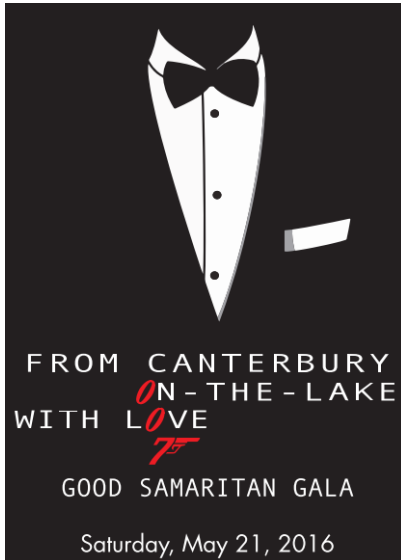


Canterbury Tales

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A CANTERBURY-ON-THE-LAKE PUBLICATION

March 2016



Think Spring!

Written by Susan Hammersmith, Director of Development

Spring is quickly approaching! With the change of season comes both of Canterbury's signature events: the Good Samaritan Gala on Saturday, May 21st, and the Good Samaritan Golf Outing on Thursday, June 23rd. This year's events are bound to be exciting for everyone who attends.

Good Samaritan Gala

This year's Gala will once again be held under the stars on Canterbury's campus to take advantage of the beautiful spring flowers around our grounds. This year's theme – 007 – will lend an air of sophistication to the festivities. Canterbury's culinary staff has cre-

ated a tempting menu guaranteed to leave everybody just a little shaken (not stirred)!

Good Samaritan Golf Outing

In June, we will move down the road to Brentwood Golf Course in White Lake to enjoy the outdoors and a round of golf. Be sure to get your tickets for the Golf Ball Drop, where, if the helicopter flying over the green at Brentwood drops your golf ball closest to the pin, you could win up to \$500!

If you haven't made your reservations yet, contact Susan Hammersmith at 248-674-5390.



2014 Good Samaritan Gala



2015 Good Samaritan Golf Outing

What is the Good Samaritan Fund?

The Good Samaritan Fund provides financial assistance to Canterbury residents who have outlived their financial resources. For residents who qualify for the program, scholarships from the fund are provided so that they do not have to move from their home.





Board of Directors' Spotlight

By Lauren Atkinson, Administrative Services



The Canterbury Board of Directors welcomed Don Loerch as a new Director for 2016. Don is the President of D.B. Loerch, Inc., a firm specializing in construction management and general contracting. Don's extensive experience in the construction business will be a great asset as the community undergoes renovation and expansion in the coming years. Don says that he feels that the greatest strength of Canterbury is the people who live and work at the community. He hopes to see Canterbury continue to evolve in ways that enhance its ability to serve the senior community.



WHAT'S COOKING IN DINING SERVICES

By Larry D'Andrea, General Manager - Unidine



I am very excited to be the Dining Service Director at Canterbury. I look forward to getting to know all of the residents and employees. I want to take the time to tell you a little about myself. I have been working in foodservice since I was 13 years old. My family owned a restaurant and my first job was washing dishes on the weekend. I was always interested in food and quickly started asking the cooks questions and learning from them. I have worked for Unidine for over 4 years as a food service director and have been in senior dining for almost 10 years. When I'm not working, I enjoy golfing and spending time with my wife Crystal and two children, Madison and Garrison. It is my goal to create a wonderful dining experience for all. I look forward to any suggestions that you have for menu items, ways we can better serve you, or anything else that's on your mind. I will be continuing the Q&A sessions that David held outside the Iris dining room on the first Tuesday of each month but to change things a bit, I will ask to join you at your table for a meal. Of course I will be a part of the Culinary meetings that are held in Southminster, The Leas and The Pavilion. Please note that for March and April the Southminster Culinary meeting will be held on the first Friday of the month.

Upcoming Dining Services Events in March

March is going to be a very busy month in Dining Services. We will be celebrating both St. Patrick's Day and Easter. The week of St. Patrick's Day, chef Scott will be featuring great Irish food specials in the Iris Room. The menu will, of course, include favorites like corned beef and cabbage & shepherd's pie. On Easter Sunday, we will have a brunch buffet from 12-4. It's a great time to bring guests to enjoy the wonderful homemade food. Watch for reservation sheets to be posted in the area of the community that you live in or please call extension 5217. In the Pub throughout March, we will be featuring Asian-inspired dishes on Thursdays, I hope you get a chance to try out some of our creations.

