

CANTERBURY TIMES



WHAT'S INSIDE?

1. Activity Programs
2. How to Choose a New Years Resolution
3. Year in Review
4. Year in Review
5. Manor Association
6. Canterbury Connections
7. Coloring Page
8. Brain Teaser
9. Canterbury Chronicles
10. Canterbury Chronicles
11. Rus's Recipe
12. Song for a Winter's Night
13. Community Events
14. Answer Key

A GENEROUS COMMUNITY UNITES FOR THE 5TH ANNUAL PROMISE OF HOME FUNDRAISING CAMPAIGN

The Canterbury Foundation proudly launched the 5th Annual Promise of Home Fundraising Campaign, presented by Bird Construction, on Monday, November 25. The campaign ran through Tuesday, December 31, 2024.

With a collective goal of raising \$175,000 to support seniors' care, the generosity and dedication of our community is truly inspiring. We are profoundly grateful for your support.

The final 5th Annual Promise of Home Fundraising Campaign total will be announced in the coming weeks.

Thank you for making a lasting impact on the generation that cared for us. As a charity, donor dollars give Canterbury the freedom and capacity to create a care path that is unique to the individual, taking into account the mind, body, and spirit of every resident.

If you are interested in donating or how your gift makes a difference visit canterburyfoundation.com/donate



ACTIVITY PROGRAM HIGHLIGHTS

January 4th - Mike Chanoweth will be performing in the Lane at 10:00 a.m.

January 8th - Come to the Court Activity Room for 'EAT STREET with RUS', starting at 1:00p.m. He's baking up something sinfully delicious this month!

January 10th - is Pajama Day! Wear your favourite sleep wear and enjoy that cozy feeling all day at Canterbury.

January 21st - Brownie Day! Starting at 1:30, the Life Enrichment team will be delivering chocolate brownies to your door.

January 22nd - The Manor will be honouring Robbie Burns Day with haggis piped in by Lawren Olson followed by a performance by the Celidh Celtic Dancers, starting at 4:30 p.m.

January 24th - The Centenarian Celebration will begin at 1:45 p.m. in the Court Atrium, The Central Lion's band will be performing.

January 27th - Come to the Court Atrium for the Court Birthday Tea, starting at 2 p.m. with a performance by Gary Meyers in the Atrium at 2 p.m.

January 28th - A birthday tea will be held for Lane residents with January birthdays starting at 1:30 p.m., with a lively performance by Jukebox Leigh.

January 30th - The Manor Birthday Tea will be held at 2 p.m. in the Manor Dining area.



How to Choose a New Year's Resolution, According to Clinical Psychologists

Another New Year has snuck up on us, along with all the associated expectation to redefine our goals in 2025. For those of you who partake in the yearly tradition of setting New Year's Resolutions; Jessica Glenza, a writer for The Guardian, spoke with mental health experts for advice on how to go about setting reasonable goals. Here is a sampling of their advice:

One of my favorite phrases in therapy, which is just kind of meant to be a little bit silly, is 'stop should-ing on yourself,' said Jennifer Caspari, an associate psychologist and cognitive behavioral therapist in Colorado. What she means, she said, is to, "sit down and strip away that sense of 'should,'" and instead focus on the values you feel are important. "A very common example of that is people think they should value fitness," said Caspari. "That is genuinely important to some people – and genuinely not important to others."

One of the exercises she uses in her own practice is to give people a list of value-based words – such as achievement, curiosity, or independence – and then define what the words mean to the individual. If it feels like that value isn't being fulfilled, then perhaps it's time to make a plan to change that. Using the value of curiosity as an example, that could involve reading a book, taking a class or going to the library once a month; those steps are all attainable and specific.

It can also be helpful, said licensed clinical psychologist Molly Sherb, to start with something less specific, but informed by your own needs.



"It can also be helpful, said licensed clinical psychologist Molly Sherb, to start with something less specific, but informed by your own needs.

"The new year's resolution you're setting now should be aligned with what you're doing now," said Sherb. "Maybe it should be getting outside now. It may be you're feeling bored or flat, so want to try something new." Either way, it should focus on the now and "be shorter-term rather than something you set for the entire year".

Although it may be counterintuitive, setting goals that are relatively small changes can lead to the greatest success. "You want to make sure you're starting with what feels easiest, which I think is a little bit counterintuitive," said Sherb. "But the reason you want to start with what's easiest is you want to feel that sense of achievement, of success – because that's going to keep you motivated to do the harder things down the road."

