

# Canterbury Tales



Volume 30, Number 9

A CANTERBURY-ON-THE-LAKE PUBLICATION

September 2017

## *September is a month for celebrating at Canterbury-on-the-Lake*

*Written by Rochelle Rothwell, Executive Director*

**WE ♥ OUR  
EMPLOYEES**

One of the greatest things about working at Canterbury-on-the-Lake is the friendships with my wonderful co-workers. I feel grateful for the friends that I have made and the people I genuinely enjoy working with every day. Seeing those that feel passion for Canterbury, Canterbury's residents, and each other is amazing. I consider working here one of the great blessings of my life.

Along with that great blessing comes the challenge of how to properly say thank you to everyone. In years past we honored our staff during various celebration weeks such as Activity Professional's Week and Nurse's Week. It was difficult to ensure everyone felt our deep gratitude. While we tried, sometimes our celebrations were not exciting for those working in small departments. We also found it challenging to catch all employees on each shift to be sure no one was left out.

Last year we opted to change our celebrations and make it a fun-filled community week for all Canterbury employees to enjoy, and it was a huge hit! Canterbury's Second Annual Employee Appreciation Week is set for the week of September 17 – 22. This year we will celebrate our staff at an employee picnic, a pancake breakfast, a game of Let's Make A Deal, and hold an International dinner buffet. We will also circulate fun carts with items like ice cream one day and cappuccino another.

Like they did last year, we hope during that week, all of our residents will help us say thank you to everyone who works hard to make Canterbury the special place that it is. At a variety of locations throughout the community starting September 5, cards will be available for your use. If you would like to write a general note of thanks or recognize a particular staff member's good work, it will be much appreciated. The cards can be returned to any reception desk, the Director of Resident Services, Jamie Martin or to any member of the Community Life Services staff.



Thanks in advance for your participation. If you ask staff members at Canterbury why they are here, chances are the answer is, "for the residents!" Your words mean so much to our wonderful staff.

**CANTERBURY-ON-THE-LAKE PRESENTS:**

**PUTTIN' ON THE RITZ**

The 20<sup>th</sup> Annual Gala

*Written by Susan Hammersmith, Director of Development*

The location has been booked. The entertainment is lined up. There's only one thing left to do!

How would you like to be a part of the planning of this year's Gala? In September there will be a menu tasting where the final meal choices for the October 28<sup>th</sup> event will take place.

Two (2) spots for the tasting (date to be determined) will be raffled off. Southminster residents who would like to be a part of the tasting are encouraged to submit their name on the sign up sheet hanging on the Community Life Services Bulletin Board.

## News from Residential Health Services

*By Ronda Pype, Director of Residential Health Services*

Campus Care has a new look and a new company. Our new Campus Care is a division of At Home Health Services called At Home Private Care. It has been a part of our community as of July 21 and has done wonderful work since that day. We have overall had a very seamless transition. I think two of the reasons that we have had such early success is because of the two team leads and nurses, Tanya Smith and Crystal Henderson.

Crystal has been a nurse for 7 years; but she wanted to be a nurse her whole life. She started at a very young age helping her uncle at a group home and then later helping a bed bound man in her neighborhood. She worked very hard during nursing school because of her passion for people. Crystal lives locally, is married and has two children; a boy and a girl. She is excited about joining the team at Canterbury and getting to know all of our residents.



*Tanya Smith and Crystal Henderson*

Campus Care's other nurse is our very own Tanya Smith. Tanya has been with Canterbury for 10 years and has worn many different hats. She has been the Wellness Clinic nurse for 9 years. She is married to her dentist husband, Charlie, and has a fur baby named Cooper. She is very excited about expanding her role at Canterbury and helping the new Campus Care company grow and continue to help our residents live in their homes as long as possible.

### Update on Pricing

Recently there was a letter sent to all of the existing Campus Care residents that details an increase in pricing for monthly services which is effective on September 6. I want to explain why this change is happening and why it is a good move for our community. When GLC terminated their contract with Canterbury, they gave us 30 days notice which is a fairly short period of time to investigate companies, have them submit proposals, and then get them transitioned into Canterbury to provide care. Because of this, At Home was unable to determine the true cost of doing business in our community. Very quickly, it did the math and found that at the original pricing it would be losing money monthly. In order for it to be successful, it had to cover the costs. In a very short period of time we have seen the quality that At Home brings to our building and its willingness to be a partner with us in all the different levels of care. We support the change in pricing and believe it will allow At Home to continue to partner with Canterbury for a long time. (If you have any questions or concerns please see me anytime.)

