

Canterbury Tales



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Is there anything better than Christmastime at Canterbury-on-the-Lake?

By Jamie Martin, Director of Resident Services

No matter what area of our community you are in you can “feel” the magic of the holiday season. From our decorations, community gatherings, employee parties, and our “second-to-none” resident parties, Christmas is all about Canterbury coming together as one in fellowship with neighbors and friends. From the entire Resident Services team, thank you and we can’t wait for new adventures to come in 2020!



From Human Resources and Fund Development Desk

By Kristie Arens, Director of Human Resources and Interim Fund Development Director

I know you will read this once it is 2020, but I write this article in December of 2019, having just finished our holiday celebrations across the community. The end of the year always brings a time of reflection and gratitude for the year that is ending. I feel very grateful to have had the opportunity to work in Fund Development, because it has given me a chance to get to know so many of our residents in a way that my work in Human Resources does not allow for. How lucky am I to get to work with both residents and our staff? Thank you for being so kind and welcoming to me in this new role. I treasure the time I get to spend with you, and getting to know you and your families.



On December 19, 2019, we celebrated our employees with holiday parties on all three shifts. The food was amazing, and staff received holiday cards given from residents and family members across the community. Thank you so very much for your generous contributions given to our staff. They appreciate it so very much, and for many, it allows them to bring Christmas to their loved ones. Please be sure to read the thank you note boards that are in all areas of the community – staff wrote those notes to thank you for thinking of them.

Canterbury adopted two families this year from the Waterford area – one is a family of seven with five young children and one is an elderly couple in our area. Because of donations from residents, staff, families and friends of Canterbury, we were able to shop for and deliver an amazing Christmas for these families. We appreciate everyone who was able to support this effort, which is so important to our mission as a non-profit organization. Several of us had a lot of fun being elves, shopping and wrapping and delivering gifts to those who needed some extra holiday cheer!



GREAT NEWS FROM LCS!

By Shannon Siburt, Director of Sales



We are proud to be part of an award-winning team! Life Care Services, Canterbury-on-the-Lake's management partner, was recently ranked **Highest in Resident Satisfaction among Senior Living Communities** in the J.D.

Power 2019 Senior Living Satisfaction Study. Best of all, this honor comes from the people who matter most. Residents, their family members and friends rated Life Care Services communities #1 in all seven study factors. Hooray for our team!

Treesgiving Comes to Canterbury!

By Liz Vachon, Volunteer Coordinator



This holiday season was joyous in so many ways and it has been fun to reflect on all of the many activities that our volunteers have been part of. From decking our halls, to decorating cookies, we had another season of magical memories.

One of my favorite events that happened during this season was the Treesgiving organization choosing our community to share their donations of pre-decorated trees with our residents. This new non-profit was created by an 8 year old boy named Jacob. He had a Christmas tree in his room, and he told his parents that he wanted to give everyone a tree that was just as beautiful. His parents told him that wouldn't be possible, but after giving it some thought, his parents decided that they would sure try! That was when Treesgiving was formed. Jacob's family and friends started receiving donations from all over to purchase new, two foot, Christmas trees. They had many donations for lights and ornaments as well. In September, they called and asked if they could donate 50 trees to our community. The excitement I had could hardly be contained! We identified 50 residents that would love a little Christmas cheer in their rooms. The trees were distributed by the volunteers and Jacob himself!



We walked room to room spreading Christmas cheer and hugging everyone along the way! A few tears of joy, many giggles of laughter, and so much love was given that morning. Everyone was so touched that a boy so young had this idea and helped to create such a beautiful gesture.

If you would like to know more about the Treesgiving Foundation, you can find them online at www.treesgiving.org. They are receiving donations for next year! Jacob's goal is for all to have a Christmas tree to enjoy during the holidays. Let's help make his dream come true!



This is a reminder to Southminster and Leas residents, now that colder weather is here Valet service by our Transportation team is available and can be very worth it during the winter months. Do you have some shopping to do but don't feel like fighting the elements?

Simply call our Transportation Manager, Hollie Hunter at 248.884.5352 during

Transportation office hours (Monday-Friday 9am-5pm) for more details or to put in your request. Try it, you will love having all of your items delivered right to your apartment.

PASTORAL CARE CORNER

By The Rev. Deacon Glenn Morrison, Pastoral Care Coordinator



This month we conclude my series, “The Way of Love”. The Episcopal Presiding Bishop Michael Curry is encouraging everyone, not just Episcopalians, but all Christians, to find a way 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 Canterbury Tales, I have used this forum, the “Pastoral Care Corner”, to share a different practice each month. All of these practices are taken from the website www.episcopalchurch.org/wayoflove. I invite you to explore this website and learn more!

This month the topic is “Worship” Presiding Bishop Michael points out on his website the following regarding “Worship”:

When we worship, we gather with others before God. We hear the Good News of Jesus Christ, give thanks, confess, and offer the brokenness of the world to God. As we break bread, our eyes are opened to the presence of Christ. By the power of the Holy Spirit, we are made one body, the body of Christ sent forth to live the Way of Love.