In all cases, the goal of setting the goal should be to get in touch with yourself, your values and your own needs today, both Sherb and Caspari said.

"New year's resolutions are very manufactured pressure to change, but anytime is a good time to make a change," said Sherb. "If it doesn't feel right for you, if you don't have the bandwidth," then, "Let yourself settle into the new year."

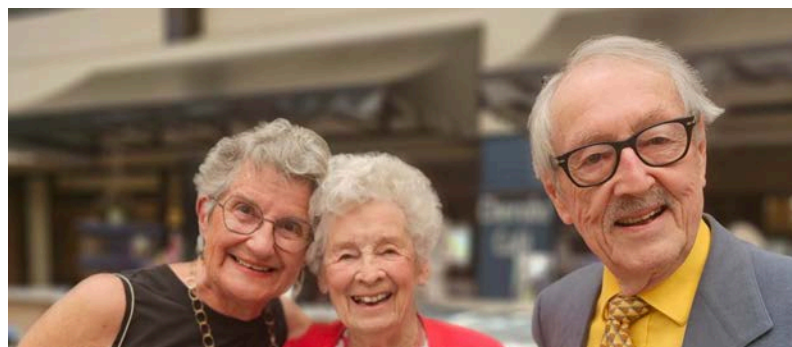
And remember: "It's also an option in February, March, April, May and July."

Include citation:

Extracted from: Glenza, J. (2024, Monday December 23). How to choose a new year's resolution, according to clinical psychologists. The Guardian. https://www.theguardian.com/lifeandstyle/2024/dec/23/how-to-choose-new-years-resolution?CMP=Share_AndroidApp_Other



YEAR IN REVIEW







THE MANOR ASSOCIATION

Its Purpose:

“To facilitate and promote communication between Manor residents and the administration of The Canterbury Foundation”.

Association Members
All members will be welcomed by the Executive Council and representatives of Canterbury Foundation:

- President - Ellinor Townend,
- Vice President - Donna Watson
- Treasurer - Betty Farquharson
- Secretary - Douglas Chambers

FROM THE MANOR RESIDENTS ASSOCIATION

GREETINGS FROM THE MANOR COUNCIL AND RESIDENTS

Firstly, a thank you for all the programming in December. Many Community groups shared their musical talents with us in a great variety of ways leading to lots of visiting and memories of participating ourselves. Many thanks to our Life Enrichment Team for arranging and supporting a very interesting December.

Now 2025 comes with promise of another good year for all of us as we continue to welcome new Residents and expand our “Feeling of Home”. All are welcome to our next Residents Meeting - Tuesday, January 14 - Ellinor Townend



CANTERBURY CONNECTIONS

FUND DEVELOPMENT

By Madeline Verhappen

»»» YOU'RE INVITED!

Join us for a special evening of inspiration and connection at Canterbury Connections!



We invite you to bring a friend (or two) and hear firsthand the powerful stories of how Canterbury Foundation is making a difference for its residents. As a private, registered seniors' home and charity, we're proud to innovate, advocate, and provide a compassionate community of care for seniors—both today and tomorrow.

Please note the new time and evening for Canterbury Connections, now held on the third Thursday of each month at 4:30 p.m.

To reserve your spot, please reach out to Madeline Verhappen, Fund Development Specialist, by email at MadelineV@canterburyfoundation.com or by phone at 780-930-3727.

We look forward to welcoming you to this meaningful event on January 16. Your presence will make it even more special!

Event Details:

When: Thursday, January 16, 2024

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.)

