

# Canterbury Times

Created by Camille Snow and Erica Slevin



## Save The Date

Canterbury's Spring Open House is happening on Friday, April 25th, from 2:00 p.m. to 6:00 p.m.

An afternoon of tours, refreshments, and community connections. More details to come!



## Friendly Reminder

Canterbury is a scent-free facility. Please avoid scented products to ensure a comfortable environment for all.

Visiting dogs must be leashed in all common areas for everyone's safety and comfort.

## What's Inside?



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# ACTIVITY PROGRAM HIGHLIGHTS

**April 4~** The Lodge Pole Brass Quintet will be performing in the Court Atrium at 2 p.m.

**April 6th~** Come to the Court Atrium to support young music learners: Frank Ho's students will be having a piano recital at 1:30 p.m.

**April 9th~** After supper, come to the Atrium to hear The Diocese of Edmonton Children's Choir at 6:30 p.m.

**April 10th~** Terry Jordan will be performing at the Haven Birthday Tea, 10:00 a.m.

**April 15th ~** The West End Singers will delight music enthusiasts in the Court Atrium at 2:00 p.m.

**April 17th ~** The Canterbury Easter Tea will take place in the Court Atrium at 2:00 p.m., with cellist Birch Nero providing unique entertainment for everyone.

**April 24th ~** This is a busy day for our Manor residents. It's Spa Day in the Manor between 9:30 and 11:30. At 2 p.m., the Manor Birthday Tea will be held in the Manor Dining room, followed by Happy Hour at 3 p.m.

**April 28th ~** Randy Glen will be performing at 2 p.m. in the Atrium for our Court Birthday Tea. Come on down to celebrate Court residents who have an April Birthday!

**April 29th ~** There's going to be some fun in the Lane at 1:30 p.m. because Jukebox Leigh will be putting on a show for the Lane Birthday Tea!

**April 30th ~** Court Spa Day! Come to the Court Activity Room between 9 and 11 a.m. for a little pampering and relaxation.



# HAPPY EASTER

April 2025



## Message from our Chaplain

In the Christian Community the events of Jesus' life, death and resurrection is the heart of faith. We celebrate this remembrance with special days commonly known as Maundy Thursday, Good Friday and Holy Saturday (April 17, 18, 19, 2025). Since the fourth century, the church in the west has celebrated these three days remembering Christ's Passover from death to life for our salvation. The themes of light and darkness, of reading scripture, of celebrating the sacraments of Holy Baptism and Holy Communion and proclaiming the life-giving message of the resurrection make this three day celebration filled with faith, hope and love.

~ Colleen Sanderson

## Eastertide at Canterbury

**April 11th**, 9:30-10:30 a.m.,  
crafting with children from  
Laurier Heights Elementary  
School in the Court Atrium

**April 17th**, 2:00 p.m., Easter Tea  
in the Atrium

**April 18th** Good Friday Service  
at 10:30 a.m. in the Chapel

**April 19th** at 1:00 p.m. an Easter  
Egg Hunt in the Court Atrium

**April 20th** Catholic Easter  
Sunday Service in the Chapel at  
10:30 a.m.





## Onsite Services Available!

Please note: Families are responsible for scheduling and arranging payment for these services.

### Beauty Salon

Call us at 780-444-0483 to schedule an appointment. Open Tuesday - Saturday 8 a.m. - 4:15 p.m.



### Devon Foot Care

To schedule an appointment, call Loria Ralph directly at 780-987-2273 to arrange payment.



### Schaefer Denture Clinic

For denture appointments, call the clinic at 780-488-7777. Payment arrangements should also be made directly with the clinic. **Please note Canterbury does not provide basic dental or oral care, such as dentist visits; families are responsible for scheduling these appointments.**



### Tofield Eyecare (Optometrist)

To book an eye appointment with Dr. Kallal, call 780-662-0104 directly.



### Ferguson Hearing Clinic

For hearing appointments, call 780-456-0606 to book directly.



# The Heart of Canterbury: Employee Recognition Program

There are those who do their job and go home. Then there are those who commit to going that extra mile, guided by their heart. What they do isn't a 'job', it is a vocation. They go out of their way to enrich the lives of our residents and colleagues and promote a sense of community.