PAVILION LIFE ENRICHMENT NEWS



By Cyndi Maybee, Life Enrichment Manager

There has recently been an upsurge in attention over the use of aromatherapy. There are so many great benefits of aromatherapy, and specifically using aromatherapy with seniors. Several essential oils are proving effective for helping with symptoms of dementia, anxiety, sleep problems, and memory. Aromatherapy is getting an increasing amount of attention in long-term care facilities as an alternative for therapy for people who struggle with anxiety, forgetfulness, and sleep problems, to name a few. Studies find that certain essential oils have a positive effect on mood, behavior, and even cognitive functioning. The following are some Essential Oils that work magic with our elders:

Lavender- This essential oil is said to be calming and to balance strong emotions. It is also an antidepressant and useful in cases of insomnia. Use Lavender in the evening to promote better sleep or any time of day to promote better mood.

Peppermint- This essential oil is used to both stimulate and calm the nerves. It is said to rectify absent-mindedness and to stimulate appetite.

Rosemary- This essential oil is stimulating and uplifting. Rosemary stimulates mind and body. Rosemary oil also improves cognitive performance and mood.

Bergamot- This essential oil is mood elevating, calming, and balancing. Bergamot relieves stress, anxiety, and mild depression.

Make sure to check out the Life Enrichment calendar to join in on all of our Aromatherapy programs, including Music and Aromatherapy, Aromatherapy Lotion creation, and many more!

You may reach Cyndi Maybee during regular business hours at 248-674-9292 ext. 284 or e-mail cmaybee@cotl.net. You may also find Cyndi in her office located on the 3rd Floor of the Pavilion.



Charitable Gift Annuity

- Are you considering ways to support your friends, family, and neighbors at Canterbury-on-the Lake?
- Would you feel more secure with a reliable source of lifetime income?

Are you worried about your investments?

Age	Secure Annual Income*
75	\$1,340
80	\$1,520
85	\$1,780
90	\$2,100

*Based upon a \$20,000 gift and monthly payments for one annuitant. Example is for illustrative purposes only. Canterbury-on-the-Lake recommends consulting with your private financial professional to best meet your personal financial circumstances.

Making a generous gift to Canterbury-on-the-Lake in the form of a charitable gift annuity allows you to receive monthly or quarterly annuity income. You also receive a generous tax deduction, and the checks can be deposited directly into an account that you designate.

Most importantly, you will have the satisfaction of knowing that you have made a significant difference in the lives of the people at Canterbury.

To learn more, contact Susan Hammersmith at: 248.674.5390 or shammersmith@cotl.net





The Lively Leas
By Ronda Pype, Leas Manager



We have had such a mild winter, but I still can't wait for Spring to get here. The transition from winter to spring in Michigan is so unpredictable. One day it can be 80 degrees and the next day it can be 32 degrees. I know I cannot wait to have our patio and garden in full bloom. It feels like forever since we have been able to sit outside and enjoy our gardens and patio! There is nothing more beautiful than Canterbury in full bloom. If you are new to our community, just wait: words cannot express how wonderful everything looks. Welcome Spring and Happy St. Patrick's Day!!

For each petal on the shamrock
 This brings a wish your way -
 Good health, good luck, and happiness
 For today and every day.
 ~Author Unknown



*You may reach Ronda Pype during regular business hours at 248-674-5390, or e-mail rpypcotl.net.
 You may also find Ronda in her office located in The Leas.*

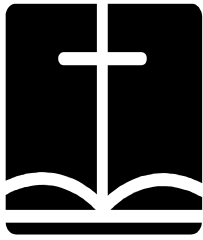
Canterbury-on-the-Lake's Holy Week Services

Easter comes very early this year. But it has been the tradition at Canterbury-on-the-Lake to include the full range of services to mark Holy Week and Easter on campus. Everyone is invited to attend any or all of the following—and if you have not experienced the Easter Vigil before, you are in for a treat!

- March 20 Palm Sunday Service, 2:00 PM**
- March 21 Roman Catholic Mass, 2:00 PM**
- March 24 Maundy Thursday, 6:00 PM**
 Foot washing ceremony, commemoration
 of the Last Supper and stripping of the altar
- March 25 Good Friday, 2:15 PM**
 Solemn observance of the Crucifixion.
 Communion from reserved sacrament
- March 26 Easter Vigil, Saturday, 6:00 PM**
 Lighting of the Paschal Candle.
 First celebration of Easter
- March 27 Easter Sunday, 2:00 PM**
 Festive celebration of the Resurrection

*All services will be held in St. Luke's Memorial Chapel
 in the Upper Level of the Community Center*





CHAPLAIN'S CORNER

By Fr. Bill Hale, Chaplain



Although Easter comes very early this year, it remains not only the busiest season of my year, but also the most dramatic and wonderful. Unlike the Christmas “season,”



which has been dominated by marketing pressures and over-sentimentalized to the point where it becomes difficult to experience the full religious depths it contains, Easter and the time leading up to it have largely remained the provenance of the faithful. In truth, the core of the Christian faith lies in the message of the death and resurrection of Jesus the Christ—a message which does not pale with the ages, but rather gains in power the more we participate in its drama.

