



HAPPY CANADA DAY!

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Wishing our amazing residents, families, and staff a joyful Canada Day! Today we celebrate the beauty of our country, the strength of our community, and the memories that bring us together. Enjoy the day with pride, laughter, and a touch of red and white!



Activity Program Highlights

Friday, July 4 - Join us in the Atrium at 2:00pm for live music with Mike Chenoweth.

Wednesday, July 9 - At 2:00pm, enjoy a lively performance by the Edmonton Square Dancers Association in the Atrium.

Thursday, July 10 – Health Arts Performance

Enjoy an afternoon of live classical music in the Atrium at 2:00pm, presented by the Health Arts Society.

Friday, July 11 – Juke Box Leigh returns! Don't miss the show at 2:00pm in the Atrium.

Wednesday, July 16 – Life Enrichment BBQ

Join us in the Courtyard for burgers, salad, pop, and ice cream sandwiches. \$15 per meal. Beer available for \$5. Proceeds support Life Enrichment.

Thursday, July 17 – Live Slot Machine

Try your luck! Live slot machine fun starts at 10:30am in the Atrium.

Friday, July 18 – Klondike Pancake Breakfast & Kick Off

At 2:00pm, join us for a Klondike Kick Off with Lindsay Nagy in the Atrium.

Tuesday, July 22 – Live Horse Races

Place your bets! Join us in the Atrium at 1:30pm for fun and friendly races.

Wednesday, July 23 – “NEW” Duck Races

Sales begin at 1:00pm in the Games Lounge. Races kick off at 2:00pm in the Courtyard. More ducks, more prizes, more fun!

Thursday, July 24 – Classic Bingo

Join us for a round of classic bingo in the Atrium at 1:30pm.

Friday, July 25 – Happy Hour & Gold Rush Party

Happy Hour starts at 1:30pm, followed by our Gold Rush Party at 2:00pm with the one and only SEAN SONEGO! Wear yellow or gold!



CANADA DAY IN EDMONTON

Canada Day at Art Gallery of Alberta

Where: 2 Sir Winston Churchill Square
Edmonton, Alberta

Date: July 1

Time: 11 a.m. - 5:00 p.m.

More Information:

<https://www.youraga.ca/whats-on/canada-day-at-aga>

The Works Art & Design Festival

Where: Sir Winston Churchill Square

Date: July 1

Time: 11 a.m. - 10:00 p.m.

More Information:

<https://www.theworks.ab.ca/>

Firework Show

Where: Queen Elizabeth Park, Victoria Park, Constable Ezio Faraone Park or it will be lived streamed on CBC Edmonton

Date: July 1

Time: 11 p.m.

More Information:

https://www.edmonton.ca/attractions_event/schedule_festivals_events/canada-day



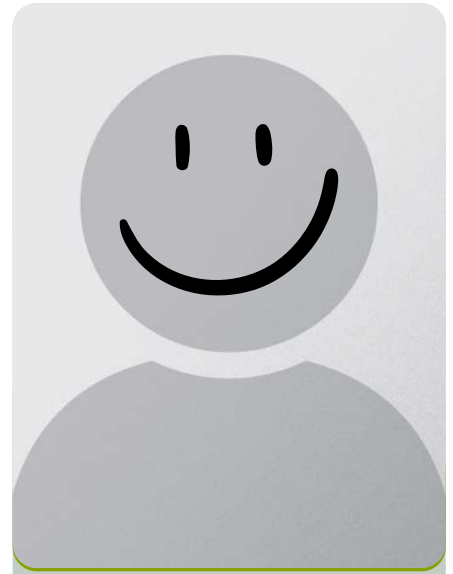
JULY 01



Jody DePagie
Concierge, Canterbury Court



Jackie Castaneda
Supervisor, Dietary

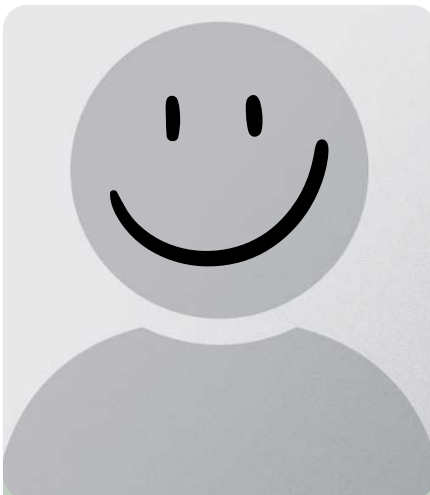


Maria Rizza Ramos
HCA, Health Services

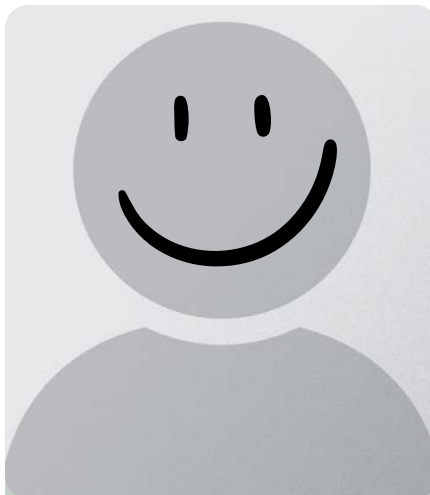
HEART OF CANTERBURY EMPLOYEE RECOGNITION PROGRAM

Join us in celebrating the incredible “Heart of Canterbury” ...our team!

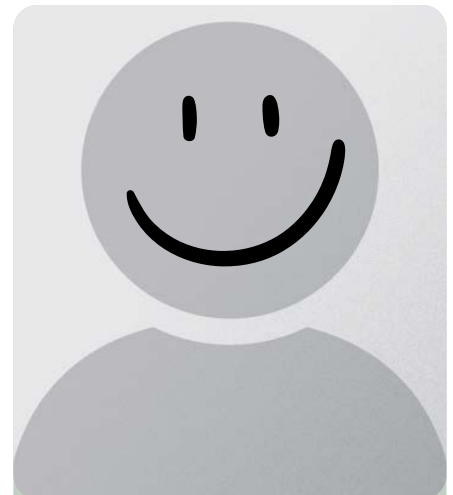
Each month we will honor three employees who consistently demonstrate exceptional performance, commitment and contributions to Canterbury Foundation. These staff members exemplify the values of the organization, go above and beyond in their role, inspire others through their dedication and positive impact while living, working and leading with heart.



Kanchan Panachan
Nursing



Violeta Catungal
Hospitality



Rosita Apostol
HCA

CONGRATULATIONS TO OUR MAY AND JUNE RECIPIENTS!

July 24th is International Self Care Day

What is the History of International Self Care Day?

www.twinkl.ca/event/international-self-care-day-usa-2025.

International Self Care Day began in 2011 when it was founded by the International Self-Care Foundation. This foundation is dedicated to promoting awareness of the benefits of self care in everyday life. Since the establishment of the day it has been celebrated across the globe on almost every continent. People from around the world have acknowledged the tremendous advantages which self care offers and have chosen to join in on this notable celebration.

Global efforts to promote self care have focused on various important areas such as the youth, the elderly, and research efforts to gain a better understanding of the benefits which self care has. On top of this, several countries have officially established or celebrated the day. The Canadian Prime Minister, Justin Trudeau issues a yearly message to encourage celebration of the day. The 113th US Senate adopted Resolution 515 to mark July 24th as International Self Care Day.

The most significant celebration of Self Care has come from the World Health Organization (WHO). In 2019, they established Self Care Month which runs from June 24th to July 24th to align with International Self Care Day. The purpose of Self Care Month is to promote and highlight initiatives which are created by the WHO that encourage self care. Additionally, dialogue and research are also promoted by this event. Ultimately, the International Self Care Foundation would like to have International Self Care Day be recognized by the United Nations.