*Isn't it time we had the opportunity to formally recognize the exceptional people working at Canterbury?*

Canterbury Foundation recently formally launched an employee recognition reward program which enables family, friends and staff to nominate those they would like to see recognized for their efforts.

"Nominees should exemplify the values of the organization, go above and beyond in their role, inspire others through their dedication and positive impact while living, working and leading with heart".

A digital copy of the form has been sent to the Canterbury Families and Friends mailing list. In addition, copies are available in staff break rooms, as well as both the Court and Manor reception.

*'Rewarding those who enrich the lives of others'*



Welcome to the Team,  
Colleen and Michelle!



**Colleen Gannon**  
**Community Living**  
**Consultant**

1. She has traveled to all seven continents, including Antarctica.
2. She loves watching baseball with her family.
3. She enjoys trying out new coffee shops with friends.
4. She is a true crime junkie.
5. She believes that pineapple belongs on pizza.



**Michelle Marshall**  
**Controller**

1. Moved to St. Albert in 2023 from Nanaimo, BC
2. Has a cat named Daisy and a husband named Jason
3. Enjoys weightlifting & movies in spare time
4. Considered culinary school, still enjoys cooking (& eating!)
5. Studied Russian for 2 years in university

# Canterbury Chronicles

## LEADING WITH HUMILITY: THE INSPIRING LIFE OF DOROTHY MCVEY

The resident I'm highlighting this month is Dorothy McVey. She is a prominent member of the Canterbury Community who has been leading by example, balancing both modesty and initiative, since she moved into The Manor nearly seven years ago. What follows is a glimpse of her personal story:

Dorothy was born in Alberta at the Consort hospital, near the Saskatchewan border. Her biological mother relinquished her after birth. At the same time, another woman at the hospital had the misfortune of losing her baby. When they were made aware that a newborn had been abandoned, they were given opportunity to take this child home as their own. The baby was christened Dorothy May Vetter, and was named after a supportive nurse in the Consort hospital who the family lovingly referred to as 'Aunt May'. Dorothy chuckled as she described to the writer of being surprised when (in her 30's) she went through the passport application process and discovered that she didn't have a birth certificate! Apparently, the provision of a loving home had taken precedence over bureaucratic process.

Dorothy was brought up in the community of Veteran, Alberta, with two sisters, the youngest of which was a polio survivor.



Dorothy's parents, who emigrated to Alberta from the U.S., were originally of European and Scandinavian descent. Her father's family left for California after a few years, but Dorothy's father remained in Alberta and eventually invested in the farm Dorothy grew up on. Dorothy speaks fondly of her youth and her loving parents. She says she was particularly close to her father.

During the war years, her older sister helped with household work while Dorothy worked outside on the family farm. She says that she didn't really know much about cooking as a result and jokes that, as a young adult, she relied heavily on commercial recipes like those promoting Campbell's Tomato Soup... until politely encouraged by others to broaden her repertoire.

After graduating from high school in Veteran, Dorothy attended the Olds School of Agriculture and Home Economics. There she met her husband, Barry McVey, and they both finished their studies the same year. They were married in 1952 with the intention of eventually settling on a farm of their own. Initially, Barry found work in Calgary as part of a seismograph crew, while Dorothy found clerical employment with an insurance board. Later Barry found various other employment that was associated with farming and raising livestock throughout Alberta. Within five years, Dorothy says, they moved a total of nine times. In the meantime, they started a family. Dorothy had her first child on New Year's Day in 1954; her second child was born in 1955 and her youngest in 1957.

In 1957, the McVey's altered their original goal of farming and chose to settle their family in the town of Hinton, where they remained for 36 years. Barry worked to support construction of the local mill, and then was employed at that establishment for 30 years afterward. Dorothy focused on raising the family, but eventually took on a three-month position outside of the home to bring a little extra money. Three months ended up being the start of a 33-year long career.