The weeks of Lent provide us with time to read, study, pray, and reflect upon the nature of our life as we live it consciously in the presence of God. Week by week, we hear the Good News of how God’s love was made known by Jesus in his teaching and revelation of God’s love for us.

By the time Palm Sunday comes (March 20th), we cannot remain spectators or passive bystanders. Whether by shouting “Hosanna!” with a palm branch in our hands or crying out with other voices, “Crucify him!” we are drawn into the drama of Holy Week by the readings, music, and liturgy which has the power to stir the depths of our hearts and souls. During those days, we step away from the present routine and step alongside the disciples who were present at the Lord’s great drama, but could not understand its meaning as we do. As we participate, the power of the unfolding story sweeps us along, renewing our awe at the humility of Jesus and the purpose God worked out for our salvation.

Nowhere is this more poignantly felt than during the time from the Last Supper (Thursday night), through the pain of Good Friday, as we spiral into darkness—only to be brought into the light of Easter and the ever-astounding cry, “He is risen!” For those who have never experienced the power of this drama, let me invite you to join with other Christians as we celebrate this holiest of seasons together. And for those who already have known the power of Holy Weeks and Easters past, let us gather again “to tell the old, old story” and to re-experience the full range of emotions as we bear witness to what God has done for us through Jesus Christ.

*You may reach Fr. Bill Hale at 248-705-3778, or you may e-mail him at whale@cotl.com
Bill's office is located in St. Luke's Memorial Chapel*



Southminster Scoop

By Jamie Martin, Community Life Services Manager

This winter we had Canterbury's very own Dr. Diane Pick present a slide show on our National Parks as this year our park service celebrates its 100th year. Please watch for documentaries to be shown on Channel 3

(that's community-wide) on these wonderful parks throughout the year.

We are "famous" for our outings so I thought I would talk about where we are headed in March. Trips planned for the coming month include: REO Olds Museum in Lansing, the Golden Age Club of Waterford's community Spaghetti Dinner, the Detroit Symphony Orchestra's "St. Patrick's Celebration", "Blackthorn" at the Farmington Barn Theater, the Macomb Center for the Arts to see "The Tender Land" by Aaron Copeland. We will head to what has become a tradition to see the ice break up along the Black River in Port Huron, the Fisher Theatre to see "Matilda", the Fox Theater to see "Dancing in the Streets", Great Lakes Crossing to the Sea Life Aquarium and lunch at The Rainforest Café, to shop in Rochester at Barnes and Noble and Nino Salvaggios and of course our Mystery Lunch, which is one of our most attended outings. Although it sounds like a lot of options, our residents seem to be happy with the choices we provide because we have had more attendance on outings than ever before. Would you like to be part of the planning process for our outings and in-house activities?? Attend our monthly activity planning meeting or drop by and see me any time in my office. An interest survey will be distributed to our Southminster residents about overnight travel in the summer months that are "right around the corner".

It wouldn't be March and St. Patrick's Day without our annual St. Patty's Celebration with the Pontiac/Waterford Big Chief Barbershop Chorus. They will be here at 6pm on Thursday, March 17 to sing some of our favorite Irish tunes and to share in some St. Patty's festivities following their performance. With Easter being in March we will welcome back one of our favorite "demonstrators", Exotic Zoo. Don't worry they won't be bringing the reptiles out this time but just in time for spring they will have their "cute and cuddly" animals with them. Be sure to come by the Wellness Center on the 28th to check out the show. As always, there is not enough room to print all the fun things we are up to in March, so be sure and check your activities calendar.



Canterbury
on-the-Lake 

**Caregiver Support
Group**

**held each Monday
11AM-Noon**

in St. Luke's Chapel

(located in the upper level Community Center)

Southminster Resident Association Board Elections



For those who are new to the community, we wanted to share some of the upcoming events related to the Southminster Resident Association. Soon, there will be postings in Southminster with the photos and names of those residents who are running for Resident Association Board positions. Voting ballots will be distributed and collected at the March 14th Resident Association meeting held in the Iris Dining Room. Once the new members have been elected the Board will meet as a group to determine who will hold which position. We strongly encourage each resident to come to the March 14th meeting to have his/her vote counted.