Self-Care

A C T I V I T I E S



Drink a glass of water



Try Yoga Or Pilates



Eat Something Healthy

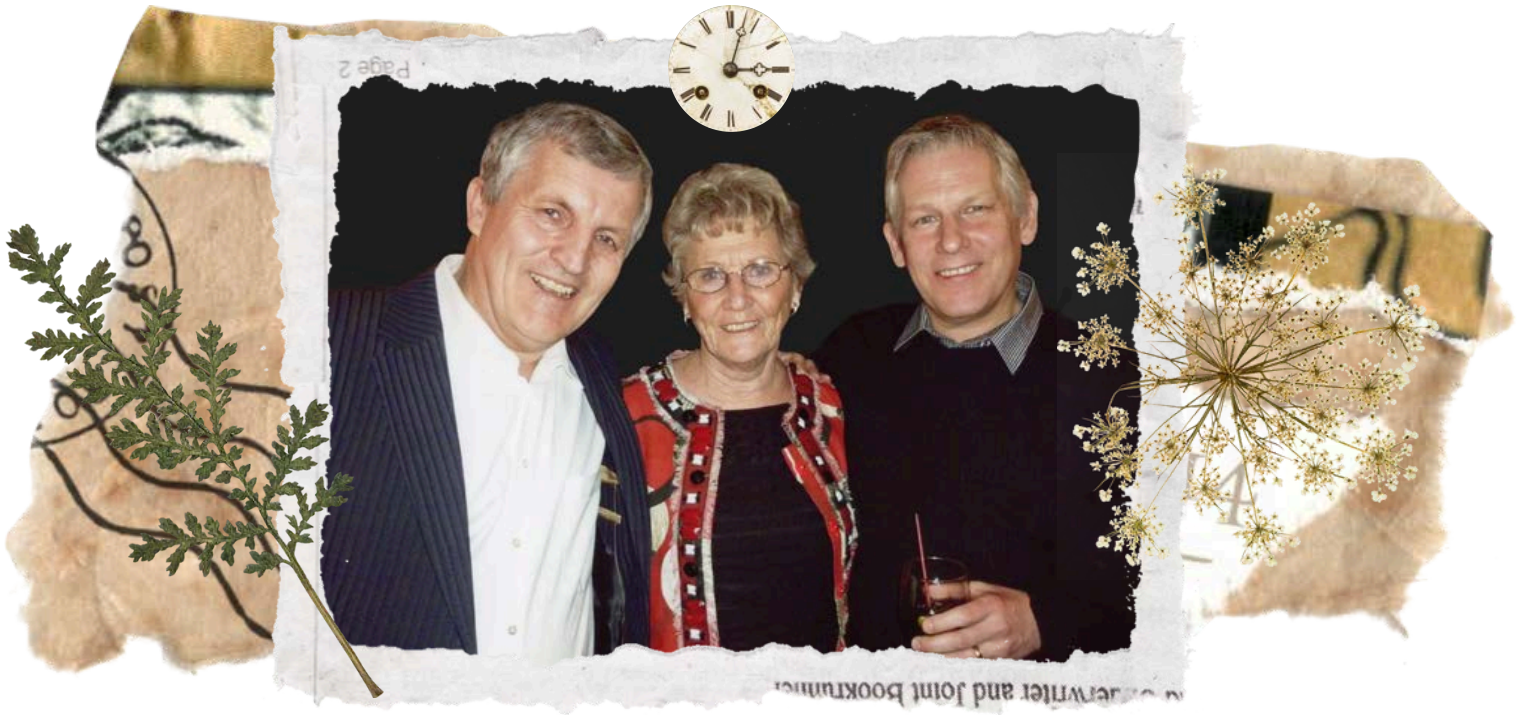


Create A Morning Routine



Aromatherapy

CANTERBURY CHRONICLES



With Grace and Grit: The Story of Doreen

Doreen was born in 1930 in Drumheller. She was the second of soon to be four kids. They moved to Calgary where mom spent her school years.

As the war started, her father joined the military. Sadly, her mother had tuberculosis. She was put into an auxiliary hospital. Since her father was being sent off to the war, he put all four of the kids in the Woods home in Calgary. It was about a mile away from where their mother was.

Doreen used to visit her mom every weekend in the auxiliary hospital. Sadly, her mom died. Thus, Doreen in effect became the “mom” of the other three kids. Her sister cried often.

Ironically and somewhat tragically, Doreen developed tuberculosis. She was put in the same auxiliary hospital as her mom. She spent several months there, got well and was released.

