

Canterbury Tales

Volume 30, Number 7

A CANTERBURY-ON-THE-LAKE PUBLICATION

July 2017

A Perfect Day for a Great Cause- 9th Annual Good Samaritan Golf Outing a Hit!

By Susan Hammersmith, Director of Development

On Thursday, June 8th, 100 golfers took the field at the Fountains Golf Course in Clarkston for the 9th Annual Good Samaritan Golf Outing. Four hundred and fifty golf balls were dropped by attendee Mark Zappa from a helicopter hovering over the fairway prior to the awards dinner. At the awards dinner prizes were handed out to the first place and last place teams, as well as winners of the Longest Drive and Closest to the Pin contests.

The first place team, with a score of 58, was Mark DeRaud, Bill Kelsey, Mike Kelsey and Brandon Pierce. For the third year in a row, the last place team, with a score of 84, was Chris Fierke, Lisa Markey, Peace Vumomse and Kathleen Walker. The winners of the Longest Drive contest were Tanya Smith, and Nick Novaroski. The two winners of the Closest to the Pin contest were Kathy Krause and Joe Damico.



(L) Peace Vumomse, Kathleen Walker, Lisa Markey and Chris Fierke



Resident Joe Lanni and Board Member Phil Hough having some fun!

The winning golf ball drop numbers were 447, 48, 222, 279, and 151: The \$500 prize winning golf ball that landed closest to the pin belonged to Deborah Johnson. The second place prize of \$250 was awarded to Johnanna Sprague, and the three \$150 third place winners were Dr. Ray Breitenbach, Phil Hough, and Margaret Nommensen.

In total, more than \$17,000 was raised for Canterbury's Good Samaritan Fund.



2017 Winning team (L) Bill Kelsey, Mike Kelsey, Mark DeRaud and Brandon Pierce



Mark DeRaud, Joe Lanni and Rochelle Rothwell display the winning golf balls from the Helicopter golf ball drop

News from Residential Health Services

By Ronda Pype, Director of Residential Health Services



Summer is here! The children are out of school and vacations will soon begin. One of the things that I love about the month of July is the heat. I know that it is a personal preference, but in July the heat does not go away (even if your favorite season is winter). As you age, people over the age of 65 are less likely to sense and respond to changes in temperature, because of this I want to share some of the different ways that you can keep yourself healthy during the summer months.

- Stay in air-conditioned buildings as much as possible.
- Do not rely on a fan as your primary cooling device during an extreme heat event.

- Drink more water than usual and don't wait until you're thirsty to drink.
- Don't use the stove or oven to cook; it will make you and your apartment hotter.
- Wear loose, lightweight, light-colored clothing.
- Wear sunscreen if you need to go outside.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know, has symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Canterbury offers a lot of excellent and fun activities that are inside during the hotter times of the day. Summer is a time to enjoy, and by following these tips from the CDC, you will enjoy this season safely.

We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than what they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives.

Gary Zukav

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 the entrance of The Leas



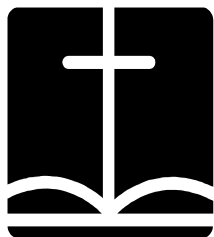
Community Life Services



By Jamie Martin, Director of Resident Services

On June 14th we held our annual kick-off to summer party under covered parking in Southminster. This year's theme was "Boot Scootin' BBQ" as we invited square dance caller Ray Wiles (who in turn brought 16 dancers with him) to provide our entertainment for the evening. With perfect weather we enjoyed the traditional square dancers. We have had resident requests for several years for such a party, but only recently had we "fallen upon" Ray as a contact. It was so great to see some of our own Southminster residents and staff dancing as Ray called. I would like to thank the Community Life, Resident Services and Unidine departments for all their help with preparation and execution of this great event. We have such fun parties at Canterbury because we have such a strong team to provide them. We hope you enjoyed our kick off to summer as we look forward to spending it with you. Please see page four for pictures of the event.

You may reach Director of Resident Services Jamie Martin at 248-674-5388 during regular business hours, or email her at jmartin@cotl.net. Jamie's office is located in the Lower Level Community Center across from the Wellness Clinic



PASTORAL CARE CORNER

By Rev. Deacon Glenn Morrison, Pastoral Care Coordinator

July brings with it the “Long Green Season” in the church. What does that mean? It is the season of the Propers. Although it is a season without a specific Holy Day, or any major day in the church, what it brings with it is a season of learning, discerning, and prayer! We as Christians take the time during the summer to look deeper into our faith. We should open the book and find what it is saying to us. This, just like during Lent is a wonderful time to look deeper into what God is saying to each of us. The best way to do that is to dive (not into the cool waters of a pool) but into scripture. As the weather warms up it is a great time to warm up to God and to his Son, our Savior, to what is being said to us in scripture, and to maintain a routine or a discipline, much as we might do during Lent. Open the Bible and read; the Bible can be the summer read of the year! I think it has been for years, and is why it still remains on the bestseller lists every year! Enjoy your summer!

