individuals in the community that would benefit from their generous donations. I am happy to announce that they would like to give Canterbury 50 trees this season! They are going to be distributed throughout our community based upon the needs of individuals in The Meadows, The Leas and The Pavilion. The trees are going to be delivered in early December and we couldn't be more excited to be part of their inaugural year.

The long-term goal of Treesgiving is to provide a tree to every local children's hospital room by 2022 and beyond. If you would like to donate to their organization and help them reach their goal as well as help them continue to provide trees for more people in the future, you can go to their website at www.treesgiving.org or you can contact them at treesgiving@gmail.com.

Thank you Treesgiving for recognizing that there might be some residents of Canterbury that would love a little holiday cheer in their rooms this season. We are looking forward to sharing the photos of residents receiving and enjoying their trees!



Southminster Salutes . . .

By Margaret Nommensen, Southminster Resident

Canterbury's Early Days

Liz Hard and Joe Lanni were kind enough to share their memories of the first years of Canterbury. Liz moved in in March of 1994 and Joe, with his wife Dorothy, moved in in April of 1994. They recalled that there were rolls of carpeting in the halls, so the building still needed some finishing touches.

No landscaping of any description surrounded the building, but residents were offered a free bit of land to plant whatever they chose. However, as there was no sprinkling system, it didn't work out well. Residents could buy a tree for five hundred dollars, so Joe and Dorothy bought a Blue Spruce which is now as tall as the roof of the building. Joe talks of picking raspberries and blackberries around the grounds.

The Chapel was built, but there were no bricks on it. The residents could buy bricks to help finish the exterior. At that time, only two people a day were allowed to move in.

There was no contracted kitchen service at that time. There was one chef, and Joe recalls the portions were pretty small! Liz said her granddaughter was on the wait staff.

The Pub was a small operation run by the kitchen, but the residents ran the cash register. It offered only lunch service, sandwiches only at first, and later, soup. Coffee was not free at that time; not as it is now.

Although there were no organized activities as we have now, the residents organized their own fun. Liz said they had a "kitchen band." She played a washboard, they had kazoos, and the director used a large spoon to direct the band. The first year, a parade was organized; featuring the band, pony rides for the children, and antique cars owned by one of the residents. They paraded up and down Hatchery Road.

Other activities included Bingo in the dining room and movies every Monday night. A pool table and ping pong were available but were not often used, so they were given away. As both Liz and Joe said, "we had a lot of fun!"

Another service was a clothing company which brought in clothing the residents could buy. The women would model the clothes. The Gift Shop was started and run by the Resident Board and no paid staff assisted as they do now. The Resident Board was formed with Liz as the first President, and Joe in charge of food and activities. A cocktail hour was held every Friday night. There was no charge as it was not licensed and the residents donated liquor.

The first bus was donated early on, so there was transportation available.

The Gala was started in the third year. It was held at the various country clubs where the residents had memberships.



The Chapel was opened two years later, with the Bishop performing the dedication. It was a joyful occasion, held outdoors. Over the years, six priests, including one woman, served the congregation. A resident ministry served until 2000 when it was disbanded. Liz and Joe shared such happy memories of the early days at Canterbury. As they repeated, "We had A LOT of fun in 25 years!"



VOLUNTEER CORNER

By Liz Vachon, Volunteer Coordinator



I would like to introduce to you our four students that are in our Volunteer Scholarship Program. Before I do, you might be asking yourself, what is the Volunteer Scholarship Program? This program is for High School Seniors who are going to graduate in the spring of the current school year. The students volunteer 12.5 hours per month starting in August of the new school year. They continue to get their hours through April. These volunteers are some of the most reliable, hardworking, and driven students that attend our local high schools. They are volunteering for a purpose of obtaining a scholarship, but they LOVE being here too. We are truly lucky to have four exceptional students this year. The scholarship program is funded by the proceeds of our Gift Shop. Please know that every purchase made in the Gift Shop is supporting the future of these young individuals!



