

Canterbury Tales



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September 2019



Canterbury's 25th Anniversary Gala is Right Around the Corner!



By Kristie Arens, Director of Human Resources & Gala Chairperson



A happy group at the 2018 Gala

Have you purchased your ticket yet for this year's gala? It will be held on Saturday, September 28, at White Lake Oaks. White Lake Oaks is a very quick 10-minute ride from Canterbury. Transportation on our motorcoach is available to and from the event. In fact, Hollie will even make multiple trips back to the community if you aren't certain you'd like to stay for the entire evening!

The event starts at 5:30 pm with appetizers and cocktails brought to residents at their table. There is a silent auction to bid on; wonderful items and services that have been donated, as well as a wine pull before the program gets started. We will have a sit-down dinner around 7 pm. Our after-dinner entertainment this year is dueling pianos. The pianists will play songs for us that were popular the last 25 years!

If you have been to a gala before, you know that it is a wonderful event when the Canterbury family comes together to support our organization and its mission. Residents, staff, families, friends, and vendors of Canterbury all attend. Proceeds from the event will benefit the terrace garden project which will provide a safe and enjoyable outdoor space for our residents who live on the third floor in The Pavilion. We can't wait to raise enough money to start this project!

Dress code for the gala is formal (we suggest some sparkle for our 25th!) Dress as if you were going to a wedding, or more formal, if you wish. Either is appropriate for this event!

Whether or not you attend the gala, there are many ways that you and your families can support the event. We are currently seeking sponsors for the gala, as well as silent auction donations. Sponsoring the event is a great way for a business to get recognized in front of a large audience, and more information can be found by contacting Kristie Arens in the Development Office. Examples of silent auction items that we are seeking are: gift cards for restaurants, stores, services (massages, haircuts, etc.) Other good sellers are tickets to sporting events, weekends away, and timeshare donations for vacations. Finally, we are seeking donations of bottles of wine for our wine pull. The type of wine is up to you; we just ask it be valued at \$15 or higher.



Checking out & bidding on Silent Auction items in 2018

Tickets for the gala are \$125 per individual. A couple can also choose a VIP sponsorship for \$300 if interested; this provides for special seating at the event. Tickets can be charged to your monthly bill if desired, or cash, check, and credit card are also options for payment.

We sincerely hope you will consider attending this year's anniversary gala. It is always fun and memorable but this year will be extra special as we celebrate 25 years of Canterbury. We will be sure to seat you with friends, or you can invite a friend/guest to attend with you. If you have any questions at all, please contact Kristie Arens at 248-674-5390.



For the Health of It!



By Ronda Pype, Interim Director of Residential Health Services

September is National Cholesterol Education Month, so I decided to focus on this important topic in hopes it will help everyone make good choices and improve your overall health and well-being. It might be a good time to get your blood cholesterol checked and take steps to lower it if it is high. It is also a good time to learn about lipid profiles, food, and lifestyle choices that help you reach a healthy cholesterol level.

How many Americans have high cholesterol?

More than 102 million American Adults have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.¹

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if that is not enough; through medications.

How often should you have your cholesterol checked?

The National Cholesterol Education Program (NCEP) recommends that adults have their cholesterol checked every 5 years, but please consult with your physician. Depending on your own health and wellness, you may need it checked more frequently.

A simple blood test (called a lipoprotein profile) can measure your total cholesterol levels; including LDL (low-density lipoprotein or "bad" cholesterol), HDL (high-density lipoprotein or "good" cholesterol) and triglycerides.

The following chart shows optimal lipid levels for adults:

Desirable Cholesterol Levels	
Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. Always consult your physician before starting any exercise program.
- Maintain a healthy weight.
- Don't smoke, or quit if you do smoke.

Cholesterol is one of many things that can impact your overall health and wellness. At Canterbury-on-the-Lake, our goal is to make sure you live your life to the fullest; so please take advantage of all programs that can assist you in being the best version of YOU!! Happy September!

You may reach Ronda at 248-674-9292 during regular business hours, or email her at rpype@cotl. Her office is located down the Resident Services hallway.