Chinese New Year

January 29, 2025



January IQ

COME IN FROM THE COLD AND TEST YOUR JANUARY IQ

- 1. On January 3, 1888, an invention made of paraffin-covered paper was patented by Marvin Stone. Which invention was it?**
 - A. Wallpaper
 - B. Drinking straw
 - C. Wax paper
 - D. Dixie cup
- 2. True or false? In the Roman calendar, there was no January.**
- 3. According to legend, an angel turned snowflakes into what January birth flower and gave them to Adam and Eve?**
 - A. Crocus
 - B. Snowdrop
 - C. Winter aconite
 - D. Snowberry
- 4. Which zodiac sign represents those born in the last 12 days of January?**
- 5. Pride and Prejudice was published on January 28, 1813. Who wrote it?**
 - A. George Eliot (Mary Ann Evans)
 - B. Charlotte Brontë
 - C. Jane Austen
 - D. Mary Shelley
- 5. Pride and Prejudice was published on January 28, 1813. Who wrote it?**
 - A. George Eliot (Mary Ann Evans)
 - B. Charlotte Brontë
 - C. Jane Austen
 - D. Mary Shelley
- 6. True or false? The number of letters in January equals the number of months with 31 days.**
- 7. The Thornton Wilder play Our Town first debuted on January 22, 1938. What award did he win for this play?**
 - A. The Pulitzer Prize
 - B. The Nobel Prize for Literature
 - C. The John Newbery Medal
 - D. The National Book Award
- 8. True or false? January is named after the Greek god Janus.**
- 9. Paul Newman was born on January 26, 1925. Which of the following is he NOT associated with?**
 - A. Race car driving
 - B. Salad dressing
 - C. Harvard Drama School
 - D. Butch Cassidy and the Sundance Kid
- 10. January's birthstone garnet got its name from the Latin granatum, which means "seed." This was due to the gemstone's resemblance of which fruit's seeds?**
 - A. Papaya
 - B. Watermelon
 - C. Apple
 - D. Pomegranate
- 11. George Burns was born on January 20, 1896, and married his famously comedic bride on January 7, 1926. What was his wife's name?**

CANTERBURY CHRONICLES: UNVEILING THE HEART OF OUR COMMUNITY

Meet Victor Labrosse: Canterbury's Resident Optimist and Community Champion

If you live or visit at Canterbury Foundation you may have noticed that there is often a man, seventy-ish, having conversation with Court reception staff and interacting pleasantly with people that come and go by the desk. In fact, he often jokingly refers to himself as being like 'the Wal-Mart greeter' for Canterbury. This man goes out of his way to make other people cheerful. Perhaps you have seen the same fellow delivering memos to residents in the Court, Heights, and Manor. He can also be seen in conversation with his neighbours throughout the facility, playing chess or board games. You likely have seen this same man accompanying his long-term love (the lovely Deanne Francis) on outings or at entertainments, or just spending quality time together in the Atrium. If you haven't met this gentleman yet, his name is Victor Labrosse and you really ought to take the time to get to know him. I have never met anyone quite like him and I must say that I am very glad to have the opportunity to share a little about him with you. Victor was born in Victoria B.C. and lived there until he was 12 years old. His family moved to Calgary and that was where he spent the remainder of his childhood. He started working outside the home when he was a young man in high school, and one of his first jobs was at The Palliser Hotel. When he was 18, Victor worked in a care home in Red Deer. After that, while in his early 20's, Victor left Alberta and moved to Ontario. He was there for two years where he trained to work as a healthcare assistant at the Ottawa Civic Hospital, before moving back to Alberta.



Indeed, Victor has had a varied and interesting career working for several different places over the years. The one unifying factor in all the various work he has done is his exemplary people skills. Victor is a people-person first and foremost. His communication skills were (and still are) very strong and they helped him excel, particularly, in sales positions. He was a successful salesman at the Manulife insurance company in the early 1980's. He also spent ten years (+) with the Eaton's company, of which time he speaks fondly. After that, Victor spent over two decades working as a sales consultant with Crestwood Floors in Calgary which, as happens, led to the start of his relationship with Deanne Francis who remains his partner to this very day.

Deanne had plumbing damage in her house that required her to have her flooring replaced. Victor was brought in to consult as a representative of Crestwood Floors. Through the reno process, Deanne and Victor got to know each other and they fell in love. They pledged their troth and have been together for over 32 years now.

Keeping promises, recognizing other people's merits, and cultivating good relationships are important to Victor. He has a natural ability to appreciate what is happening around him at any given time. He says that it is good to "always think ahead" and keep an eye on the future, but he understands the value of living in the here and now. Victor believes that life can be like a heaven-on-earth if we focus on things like the goodness in others and the beauty that can be found in our vicinity. This is partially what prompted Victor and Deanne to travel as much as possible and see as much of the world as they could, rather than putting off travel until they were older. They have been so many places together: Greece, France, Hungary, Russia, Alaska, China, Bali, Australia, New Zealand, South Africa, The United Kingdom, Spain, Portugal, and South America.

Of course, Victor has many recreational interests besides travel. As a young man, He enjoyed playing basketball, badminton, and volleyball in high school. He also enjoys pool and had a lot of fun in his youth playing that game. He also enjoys reading about current events and keeps up with the news. He likes music from various genres, especially modern pop music with a lively beat and rhythm. Victor also really enjoys cooking and knows his way around a kitchen. You will see him in attendance at the cooking programs at Canterbury such as Kelly's Kitchen and Eat Street with Rus. Victor is also a major 'movie buff' and a particular fan of the ACTION genre.