When she graduated from high school, she went to work as a secretary for a company in Calgary that sold farm equipment. There she met Frank Huntington, who was a salesperson. They fell in love.



Frank went on to work for a company that sold medical insurance. They saved all their money and got married. Eventually, they moved into a home they bought in Calgary.

Both of their childhoods were not always happy. Thus, they were determined, when they had kids, to raise them differently. I and my brother Brad were two very lucky boys to have them as parents. Over the years, they unconditionally loved us, even when we screwed up.

Frank was transferred to Edmonton. They rented and then bought a house in Laurier Heights. Brad and I used to play in the forest across the street from the school, which is now where Canterbury is.

Doreen meanwhile was a superb mom. She also was a superb gardener. She wanted a fireplace, so she built one mostly on her own! She was also an amazing seamstress. She made all sorts of wonderful costumes for us on Halloween. She even made my wife's wedding dress!

Frank eventually went to work for Alberta Blue Cross. Over the years, he rose up to eventually become their CEO. He was a visionary.

Frank's sister, husband and family lived a few miles away.

Thus, Doreen would have everyone over and make the most delicious meals. Mom was an amazing chef.

We used to have the most wonderful holidays in Western Canada. Mom and dad would take a tent trailer out to the coast. Along the way we'd hike all over the Rockies, the Okanagan and on Vancouver Island.

Brad and I both went to the U of A. Frank and Doreen travelled lots together when Frank was working around the planet. They also had a dog name Skiwee whom they loved, walked and hiked with.

Sadly, Frank died when he was 57 years old from cancer. Thus, my mom trooped on.

Mom volunteered lots in Edmonton including:

- Meals on wheels
- Memorial society
- Christmas tree events

When both Brad and I had kids, mom was the best grandmother on the planet – always loving all five of them.

Doreen was very talented, hardworking and always committed to her family.

As the years passed, Mom's memory began to fade. Thus, we moved her several years ago to Canterbury's assisted living. She would get outside each day walking around the neighborhood.

Then, about three years ago, she fell outside her room fracturing her shoulder and hip. This resulted in a hospital stay of over three months. With her memory rapidly declining we moved her into the Lane.

Neither Brad nor I live in Edmonton. So, why do we keep her at Canterbury? It's home for her. She's in the neighborhood where she's lived for 61 years. The care is excellent. We have companions who visit her each day. She's loved.

So, you'll likely see her slowly walking down the hall with her walker. She might not recall you, but she always has a smile for you.

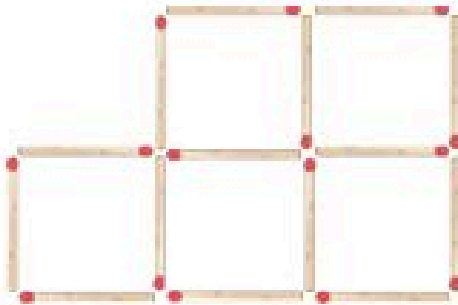
Family comes from all over to visit her regularly. Good news – while her memory is mostly gone, she still knows Brad and me. We love her dearly.



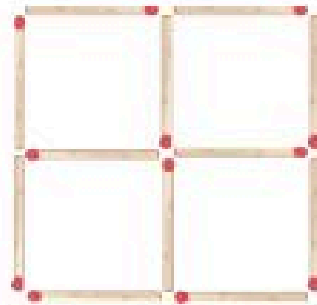


Matchstick Puzzles - #1

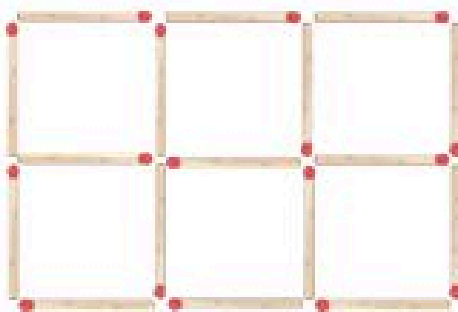
1. Leave just three squares by removing three matchsticks.