A Minute in The Meadows

By Karliegh Thompson, Meadows Community Life Services Coordinator



Goodbye Summer ... Hello Fall



We are always sad to see summer leave us, but The Meadows ended the season with fun and sizzling bbq's, weekly dream cruises to Frosty Freeze for delicious ice cream, tasty lunch outings to A&W, a blooming garden club, creative summer crafts and many outdoor summer games. Soon we will be welcoming fall with open arms. Fall is the season for visits to the cider mill for apple-picking, fresh donuts and, of course, hot cider. We will be making many trips to a few of our local cider mills. We are also looking forward to a visit from Rainbow Feather's non-profit bird rescue on September 25th. Tammy will be bringing a variety of different birds for our residents to visit and learn about. The Meadows is looking forward to all the wonderful things that fall will bring!



Canterbury's Staff Celebrates Canterbury-on-the-Lake's 25th Anniversary!

By Kristie Arens, Director of Human Resources



On July 26th, the Canterbury staff attended an employee event at a local comedy club called "One Night Stan's". We had the place to ourselves and a comedian just for us. We also enjoyed a delicious pizza dinner. Each attendee received tickets to enter a raffle in order to win prizes to take home. One of the more popular raffle items was a big inflatable raft to be used in the lake. It is so big that it took 2-3 people to carry it in and out of the building!

We also had dinner and prizes at the community for the staff who worked during the event. Executive Director, Rochelle Rothwell and Director of Accounting, Cindy Goerke, were here to make sure that everyone felt appreciated!

It isn't often in a health-care setting that operates 24 hours a day, 7 days a week; that staff can get away from work to enjoy each other, simply as friends and co-workers. We had a wonderful time celebrating the team that helps to make Canterbury such a special place. We will definitely do this again before our next anniversary!





PASTORAL CARE CORNER

By The Rev. Deacon Glenn Morrison, Pastoral Care Coordinator

This month and for 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, for everyone, not just Episcopalians, but all Christians, a way to center our lives around God. This is called “The Way of Love”. The image at 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.



Over the remaining couple of months, I want to use my Chaplain's Corner to share a different practice each month. These practices are taken from the website www.episcopalchurch.org/wayoflove which I invite you to explore.

This month the topic is “Go”, exploring the idea that when Jesus sent out his disciples, commissioning them, we, too, are now encouraged to go.

The Gospel of Matthew 28: 16-20, supports this

“Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, ‘All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptize them in the name of the Father and of the Son and of the Holy Spirit, and teach them to obey everything that I have commanded you. Remember, I am with you always, to the end of the age.’”



Now of course I am not suggesting that we are to start out and begin baptizing everyone we encounter. What we can do is “Go” and proclaim the Good News, of Christ. More importantly, we can go into the world and do this by living the life that Christ has given us.

The Rt. Rev. Rowan Williams, former Archbishop of Canterbury, suggests that being baptized is “being led to where Jesus is...towards chaos and the neediness of a humanity that has forgotten its own destiny.”

While we live together in this community, we do so, striving to be an example of a community that is diverse and loving. We are a leading example of how this can happen in a world that sometimes seems to have lost that vision. Let us all “Go” forth living our lives and continuing to be a shining example of disciples that have been sent to “Go”.

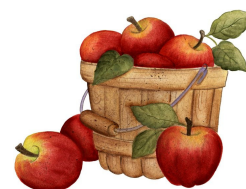
You may reach Pastoral Care Coordinator Glenn Morrison at 248-674-5295 during regular business hours, or e-mail him at gmorrison@cotl.net. He can also be found in his office inside St. Luke's Memorial Chapel



We are THRILLED to announce that another Canterbury-on-the-Lake resident, Charles Fox, has been accepted onto the next Honor Flight to Washington D.C.. By the time the next issue of Canterbury Tales is out he will have made his September 24th journey and we will hear all about his thrilling journey in an article. In October 2018 we were honored to have three WWII veterans make the trip. This year, Charles, a Korean War Veteran, will go with Flag City Honor Flight based out of Findlay, Ohio. We can't wait to hear all about it!

