

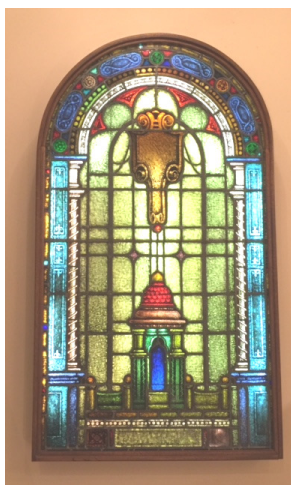


Canterbury Tales



Learning the Stories Behind Some of Canterbury's Stained Glass

By Rochelle Rothwell, Executive Director

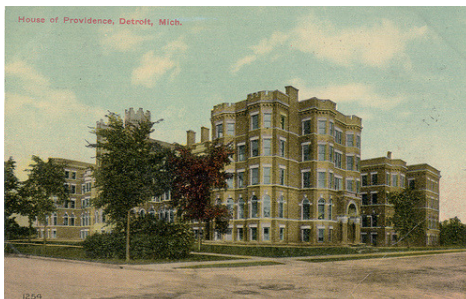


This month as I share more of our history, I am excited to reveal some newly learned details of our stained glass, a generous gift made to Canterbury-on-the-Lake on April 26, 2017.

Most are familiar with the stained glass piece that is featured in the stairwell near the elevator and the Iris Dining Room. That piece has been at the community for many years, but we had no history of who the donor, or how it became a part of Canterbury's collection.

What we know about that piece is that it is attributed to the Detroit Stained Glass Studio, which operated from 1861 – 1971. The piece was created around 1909 and was salvaged from the Old Providence Hospital, which was located at 2500 West Grand Blvd. in the city of Detroit.

The Sisters of Charity opened the House of Providence at that location in 1869, "for destitute children and unfortunate women," though the origin goes back to about 1845, when the space may have been used as an insane asylum. Both The House of Providence and The Old Providence Hospital used the site, and capacity was estimated between 500 and 600. The hospital used the space beginning in 1910.



When the building was used as a hospital (beginning in 1910), it is described as a castle-like structure that was quite elegant, with arched ceilings, ornate pillars and inlaid floors. The facility also featured a chapel and sun gallery at the rear of the building overlooking a courtyard. Providence School of Nursing also operated here. The building closed in 1965.



Continued on back page

News from Residential Health Services

By Ronda Pype, Director of Residential Health Services

June is National Safety Awareness Month. One of the biggest safety challenges that the older adult population face is “slips, trips, and falls”. The good news is that most falls are preventable, and aging itself does not cause falls.

Some of the underlying causes of older adult falls, such as muscle weakness, medications that cause dizziness, improper footwear, impaired vision, slick floors, poor lighting, loose rugs, clutter and uneven surfaces, can be prevented.

What can you do to make your home safer?

Remove clutter, small furniture, pet gear, electrical cords, throw rugs, and anything else that might cause someone to trip

Arrange or remove furniture so there is plenty of room for walking

Secure carpets to the floor

Wipe up spills immediately

Wear proper footwear (see therapy article)

Make sure outdoor areas are well lighted and walkways are smooth and free from ice

Use non-slip adhesive strips on stairs

Use non-skid mats or appliques in the bath and shower

Install grab bars in the tub, shower and near the toilet

Install railings on both sides of stairs

Provide adequate lighting in every room and stairway

Place nightlights in kitchen, bath and hallways

Make often-used items more accessible, like food, clothing, etc.

If necessary, provide personal walking devices, such as a cane or walker, to aid in stability

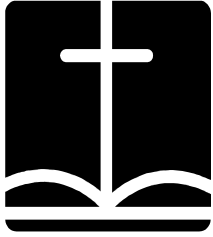


Thankfully the Facility Services team is there to help with the more environmental issues. However, if there is something on this list that you feel is a concern, feel free to reach out to me. We shall be happy to see if therapy can screen for issues within your home, or physical abilities.

If you have other questions or concerns, please call me at (248) 674-5394 or stop by my office which is located next to the Wellness Clinic in The Leas.