As mentioned at the beginning of this article, Victor can be found doing volunteer work every day at Canterbury. He spends a great deal of his free time in service, paying attention to other people's needs. He is proud of how he lives his life and is an unapologetically genuine person. He likes himself and is predisposed to like the people with whom he interacts.

Finally, I would like to conclude by saying that I have been acquainted with Victor for several months now and I would describe him as a very optimistic person. For those of you who are not familiar with Martin Seligman and the theory of 'Learned Optimism', here is a (VERY) brief summary:

Seligman is considered the founder of positive psychology and has spent his career studying what makes people psychologically healthy rather than focusing on what is considered wrong (pathology and diagnoses). In the early 1990s, he studied and defined optimism versus pessimism:

"The defining characteristic of pessimists is that they tend to believe that bad events will last a long time, will undermine everything they do, and are their own fault. The optimists, who are confronted with the same hard knocks of this world, think about misfortune in the opposite way. They tend to believe that defeat is just a temporary setback or a challenge, that its causes are just confined to this one case." -Martin Seligman, 1991

We all have bad days and even the most optimistic among us are challenged to keep our head and chins up, so to speak. But Victor, like Seligman's optimist, is extraordinarily resilient and tends to look at the setbacks in life as a challenge to either be adapted to or overcome. Perhaps that is why he was such a successful salesman throughout his life.

So, the next time you happen across Victor Labrosse at the front desk in conversation, or delivering memos, rearranging chairs for a performance, accompanying someone safely back to their suite...stop and say hello. Get to know 'that guy'. Victor will greet you cheerfully, with respect and (in all likelihood) make a joke to try to make you smile.



Sources:

Pennock, S.F. (2016, September 20). Who is Martin Seligman and what does he do? Positive Psychology.Com. <https://positivepsychology.com/who-is-martin-seligman/>
Positive Psychology Centre, Dr. Martin E.P. Seligman is the Director of the Center and Zellerbach Family Professor of Psychology. Website url: <https://ppc.sas.upenn.edu/>

Seligman, Martin E. P. (1991). *Learned Optimism*, New York.

The Trustees of the University of Pennsylvania (2024). Penn Arts & Sciences: Positive Psychology Center. <https://ppc.sas.upenn.edu/>



Cookie Dough Brownies

Rus's Recipe

Prep Time: 15 min Cook Time: 20 min Serves: 8" Square Pan



INGREDIENTS

110 g Dark Chocolate Chips
110 g Unsalted Butter
220 g Caster Sugar
2 Eggs
80 g All Purpose Flour 30 g
Cocoa Powder 1/2 tsp Salt
1/2 tsp Baking Powder
For the Cookie Dough
110 g All Purpose Flour
95 g Caster Sugar
45 g Demerara Sugar
1/2 tsp Salt
120 g Unsalted Butter, Very soft
1/2 tsp Vanilla Extract
2 Tbsp Plain Yoghurt, or buttermilk or sour cream
50 g Dark Chocolate Chips
For the Ganache
100 g Dark Chocolate Chips
100 ml Double Cream

DIRECTIONS

1. Set oven to 350 F
2. Line a 8" square pan with parchment paper.
3. Brownie directions:
4. Melt together chocolate chips and unsalted butter until smooth.
5. In another bowl add caster sugar and eggs.
6. Beat well until light, white and fluffy for about 3 minutes.
7. Add in melted chocolate and butter mixture with a spoon.
8. Now add in your dry ingredients.
9. Stir together with a spatula.
10. Put into the greased parchment paper pan and smooth out and bake for about 20 minutes or until a toothpick comes out with a little bit of brownie batter on it.
11. Let it cool down completely.
12. Cookie Dough Directions:
13. Put flour on a baking tray into the oven for 5 minutes to cook off and kill the bacteria.
14. Put flour into a bowl and add in the sugar, Demerara sugar, salt, soft butter, vanilla, yoghurt and stir together until well mixed.
15. Add in your chocolate chips and mix in. (Cut the chocolate chips up a bit before mixing in to make smaller pieces.)
16. Spread over the top of your brownie and smooth out.
17. Ganache Directions:
18. Mix the cream and chocolate chips together in a bowl and microwave until well mixed.
19. Put over cookie dough and spread out.
20. Let set in the fridge for 30 minutes before removing from the pan and cutting.