Dorothy worked in accounting at the mill, then as treasurer at the municipal office, and spent her last six months as town manager (covering a sick-leave). She even worked for the town council, managing the budget. One of the projects to which she contributed was the installation of a computer system for the Town of Hinton, tailored specifically to the town's needs.

Dorothy speaks fondly of her career. She says that she “learned a lot”, and adds that she “certainly had a good mentor”. She enjoyed the challenge and loved her coworkers, staff, and the connection to others. Dorothy is extremely modest about her achievements and stresses that... “A boss is only as good as the people who work for them”.

Before she retired in 1993, Dorothy was offered an opportunity to participate in a government program assisting Hinton's ‘sister community’ in Zimbabwe, Africa. It was volunteer work, though her expenses were paid, helping to establish technological and managerial changes. She went with a number of people from Hinton, including her son. They had the advantage of experiencing a different culture and exploring the wonders of the country by touring places like Victoria Falls and going on several safaris.

The McVey's built a log cabin in Robb, Yellowhead County, before retirement and afterward made this their primary residence. They wintered in Arizona, traveled in Europe and at home across Canada.



They eventually moved away from Robb and settled in Red Deer, closer to healthcare amenities. Barry and Dorothy were married 59 years before he passed away in 2011. Afterward, Dorothy moved to Edmonton to be closer to family and moved to Canterbury Foundation in 2018.

When I asked Dorothy how she would describe herself, she laughed: “Down-home! I'm just ordinary, but I like helping people”. Reflecting on her career, Dorothy remarks, “I'm no smarter than anyone else, I just had opportunities to learn. Women are just as smart as men, but don't always have the opportunity. They need encouragement and have to put themselves out there”. Well, Dorothy learned to put herself ‘out there’ and even now has been quietly making use of her experience and natural skills to enhance the Canterbury community.

She has initiated a book club in the Manor, in which she is currently reading James Herriot to a steadily increasing audience. Dorothy also coordinates maintenance of the library on the second floor of The Court. In addition to other quiet acts of consideration to individual neighbours, she regularly volunteers with a partner to sing and play ukulele for residents receiving enhanced supportive care.

I'd like to finish by iterating that Dorothy is very modest despite her accomplishments and thinks of herself as ‘just ordinary’. When I asked what she was most proud of she immediately responded,



without hesitation, that she is proud of her family: her three children (Bob, John, and Kathie), six grandchildren, and nine great-grandchildren. She is the kind of person who values her independence very highly. She is grateful to maintain her autonomy and be able to contribute to the wellbeing of others. She is also affable and friendly... If you don't already know Dorothy, don't be shy- stop and say “Hi” the next time you come across her at Canterbury!