July

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

THE MEADOWS MEMORY CARE ANNOUNCEMENT

By Rochelle Rothwell, Executive Director



It is with great pleasure that I share that Christie Petiprin has accepted the position of Memory Care Manager. Christie is currently the Pavilion Administrative Support Coordinator. Christie has a great deal of experience in working with memory care and those persons impacted by dementia. She has a Bachelor's Degree in Gerontology from Madonna University, certification in dementia care, and experience in life enrichment, caregiving, sales and marketing and program development.

Christie's transition to her new responsibilities will be gradual as memory care operations begin. For the time being, Christie can be found in The Pavilion.



Please congratulate Christie – she has an exciting and challenging opportunity ahead of her. I know as a community we will support her and all who work to create our memory care program!.

"Boot Scootin'" Summer Southminster BBQ



Canterbury History *By Rochelle Rothwell, Executive Director*



I would like to share with you the history of the property on which our community sits. There was once a cabin on the property which is now located at Drayton Plains Nature Center in Waterford. The cabin, which had living space, was 24 by 21 feet. It was on the property prior to the Windeler Family's moving to Windy Acres, and was originally a get away for the owners of the land. In 1941, they built the main house on the property. Earlier when the Windelers owned the property, the cabin was rarely used. Then a local Lutheran church asked if the cabin could be used to house East German refugees that the church sponsored.

From 1961 to 1977 the cabin was used as a home for newly wed Windeler children as they started their lives and new families. There are family stories of horses looking in the bedroom windows, as well as the families trying to keep pipes from bursting during the cold Michigan winter nights.



When Canterbury was being built, the cabin was purchased and set to be relocated in Lake Orion by a Windeler family friend. However, they were unable to get a permit to move the cabin due to its small size. The cabin was then donated to the Nature Center, where you can continue to visit it today.

Continued on back page

Pavilion Life Enrichment News

By Cyndi Maybee, Pavilion Life Enrichment Manager



Have you heard about our Life Reminisce Stations that we are creating on the 3rd floor of the Pavilion, and would you be interested in donating some items to make our vision a success?! The Life Reminisce Stations that we are currently envisioning are: a ladies dressing table and wardrobe, a nursery station, a men's station, and a pet station. For the ladies dressing table and wardrobe we are looking for donated items such as clothes, jewelry, hair pins, and ladies hats etc. For the Nursery station we are looking for baby clothes, diapers, bottles and blankets. For our Men's Life Reminisce station, our vision is military uniforms, firefighter/police officer uniforms, fishing/tackle gear, and model cars or trains. If you would like to donate to any of our Life Reminisce stations or have any suggestions, and ideas, please see Cyndi in Life Enrichment!

You may reach Cyndi Maybee in Life Enrichment at 248-674-5284 during regular business hours, or email her at cmaybee@cotl.net. Cyndi's office is located on the 2nd floor in The Pavilion.



Development News

By Susan Hammersmith, Director of Develop-



Gifts at Work – New Resistance Chairs in the Wellness Center



No more folding card chairs for exercise. The Wellness Center has 15 new resistance chairs! These chairs are an all-in-one "gym" designed to be used by seniors for low-impact exercise.

Laura and Heather had our residents test a chair over several months for comfort, ease of use and benefits. The response to the test chair was so positive we ordered more. The chairs were purchased using funds from an estate gift from one of our residents, Ed Kuhn. While Ed was living here, he participated in as many programs and activities as he could and wanted to make sure that others can have the same experiences that he had. In the future Mr. Kuhn's gift of "wellness" will be seen throughout our campus.

To learn how you can make a difference at Canterbury, contact our Director of Development at 248-674-5390.



Volunteer Corner

By Liz Vachon, Volunteer Coordinator

Our volunteers come to us for many different purposes. We have people that are looking to make new connections and new friends. We have students that are obtaining community service hours for school but also learning that volunteering is fun! We have newly retired volunteers who are excited about creating a routine in their lives and also feeling good about doing something they enjoy. We have a special group of students who are near and dear to our Canterbury hearts, who volunteer to gain experiences and skills that will help them obtain jobs after graduation. The students come from a program called Life Tracks. These students work hard for an entire school year. You have likely seen them in The Pub or in the Leas dining room with their maroon colored polos shirts and smiling faces. They are found working hard not only in those areas, but also in many different areas of our community. The Life Tracks students work in the kitchen, The Pub, The Leas Orchid dining room, Facility Services, the Salon, and in The Pavilion taking care of our birds. The jobs they do are the jobs that are often overlooked and can be thankless. Life Tracks students empty garbage cans and wipe tables. They clean the equipment in The Wellness Center, and help change lightbulbs through the building. They clean carts in the Salon, and transport residents to and from their appointments. We had 21 students this year who worked a total of 2,058 hours from October 2016 through May 2017. These students are here to please everyone and want to work hard for all of us. If you give them a job to do, they will do it and do it well! We are very proud of their accomplishments this year, and we had a pizza party to show them how much we appreciated their efforts. Some of the students have graduated from their program and are in search of jobs in the Waterford community. Others will be back in the fall. We are very thankful for our partnership with the Waterford Schools Life Tracks program.