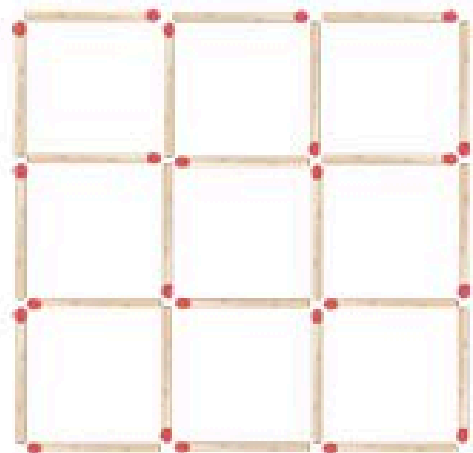
4. Leave just two squares by removing two matchsticks.



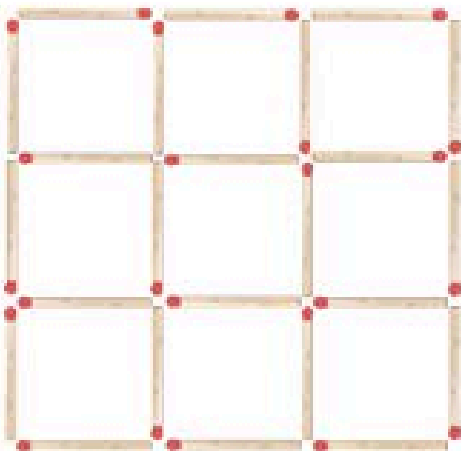
2. Leave just three squares by removing five matchsticks.



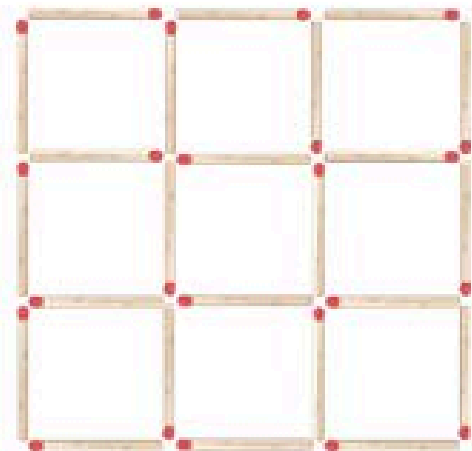
5. Leave just five squares by removing eight matchsticks.



3. Leave just two squares by removing eight matchsticks.



6. Leave just three squares by removing six matchsticks.



CANTERBURY CONNECTIONS

JULY
2025

JOIN US

I'm delighted to invite you to this month's Canterbury Connections — an intimate 45-minute storytelling gathering featuring Hilary Lindenbach, Canterbury's Resident Experience Manager.

Hilary has been a cherished part of Canterbury for nearly 18 years, and she'll be sharing reflections, which she thoughtfully titled: *"Everything I Needed to Learn About Life, I Learnt at Canterbury."*

I'd love for you to join us — and feel free to bring along friends, family, or colleagues who might enjoy this meaningful session.

We look forward to welcoming you to this special gathering — a celebration of life, learning, and the beautiful connections that grow at Canterbury.



Madeline Verhappen
Fund Development Specialist



EVENT DETAILS

Date: Thursday, July 17, 2025

Location: Canterbury Foundation, 8403

142 Street NW, Edmonton, T5R 4L3

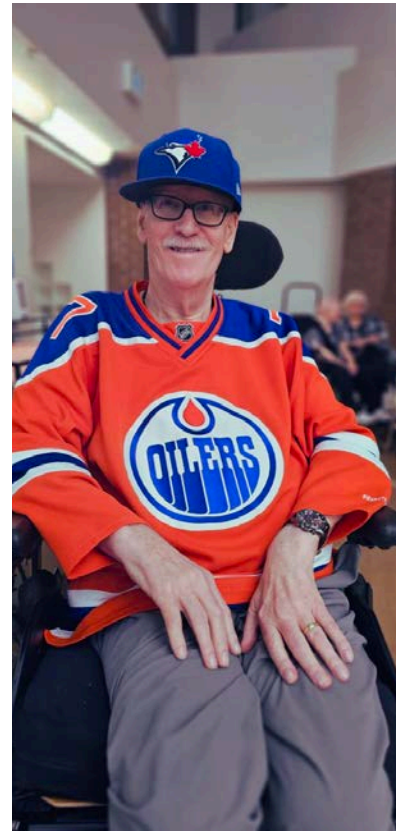
Time: 4:30 – 5:15 p.m. (Doors open at
4:00 p.m.)