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



PASTORAL CARE CORNER

By Rev. Deacon Glenn Morrison, Pastoral Care Coordinator



June brings the season of Pentecost. What is Pentecost? From the book of Acts chapter 2 “When the day of Pentecost had come, they were all together in one place. And suddenly there came a sound like the rush of a violent wind, and filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.”

The Holy Spirit comes to us every day, I have witnessed that on so many occasions since I have been here at Canterbury-on-the-Lake. The Holy Spirit comes to us, and, even when the Spirit comes there may not be a rush of a violent wind or folks speaking in “tongues”, the Holy Spirit is with us all none-the-less. Jesus told his disciples that after he would leave them, he would send his advocate or paraclete to be with them. Paraclete is translated as “being beside them or comforter”, this is evident around here all the time. There are so many of you that are filled with that Holy Spirit, acting on his behalf as you comfort each other, comfort a resident or a staff member, or as a resident comforting the staff or family member. There does not need to be a rush of wind, or even a whisper of a breeze, to see the Holy Spirit at work around this campus from day to day! This is truly a community of diverse people, living each day together, as a family. When one needs comforting others step up and become that Spirit needed at that time. We lift each other up and stand beside each other as the advocate Jesus sent down for all of us.



Happy June and Happy Pentecost. Wear your red on Pentecost Sunday. Every day, The Holy Spirit is truly with us all!

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

Development News

By Susan Hammersmith, Director of Development



Feeling Jazzy! Canterbury is proud to announce that the Oakland University Jazz Band will be performing at the 20th Annual Gala on Friday, October 13th. Keeping with this year's theme “Puttin’ on the Ritz”, OU’s band will be entertaining guests with big band sounds as well as contemporary hits.

COTL is working on collaborating with Oakland University on bringing other FREE entertainment to the community in the coming months. Watch for more information on performances here at Canterbury!

If you have any questions about the Gala or the Oakland University Jazz Band, contact Susan Hammersmith at 248-674-5390 or shammersmith@cotl.net.



Community Life Services



By Jamie Martin, Director of Resident Services

Summer is here, and it is our biggest travel season for outings in the Community Life Services Department. Each month we meet with our Southminster residents who in turn give us ideas and suggestions for outings; and that's where we "get to work". In June we will be headed to places like Meadowbrook Theater to see "Why Do Fools Fall In Love?", and Stahl's Car Museum. We will go to Marine City to shop in the Antique shops, The Detroit Zoo and Penguinarium. We will take a trip to Turkeyville in Marshall to see "Life Could Be A Dream" as well as planned Wellness Nature Walks to Waterford Oaks Park.

Southminster's annual summer party is Wednesday, June 14. The theme has a country/ square dance feel and is called the "Southminster Boot Scootin' BBQ Summer Party". Remember, guests of our residents are welcome and encouraged to attend this large outdoor party and to dress in the theme if they choose. Be sure to RSVP by the deadline for this event. Our goal, as always, is to keep you as busy as you would like to be.

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



"She Does it All!"



Executive Director Rochelle Rothwell not only oversees most details on our construction project (pictured on left), she also lays brickwork in the courtyard of The Meadows Memory Care that is being constructed on site at Canterbury-on-the-Lake. EVERYONE is getting involved and excited for the new addition. If you aren't at our community for a few days, you miss a lot. The construction is going quickly now that we don't have the soggy ground to contend with. (The Meadows is set to open this fall.)



