

Canterbury Tales

Volume 31, Number 2

A CANTERBURY-ON-THE-LAKE PUBLICATION

February 2018



A Big "Thank you"!

By Rochelle Rothwell, Executive Director

I would like to take a moment to express my thanks to all of our residents for their support and patience during our ongoing construction project. I know it has been noisy, disruptive and, at times, very stressful. And while we are not done just yet, we are so close!

The spring thaw will bring clean up of snow hidden debris and landscape that was not able to be completed due to construction delays. Punch list items (things needing replacement or repair) is our ongoing process as we wind down the project. We can't wait for use of the new covered porch area near the Pub. I suspect it will be a popular summer spot with ceiling fans and soft seating for comfort on our hot, summer nights.

As we opened new areas, it was great to see the Southminster residents enjoying the renovated Iris Dining Room during our "pop up" surprise, happy hour on January 16. Residents enjoyed the view out of the large windows, even if the view was a five degree, snowy day. The bridge connector to Southminster was already in use and we know this will be an added convenience to residents throughout Southminster.

We have also received much positive feedback on the new, private rooms within the Pavilion and the ability for one to heal and rehabilitate in a private, comfortable surrounding. The larger rehab space is allowing for those residents to work with state of the art equipment and our dedicated therapists.

I am proud and thankful to have taken part over the last five plus years in the planning and execution of this project. It will offer new opportunities to care for our residents and our area seniors. As of this writing in mid January, The Meadows has been open just over one week and we have 12 apartments spoken for. We are seeing positive interactions between staff and our new residents. (Continued on back page)



***The Courtyard in
The Meadows Memory Care***



The Iris Dining Room



Community Life Services in The Meadows

By Cyndi Maybee, Meadows Community Life Services Manager



Do you throw away your ad papers and coupons that you receive in the mail because you don't have time to clip the coupons? Let us clip them for you! Please save them for The Meadows Coupon clipping extravaganza! We are looking to accumulate as many coupons and sale paper ads as we can!

This activity is great for someone who previously enjoyed paperwork or housekeeping and marketing. It's repetitive and makes the person feel as if he or she is contributing. Not only will this be an activity for our residents, but all of the coupons that we clip, you can use! We will have a coupon basket in the Main Street employee break room and you can take the coupons that you choose! We will clip, & you can shop!

If you would like to donate your sale paper ads and/or mail coupons for us to clip, there will be a coupon collection basket at the Community Center reception desk.



You may reach Community Life Services Coordinator, Cyndi Maybee at 248-674-9292 during regular business hours, or e-mail her at cmaybe@cotl.net. Cyndi's office is located in the hall beyond the Pub near the entrance to The Meadows



Canterbury Gives Back

By Michelle Isopi, Pavilion Life Enrichment Manager

Thank You



for your Kindness

This past November the residents of The Pavilion stated they would like to do something during the holiday season for those in need in our greater community. We decided to give back to the adult women and men in surrounding areas. The Life Enrichment Staff along with the help of our residents and volunteers put together 52 gallon sized Ziploc bags filled with toiletries, a t-shirt, socks, and snacks. We completed 21 bags for women and 21 bags for men. We chose to give to the adults this season as we feel most people give to children around the holidays but the need is great to help men and women too. We also donated 20 blankets. The items were dropped off to a homeless shelter in nearby Pontiac. Thank you to Canterbury for allowing this activity to take place. It was fulfilling for all those involved, and it felt wonderful to give back to those in need in our community.

You may reach Michelle Isopi at 248-674-9292 during regular business hours, or email her at misopi@cotl.net. Michelle's office is located on the 2nd floor in The Pavilion.

A Memo from The Meadows

By Christie Petiprin, Meadows Manager



Making Memories in The Meadows

Week 2 is off to a busy, but wonderful start in The Meadows. We welcomed our 7th resident home today and we couldn't be more excited. Our residents are a close knit group and it has been such a pleasure to see both old and new Canterbury residents interacting and expanding their social circles. The residents are adjusting wonderfully and everyone is settling in. Residents have been busy baking, doing arts and crafts and enjoying pet visits from one of our very own resident's dog, Romeo.



As things continue to move forward, we are gearing up to meet more new families and potential residents as we have several people on our waiting list. Sometimes this process can take longer than anticipated, but we do require several pieces of documentation from a primary care physician, as well as our own internal paperwork and assessments.

If you have not yet stopped by for a visit, please set up an appointment to take a tour. Our lovely art work has been hung on the walls in the hallway and our activity spaces are filled with puzzles, typewriters, service uniforms and more! I look forward to updating you again in next month's edition of Canterbury Tales. Stay warm everyone!



These pictures of The Meadows residents participating in making snowflakes, a Valentine's Day craft and a friendly visit from Romeo, a very sweet rescue dog!