# Colouring Page

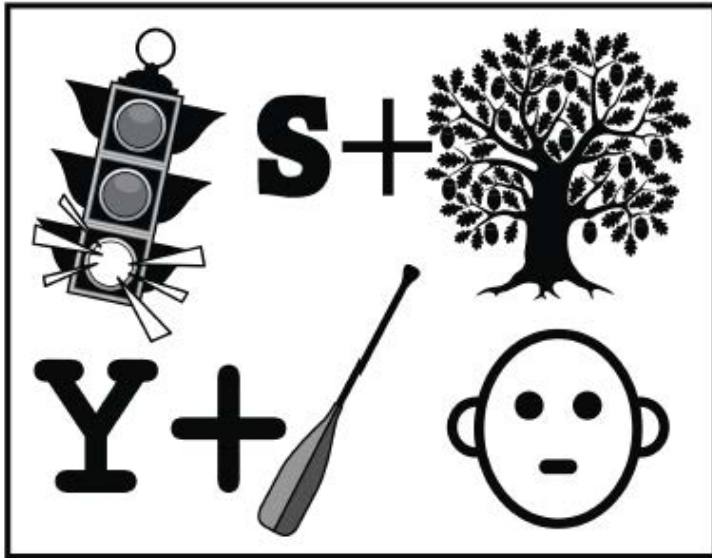


Source: <https://ca.pinterest.com/pin/187884615701154033/>



# Concentration Puzzle

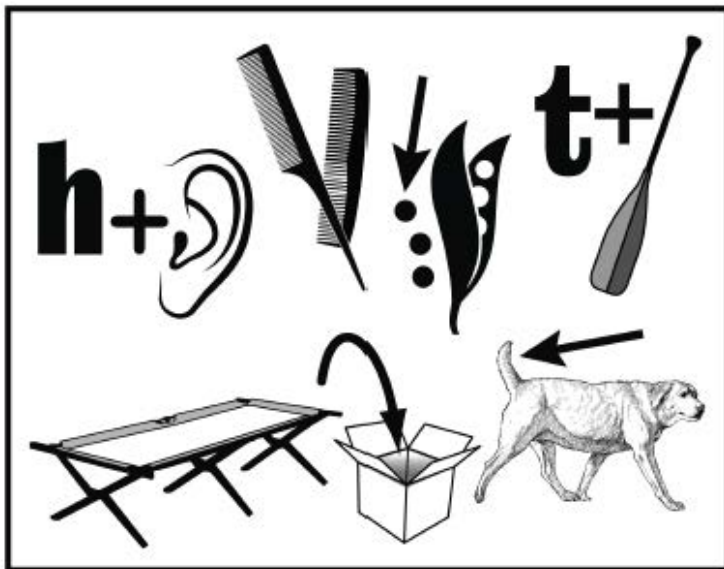
Use the visual clues in the puzzle to figure out what it says.



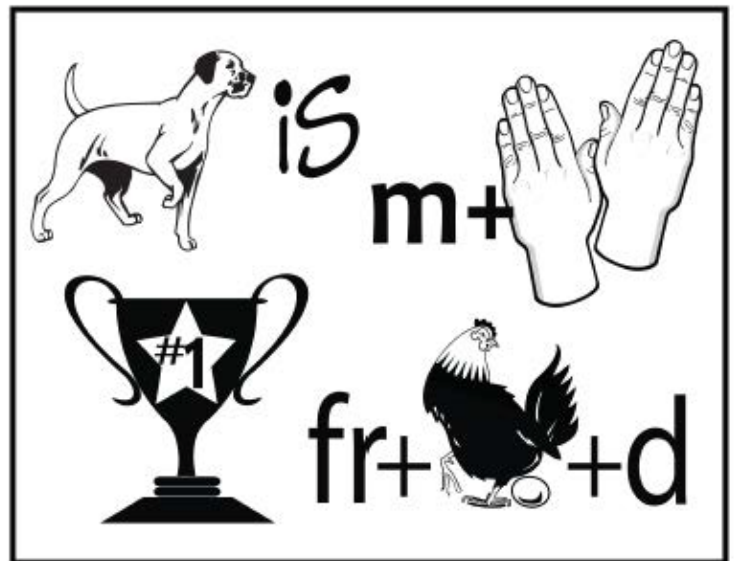
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

# SPRING AWAKENING: EMBRACING THE LIGHT HALF OF THE YEAR

T.S. Elliot, in his seminal work *The Wasteland* (first published in 1922), declared that “April is the cruelest month, breeding/Lilacs out of the dead land, mixing/ Memory and desire, stirring/ Dull roots with spring rain.”

A rather dreary outlook isn't it? *The Wasteland* is unusually dark poetry, to be sure. However, most people have a relatively healthy attitude to the Spring season. It is a time to relish the physical and mental health benefits as our natural surroundings rejuvenate after winter and we northerners fully embrace the light half of the year. Below are excerpts from an article by Dennis Relajo-Howell, reminding us of some of the benefits we glean in Springtime~ Erica Slevin

## SPRING MAKES US FEEL ENERGISED

According to Peter Walschburger, Professor Emeritus of Biopsychology at the Freie Universität Berlin, "Human beings are programmed to rest when it's dark, and to be active and in high spirits when it's light". He further explains that humans "react massively to light". That is why conscious experience and human behaviour change radically on fine spring days... the feeling of warm sun on our skin makes us feel generally upbeat. So we can rely on spring to make us feel energized, without having to rely too much on caffeine.