Here at Canterbury-on-the-Lake we are lucky to have a worship space, the St. Luke’s Chapel, that allow us to gather as a community and do as stated above. We offer services each and every week that anyone is welcome to attend. First off we have a Roman Catholic Mass on Mondays that serves the worship needs of all of our Canterbury sisters and brothers of the Roman Catholic faith. Wednesday mornings there is a contemplative Morning Prayer service, where we can gather and pray, but also learn. We hear, during this service, a commemoration celebrating the ministry of someone that has been instrumental to the Christian faith throughout the ages. This service is a wonderful opportunity to gather together and worship. Then on Sundays, can all gather for our main service each week at 2pm to worship as a community and hear God’s word.

Worshiping does not always have to be done in church. As the Chaplain here, I am always more than willing to bring communion to those that can not attend a service in the church or bring the Body of Christ to someone who is bound by needs that will not allow him to attend.

I want to invite everyone, in this New Year; to discern your own ways to come together with all of us and reconnect with God and his beloved Son. We all worship in our own ways, but worshiping as a community brings us together with God’s people to celebrate all that God has for us.

I want to say Happy New Year to each of you, I look forward to another wonderful year here at Canterbury-on-the-Lake. I love being a part of this beloved community and being connected to God with each and every one of you! For more resources on the “Way of Love” I invite you again to go to the website above. Thank you for reading the past several Pastoral Care Corners as we learned about this together.

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

The Lively Leas

By Tiffany Gregart, Interim Director of Residential Health Services and Leas Manager



The fickle days of Michigan winter have arrived. It seems that Mother Nature can not decide what temperatures she likes. The winter can be difficult for a lot of reasons besides unexpected temperatures. For some of us staying happy and healthy through the long winter days can be a challenge. Here are some tips on how to survive the long winter months.

Stay hydrated. Carry a water bottle with you and make hydrating a priority. Drinking a lot of water can make a great difference. Water cures so many things. It increases energy, promotes weight loss and is even a natural headache remedy.

Get your sleep. Getting a good night of sleep is very important. Cold winter days can make us a little lazy and that can throw off our sleep patterns. Getting good sleep can have a positive effect on your body and mind.

Eat your oatmeal. A great healthy alternative for breakfast is oatmeal. Not only is it a nice warm choice on a cold morning it is heart healthy alternative and high in Zinc.

Wash up. Hand washing is always important but even more during cold and flu season. Proper hand washing is a good way to keep the germs away.

Be Social. Make sure to get out and have some fun. Although it can be appealing to stay in your apartment where you can be comfortable and watch the snow flakes fall, it is important to get out, enjoy your neighbors and get involved in all the great activities we have to offer.

A little cold never hurts. On mild days, get outside and enjoy the fresh air. Crack a window for a few minutes. Fresh air is great way to clear your mind.

Go sight seeing. The Leas Dream Cruise still happens all winter long (weather permitting) each Thursday at 2:30 p.m. Remember, winter days can be beautiful!



From The Pavilion Life Enrichment Team

By Molly Alderman, Pavilion Life Enrichment Manager

The residents of The Pavilion had a wonderful holiday season! We decorated cookies, did some crafting, and looked at pretty holiday lights. Each floor also enjoyed its own Christmas celebration with live music, cupcakes, and gifts! All of the residents had a wonderful time. Our residents had a lot of special visitors last month! They listened to Christmas carolers who went down the hallways to brighten their evening. They also made a holiday craft with some of the local Girl Scouts.



We are looking forward to fun indoor activities during the chilly winter season. We will stay inside to do activities such as exercising, crafting, and playing ladder ball. We are also starting a new program called "Around the USA". Each month the residents will learn about a different state in our great country.

We hope to stay active during the snowy months and we encourage families to join us for future activities!



Southminster Salutes . . .



By Margaret Nommensen, Southminster Resident

Charity Close to Home



Charity begins here in Pontiac with All Saints Episcopal Church. All Saints was founded in 1837 when Pontiac was a village of a thousand residents. It was known as Zion Church until 1904 when the name was changed to All Saints.

In 1857, a brick building with a large spire was built. In 1970 the spire blew off in a storm and was never replaced. In 1905 and again in 1948 fire destroyed the church. In 1914, the rectory was built. In 1927, Stevens Hall was built

and was used for Sunday school classes for five to six hundred children.

From 1953 to 1973, the Rev. George Widdifield was rector. During that time of the civil rights era with busing and open housing, many of the mainline churches left Pontiac, leaving All Saints and First Presbyterian Church to remain.

Betsy Fitzgerald tells about the community programs that are now offered at the church. Since 1994, "Bound Together," a tutoring program for local children is held, focusing on reading, math and writing. It is run by ninety volunteers.

A free breakfast is served every Saturday; morning to about 150 people. The menu includes hot oatmeal, cereal, sausages, and fresh fruit. Bread is donated by local bakeries.

A "veggie market" is held every Saturday featuring fresh produce brought from the Eastern Market by a volunteer at a price local residents can easily afford. Over 30,000 pounds of produce are sold every year. A resale shop is also open every Friday and Saturday from 10am to 2pm selling clothing and household goods at affordable prices.