A big “thank you” goes out to the following Southminster residents for serving on this year’s board: Ed Haley, Barb Burder and Chuck Martin. Your service is appreciated! Nominees for this year’s board include: Richard Fitzgerald, Sonny Miesel, Chuck Martin, Judy Schalm and Bea Torrisi.



From the Work Bench

By Mark DeRaud, Director of Facility Services



*May the
Luck o' the Irish
be with you!*



I have been known to be a by-the-book kind of guy. The analytical type. A real rule-follower. It is just my thing, I guess, but I strive for balance. I like to think; I think equally with my head as I do my heart. I try more and more to follow my instincts and listen to what my gut is telling me. Still, when it's cold out, I need to know the degrees Fahrenheit before I select my coat before going out. Imagine, then, my sheer excitement when we turned on our brand new, state-of-the-art mechanical control equipment, complete with important telemetry that not only tells us degrees Fahrenheit but motor speeds, water temperatures, and percent, open, closed or filled. We have had a building automation system since Canterbury-on-the-Lake was built in 1993, but technology now allows us to tie right into the control and, with a few computer key strokes, gain access to information that was either not available to us or only at the equipment. Equipment that may be on the roof in a foot of snow or behind a 160 degree hot water coil next to a whirling fan blade. This newly available information allows us to respond more quickly to changing environmental conditions. It provides new opportunity to save energy through a better understanding of the effects motor speed has on our building. It provides an enormous advantage in troubleshoot equipment failure and the mitigation of collateral damage and inconvenience. Mechanical contractors and other building services partners are able to see more readily a course of action before an expensive site visit is made for troubleshooting. Technology continues to amaze me, and as the ink dries on this month's article, we are preparing for the implementation of a community-wide wireless network that is certain to raise the excitement of those who live, work, and play at Canterbury-on-the-Lake the way our new building automation system raised mine. We will continue to research new and innovative ways to bring happiness and satisfaction to our community at the right price.

*You may reach Facility Services at 248-674-5349 during regular business hours, or email us at facilityservices@cotl.net.
Mark DeRaud may be reached directly at 248-674-5375.*



A Message from Executive Director

Rochelle Rothwell

We have had so many irons in the fire here at Canterbury over the past few months that time seems to have flown by. The holidays have come and gone, and we're already into March of 2016. Between the expansion and renovation project, the annual State Survey, and all of the holiday celebrations, we sometimes forget to pause for a moment and evaluate where we are and how far we've come.

Another of our major projects this past year has been working to improve our quality performance measures in the Health Center. These measures help us to quantify and demonstrate how well we are doing at providing care for our residents. I would like to take a brief pause to recognize some of the improvements that we have seen in the last few months:

For short-term residents, measures of moderate and severe pain have decreased by 8.6%.
For long-term residents, measures of moderate and severe pain have decreased by 12%.
Resident falls throughout the Health Center have decreased by 7%.

I want to extend a thank you to our Health Center team for their hard work in improving the quality of care provided to our residents. While we celebrate this success, we are also looking to the future with an eye on continued improvement. To achieve our mission of offering the highest quality of housing and health care for seniors, we will need to keep working on those areas that are most important to residents' quality of life.

Should you have any questions about our quality measures in the Health Center, or any other aspect of life and care in that area of the building, I would encourage you to seek out myself, our Administrator, Diane Slupka, or our Director of Nursing, Craig Berry. We would all appreciate the chance to share our success stories and to tell you about processes that we are working on. Healthcare is an increasingly complex environment, but having the right team who are in this business because they truly care about our residents and who have caring hearts goes a long way in helping us to navigate these waters.

2016 CANTERBURY-ON-THE-LAKE BOARD OF DIRECTORS

Executive Board

<i>Jim Gessner, Chair</i>	<i>Harold Burns, Director</i>	<i>Dr. Diane Pick, Director</i>
<i>William Ahlstrom, Vice Chair</i>	<i>Phil Hough, Director</i>	<i>Hilary Renno, Director</i>
<i>Margaret Birch, Vice Chair</i>	<i>Donald Loerch, Director</i>	<i>Judith Windeler, Director</i>
<i>Randy Arsenault, Secretary</i>	<i>Charlotte Maybee, Director</i>	<i>Ralph Windeler, Director</i>
<i>Cheryl Drutchas, Treasurer</i>	<i>Cindy Maxwell-Philips, Director</i>	



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, Community Life Services Manager by e-mail at jmartin@cotl.net.