Please help them feel welcome in our community.

**at home private**  
**care**

*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](mailto:rpype@cotl.net). Ronda's office is located in the Lower Level Community Center near the entrance of The Leas*

# NOW TAKING RESERVATIONS



## EXCEPTIONAL MEMORY CARE IS COMING TO WATERFORD THIS FALL

### Introducing The Meadows at Canterbury-on-the-Lake

Carefully designed to meet the unique needs of individuals with Alzheimer's disease and other forms of dementia, it's the all-new, state-of-the-art community your loved one deserves.

#### A Comforting Home and Care from the Heart

Residents will enjoy the many benefits of The Meadows:

- Beautifully furnished apartments with full, private bathrooms
- Secure courtyard in the center of the memory care community
- Three-season porch with eastern views facing picturesque Clam Lake
- Secure environment with personal care team on-site 24 hours a day

#### Featuring Heartfelt CONNECTIONS – A Memory Care Program®

With memory loss, the abilities that remain are far more important than those that are lost. We offer highly individualized memory care programming that promotes well-being, prolongs daily functioning and helps your loved one maintain personal satisfaction.



Contact Canterbury-on-the-Lake Now to Learn More.  
Call 248.674.9292. Visit Canterbury's [Website](#). Or email [info@cotl.net](mailto:info@cotl.net).

5601 Hatchery Road | Waterford, MI 48329 | [canterburyonthelake.com](http://canterburyonthelake.com)

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## Volunteer Corner

By Liz Vachon, Volunteer Coordinator



Something really exciting happened to one of our most treasured volunteers. Gwen Joseph, our Canterbury Memoir volunteer, has been awarded the Point of Light Award. The Daily Point of Light Award is presented by Point of Light each day, celebrating the power of the individual to spark change and improve the world. This program was created by former President George H. W. Bush and each day, around the world,



volunteers are recognized for their outstanding work in a community. I nominated Gwen, and sure enough, she was chosen to receive this prestigious award. She is the 6,062<sup>nd</sup> person to be awarded The Point of Light Award.

Gwen has a gift for eliciting incredible stories from the residents for their memoirs. Gwen is the new journal or diary. She knows what questions to ask our residents to further their discussion on their memories, or to even help them remember different things in their lives that they might not have ever shared with anyone. Recording the family history for posterity is “so neat”, and to know enables a great-great-grandchild to hear the story of their relative one day, in their relative’s own voice! To me, that is so invaluable to families.



As Gwen Joseph revisited hours and hours of family memories, Christmas eves spent with her extended family celebrating their Swedish traditions with performances, a family choir, and food – the familiar sounds of joy brought her back to those moments, captured by her grandfather, who would hit record on the tape player at the start of the night and let the tape roll.

She discovered this trove of recorded family tapes while clearing out her parent’s home, after losing them both in 2012. “It meant so much to not just remember the stories of my childhood, but to hear their voices. I thought, ‘This is something everybody should have.’”

Just as these tapes were valued by her family, Gwen realized that recorded memories could be meaningful for others as well. In a time when photo albums gather dust and many memories simply live on our smartphones and hard drives, she became a digital archivist.

A self-described “career volunteer,” Gwen had to do a deep dive into technology to learn how to compile edited CDs for the residents, something she’d never done before. She spends up to eight hours interviewing each resident and then as many as 40 hours editing just one CD. While time intensive, Gwen said the effort is fulfilling.

“It’s a passion,” she said. “I was raised to believe it has to take a community. You have to be involved, you have to help however you can.” Gwen, a former educator and reading specialist, said being involved is a family tradition; the value of volunteerism was instilled in her by her mother and father.

We are so blessed to have Gwen as part of our Canterbury Family. If you would like to have this award winning volunteer visit you and help you document your life history, please contact me and I will be happy to set you up with Gwen.



You may reach Volunteer Coordinator Liz Vachon at 248-674-9292 during regular business hours, or email her at [lvachon@cotl.net](mailto:lvachon@cotl.net). Liz’s office is located in the Lower Level Community Center



# Pavilion Life Enrichment News

By Cyndi Maybee, Pavilion Life Enrichment Manager



## Have You Heard?

The Life Enrichment Team has a brand new activity space! You may recognize this space in the Pavilion on the second floor, POD 2, as it used to be a sitting area. This is now the ACTIVITY COVE! Starting this month, we will be doing all of our fun activities with the exception of Bingo and Entertainment Hour in this space! This is a smaller, more personal space to achieve the most successful person centered activities possible. In the Activity Cove, we have supplies for independent activities as well as supplies for our volunteers who would like to play a game or do an activity with our residents.



