

# CANTERBURY TIMES

CREATED BY CAMILLE SNOW

JUNE | ISSUE 26

From blooming gardens to meaningful moments with loved ones, this month is all about celebrating life in full colour. Inside, you'll find highlights from our recent events and stories that remind us why community matters. Whether you're a resident, family member, or team member — thank you for being part of what makes Canterbury so special.

**JUNE IS STROKE AWARENESS MONTH**  
We're proud to highlight the journey of our very own Kelsey Wilson. Read Kelsey's inspiring story on page 5.

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**DESPITE THE RAIN,  
PLANTING WEEK  
WAS A SUCCESS!**



# Activity Program Highlights

**June 2 – 6th** is Seniors' Week!

Join us as we celebrate the wonderful seniors of Canterbury with a week of fun, entertainment, and community spirit.

**June 2nd** – Live Slot Machine in the Atrium at 1:00pm

Try your luck on our interactive slot machine! Prizes and laughs guaranteed.

**June 3rd** – Duck Races in the Court Courtyard at 2:30pm

Come cheer on your duck as they race to the finish! Duck sales start at 1:00pm in the Games Lounge.

**June 4th** – Canterbury BBQ & Live Horse Races in the Atrium at 1:30pm

Enjoy a delicious BBQ lunch provided by Canterbury, followed by our exciting stick horse races—cheer on your favourite steed!

**June 6th** – Fall Prevention Talk in the Manor at 10:30am

Open to all residents—learn tips and tricks to stay safe and steady.

Senior Prom at 2:00pm | Happy Hour at 1:30pm with Steven Tyler performing

Dress up and dance the afternoon away at our glamorous Senior Prom!

**June 12th** – Health Arts Society Performance at 2:00pm in the Atrium

Enjoy a beautiful musical performance, followed by Manor Happy Hour at 3:00pm in the Manor—music, mingling, and mocktails.

**June 13th** – Father's Day Tea at 2:00pm in the Atrium

Celebrate the dads of Canterbury with delicious tea and live music by the Central Lions Band.

**June 15th** – Father's Day & Piano Recital with Frank Ho at 1:30pm in the Atrium

A special afternoon of music and appreciation for all the wonderful fathers in our community.

**June 18th** – Eat Street with Rus at 1:30pm in the Court Activity Room

Take a tasty trip down Eat Street—enjoy food samples, fun stories, and lots of laughs with Rus.







## Invitation to a Celebration of Life for Canterbury Residents

An invitation is extended to all residents, family and staff, to a special Celebration of Life service in honor of our residents who died between June 2024 and June 2025. This gathering will take place in the Canterbury Chapel, where we will come together to remember, celebrate, and honor the lives of those who have touched our community.

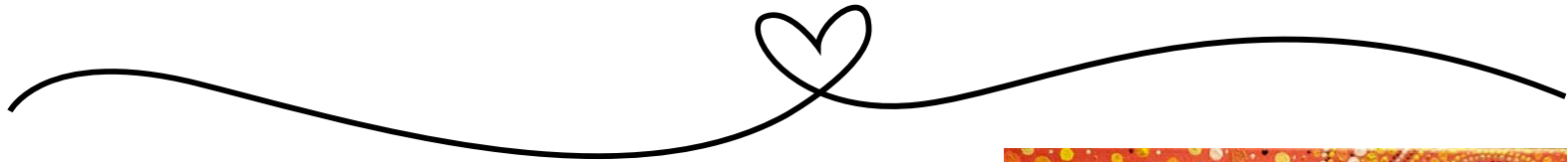
The service will be a meaningful time for all of us to remember and celebrate the lives of our dear friends who have died and support each other. Whether you knew these residents personally or simply wish to join in solidarity, your presence will be greatly appreciated.

### Details:

- **Date:** Wednesday June 25, 2025
- **Time:** 10:30 am
- **Location:** Canterbury Chapel

We hope to see you there as we come together in love and remembrance to celebrate the lives that made our Canterbury family special.

If you have any questions please contact Chaplain Colleen at [colleens@canterburyfoundation.com](mailto:colleens@canterburyfoundation.com) or 780-930-5807.