You may reach Christie Petiprin at 248-674-9292 during regular business hours, or e-mail her at cpetiprin@cotll.net. Christie's office is located across from the dining room in The Meadows.



Volunteer Corner



By Liz Vachon, Volunteer Coordinator

When I get started on a new project that I am very excited about, I tackle it with lots of energy and excitement. If the project is long, or ongoing, I often lose the excitement I had at the beginning. I can apply this statement to many different aspects of my life, including the volunteering that I do during my personal time. I have gotten "burned out" from volunteering before, and I have had to find creative ways to keep myself inspired. I want to make sure that the Canterbury Volunteer Team does not get tired from their volunteer experiences. Think back to your first day: I am sure it was full of emotions: nervous, excited, or even unsure of what your day would be like. After, I know many of you were looking forward to coming back again. I want to help each of you find a renewed sense of passion for volunteering. If you are feeling "burned out" from the work you do, let's talk! I want to help you be inspired again!

I think of volunteers as superheroes. When you think about it, volunteers do share a lot of characteristics that you think of when you think of a superhero. I asked my eight year old daughter what she thinks about when she pictures a superhero. She said that superheroes are 'powerful', 'they save the day', 'they are brave', 'generous', 'strong', and are "two-sided." I asked her what "two-sided" meant and she said, "you have to be a regular person AND a superhero. I loved that because guess what? Volunteers ARE regular people, AND superheroes. You give your time, love, and energy without want of personal gain. Each of you has the qualities that a superhero possesses. If you haven't thought of yourself as a hero, think again!

So, "Canterbury Superheroes", let me help you be inspired to continue to "save the day!" The Meadows, our memory care building, now has residents moving in! Thank you for all of your patience with the parking and the construction during the year-plus it took to complete this project. If you have experience working with people who have dementia, or if you would like to speak to me about obtaining some training for working in The Meadows, please contact me. Some of you have already spoken to me, and we will be in touch soon regarding volunteering in The Meadows.



You may reach Volunteer Coordinator, Liz Vachon at 248-674-5325 during regular business hours, or email her at lvachon@cotl.net. Liz's office is located in the Lower Level Community Center between The Pavilion entrance and the Wellness Clinic

Canterbury
on-the-Lake



FUN FACT!

Did you know?

Canterbury-on-the-Lake first opened its doors on February 14, 1994 to residents moving in to The Pavilion from St. Luke's Home in Highland Park.





PASTORAL CARE CORNER

By Rev. Deacon Glenn Morrison, Pastoral Care Coordinator

Has it been a year already? I passed my one year of working here the first week of January and so many things have changed during that year. The Meadows has been completed and residents have started moving in; the Iris Dining Room has been remodeled, and Canterbury-on-the-Lake continues to grow. But even as things change many things stay the same. One of the biggest changes has occurred in me as I have begun to see much clearer now the way God is working in my life as my first year here was filled with many joyful learning experiences for me, but also brought with it a fuller understanding of how frail our lives are. When God calls us home it will be important for each of us to be prepared and be sure to have certain matters taken care of. This past year I have had the opportunity to work with several families in planning services and performing those memorial services for our own family members that passed. One thing that I noticed as I worked through that process was how difficult it can be for the families that had to do that.

I am offering an alternative for everyone here at Canterbury-on-the-Lake that I would like to call "What to know before you go". Taking the time to plan your service ahead of time helps our loved ones to have one less detail with. This allows for more time to work through the grief period. I am offering everyone, residents and staff alike an opportunity to set up a time with me, even if you do not plan on having your service here at St. Luke's Chapel. Sit down and plan your service ahead of time. Select the scriptures, the hymns, even tailor the prayers as you like. It really gives us a peace of mind to know that not only are we doing this for our families, but also for us as well, knowing that the service you want performed, the words spoken that you would want, and knowing that it will be done. I am more than happy to work through this process with everyone. Call my office and leave a call back number if I am out.

Peace to all during this Epiphany/Lenten season! Also, please note, Imposition of the Ashes on Ash Wednesday will take place on Wednesday, February 14th at 10:00AM. All are welcome.

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



News from Residential Health Services

By Ronda Pype, Director of Residential Health Services



This month we start the annual process of reviewing our vital data and advanced directives. Some of you may be asking, "Why do we have to update you?" The quick answer is that you do not but the long answer is that you should. This process is to benefit you and your loved ones. The months and days go by quickly and before you know it, your son or daughter who "just" moved has been in their new home for years. The information is only used in an emergency to inform your loved ones when you may not be able to. If you have not already, please make sure to stop by the Clinic to go through these important forms.

Campus Care/At Home Private Care has been in our building for six months. We have been very lucky to have some wonderful and caring staff on that team. Be on the lookout for some special activities that Campus Care will be sponsoring this month!

