

Canterbury Tales

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March 2017

A Look Back at Our Rich History

By Rochelle Rothwell, Executive Director

As many of you know, one thing that is very unique about Canterbury is that it is rich with history. Recently I completed an orientation for our new members of the Board of Directors and during the on-boarding process, when new and seasoned Board members get together to prepare for the Board's work, I am always surprised to learn something new about the community's history that I did not previously know. Today I learned a bit about the location within the city of Detroit. When Canterbury was St. Luke's Episcopal Church Home. Those that came to live at the Detroit location gave their worldly possessions and were provided care for the rest of their lives. At times, those possessions included property. Much of that property sits within the City of Detroit's revitalized areas today. Many of the antique furnishings within the community today came to us from resident's private homes.

Over the next several months, I will share some details about Canterbury's rich history and features within the community. This month, I thought I would start with some history of the locations in Detroit and later Highland Park. The information below can be found at the following website <http://detroiturbex.com/content/healthandsafety/stluke/index.html> and also features a slideshow of photographs of the locations then and now. Enjoy!

St. Luke's dates back as far as the early 1850's. Though health care was still fairly primitive by today's standards, people were living longer lives, and there was an acute need for facilities to help the aged. In 1853, Matilda Caniff left \$1,500 to St. Paul's Episcopal Church "for the purpose of erecting a Hospital for the poor of the Episcopal denomination in the city, to be called St. Luke's Hospital." It took several years of fundraising, but St. Luke's Hospital was organized on February 7th, 1861. In 1863, Mrs. H.R. Andrews donated a house she owned on Lafayette between Griswold and Shelby to start the hospital.

The hospital was run and supported by Detroit's Episcopal churches, particularly St. John and St. Paul. Even in the early days the emphasis was more on the care for the elderly than as a hospital. There were 50 residents, in a well furnished but not luxurious house. A large garden provided food and recreation for the residents.

In 1865, the organization bought land on West Fort Street in what is today the neighborhood of Springwells. The Detroit Free Press reported that it was "Intended to be imminently a Christian asylum, combining with the physical relief of its inmates the consolations of our religion." However, lack of funding delayed construction, and for two years St. Luke's operated out of an unoccupied building offered to them rent-free by Harper Hospital.



Construction on the first of the buildings, designed by Gordon W. Lloyd in the style of "domestic gothic," began in June of 1868 on Fort Street. The cornerstone was laid on August 21st, 1868. This cornerstone sits today near the side entrance of the chapel at Canterbury-on-the-Lake in Waterford.

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Volunteer Corner

By Liz Vachon, Resident Services Coordinator



We have been wrapped with warmth and love this month as we have received a donation of 23 handmade quilts by the Great Lakes Heritage Quilters. Their generous donation of these beautiful quilts will be used in our building as well as for our memory care when that is complete. We were chosen by Great Lakes Heritage Quilters because two of their members had relatives that resided at Canterbury long ago. Approximately 50 people worked tirelessly since August to make the beautifully detailed quilts. We are so fortunate for their love and support of our residents, and we really cannot thank them enough. Pictured are two members of the group, Theresa and Sheila. Thank you so much Great Lakes Heritage Quilters!



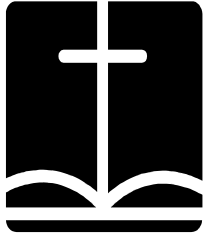
I want to take a moment to highlight one of our student volunteers, Colleen. Colleen has been volunteering with us for almost a year. You can find her in the gift shop on Thursday afternoons. She has also been spotted helping with activities in the Pavilion and Southminster, as well as helping with behind the scene prep work for the salon and the community life service department. Colleen is one of the students that is working to get the scholarship this year. If you shop at the Gift Shop on Thursday (or any day of the week) you will support the scholarship fund as well as meet this lovely young lady.

Colleen is a busy person and is involved in many after school programs. Aside from volunteering here at Canterbury, she is the president of her class, in student council, and leadership club. She is also in a group called Link Crew, Students Leading Students and the National Honors Society. Colleen is saving money to go to college by working at Bed Bath and Beyond. Colleen was chosen to be on Homecoming Court both her Junior and Senior year. As you can see, she is very involved in her community. When she graduates this June, she is hoping to attend Michigan State University or Western University to study secondary education, majoring in History. We are honored to have such an outstanding person volunteering at Canterbury. When you see Colleen, please thank her for all her help in making our community a wonderful place to live! Her bright smile will make your gloomy days disappear.