Mackenzie Arthurs is a high school senior at Waterford Kettering High School as well as a student at OCC. When she graduates this spring, she will be receiving a high school diploma AND an associates degree! Mackenzie was referred by a teacher at her high school that she is very close with. Mackenzie has a desire to become a nurse and knowing that she needed volunteer opportunities for school, her teacher believed Canterbury would be an excellent fit. After graduation she hopes to get into Oakland University's Bachelor of Science in Nursing (BSN) program. Eventually, her end goal is to be a Neonatal Intensive Care Unit (NICU) Nurse. In her spare time she enjoys playing volleyball, camping, hunting, spending time with family, and of course, volunteering at COTL!

Josh Kuhn is a senior at Waterford Mott High School. He wanted to volunteer because he wanted to be part of the greater Waterford Community, and also said that volunteering "is a lot of fun!" He hopes to go to a college with a good Business School. He would also love to play golf and possibly manage a golf course when he is older. Most of his spare time is on the golf course where he is playing in at least 10 tournaments in the summer. He really enjoys golf and is very good at it too! He has been in the paper a few times for his performance as a high school golfer. Josh really enjoys visiting new places. Josh has been a volunteer for almost a year, and we are so happy he is part of the scholarship program. You can find Josh working in our Gift Shop as well as our evening activities.



Emily Shelton is a student at Waterford Kettering High school. She came to Canterbury a few years ago through the recommendation of her Uncle who is a volunteer with our Pet Therapy program. Her hopes for after graduation are to go to Michigan State University and work towards her Masters in Zoology. In her spare time she enjoys reading, writing, music and spending time with her family. She also enjoys being part of the choir with her school. We are very pleased that Emily decided to pursue the scholarship this year. You can see Emily working in the Gift Shop as well as our evening activities.

Gabby White is also a student at Waterford Kettering High School. She is in a Health Science program in her school where she needed to have some volunteer hours. When she came to Canterbury, she was so excited to volunteer past her required hours because we are such a wonderful place to volunteer! After graduation, she plans to attend Western University for Mortuary Science. She says that she doesn't have a lot of free time as she is mostly doing homework! We are so happy that she has joined our team this year. You can find Gabby in the Gift shop and assisting with evening activities!





Introducing our Interim Executive Director



Cory Cain



Welcome to Cory Cain, our Interim Executive Director! Cory joined us October 15th. He was able to visit our community on Monday, September 23, to tour the community and learn a bit about us.

Here is a brief introduction to Cory and his background: Cory Cain began his career in Senior Living as an Administrator in Training through the LCS Professional Development Program for Executive Directors. He finds himself lucky to have such a rewarding, dynamic, and challenging career.

Through this program, Cory completed his AIT (Administrator in Training) at Cottage Grove Place, a Life Plan community in Cedar Rapids, Iowa and earned his first Nursing Home Administrator license there. Next, Cory served as Interim Administrator at The Residences at Thomas Circle – another Life Plan community in Washington D.C., where he helped facilitate a change in ownership. He now serves as Nursing Home Administrator at The Cypress of Charlotte in Charlotte, NC, a third Life Plan community where he is approaching his fourth anniversary.

Cory grew up in the suburbs of St. Louis, Missouri and holds a Bachelor of Science in Business Administration, in Finance, from the University of Missouri. He holds his MBA in Management and Finance from San Diego State University. Cory enjoys spending time outdoors; enjoying sports and any type of exercise, as well as capitalizing on any opportunity to spend time with friends and family who have migrated all across the country. As a recent personal accomplishment and newfound hobby, Cory became a certified open water scuba diver this past summer; an entirely new experience he thoroughly enjoys!

Cory is looking forward to coming to Michigan and getting to know the residents, families and staff at Canterbury-on-the-Lake. Please join us in welcoming Cory to our community.

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