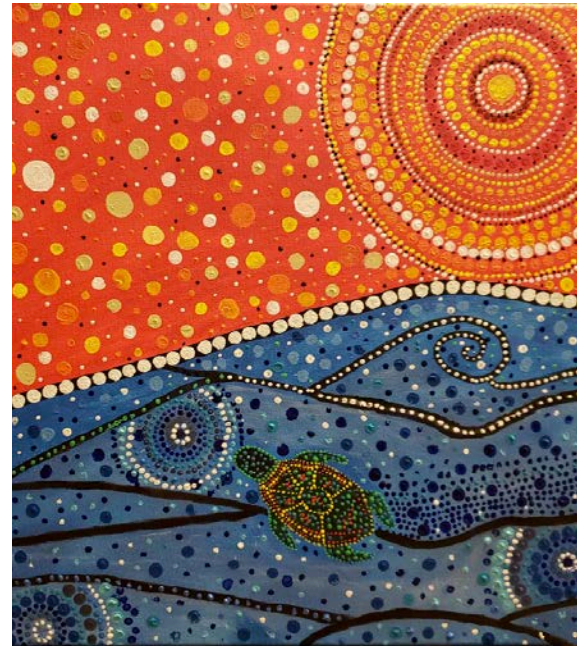
## In Honor of National Indigenous Day of Prayer

We invite you to join us for a prayer service and smudge as we come together to honor National Indigenous Day of Prayer.

- **Date:** Friday, June 20
- **Time:** 1:00 PM
- **Location:** Chapel

Let us gather in reflection, respect, and unity to pray for healing, understanding, and the continued strength of Indigenous communities.

All are welcome.





**Eric Kotylarov**  
Coordinator, Life Enrichment



**Loida Dela Cruz**  
HCA



**Briana Delaney**  
Unit Clerk

## HEART OF CANTERBURY EMPLOYEE RECOGNITION PROGRAM

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

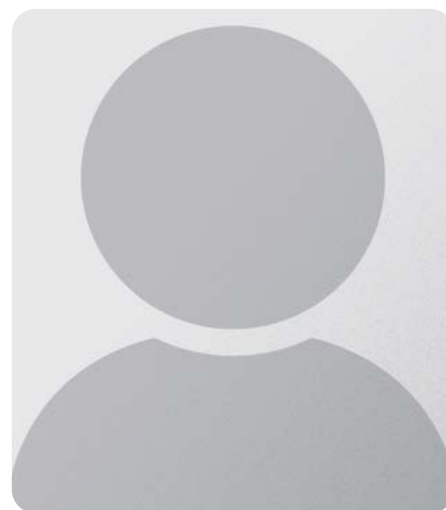
Each month we will honor three employees who consistently demonstrate exceptional performance, commitment and contributions to Canterbury Foundation. These staff members exemplify the values of the organization, go above and beyond in their role, inspire others through their dedication and positive impact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



**Rosemarie Bruff-Campbell**  
Manager, Health Services



**Camille Snow**  
Manager, Community  
Experience



**Karen**  
Housekeeping

**CONGRATULATIONS TO OUR MARCH AND APRIL RECIPIENTS!**





# Heart Luncheon



On Wednesday, May 28, Canterbury Foundation held its' first Annual Heart Fundraising Luncheon at the Chateau Louise.

Community members came together to support personalized, all-levels seniors' care under one roof. From the heartfelt stories to the inspiring generosity in the room, the spirit of community and compassion was truly on full display.

From the residents, volunteers, and staff of the Canterbury Foundation, we want to thank all donors for being a part of a senior's journey. We also extend our sincere thanks to our sponsors—Alberta Asphalt, Cove Properties, MLT Aikins, San Rufo, Wade Consulting and our in-kind sponsors Burke Group of Companies and Chateau Louis Hotel & Conference Centre—for making it possible to direct 100% of donations from the Heart Fundraising Luncheon toward personalized, comprehensive seniors' care.

## Heartfelt, Impactful, United

We look forward to sharing updates with you on the impact of your generosity. Keep an eye on Canterbury Foundation social media for the final total announcement!



[canterburyfoundation.com/donate](http://canterburyfoundation.com/donate)



## JUNE IS CANADIAN STROKE MONTH: KELSEY'S STORY

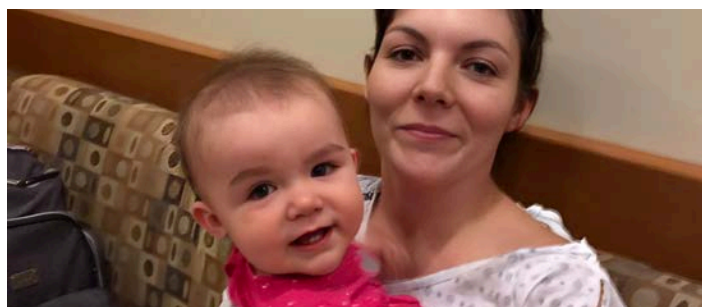


It all began in the summer of 2019. My daughter Juliette was just 10 months old. One day after a shower, I suddenly lost vision in my right eye—everything turned lime green, yellow, purple, and grey. I thought a nap might help. But when I got up, confusion hit. I didn't remember how to use my phone. I was having a stroke, though I didn't know it at the time. After several minutes, I managed to call my mom (who sadly passed away last May). She came right away and took me to the Misericordia, where I worked.