Notes from the Kitchen

By Erica Kelly, Interim Dining Services Director for Unidine



Laureen Barie, will be joining our team as the new Iris Dining Room Supervisor. Laurie, as she prefers to be called, has worked in the Food Service Industry for 19 years. Over the years, Laurie has worked in many local senior living communities, and she looks forward to using her experiences in resident satisfaction and hospitality to manage a strong Dining Services Team. Laurie enjoys executing special events and working with team members to make a memorable dining experience for residents and guests alike at Canterbury-on-the-Lake.



From The Pavilion Life Enrichment Team

By Molly Williams, Pavilion Life Enrichment Manager

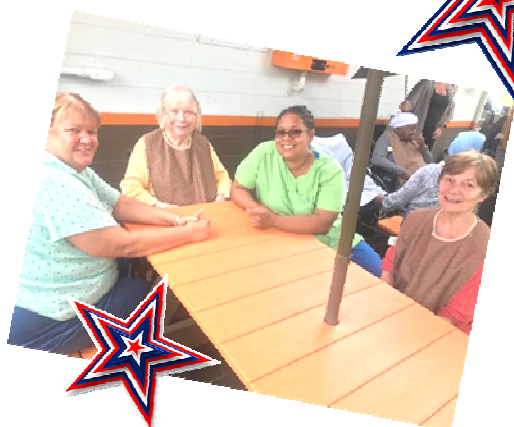


Summer sure did fly by fast!! Soon the leaves will be changing colors. Our residents enjoyed weekly patio time outside in the beautiful weather!

The ladies of The Pavilion put on their red hats and had their first Red Hat Society meeting! They have decided to meet every month.

Our residents also had a blast at the A&W outing! They enjoyed coney dogs, burgers, and root beer floats. A wonderful time was had by all!!

We are looking forward to some fun fall activities! We encourage family and friends to join us!



You may reach Molly Williams at 248-674-9292 during regular business hours, or e-mail her at mwilliams@cotl.net or see her in her office which is located on the 2nd floor in The Pavilion



Southminster Salutes . . .



By Margaret Nommensen, Southminster Resident

The Lochshire Beauty Salon: Twenty-Five Years of Memories



Rosemary Parsons (L) and Gina Edwards at the 2018 Gala

Rosemary Parsons was happy to share her memories of the twenty-five years she has been a beauty operator in the Lochshire Beauty Salon.

Rosemary grew up in White Lake in a family that included seven sisters. She always knew she wanted to be a beauty operator as she gained experience cutting the hair of her sisters in the basement of her home. She admits they looked “awful” after her cuttings.

She arrived at Canterbury in 1994, and, as she said, took off her coat and started to work. To her amusement, twenty-plus years later, she had to be fingerprinted! A sign of the times.

In 1994, when she started, there were no residents on the third floor of The Pavilion, and only a few on the second and first floors; so, she was not very busy. The first salon was very small, with two sinks and two chairs and was located across the hall from Liz Vachon’s current office. (The space was completely changed to make way for the Therapy Gym renovation). Rosemary loved it because it had a window. When the present salon was opened, she was reluctant to move. She did not want to move so she wrote a note listing twenty-five reasons why she should not move. After all, she had been in the same location for fifteen years, and she did love that window!

In the first years, she wrote tickets for the residents’ services which she submitted at the end of the day. With the arrival of a new Executive, the Pavilion residents began a “pre-paid” system for their services. Also, in the early months, Rosemary worked only with Pavilion residents, while other operators worked only with Leas or Southminster residents. Later, all operators worked with all residents.

Along the way, what was once an office inside the Lochshire Salon became the nail salon. Then the residents could enjoy some privacy as they had their finger and toenails done.



Six years ago, Rosemary broke her arm. When she returned to work, Kenny Dewa was a new volunteer working in the salon; transporting residents to and from their hair appointments. Kenny has been so helpful as well as beloved by so many and he has the most hours of any volunteer that Canterbury has ever had. Rosemary has also appreciated the help of the Life Track students from the Waterford School District who come to work each school year in the salon. It is well worth a comment on the kindness and consideration extended by the entire staff to all the residents, especially to the residents from The Pavilion. Rosemary was recently awarded her twenty-five year pin and will be honored at this month’s Gala.