Betsy tells a success story of a homeless man who was served at the free breakfast. He then attended the Sunday service at All Saints. He was afraid he would be asked to leave, but was kindly greeted and made welcome. He became a regular helper around the church until he eventually found a paying job. He now has his own home, furnished with the help from church members and their furniture bank.



All Saints has been, and continues to be, a focus of help for the people of Pontiac who need it most. Charity does indeed begin at home, but in this case, it surely is close to home!



VOLUNTEER CORNER

By Liz Vachon, Volunteer Coordinator



Volunteers have been a large part of our history and we have had so many wonderful individuals do outstanding activities for our community. I would like to highlight a previous volunteer that spent many years volunteering with her small children. You also will be familiar with the name, as this is our very own Southminster resident, Charles Fox's daughter-in-law, Diane Fox. Diane was a volunteer about 20 years ago during a time when she was homeschooling her children. Diane had two therapy dogs that were German Shepherds, and after their training, she started visiting some local nursing homes in the evenings. She quickly found out that it wasn't such a great time of day to visit with people as they were turning in for the night. She started calling around to see if she could do some visits with the dogs during the daytime hours, and Canterbury called her back. She started off slowly with one visit per month just herself and the dogs, but later added her three children. Then they decided to increase their visits to once per week. The therapy dogs were definitely the highlight of the week.

The fun didn't stop there with the dogs! Diane eventually started bringing her baby goats and other small farm animals to Canterbury in the spring time. It was truly exciting to see the resident's faces light up when a baby goat jumped all around their feet! Diane shared with me a story about a baby goat visiting a particular resident. This person knew there were going to be baby goats, or 'kids', as they are referred to in farming terms. Diane walked into the resident's room with her own human 'kids', and said, I brought my kids to see you! The resident looked very sad, especially when she saw Diane's actual 'kids' walk in, as this resident really wanted to see the baby goats. The goats came in moments later, and the resident's face lit up with joy! The goats jumped on her bed, and the resident cried with excitement! It was truly a memorable experience for all.

Diane and her three daughters were also part of a homeschool group, and soon after volunteering with the dogs; it was decided that we could have the homeschool children come and do crafts once per month with our residents. This was a wonderful way to create intergenerational programming at Canterbury. The residents loved working along side the young students. Diane said, "As a homeschooling mom, you learn early on that multigenerational learning makes for well rounded children that see everyone as valuable and that they all have a worth we can learn from." Diane went on to say that her children really learned a lot about empathy. They recognized that sometimes all it takes is a warm smile and gentle hug to really make someone's day. The residents looked forward to seeing the children each month.

"We (Diane and her daughters) gained a group of grandparents that we still tell stories about. These "temporary" grandparents taught us so much from giving our time, to learning a history we would not have known if not from the stories we heard from our new friends at Canterbury" After Diane had volunteered for five years, Diane's father-in-law, Charles, was looking for a new place to live and there was no question in her mind as to where he should reside! Diane credited her working alongside the other volunteers, nurses and doctors as well as the staff that gave her the confidence her father-in-law would be well taken care of.

Volunteers do make an impact on our residents every time they are with us. We are so grateful to those who take the time to build these friendships; as this is what makes Canterbury a special place to live.

You may reach Liz Vachon at 248-674-9292 during regular business hours, or email her at lvachon@cotl.net or see her in her office which is located in the Lower Level Community Center between the Clinic and The Pavilion entrance

The Pulse of The Pavilion

By Ronda Pype NHA, Pavilion Associate Administrator

Happy New Year from the Pavilion! 2020 is a year that is going to be exciting and challenging as a new Leadership Team guides us into the future. We are looking at all our different departments to see how we can service our residents better. After all, that is the only reason we are here. If you have any suggestions, our office doors are always open.

We want to thank all of you who took the time to make sure our residents had all they needed during the holiday season. The generosity of this community is unmatched and I am so blessed to be a part of it.

From all the staff in The Pavilion, we wish you a happy, healthy, and safe New Year!



WELLNESS CLINIC NEWS

ALL Southminster and Leas residents

Happy New Year!

It's that time of year again! Please stop by the Wellness Clinic to update emergency contacts and insurance.

Please bring any new insurance cards and Medicare (the card with letters and not your social security number) cards.

We need you to come do this even if you do not see Canterbury's doctors. Here is a reminder of Clinic hours:

Monday, Tuesday, Wednesday & Friday 10:00am-12pm

Thursday 1:00pm-3:00pm

Just a friendly reminder! If you need to see your doctor for any reason, you must make an appointment with the Clinic to be seen. Also, Dr. Klein, the Podiatrist, is here once a month and his services can be billed to Medicare every 61 days.

If you need refills, or just need to ask the doctor a quick question, you still need to make an appointment.

Clinic Staff can also leave the doctor a message and get back with you later. Our appointments fill up fast, and our doctors base their day on our schedule.

Be happy. Be healthy!

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Canterbury Tales is the bi-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.