I'm Kelsey Wilson, one of the Clinical Coordinator's here at Canterbury. I'm sure many of you have seen me in the hallways or had a chance to chat with me. In honour of Canadian Stroke Month, I wanted to share a deeply personal story with you.

In 2019, I had two strokes at just 28 years old—and another after I returned home. These weren't minor events; I suffered multiple strokes that caused significant brain damage.



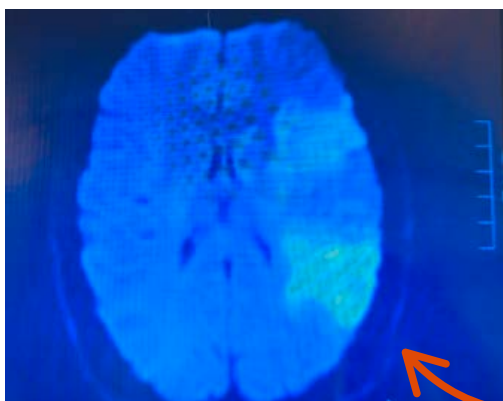
At the hospital, I couldn't even tell them what unit I worked on. My speech was gone—I couldn't form words. A CT scan showed clots in my brain. I was given a clot-busting drug and transferred to the University Hospital, where I had my first major stroke while sitting in the emergency department.



In the Neurology ICU, things worsened. I couldn't feel the right side of my body. Then came seizures on the left side. I was awake through all of it—terrified. My mom stayed by my side, saying, "It's OK, my girl. I'm right here."

Doctors took me for surgery to remove three clots. I was awake and in pain. They had to restrain me from touching my head. They removed two clots; the third remains, now cemented in place.

My brother got married in late September, right after my strokes. I went to a restaurant and that's when it hit me—I couldn't read the menu, and I couldn't speak. I felt like a baby again, trying to care for my own baby. I leaned on my family for everything.



I continued outpatient rehab through Glenrose and was treated at home. I cried constantly. My emotions were (and still are) hard to regulate. After a year, I was finally discharged.

Today, I have two beautiful daughters, a fulfilling life, and a career I love. I still live with some deficits, but I work every day to overcome them.

Thank you for reading my story. I share it in hope that it brings awareness, perspective, and a reminder that recovery—though never easy—is possible. - Kelsey Wilson



**Kelsey's brain scan:** the lit-up areas indicate regions with no activity, showing complete loss of brain function.

## Signs of a Stroke

In 2014 Heart & Stroke launched the FAST campaign as a simple and effective way to help Canadians recognize and remember the most common signs of stroke and know to take action right away:

- Face – is it drooping?
- Arms – can you raise both?
- Speech – Is it slurred or jumbled?
- Time to call 9-1-1 right away.

Recognizing the signs of stroke and acting quickly can mean the difference between life and death, or the difference between a better recovery and a lasting disability.



[heartandstroke.ca](http://heartandstroke.ca)







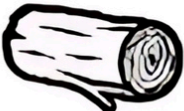
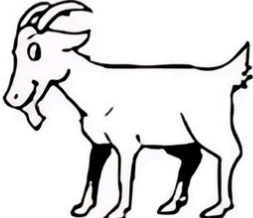
# Picture Puzzler



If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  \_\_\_\_\_

2. Find a letter that is in  but not in  \_\_\_\_\_

3. Find a letter that is in  but not in  \_\_\_\_\_

4. Find the letter that is in  but not in  \_\_\_\_\_

5. Find a letter that is in  but not in  \_\_\_\_\_

Write your letters again here to spell a happy word: \_\_\_\_\_

# Young at Heart: Not Just the Stuff of Fairy Tales

Susan Krauss Whitbourne PhD, ABPP

Can feeling young at heart really make a difference as we age? According to new research published by Dr. Susan Krauss Whitbourne and colleagues at the University of Vienna, the answer is yes—at least to a degree. The study explores the idea of “subjective age,” or how old you feel compared to your actual age, and how this internal age identity can shape well-being and life satisfaction.

The research suggests that fulfillment and resilience often stem from the age we feel, not the age on our birth certificate. In fact, people tend to feel younger in areas of life that are most central to their sense of self—whether that’s family, career, health, or leisure. Younger adults in the study reported feeling younger in key areas that mattered most to them, while older adults were more likely to redefine what it means to be “old.” Rather than feeling younger per se, they shifted the age they believed old age begins—pushing that number further out as they aged.

This adaptive thinking reflects a balance between assimilation—maintaining a youthful self-concept—and accommodation—revising one’s definitions of aging to preserve self-worth. In a society that often devalues growing older, this internal flexibility helps individuals maintain a sense of identity and purpose. It also allows people to preserve self-esteem by reframing what it means to age in a positive and self-supporting way.