VOLUNTEER CORNER

By Liz Vachon, Volunteer Coordinator



Summer came and went in a flash as all summers tend to do. We will be looking to cooler weather, sweatshirts and all things fall as September rolls in! We had to say goodbye to many of our high school seniors as well as the college students that came to volunteer during the summer. We are also going to miss our regular students that were here during the weekdays as they now have to spend their time at school! We made a lot of memories this summer, and I would like to highlight a few events that made our afternoons fly by with fun!



This summer, we hosted the Stepanski Child Care Summer Camp in the Leas. They came two times this summer with a different group of children each time. In July they painted rocks with our residents and then took a walk down to the lake where they left their painted rocks out for someone to find. The children really put smiles on each resident's faces as they were full of energy and loved talking to everyone.

A new set of campers returned in August to decorate donuts with our Leas residents. There were many giggles and sugar rushes all around. Everyone enjoyed decorating donuts. Some made their donuts very fancy while others were simple with just a touch of frosting. Of course, everyone enjoyed eating the donuts. Since we had so much energy from the frosted donuts, the residents and students went outside on the Leas patio and explored the garden together.



Intergenerational programming is so beneficial to everyone involved. Children gain positive role models when they connect with an older population. Interacting with older adults enables youth to develop social networks, communication skills, problem-solving abilities, positive attitudes toward aging, and a sense of purpose and community service. Our older population who regularly volunteered with youth "burn 20% more calories per week, experience fewer falls, are less reliant on canes, and performed better on a memory test," according to Generations United. Even when the adults are dealing with dementia or other cognitive impairments, they demonstrate more positive effects when they interact with children (compared with participating in non-intergenerational activities).

We had another intergenerational activity getting ready for Canterbury's Gala. We invited Southminster residents and students to stuff 1,000 envelopes that were the invitations to the 2019 Gala. We had a good time chatting, laughing, listening to "the oldies" and eating a pizza when our job was complete.



Bringing in our younger population from our surrounding community to volunteer with our Canterbury residents is one of the most fun parts of my job. I love to see all of the smiles that everyone has when gathered together for a few hours.



A Message from Director of Resident Services

Jamie Martin



It's no secret that we LOVE to keep our residents as busy as they want here at Canterbury, especially with the beautiful summer weather we have had. The summer didn't start out so great when our "Sunshine and Silver" Summer Party for Southminster was dreary and about 55 chilly degrees, but since then we have been quite lucky with our outdoor happenings and outings. We have been making great use of our "lanai" outside The Pub which has housed our weekly Happy Hours for the past several weeks. It's the perfect little shady spot to enjoy a beverage and light hors d'oeuvres with friends and neighbors.

Some of the outings we enjoyed this summer are an adventure on the new Canopy Walk (in the trees) in Midland, and the Detroit Institute of Arts. The tour of Corktown in Detroit with a guide that stepped on our motorcoach, and got Lobster rolls during Lobster Week at Mudgies (also in Detroit). We had some fearless residents join us for a Sushi lunch, and, even more yet, agreed to join our "Mystery" trip which ended up being to Hell, Michigan (they thought that was a riot). We've been enjoying our off-site Wellness Walks, and we also ventured to Chelsea to see "Welcome to Paradise" at the Purple Rose Theatre.



We have also been busy around our own community as well. We hosted Stepanski Child Care this summer, to do activities with our residents. We also tried LOTS of new WELLNESS classes and we are enjoying our outdoor summer leagues of bocce, putting and shuffleboard. A local golf pro came in and gave our residents some lessons. Canterbury friend, Noah Dunsmore also did a great patriotic sing-a-long with our residents (that they loved); but I

think one of the coolest things we did was have an outdoor water fun day. Did you see those pictures and videos on our Facebook page? If not, check them out! The residents had a BLAST on the SLIP & SLIDE (yes, that kind of slip and slide), and the weather was PERFECT. As our team dreams up all the fun we will offer in the fall we are going to relish every last minute of our amazing summer.

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September

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