You may reach Director of Residential Health Services Ronda Pype at 248-674-9292 during regular business hours, or e-mail her at rpype@cotl.net. Ronda's office is located in the Lower Level Community Center near Facility Services.



“Developing News”

By Susan Hammersmith, Director of Development

The Advantages of Giving (and Receiving) Through Canterbury’s Charitable Gift Annuity Program

Most charitable gifts are easy to understand. You write a check to the charity of your choice and the gift amount is deductible from your taxable income. There are other ways to give, some of which can provide greater benefits to both the charity and to you. One of the easiest and most accessible giving vehicles is a Charitable Gift Annuity (CGA).

How a CGA Works

Charitable gift annuities are known as “split interest” gifts, meaning money flows both to the charity and to you.

You give: At least \$10,000 in either cash or appreciated assets (such as stocks, bonds or mutual funds)

You receive: A guaranteed income stream until you die (or both you and your spouse die). Typically, that is when the charity of your choice receives what remains of the money that you used to fund the annuity. In addition, there are tax benefits.

The Guaranteed Income

Most CGAs offer the same return because most providers adhere to the rates recommended by the American Council on Gift Annuities. This keeps charities from having to compete with each other based on rates. CGA’s offer fixed rates only – there is no such thing as a variable CGA AND you cannot buy an optional inflation rider as you can with a commercial annuity.

Canterbury-on-the-Lake now has a Charitable Gift Annuity for you to invest in as a way of making your legacy gift to Canterbury. On Wednesday, April 20th at 3:30 p.m. in the St. George room there will be an informational seminar about Canterbury’s Charitable Gift Annuity Program. Space is limited for the April meeting.

If you have any questions, contact our Director of Development, Susan Hammersmith, at 248-674-5390.

You may reach Director of Development Susan Hammersmith at 248-674-5390 during regular business hours, or e-mail her at shammersmith@cotl.net. Susan’s office is in the Upper Level Community Center near the Reception Desk.



News from the Therapy Department

By Kristie Back, OTR

The therapy department at Canterbury-on-the-Lake will be putting on a “walker wash” on Feb 28th at 11:00AM for LEAS residents and at 3:00PM for Southminster residents. Bring your walker, wheelchair, and any other devices that you would like therapy to check, modify, or tighten up. This event will be hosted by Stacy Loy, PTA (physical therapy assistant) and Kristie Back, OTR (occupational therapist). Feel free to make your way to the therapy gym with any questions or call down at 248-599-4079.





The Lively Leas

By Tiffany Gregart, Leas Manager



The fickle days of Michigan winter have arrived. It seems that Mother Nature can not decide what temperatures she likes. By now we have learned that you can't trust the ground hog and that winter is here to stay. 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 difficult. Here are some tips on how to survive the 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 even though 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 and enjoy your neighbors 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) as Winter days can be beautiful. (Thursdays at 2:30pm)

I hope these tips help you through the winter months. Before we know it spring will be here with summer just around the corner, and we will be talking about ways to beat the heat.

You may reach Tiffany Gregart during regular business hours at 248-674-9292, or e-mail tgregart@cotl.net or in his office located in The Leas near Main Street in the Lower Level Community Center



The PULSE of The Pavilion

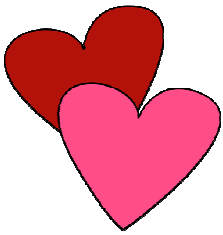
By Diane Slupka NHA, Pavilion Administrator

Dear Canterbury Visitors,

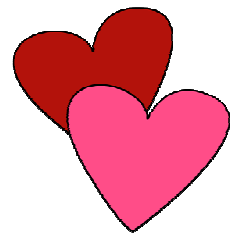
Due to the severity of this year's flu season, please consider refraining from visits with our residents (throughout our community) if you are exhibiting any flu-like symptoms.

*Thank you for understanding.
Canterbury-on-the-Lake*





A Message from Executive Director Rochelle Rothwell



(continued from front page)

For many of our team, the end of the building project means the beginning of new work in order to market and continue to fill the Meadows with residents that will call it home. Others will spend their time caring for residents or running fun and meaningful activity programs for those residents.

We do know that access to The Meadows is now limited for the safety and security of those residents; but should you wish to visit or have a tour of the area, please let a member of the Canterbury team know and we will be happy to arrange it.

Please enjoy these photos of our progress along the way and, again, accept my sincere thanks for allowing me to do what I love at Canterbury-on-the-Lake.

(Bottom) The Southminster 2nd floor connector from the Iris Room



(left) The connector "connection" to the 2nd floor



(Left) Newly expanded Rehab Gym in The Pavilion



Seating overlooking the courtyard in The Meadows

(Right) Sitting area outside the 1st Floor Dining Room in The Pavilion



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Canterbury Tales is the monthly newsletter of Canterbury-on-the-Lake and can be accessed on our website at 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.