We would love it, if you would join us for refreshments at our Activity Cove Open House on Friday, September 1st at 2:00!

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



## PASTORAL CARE CORNER

By Rev. Deacon Glenn Morrison, Pastoral Care Coordinator

*"Whoever hears my commands and obeys them,  
He is the one who loves Me."*

*John 14:21*



Obedience is what Jesus is asking of us, and we show Him every day through prayer and living a sacred life! A soldier must be obedient, and those that work in law enforcement, or firefighting, all must be obedient as their lives depend upon it. They all must follow orders, they all answer to the people that have higher ranks than they do. Who do we have to answer to? We follow the Word of God and the teachings of His Son, our Lord Jesus Christ. Being obedient to that is the way of life that will provide us all with the spiritual well-being that we seek. Much like those I mentioned above, our lives depend on that obedience, and we put our trust in Him who gave his life for us. He showed us that true obedience, by giving up Himself for us, He is asking us to do the same and we show Him that we do by Loving our Lord with our heart, our mind and our soul. And loving each other! We show that obedience by daily prayer as it says in the bible, pray ceaselessly. This is the true way of life and seems simple enough to do! Obedience to God is a condition of spiritual abundance, inward satisfaction, and the stability of the heart. Obedience opens the gates of the Holy City and gives us access to the Tree of Life.

*You may reach Glenn Morrison during regular business hours at 248-674-9292, or e-mail [gmorrison@cotl.net](mailto:gmorrison@cotl.net) or in his office located in St. Luke's Chapel*



## *News & Updates from The Pavilion Health Center*

*By Diane Slupka, Pavilion Administrator*



Greetings, from The Pavilion. Well, I cannot believe the number of trees I am seeing with tiny bits of orange and red coloring on the leaves! It seems we just celebrated the New Year! As we all know, change in the seasons is inevitable as is change in the Health Center.

Along with all of the changes CMS (State and Federal Government) has rolled out to us, we continue to navigate the renovation phases and changes in the Pavilion.

The renovations have been wonderful and challenging at the same time. We are very excited to announce the therapy gym is 99% complete! Our hope is to have the new gym open and running at 100% the first of September. We are planning a small open house for that area in the near future, and you will all be invited. We have several new pieces of equipment that make our gym one of the very best in the business.

As we start our next phase, we prepare, for several big changes. This next phase consists of closing the main dining room on the first floor and re-locating the nurses and their work stations. We have set up alternate dining venues and relocated the charge nurses to the care stations on each hall.

This also means change to the main corridor and our Unit Coordinator who normally sits at the nurse's desk to assist residents, staff, and visitors. The Unit Coordinator will be sitting behind the current desk in the corner where the doctors usually did their charting. The doctors will also be re-located to the care stations on each hall when they come in to make rounds and do their charting.

I am quite certain this will be the most "exciting" phase in the entire renovation project on the 1st floor of the Health Center! Stay tuned!

**Did You Know...** Heart Care P.C. with a local Waterford office is now available to provide "Cardiac Care and Consultation" for our community? Cardiologists Dr. Milford, Dr. Salvia, and Dr. Atkinson have over 90 years of combined experience in caring for patients throughout the tri-county area with your health being the highest of priorities. Heart Care PC cardiologists are board certified in Cardiology and also specialize in Internal medicine. All three physicians are affiliated with St. Joseph Mercy Oakland Hospital and McLaren Oakland Hospital. Additionally, some are affiliated with Royal Oak Beaumont Hospital and Troy Beaumont Hospital.

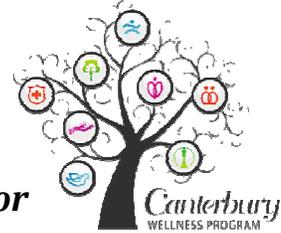
### **Continued Focus on Staff Development in the Pavilion**

As we continue to implement the Culture Change and focus on Resident-Centered Care we also continue to focus on enhancing the skills of our staff. We are working with our pharmacy and therapy partners to set up a specialized area focused training. We are developing a training program with educational opportunities for all staff, from our nursing assistants and licensed nursing staff to housekeeping, programming, clerical staff and more. We continue to utilize resources from LCS (such as consultants) while the admission team continues relationship-building with area health care providers. These combined efforts will continue to move us forward as we work through new regulatory challenges.