You may reach Volunteer Coordinator Liz Vachon at 248-674-9292 during regular business hours, or email her at lvachon@cotl.net. Liz's office is located in the Lower Level Community Center near the Wellness Clinic and the inner entrance of The Pavilion

Canterbury-on-the-Lake's fleet of vehicles runs seven days a week. We are so proud of our drivers and the compassion they show the residents who utilize their services. We are able to accommodate the following:

Transportation:

- * To and from airports
- * To and from family events
- * To and from social and group events
- * To and from doctor appointments



Please ask for a fee sheet to keep in your apartment. When you need a ride, it's door-to-door service. We will drop you off and pick you up at your destination, and when you want to come home just give us a call at (248) 884-5352. If you call and we don't answer, leave a message and we will get back to you as soon as possible.



Tips for Healthy Travel

As the weather warms you may find yourself contemplating shaking off the winter with a trip, perhaps to visit relatives or maybe even a full blown vacation to a distant locale. No matter the distance or the circumstances, it can help to plan ahead; transportation from Point A to Point B can present challenges, especially if you have any health related issues.

The following guidelines can help you prepare for a trip and improve the chances that it will be healthy and enjoyable for you.

Consult your doctor. Get a pre-trip medical check-up, especially if you have chronic conditions.

Take sufficient medication. Be sure to pack a large enough supply of your medications to last the entire trip- and extra in case of unforeseen delays or extended stays.

Carry a medical alert. If you have allergies or unique medical problems a medical alert card or bracelet is a good idea to alert providers or emergency personnel to your individual needs and concerns.

Pay attention to your diet. Eat healthy and stick to your usual foods if possible. It will help you feel more energized, and you are less likely to experience symptoms associated with a change in what you eat. Avoid “suspicious” foods!

In addition, your hydration needs may increase if you are traveling to a hotter or drier climate.

Keep moving and stay as active as possible. Being “cooped up” in a chair for hours at a time, may cause stiffness and discomfort in the joints. If you are flying, it’s important to learn seated strengthening exercises, such as marching and ankle pumps in order to promote circulation and mobility. If you are driving, you can take breaks, as needed, to move about and decrease discomfort.

Create and bring a memory book. In your memory book, input your itinerary, helpful contact numbers of loved ones and destinations and a list of medications. Traveling can cause confusion and may take a toll on one’s memory because it’s a new, fresh environment and an interruption to one’s everyday routine. Make a list of medications with times they need to be taken to avoid missing doses.

Air or international travel can bring its own set of additional challenges. Be sure to speak with your healthcare provider to determine your specific needs with these types of travel.

It’s important to make traveling enjoyable and safe. Utilizing these tips may alleviate stress for you and for your loved ones. If you have travel plans and are unsure if you can meet the physical demands, contact our Therapy Department for help.



A Message from Executive Director

Rochelle Rothwell



St. Luke's Home, which began in the 1880's in Detroit, serving elderly women without families was having difficulty locating a suburban place to relocate. Jane Windeler knew someone on the St. Luke's Board of Directors and in 1991, Jane agreed to sell 40 acres of her property to St. Luke's at a price lower than its market value. The community was renamed Canterbury-on-the-Lake to more accurately describe the beautiful landscape.



Many residents have asked about the totem pole that is located at the entrance of the Leas and the Pavilion. The totem pole was made out of an old oak tree that grew for 200 years on the site, long before the land was "Windy Acres." The oak tree was a place Jane Windeler used as a meeting place for old automobile rides whose proceeds were donated to charity. Naturally, the tree was climbed by six of the Windeler children, along with their kids and friends.

Despite efforts to keep the tree alive it became sick and died. All that was left was a massive tree stump until artist Gary Elzerman came with his cherry picker and chainsaw to transform the trunk into the beautiful landmark it is today. The angels sit on a base, which features symbolic history of the tree, including: the birds who nested in it and the settlers who came to the area and were helped by Chief Sashabaw's wife who offered medicine to treat a Malaria epidemic.



2017 CANTERBURY-ON-THE-LAKE BOARD OF DIRECTORS

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|-------------------------------------|---|--|
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July ★★

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.