## IT'S THE SEASON TO BASK IN VITAMIN D

While there may be different factors involved, Vitamin D deficiency is a very real thing. Its symptoms include, among others, aching bones, brain fog and dark moods. But now that the sun is staying up past four in the afternoon and it will soon be warm enough to show some skin outdoors, we'll be getting a welcome extra dose of Vitamin D.

## MORE TIME FOR FLOWERS, PLANTS AND THE SOIL

This is the time when flowers start to blossom and we have more time to spend with our plants in the garden. Researchers have found that smelling roses or even pulling up weeds can decrease blood pressure, increase brain activity and produce a sense of wellbeing. They have also observed that allotment gardening can play a key role in promoting mental wellbeing and could even be used as a preventive health measure.

## BOOST FOR MENTAL HEALTH

Seasonal changes, especially the "winter blues", may be a worry for some because they can trigger changes not only in mood, but also in energy levels, sleeping, eating, and social and sexual behaviour. But as soon as we get a prolonged access to daylight, fresh air outdoors and time with family and friends, we feel the benefits. So take time out to admire the greenery and colours around you and experience the instant relaxation of your stressed mind. It's the season to feel fabulous and healthy. Spring into good health as you enjoy the season with festivities, fun and frolics.



**EARTH DAY – April 22**

References:  
Elliot, T.S. (2020). *The wasteland* (published 1922). Poetryfoundation.org.  
<https://www.poetryfoundation.org/poems/47311/the-waste-land>

Relajo-Howell, D. (2016, May 21). Here comes the sun: mental health benefits of spring. Welldoing. <https://welldoing.org/article/here-comes-sun-mental-health-benefits-spring>





# Canterbury Connections



## **Event Details:**

**When:** Thursday, April 17, 2025

**Where:** Canterbury Foundation, 8403 142 Street NW, Edmonton, T5R 4L3

**Time:** 4:30 p.m. – 5:15 p.m. (Doors open at 4:00 p.m.)



**Madeline Verhappen**  
Fund Development Specialist



I am excited to invite you to this month's Canterbury Connections.

This intimate 45-minute storytelling session will feature Sandi Skakun.

Sandi and her husband have been long standing members of the Canterbury Community. She will be sharing her experience navigating her husband's Alzheimer's diagnosis and transfer to long term care in 2020.

I would love for you to join us and invite your friends, family, and networks to come along as well.

This is a special opportunity to connect, share, and hear firsthand the importance of having all levels of care under one roof.

To save your seat, email [MadelineV@canterburyfoundation.com](mailto:MadelineV@canterburyfoundation.com) or by phoning at 780-930-3727.

I look forward to welcoming you to this heartfelt gathering on Thursday, April 17



# Rus's Recipe's

## Banana Cream Pie

### Ingredients :

- 5-6 sliced Bananas
- 1 ½ cup Ice cold water
- 14oz of Sweetened condensed milk
- 3 cups Heavy whipping cream
- 1 box Nilla cookies
- 1 pkg Instant vanilla pudding



### Directions :

1. Combine ice cold water and condensed milk.
2. Add package of instant vanilla pudding.
3. Whisk together then refrigerate for at least 4 hours.
4. Whip heavy whipping cream until stiff peaks form.
5. Add in pudding mixture and blend until smooth
6. Add layer of pudding and cream mixture to the bottom of the tray
7. Add a layer of Nilla cookies
8. Add a layer of sliced bananas
9. Repeat until all layers are established
10. Refrigerate for at least 12 hours. Best overnight.





# LOVELIEST OF TREES

A. E. HOUSEMAN 1859 - 1936

Loveliest of trees, the cherry now  
Is hung with bloom along the bough,  
And stands about the woodland ride  
Wearing white for Eastertide.

Now, of my threescore years and ten,  
Twenty will not come again,  
And take from seventy springs a  
score,  
It only leaves me fifty more.

And since to look at things in bloom  
Fifty springs are little room,  
About the woodlands I will go  
To see the cherry hung with snow.