SAVE YOUR SEAT

Email:

Madelinev@canterburyfoundation.com

Phone: 780-930-3727



Rus's Recipe



Brazilian Cheese Bread

Ingredients :

3/4 Cup Milk
1/3 Cup Olive Oil
1 Egg
1/2 tsp Salt
1 1/3 Cup Tapioca Flour
1/2 Cup Cheddar Cheese
1/4 Cup Mozzarella Cheese
1/2 Cup Parmesan Cheese

Directions :

1. Pre heat oven to 200 C.
2. In a blender jug put Milk, Olive oil, Egg and Salt and give it a few seconds mix.
3. Add in Tapioca starch and give a blend to incorporate everything.
4. Add in cheese mix and give few pulses to incorporate all ingredients together to form the batter.
5. Spray some oil in mini muffin tray. Pour batter all the way to the top.
6. Bake them at pre heated oven for 15-20 minutes or until they are golden and crispy on the outside with high dome.
7. Take them out and let rest for just few minutes and then enjoy.



COMMUNITY EVENTS

OUR TOP PICKS FOR JULY



Taste of Edmonton

Where: Sir Winston Churchill Square

Date: July 17 - 27

Time: 11:00 AM to 10:00 PM Sundays to Thursdays,
and 11:00 AM to 11:00 PM on Fridays and Saturdays.

More Information:

TasteOfEdm.ca



Disney's The Lion King

Where: Jubilee Auditorium

Date: July 9-27

More Information:

<https://jubileeauditorium.com/edmonton>



LHCL Community Garage Sale

Where: 14405 85 Avenue NW, Edmonton, AB T5R 3Z3

Date: July 12

Time: 9:30 a.m. - 3:30 p.m.

More Information:

<https://www.lhcl.ca/events/lhcl-community-garage-sale-big-bin-event>

Colene was a bridge enthusiast and played the game very seriously. She even won a silver medal during a national bridge competition. She also enjoyed travelling and was used to being on the road every day on the computer.

Colene travelled to Spain and Egypt with a girlfriend when she was young and went to both countries several times. She also travelled with George and George both share a deep love of travel and they travelled worldwide as long as they were able. Colene travelled to Africa, Europe, Asia, and journeyed to Mexico (twice), the Caribbean, Hong Kong, Thailand, Malaysia, Singapore, Brazil, the Amazon, and more.

Colene has a lot to know a little more about the beautiful Colene Bosnyak. She was Parlinak, she used her smart hands working as a secretary for the famous author, J.R. J. Schreier. She and Colene were a partner in her husband's veterinary practice. She was bold and brave enough to leave her homeland and move to a new country. She was a very successful life in rural Alberta. She worked hard as a housemaker and mother. Colene has a talent with numbers and arithmetic, was an expert bridge player, and was a very good cook.

And one more thing about Colene: She LOVES chocolate!



July is a month full of memories for me. It began when I walked into my grade 11 class in 1953 and saw Leonard across a crowded (class) room! After a 5 year court ship, we were married on July 26, 1958. During that time, I finished grade 13, then Teachers' College and 2 years of teaching. In the course of 5 yrs. (Gr-9-11), I won the public speaking contest every year and the final year, I won the overall title. That led to me giving the sermon in church one Mother's Day. Leonard chose our wedding day because it was the Saturday before my birthday. He reasoned that we would plan an anniversary celebration and then he'd recall my birthday 2 days later! After we married, we had 3 children followed by a grand-children and now there are 2 great grandchildren. In spite of my health problems, I led an UP and DOWN life.