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 residents-
For your listening enjoyment in The Pub there are now music channels (from many genres) listed on the TV so you can turn the TV into your personal jukebox to enjoy some music during quieter times in The Pub.



PASTORAL CARE CORNER

By Rev. Deacon Glenn Morrison, Pastoral Care Coordinator



March 1st this year is Ash Wednesday which is the beginning of Lent. Each year we are reminded that Lent is a time when we are to “give something up”. Over the years I have always tried to look at Lent as a season which prompts us to look at our lives and see where we can change our lives to become more Christ-like. Christ, who came into our world and became man, was himself perfect. We, of course, can never reach perfection, but it does not mean that we should not try! We need to look at our lives, see the problem areas and try and fix those imperfections.

When I hired in here at Canterbury-on-the-Lake, in the “New Hire Orientation” I learned that when walking around in this living space that belongs to all the residents, it is customary to say hello and also ask “how are you doing”. I learned that it can be perceived to be very rude to ask that simple question in passing, then not wait for a response. I admit I bet I have done that many times in the past, but I will never do that here. This is a simple example of a possible Lenten practice! There can be many different life changes that we all can make. We can give up chocolate or pizza or other things that by giving them up can improve our lives, but I love pizza, and I would feel bad if the local pizza shop lost my business and had to close!



If we decide to give something up for Lent, that is perfectly fine. I am just suggesting that instead of giving up something. Change how others see us. That way everyone can share that change for the betterment of all. I will continue to walk around here humming a fun tune, smiling at everyone I see, and when I ask someone how they are doing, I resolve to give my full attention to listen. But wait; that is how I am now! What change will I make for Lent? Well I think I will pray, and wait and listen for God to guide me or show me what it is that I need to do differently. If it turns out to be pizza that I am being told to give up, maybe I will portion control myself. That way the pizza guy won't suffer, and neither will my waistline! I'm holding out hope for a lifestyle change. So let's all wait and see! Happy Lent everyone!

You may reach Glenn Morrison during regular business hours at 248-674-9292, or e-mail gmorrison@cotl.net

What's Cooking in Dining Services

By Troy Terry, Interim General Manager, Unidine

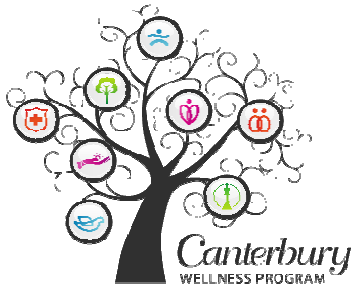
MARCH

March is National Nutrition Month. We will be featuring healthy nutritional foods in The Pub the week of March 6-10. We will have soups and the daily specials that are nutritional and healthy. March 8 is Registered Dietitian Day and we will have puzzles and a guessing jar in The Pub. The week of March 13-17 we will have diet education in The Pavilion. March 20 -24 the Iris Dining Room will have nutritional daily specials. There will also be a Chef Demo on March 21 with a Registered Dietician to talk about diet education. On March 27-31 there will be a chef demo in the Leas that will showcase a nutritional dessert.

This month the Chef Demo will have a Registered Dietitian attend to help educate residents about healthy diets. If you would like diet education at a different time please contact the Dining Services Team and we can set up a meeting.

Thank you for all your comments and ideas on how we can make your dining experience better. If you have any questions please contact the Dining Services Team.

You may reach Troy Terry during regular business hours at 248-674-9292, or e-mail tterry@unidine.com



Wellness Matters

By Laura Burmeister, Wellness Coordinator

Exercise is a vital part of our lives. In our Wellness Center we focus on working on the following: to ease your arthritis pain, improve your balance, heart health and muscle strength. We offer a variety of exercise classes. While teaching my classes, you will hear me say: if it doesn't feel right, STOP! Please read below some safety tips regarding exercise.



Know the Safety Tips

No matter what exercise you do, be aware of your limitations. If the exercise or activity hurts, then stop! If you feel dizzy or have discomfort in your chest, arms, or throat, stop. Also, go slower on hot and humid days, or exercise in an air-conditioned building.

Senior Exercise Directory

Exercise in older adults is very important for balance, heart health, muscle strength, blood circulation, and more. Exercise may be something fun, like playing golf or tennis, or something very simple such as taking the stairs or parking farther away from the grocery store so you take more steps. Tai chi and yoga are great exercises for those wishing to increase their balance and muscle tone. Water exercises are gentle on the joints but great for your heart and lungs.