Song for a Winter's Night

The lamp is burnin' low upon my table top

The snow is softly falling

The air is still in the silence of my room

I hear your voice softly calling

If I could only have you near

To breathe a sigh or two

I would be happy just to hold the hands I love

On this winter night with you

The smoke is rising in the shadows overhead

My glass is almost empty

I read again between the lines upon each page

The words of love you sent me

If I could know within my heart

That you were lonely too

I would be happy just to hold the hands I love

On this winter night with you

The fire is dying

Now my lamp is growing dim

The shades of night are lifting

The morning light steals across my window pane

Where webs of snow are drifting

If I could only have you near

To breathe a sigh or two

I would be happy just to hold the hands I love

On this winter night with you

And to be once again with you

By Gordon Lightfoot (1967)

COMMUNITY EVENTS

OUR TOP PICKS FOR JANUARY



Source: <https://citadeltheatre.com/shows/24-25-goblin-macbeth/>

Goblin: Macbeth, A witty twist on a Shakespearian classic!

When: January 11th to February 2nd

Where: Citadel Theatre - 9828 101 A Ave,
Edmonton, Alberta

How: Box Office 780- 425-1820

RiverCity Bluegrass Festival

When: January 17th - Jan 19th

Where: Edmonton Inn and Conference
Centre

How: bluegrassnorth.com/rivercity-tickets



Source: <https://cfweradio.ca/2024/10/24/the-river-city-bluesgrass-festival-goes-jan/>



Source: <https://cfweradio.ca/2024/10/24/the-river-city-bluesgrass-festival-goes-jan/>

Mozart & Sibelius, A musical must-see!

When: January 18th & January 19th 2025.

Where: Winspear Centre, 4 Sir Winston
Churchill Square Northwest & Corner of 99
Street &, 102 Ave NW, Edmonton, Alberta

How:

<https://www.winspearcentre.com/tickets/events/eso/2025/mozart-and-sibelius/>

Oilers Hockey Schedule January 2025

Jan. 3, 2025	Oilers vs. Ducks	7:00 p.m.
Jan. 4, 2025	Oilers vs. Kraken	8:00 p.m.
Jan. 7, 2025	Oilers vs. Bruins	5:00 p.m.
Jan. 9, 2025	Oilers vs. Penguins	5:00 p.m.
Jan. 13, 2025	Oilers vs. Kings	7:30 p.m.
Jan. 15, 2025	Oilers vs. Wild	6:30 p.m.
Jan. 16, 2025	Oilers vs. Avalanche	7:30 p.m.
Jan. 18, 2025	Oilers vs. Canucks	8:00 p.m.
Jan. 21, 2025	Oilers vs. Capitals	7:00 p.m.
Jan. 23, 2025	Oilers vs. Canucks	7:00 p.m.
Jan. 25, 2025	Oilers vs. Sabres	2:00 p.m.
Jan. 27, 2025	Oilers vs. Kraken	7:30 p.m.
Jan. 30, 2025	Oilers vs. Red Wings	7:00 p.m.



Answer Key

- (B) Drinking straw. Early straws were originally made from dried wheat shafts, hence the name straw.
- True. January and February were added when the Julian calendar was introduced.
- (B) Snowdrop. The angel did so to offer them hope after they were banished from the Garden of Eden.
- Aquarius. Aquarius is from January 20 to February 18. Capricorn is from December 22 to January 19.
- (C) Jane Austen. Austen wrote to a friend that she thought the book's heroine, Elizabeth Bennet, was "as delightful a creature as ever appeared in print."
- True. January has seven letters. The months with 31 days are January, March, May, July, August, October, and December.
- (A) The Pulitzer Prize. He also won the Pulitzer for two other works: *The Bridge at San Luis Rey* and *The Skin of Our Teeth*.
- False. Janus was a Roman god. Janus was the god of beginnings and transitions.
- (C) Harvard Drama School. He did however attend several colleges, including Ohio University, Kenyon College, and Yale School of Drama.
- (D) Pomegranate. Most people associate garnets with the color red, and they commonly are that color; however, they also come in orange, yellow, purple, and vibrant green. There are even garnets that change color from blue to purple in different lighting.
- Gracie Allen. They were married for 38 years until Gracie's death in 1964. George once said, "We never worked too hard at being married. It came natural."





☎ 780-483-5361

📍 8403 142 St. Edmonton, AB

✉ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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