Canterbury
on-the-Lake 
Points of
PRIDE

From the Work Bench

By Mark DeRaud, Director of Facility Services



Nothing says spring like Spring Cleaning: tackling that clutter in the corner you have been looking at all winter. Getting that dust that has been accumulating on the highest reaches from the furnace running all winter. And those cobwebs what are cobwebs really? There is something about the way spring rejuvenates many of us that motivates us not just to spruce things up, as we do before a last minute guest, but really dig in and get under and behind heavy objects. The Facility Services Team shares this rejuvenation and has begun their version of spring cleaning. This year a deep clean of the buildings' siding, along with windows, patios and balconies, is a top priority. The algae has been historically bad. The spring list contains items such as opening the pond, repairing downspouts and roofs, bringing out the planters and furniture, and weed killing, pruning, and parking lot maintenance. (But spring cleaning does not end when we come inside or at the end of spring). Canterbury-on-the-Lake continues to offer on-demand window cleaning anytime of the year, and who says spring is the only or best time to vacuum the refrigerator coil or pull out the range in your apartment. Services such as these are always available, anytime of the year. Filter changes have just been completed and we scheduled special cleaning services for a number of residents. Take a look around your apartment, if you haven't already. Maybe there is a bit of clutter in the corner after the long winter, or a special concern you would like us to address. Spring is a special time at Canterbury-on-the-Lake. So let us help you get to that "honey-do-list" so you don't miss it. I hope to see you in the gardens.

You may reach Facility Services at 248-674-5349 during regular business hours, or email us at mderaud@cotl.net. Mark DeRaud may be reached directly at 248-674-5375. Mark's office is near the end of the Resident Services hallway.



Development News

By Susan Hammersmith, Director of Development



Let There Be Light!



On May 17th, a new solar powered, LED light was installed on the flagpole at Canterbury's main entrance. Thanks to an anonymous donation, Old Glory will be kept well lighted even on the darkest of nights. The new light sits at the top of the flagpole and shines down on to the flag.

We are so grateful for the support from so many who want all of our residents to enjoy the "Canterbury experience".

You may reach Susan Hammersmith at 248-674-9292 during regular business hours, or email her at shammersmith@cotl.net. She may be reached directly at 248-674-9292. Susan's office is located in the Upper Community Center near our main entrance.

Volunteer Corner

By Liz Vachon, Volunteer Coordinator

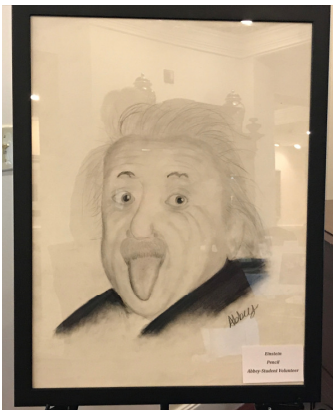


You may have seen a lot of volunteers visit Canterbury throughout the daytime hours, but some of our younger volunteers come in the evening as well. I would like to introduce to you our Tuesday evening volunteer, Abbey. She is a middle school student full of compassion as well as pretty incredible talent. However, we didn't know that she had so much talent until she started volunteering with our Fine Lines group.

Abbey started volunteering there to help sharpen pencils, set up drinks, and assist the residents with anything they might need during their evening art time. After Abbey was finished setting up, she sat down and started doodling. Southminster resident, Margaret Chaney noticed that Abbey was coloring and encouraged her to draw some eyes and then work down to the face. Abbey's drawing simply impressed Margaret. Her abilities are far beyond her age and Margaret said that she "really has a special talent for design as well as painting." Abbey is very detailed and she takes her art quite seriously. She is enrolled in art classes and would like to pursue this field when she graduates. Margaret and Abbey have exchanged many stories about their art mentors and the different



Margaret Chaney and Abbey



Abbey's artwork, "Einstein"

techniques that they have learned or tried. This artistic duo often shares stories about the differences and similarities in their lives. Margaret speaks highly of Abbey and describes her as being very sweet and respectful. She is shy at first, but when you start to talk to her, she is happy to carry on a conversation. (Our volunteers offer companionship and I love hearing about the connections that they are making with our residents.) Thank you so much, Abbey, for your kind and caring attitude that you bring every time you come to Canterbury.



This summer we are beginning our Walk and Roll Club where volunteers are going to take residents for a walk. The program will run Monday through Friday, and, as long as we have volunteers here, they will be able to take residents outside for a walk. The walking times will be 10am to 12pm, 2pm to 4pm and 5:30pm to 7:30pm.