My health issues began when I was 10 yrs. old and spent several months in bed with non-gastrologic polio that seemed cured but has returned with pain and weakness. When I was 22, I was diagnosed with Fibromyalgia, known as the terrible every thing illness and it has caused many problems. For 2 years, I was able to hike UP on mountain trails and DOWN in hills wearing wrist, knee and back braces – with my family. My physical health deteriorated and I turned to writing – over 180 family stories, poetry, journals and photos for 4 grandchildren until they were 18 – knitting, crocheting. I've had both knees replaced and 3 hip replacements – yes, I! The night one had to be redone after 4 dislocations because the two parts were not compatible. During the 41 years we were married, Leonard never complained about all the appointments etc. He supported and encouraged me. We moved to Canterbury in 1976 when I could no longer care for him due to his Alzheimer's and my health. We never regretted this decision.

I try to be the best I can be - every day.
 "Be proud of what you have accomplished."
 (suggested to me on a rough day by a resident's daughter)
 "Attitude determines Altitude"

WANT TO BE
FEATURED
IN OUR NEXT NEWSLETTER?

Send your story to
camilles@canterburyfoundation.com

Close, Connected and Content at Canterbury!

Written by Anna Fiala, Emily Fabrizio's daughter

How did 42 years go by!! In 1991, I left Ontario "for a year" to continue my studies in Edmonton. I was the first to "leave" town in our extended Italian family. In my 20s, I wasn't thinking of aging parents or the challenges that distance would present. My life in Alberta developed and 1 year turned to 2 and so on. I finally felt like family accepted my choice to stay in Alberta when I married Dave in 2002!

Mama & Papa were hardworking and devoted parents to me and my other sister Josephine. Sadly, my sister died in 1920, leaving her husband, 3 sons and a daughter who love Grandma. Now there are 6 Great-grandsons too.

My Dad relied on his Mom to do the housework, laundry, and housekeeping. We drove the car. Cook took care of the lawn, was a master gardener and handled all mail and finances. In his kids, serious health problems emerged and he developed a dementia linked to his long-term alcohol use. By 2010 he had to stop driving and could no longer handle mail or finances.

My Mom was diagnosed with Parkinson's, Alzheimer's and Dementia in 2016. As Papa started needing more help and could do less, this took a toll on Mama and her progressing dementia. When Papa moved to long-term care, she visited him regularly during his final 1 1/2 years living in home alone got more difficult as Mama's dementia progressed. I arrived in November 2021 and she was so happy and no longer scared. I needed help to drive to the Alzheimer's Society where a staff member said gave her my name, I called and said we hope

When I returned to Edmonton, I signed up for dementia education at the Alzheimer Society and have been regularly attending. Care Partner Support Group meetings existed since. Soon after I returned home, I was diagnosed with a stroke. I fell at home and was hospitalized. She recovered and the event lead to Mamma getting the help she needed. She stayed in a rehab facility for several months where they fully assessed her cognitive skills and realized she could not live alone. She moved into the Cobblestone Gardens Assisted Living Retirement Residences where she lived for almost 5 years. She did well until mid 2012. Our fall visit confirmed it was time to find them suitable long term care. I was very worried here to see how close to us to enable frequent in-person connection and to be able to easily monitor and support her care. Dave and I returned from Ontario with a clear focus and priority to get my Mom to Edmonton ASAP. We found a place in our own home, Canterbury Foundation was an obvious place to check out

had heard about Canterbury Lane, an expanded and renovated dementia care unit with no-for-profit health care not requiring an Alberta Health Card which my Mom would not have been able to obtain. I was not at all surprised as suitable for this unit. I checked a room looking on the Canterbury and focused on "Operation Mama Alberta Boudier". Mama moved into Canterbury Lane in mid-February so we have over a month of experience. She is adjusting amazingly well to her new environment. It is beyond wonderful to have my Mom so close - so much easier than trying to manage distance, dementia progress, distance doesn't work at all. In person I can see her and she can see me. I have special times together at Canterbury whether on the Lane or elsewhere. I can see that my Mom is content. Her worried look does not show up as often anymore. She is comfortable with all staff and the other residents. They are all friendly to have this special time together with Mama. Spending time with her and other Lane residents has helped me stay present and be more spontaneous. We have fun together at activities on and off the Lane. Mama reacts with happiness.