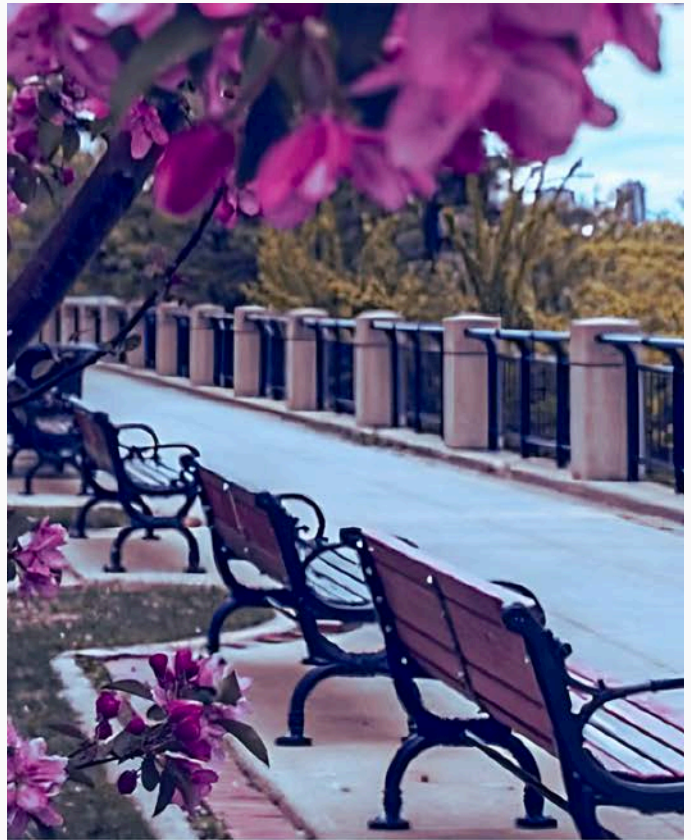


image credit: <https://edmontonsbesthotels.com/a-tourists-guide-to-edmontons-cherry-blossoms/>





# COMMUNITY EVENTS



## OUR TOP PICKS FOR APRIL



### Pops on Parade: Orchestra Showcase

**When:** April 4<sup>th</sup> and 5<sup>th</sup>

**Where:** Winspear Centre

More Information:

<https://www.winspearcentre.com/tickets/?eso=false>

780-428-1414



### Dreamspeakers International Film Festival

**When:** April 12-16

**Where:** Metro Cinema - 8712 109 St NW, Edmonton, Alberta

**More Information:**

<https://dreamspeakers.org/>

780-378-9609

### Seniors' Tour | What We Leave, What We Take

**When:** April 25th

**Where:** Art Gallery of Alberta

**More information:**

<https://www.youraga.ca/whats-on/calendar/seniors-tour-what-we-leave>

780-422-6223





# HELLO SPRING



IN INTEREST OF PROMOTING  
MUSIC APPRECIATION AT  
CANTERBURY FOUNDATION

**MANDATORY**

**RECORDER LESSONS**

APRIL 1 | 9 AM  
ATRIUM

*JUST KIDDING! APRIL FOOLS*

## Oilers Hockey Schedule April 2025

Apr. 1, 2025	Oilers vs. Knights	8:00 p.m.
Apr. 3, 2025	Oilers vs. Sharks	8:30 p.m.
Apr. 5, 2025	Oilers vs. Kings	2:00 p.m.
Apr. 7, 2025	Oilers vs. Ducks	8:30 p.m.
Apr. 9, 2025	Oilers vs. Blues	8:00 p.m.
Apr. 11, 2025	Oilers vs. Sharks	7:30 p.m.
Apr. 13, 2025	Oilers vs. Jets	5:00 p.m.
Apr. 14, 2025	Oilers vs. Kings	8:00 p.m.
Apr. 16, 2025	Oilers vs. Sharks	8:30 p.m.

### Concentration Puzzles (solutions)

**Puzzle #1** Go soak your head

**Puzzle #2** Cashmere sweater

**Puzzle #3** Here comes Peter Cottontail

**Puzzle #4** Dog is man's best friend





☎ 780-483-5361

📍 8403 142 St. Edmonton, AB

✉ [Community@canterburyfoundation.com](mailto:Community@canterburyfoundation.com)

🌐 <https://canterburyfoundation.com/>

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