Volunteers will be given a list of interested residents and will sign them out for a stroll. The weather will also determine if the program will run. If you know anyone interested in being a volunteer for our Walk and Roll Club, please contact Liz Vachon at lvachon@cotl.net or 248-674-5325. There will be special training provided on June 21st at 12:30pm where pizza lunch will be served. If that date does not work in your schedule, we will have individual training based on the volunteer's availability. We would love for you to join us on this fun adventure! Any questions, please contact Liz Vachon.

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



IMPROVE YOUR FOOTWEAR ... INCREASE YOUR SAFETY

Happy Feet-Proper Footwear

Did you know every 13 seconds an American senior is hospitalized as a result of a fall?

Many factors can contribute to falls, such as muscle weakness, low vision, unstable gait or irregular blood pressure. However, one of the most common causes of falls is **unsafe footwear**.

With so much variation among shoe features and brands, it may be difficult to determine what shoe may be the best fit for you. When shopping for a safe pair of shoes, look into the essential, structural components of safe footwear, including:

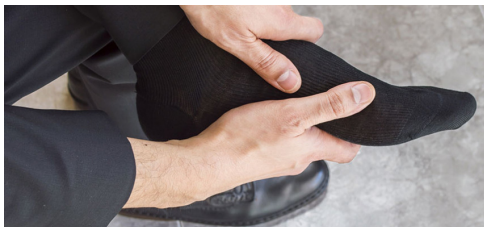
A firm, beveled **heel** to provide stability and prevent slipping

A textured **sole**

A thin, stable **midsole**

A tight pair of **laces** or Velcro to keep your foot secure in the shoe and to adjust easily

A supportive **arch** to accommodate the anatomical structure of your foot and increase comfort



When choosing a safe shoe, make sure you:

Give your foot room to move within your shoe. Your shoes should be snug without being too tight; there should be half an inch between the big toe and the tip of your shoe; this space gives your toes room to move comfortably without creating bunions or ingrown toenails.



Ensure your sole is the proper width and possess a non-slip grip. The sole of your shoe should allow you to feel the ground below. That way you can be aware of uneven surfaces.

Make sure the lining on the inside and material on the outside of your shoe can provide comfort and support. For example, make sure the lining does not have a lot of stitching around bony areas that can cause irritation. Leather is a recommended material for shoes; leather can easily stretch and form to your foot, which may increase comfort around bony areas.



Shoes provide an extra layer of support and stability especially on slippery or uneven surfaces. It's important to avoid walking in only socks or stockings or walking barefoot as these can increase the likelihood of falling. Fashionable, open-back footwear and high heels can also increase your risk.

If you have other conditions such as diabetes, poor circulation, decreased sensation, or orthopedic problems you may need to be even more specific in your footwear choices. Speak with your physician and your therapy department for recommendations.

Our therapy team specializes in fall prevention and our goal is to improve your quality of life every step of the way!



A Message from Executive Director

Rochelle Rothwell

I recently received a call from Bob Montgomery, who reclaimed the piece of stained glass we have. He tells of living in the Livonia area with his wife Helen, when he saw an article in the "Detroit Free Press" that the old hospital was to be torn down and that everything was for sale. Bob describes himself as being something of an "alley picker" and, upon seeing the chapel, was amazed at its beauty. Bob purchased five pieces: the window previously donated to Canterbury, along with three, smaller, round windows. He also purchased a door with a bottle glass window in it, which had been a staff member's bedroom door. He paid about \$200 for the five pieces.



Bob describes the biggest challenge of the purchase was having to remove the windows, with the help of a friend, from the second story chapel. The pair was successful. Presently, the Young Manor apartment building sits on the site of the old hospital.



The Montgomery family enjoyed the stained glass at their West Bloomfield home for many years before making the initial donation of the glass. Bob was pleased to see the case built around the piece for display purposes at our community. Bob also says he is not sure what the scene of the window depicts.

In April Bob and Helen visited Canterbury, offering a donation of two of the round windows. Bob came to be friends with a woman who graduated from the Providence School of Nursing, and he gifted her the third window that was reclaimed from the site.



We are thrilled with the donation, as well as having more details to share on the history of our pieces. We are searching for just the right spot to display the two pieces for your enjoyment.

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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.