*You may reach Diane Slupka during regular business hours at 248-674-9292, ext. 5266, or e-mail her at [dslupka@cotl.net](mailto:dslupka@cotl.net).  
You may also find Diane in her office located in the lobby of The Pavilion*

# Wellness Matters

By Laura Burmeister, Wellness Coordinator



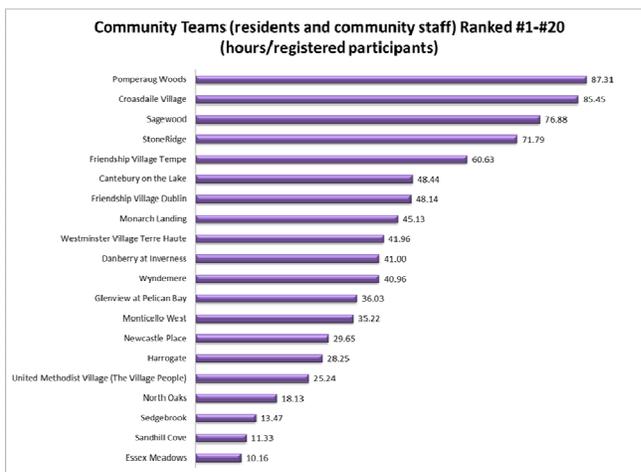
## Walk to End Alzheimer's LCS Exercise Challenge



At Canterbury on-the-Lake we participated in an exercise challenge spear headed by our management company, LCS, May 31 through July 29, 2017. We had 26 residents and 16 staff members take part in this exercise challenge. Our goal was to achieve the highest amount of purposeful exercise time through a variety of exercise options. Whether it was walking outside, using a treadmill, lifting weights or taking part in a group exercise class, all these options counted toward our grand total. This was a great way to motivate our residents and staff! I would e-mail our weekly results to the Lifestyle and Health Services Coordinator at LCS, and he would keep us updated on our progress. We are a smaller community (compared to other LCS communities) but that did not matter. We did fantastically in the standings! We were in 6<sup>th</sup> place out of 20 communities! Please see the official ranking attachment.



With LCS being a nationwide sponsor of the Walk to End Alzheimer's, the exercise challenge was inspired as a way to raise awareness for Alzheimer's Disease. Part of the mission of the Alzheimer's Association is to reduce the risk of dementia through the promotion of brain health. Exercise and physical activity are certainly ways to make our brains healthier. Furthermore, LCS, our management company is a strong supporter of the Alzheimer's Association and the Walk to End Alzheimer's.



Several Canterbury employees participated in the Walk to End Alzheimer's in Detroit on Saturday, August 26th at the Detroit Zoo (pictures in the next issue of Canterbury Tales). Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease! Together, we can end Alzheimer's disease. For those who

donated by taking part in "Casual for a Cause" Casual Days, attended ice cream socials and gave monetarily, your fundraising dollars fuel the Alzheimer's Association's mission-related initiatives of care, support and research. I would like to thank all our residents and staff members who participated in the LCS Exercise Challenge, and I can't wait to improve our number in 2018!



# A Message from Executive Director

## Rochelle Rothwell

The Rose Window, "A True Celebration of Life"

When walking into the St. Luke's Chapel you can feel the importance and meaningfulness of all the beautiful stained glass pieces. The piece that sits above the altar is known as the Rose Window.

The design for the Rose Window of Canterbury-on-the-Lake Chapel, was created by Richard E. Hanley, and is derived from the Rose Windows of the 17<sup>th</sup> century European cathedrals.

The term "Rose Window" comes from the petal shapes and center circle of the intricately curving framework which holds the stained glass panels. This framework is of stone, wood, or metal and is called Tracery.



To understand the symbolism present in this art form we must first look at the design's geometry. The circle is one of humankind's most profoundly sacred symbols which are universally accepted as the symbol of eternity. The number of petals radiating from the center circle is seven, a number of spiritual importance. In the Old Testament seven is the number of perfection and completion. In Christendom we have seven gifts of the Holy Spirit and seven sacraments.

Important symbols can also be found within the twenty-two stained glass panels making up the eight foot Rose Window. Central to the design is a stylized trillium. This lovely white flower is native to Michigan and has recently been designated the State Wildflower. The three white petals are a simple, natural symbol of the Trinity with petals representing God, the Father (Creator); God, the Son (Redeemer); and God, the Holy Spirit (Sanctifier).

The petals of the trillium are crafted of beveled glass to symbolize the pure nature of God. Warm shades of yellow, orange and salmon surround the trillium centerpiece suggesting the sun, an early symbol of Christ "The Sun of Righteousness" (Malachi 4:2).

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