Senior Fitness: Why It's Never Too Late to Start

Even people in their 70s and 80s can benefit when they start to exercise -- as long as they do it safely and your doctor has cleared you to exercise.

Less Arthritis Pain

If you have arthritis, regular exercise can help ease your pain. And it can make your daily activities easier. Try non-impact exercises like swimming. (I offer a water aerobics class on Wednesday mornings held at Waterford Kettering High School Pool.) They can be easier on sore joints.

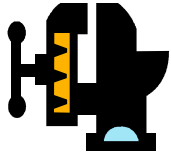
Healthy Heart

It's no secret that exercise is great for your heart. Regular workouts lower your risk of heart disease, improve your blood cholesterol levels, and help control and even prevent high blood pressure.

Strong Bones and Muscles

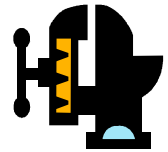
Your bones and muscles get stronger when you work out. It's especially important to do weight-bearing exercise, such as weight-lifting, tennis, walking, and dancing. This can help build bones as you get older. And it can help ward off osteoporosis and protect your balance and coordination.

You may reach Laura Burmeister during *regular business hours* at 248-674-9292, or e-mail lburmeister@cotl.net



From the Work Bench

By Mark DeRaud, Director of Facility Services



All indications suggest we are in the midst of a pretty significant construction project here at Canterbury-on-the-Lake. Those looking for action certainly are getting it now. We have heavy construction equipment, construction trailers, surveying equipment and a number of orange vest clad workers doing their thing any time, day or night. There are construction materials stacked here and there, excavation, concrete, design prints, hard hats and of course, the DO NOT ENTER signs cluttering the community. No doubt this all means construction and construction means progress. But we know sometimes progress is difficult to fully appreciate while we are in the throes of major disruption and change. And make no mistake, a construction and renovation project this large in scope causes disruption. It was just December when a gas main was broken by an excavator causing untold disruption and inconvenience to our community. But through the grace of God and the help of the many dedicated employees of Canterbury we made it through the experience unfettered. I would even go so far as saying we learned a lot that cold day in December about how to better prepare for and respond in similar situations should they ever occur again, for whatever the reason. As professionals in health care we are compelled to constantly evaluate our circumstances and adapt accordingly to ensure the safety and care of everyone who lives, works and visits our great community. My message is not about the inconvenience and disruption of construction as much as it is about the dedicated employees and network of resources in place to ensure timely response and effective action when things don't go just as we planned. Isn't that one of the many assurances residents receive when the decision is made to live in a community like Canterbury-on-the-Lake? Sure, progress can seem difficult but I hope when all is said and done we are able to agree it was all worth it. Stay tuned for construction updates and know we are grateful to you for the opportunity to serve you.

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.

FORE!

By Susan Hammersmith, Director of Development

Spring is quickly approaching! With the change of season comes one of Canterbury's signature events, the Good Samaritan Golf Outing on Thursday, June 8th. To switch things up, this year the Golf Outing will be held at the Fountains in Clarkston.

Never fear, Canterbury's very own Golf Ball Drop will cap off the day where participants can win prizes of \$500, \$250 and \$150. The Golf Ball Drop tickets will be available soon.

To reserve your spot on the field, contact Susan Hammersmith at 248-674-5390.



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A little over a year later was the grand opening of St. Luke's Hospital was held on September 16, 1869, with 10 patients. Weekly charge was four dollars to those who could afford it. In 1881, a chapel was built on the grounds, and an orphanage was added.



St. Luke's Hospital on Fort Street, built in 1868.

In 1912, the organization reincorporated as St. Luke's Hospital, Church Home, and Orphanage. Purpose was "for the care and relief of the sick and of aged, and infirmed persons, orphans and for a temporary refuge for the homeless and friendless..." As industry around Fort Street continued to grow, St. Luke's decided to move, and sold their property to the Pennsylvania Railroad in December of 1916. In April of 1917, work started on a new location on Highland Street in Highland Park that could hold 50 to 60 men and women.

Highland Street at the time was a rapidly growing community, already home to the Detroit Osteopathic Hospital, Highland Park High School, and Ferris Elementary School.