Dave and I enjoy attending the Sunday Catholic service in the chapel regularly with Mama. Mama still thinks we live far away. She appears to promptly forget our visits but is clearly thrilled when we arrive the next time. I used to worry about her so much. It gives me peace to know I am a 6 minute walk from my special Mom. What a great feeling!



One Women's War Experience

1999年12月15日



On the eleventh day of the eleventh month, at dawn we passed our train to observe a moment of silence. We remember those who have lost their lives in the service of our countries since World War I. Women have played an increasingly important role throughout. Not only have they provided support, they also ensured that lifelines went to those in need. The role of women in the military has changed since then.

My father went not as to Cambridge; India had her Father not left his career as surgeon and land agent for Lord Fortescue to fight in Mesopotamia in WWI. Instead, instead he went to India. While there he met and married a young Irish nurse serving in the V.A.D. (Voluntary Aid Detachment). Their first child, George (My older brother, was born in India in 1918. Following demobilization the family returned to North Devon, England and Lord Fortescue's employment. My father was born in 1892 and enjoyed the life of a land agent, a life surrounded by horses and dogs. He inspired country pursuits and became an accomplished rider and pianist. There was never a hint that the small over land Devon would travel the world.

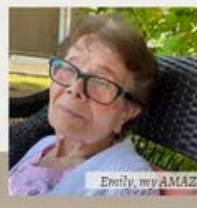
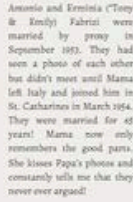
Peace was shattered when 1939. Lives were irrevocably refused to attend university secretarial course in London signed up for the Devonian were overseas. In England, part as best they could. Others joined the Land Air take over jobs Germany took Palmer went into the Auxiliary Air Force and as a corporal. She was deployed to help repair damaged Following that she became an import-export business incorporating senior officers on one horrendous occasion aircraft crash to transport who died, some of his friends. Mary was stationed her own mother died of pneumonia. Mary's brother "shell shock" incidents again as a result of his service. Dr. Geoffrey Palmer of the Corps. The young woman of lease Deben was sent into their honeymoon, India Edinburgh, and finally army has never enjoyed flying.



Comedian Dave Criswell "let's not be kidding" a episode podcast about his Mom's journey with Alzheimer's, a disease that can be heartbreaking, but sometimes also hilarious.
<https://www.thecelebritypodcasts.com/dave-criswell>
what a not be kidding transcript here's a story



Emily B. Torg at home in St. Catharines, Ontario (Nov. 2006)



13



John was the winner of our Jelly Bean Contest! There were 474 jelly beans in the jar, and his guess of 468 was impressively close. Congratulations, John!

Why did the Canadian cross the road?

To say “sorry” to the other side!

What’s a Canadian’s favorite game?

Eh-hockey!

How do you spell Canada?

C-eh-N-eh-D-eh!

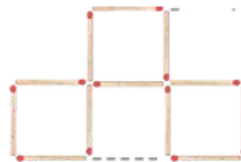
Why did the maple leaf go to therapy?

It was feeling a little sappy.

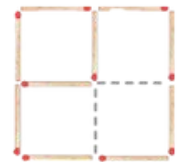
Matchstick Puzzles - #1

SOLUTIONS

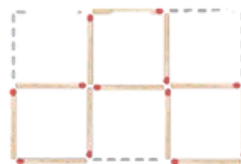
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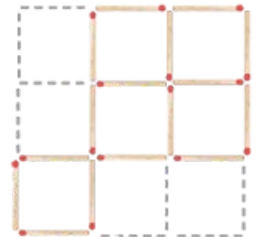
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2. Leave just three squares by removing five matchsticks.



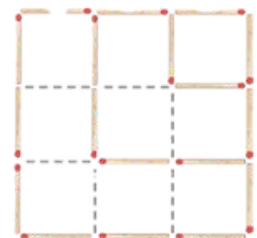
5. Leave just five squares by removing eight matchsticks.



3. Leave just two squares by removing eight matchsticks.



6. Leave just three squares by removing six matchsticks.





📞 780-483-5361

📍 8403 142 St. Edmonton, AB

✉️ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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