Designed by John Scott & Co. the new hospital was described in the October 28th 1917 Detroit Free Press as "a three-story main building and a service building connected by a wide one-story corridor. The main building provided accommodations for those residing in the home and included sitting rooms, sun rooms, reception rooms, and bedrooms. Part of the ground floor was given over to a memorial chapel which extends through the second floor. The corridor connecting the main building with the service building were designed also for use as a sun room and rest room. In the service building are the dining room, kitchen, housekeeper's suite, and sleeping rooms for the servants." Construction on a second three-story wing was announced in November of 1922.



The 1917 hospital on Highland Street in Highland

In 1941, St. Luke's Hospital Church Home and Orphanage had a capacity of 75 women and men. Hospital functions ceased in 1948, and the facility became St. Luke's Episcopal Church Home.

By 1990, the Highland Park building was nearly 85 years old, and in a deteriorating neighborhood. The nearby Osteopathic hospital was on the verge of closing, and the directors began looking for a new location. In 1991, the organization broke ground on a new retirement center on 40 acres in suburban Waterford, which opened in 1994. The Highland Park location was put up for sale, and sold to businessman Jon Rutherford.

In 1994, Doorstep West Homeless Shelter was founded by Rutherford as a 450-bed shelter, drug and mental health treatment facility, and job training center. The upper floors were converted into dormitories with bunk beds, and part of the service building became a library and storage space. By 1997 Rutherford was running the largest charitable operation for the homeless in the State of Michigan, with a second location on East Jefferson. During the winter over 400 women and children sheltered at the Highland Park location. In 2000, the shelter won a \$22.7-million dollar contract to provide mental health services for the county, providing foster care for mentally ill adults.

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News from Your Canterbury Therapy Team

By Hope Brown DPT, PT, Rehab Director

Anxiety & Depression

Enhancing your mind, body and spirit-life

Day in and day out we encounter stressors, which may cause us to become anxious or in some cases cause a depressed mood. Anxiety and depression are two conditions that can cause strain on the body and impact your overall mental health. Anxiety and depression are closely related, but are not the same and these symptoms can be experienced without having a medical diagnosis of either.



Life events or situations that generate emotions such as hopelessness, despair, and anger, can contribute to feeling overwhelmed by day-to-day tasks as well as creating a sense of fatigue or low energy. Experiencing too much stress too frequently can induce fear or panic and can contribute to a sense of anxiety in situations where most people would not feel anxious or threatened.

Many life events and daily stresses can cause sadness or anxiety. What is important is how we deal with these emotions to ensure that they do not progress to the point where they cause major problems in our lives.



There are many ways to reduce feelings of anxiety and depression. By making 5 simple lifestyle changes you can put yourself in a better position to manage these negative thoughts and emotions:

Making Sleep a Priority

Eating Healthy & Smart

Boosting Self-Efficacy & Loving Yourself

Learning & Utilizing Relaxation & Meditation Techniques

Staying Active & Exercising

It is normal to experience some degree of anxiety or depressed mood during our lives.

Stay educated on ways to reduce the impacts of these feelings and make changes to minimize the risk that they become true medical problems. If you feel that these emotions are causing you problems, consult your doctor immediately. Staying mentally healthy is essential to your quality of life and the lives of those around you!





A Message from Executive Director

Rochelle Rothwell



The Highland Street location in 2010.

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Though outwardly successful, in 2001 the shelter came under scrutiny as The Detroit Free Press found that Rutherford and his property management company had donated \$50,000 to the mayoral campaign of Kwame Kilpatrick, who then wrote a letter of recommendation for Rutherford in support of his bid for the mental health service contract. An investigation by the office of Wayne County Executive Robert Ficano of county contracts in 2003 found significant problems with how the contract had been written, citing it's relatively short length - only 10 pages long - and vague terms, including unexplained administrative fees. By 2005, the FBI was investigating Jon Rutherford for possible campaign finance violations, and in 2006 he was indicted by a federal grand jury for income tax evasion.

It's unclear exactly when Doorstep West Homeless Shelter closed. The last filing with the State of Michigan was in 2006, but was still being used a year or two beyond that. By July of 2009, the building had been closed and boarded up. Most of the equipment and paperwork were left behind, including a floor full of psychiatric records. Major fires in 2010, 2011, and 2013 damaged much of the main building, and destroyed the service building.

In January of 2011, Jon Rutherford was sentenced to 24 to 30 months in prison for tax evasion. The IRS estimated that Rutherford had diverted \$1.3 million dollars of grant money to himself, and another \$1 million dollars into his property management company. In exchange for testifying against Kilpatrick, Rutherford received a reduced sentence.

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Canterbury Tales is a monthly newsletter of Canterbury-on-the-Lake. 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.