But does being “young at heart” mean denying reality? Not necessarily. The study reminds us that staying youthful in spirit doesn’t mean clinging to youth physically or behaviorally in ways that feel unnatural. It’s not about joining the kids in dress-up, but rather about keeping a playful, optimistic, and engaged approach to life. It’s about remaining connected to the parts of ourselves that feel vital, curious, and open.

Importantly, this research reinforces the idea that fulfillment can be achieved at any age, particularly when we stop fixating on the number and focus instead on living fully in the domains that matter most. The internal story we tell ourselves about age plays a powerful role in how we feel, function, and flourish.

## Key Takeaway:

Maintaining a youthful self-concept—especially in areas that are personally meaningful—can support emotional well-being and identity across the lifespan. By redefining what it means to age, and staying connected to a vibrant inner self, we may find that growing older doesn’t have to mean growing “old.”

Whitbourne, S. K. (2025, May 27). Young at heart: Not just the stuff of fairy tales. *Psychology Today*.





# CANTERBURY CONNECTIONS

JUNE  
2025

## JOIN US

I am excited to invite you to this month's Canterbury Connections. Join the intimate 45-minute storytelling session that will feature Jill Thomson. Jill is a visual artist who created an urban garden series as part of her Master's. Hear firsthand the collaboration that went into the beautiful oil painting inside Canterbury and mural reproduction on the external of the building.

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

*"[From the residents] there was a lot of talk about their grandparents, their grandchildren, and how they had passed on knowledge about favourite plants ... and how gardening is this continuum of connection between different generations."*  
- Jill Thomson

I look forward to welcoming you to this heartfelt gathering on Thursday, June 19.



**Madeline Verhappen**  
Fund Development Specialist



## EVENT DETAILS

- **When:** Thursday, June 19, 2025
- **Where:** Canterbury Foundation, 8403  
142 Street NW, Edmonton
- **Time:** 4:30 p.m. – 5:15 p.m. (Doors open at 4:00 p.m.)

## SAVE YOUR SEAT

**Email:**  
Madelinev@canterburyfoundation.com  
**Phone:** 780-930-3727



# Rus's Watermelon Salad with feta & Mint

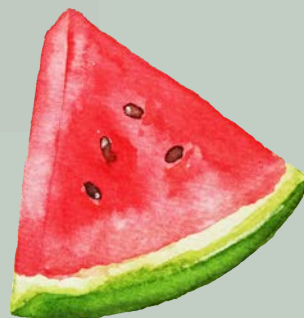


## Ingredients

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lime juice
- ½ garlic clove (minced)
- ¼ teaspoon sea salt
- 5 cups cubed watermelon
- 1 heaping cup diced English cucumber
- ¼ cup thinly sliced red onions
- ⅓ cup crumbled feta cheese
- 1 avocado (cubed)
- ⅓ cup torn mint or basil leaves
- ½ jalapeño or serrano pepper (thinly sliced, optional)
- Sea salt

## Directions

1. Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.
2. Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.





# COMMUNITY EVENTS

## OUR TOP PICKS FOR JUNE



### Father's Day Car Show

**Where:** 6004 Currents Dr NW, Edmonton, AB T6W 0L9

**Date:** Saturday, June 14<sup>th</sup>

**Time:** 10 a.m. - 2:00 p.m.

**More Information:**

[shopcurrents.ca/carshow](http://shopcurrents.ca/carshow)

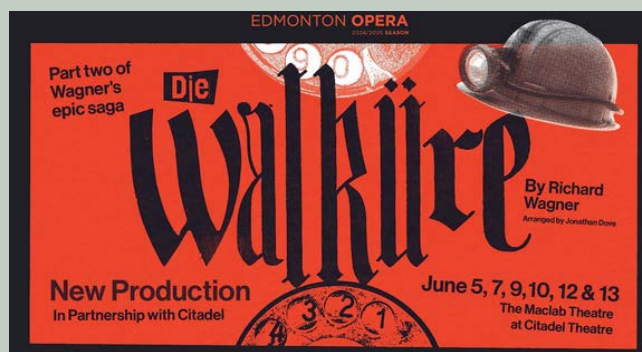


### Edmonton International Jazz Festival

**Where:** Various locations

**When:** June 22 to 29

**More Information:** [EdmontonJazz.com](http://EdmontonJazz.com)



### Die Walkure

**Where:** Citadel, 9828 101A Ave, Edmonton, AB T5J 3C6

**When:** June 5 to 13

**More Information:** [EdmontonOpera.com](http://EdmontonOpera.com)

### Callingwood Market

**Where:** 6655 178 St NW #238, Edmonton, AB T5T 4J5

**When:** Every Sunday (10am-3pm) from May 4 to October 12 and every Wednesday (12-4pm) from June 18 to September 24.

**More Information:**

[callingwoodfarmersmarket.com](http://callingwoodfarmersmarket.com)

# PRIDE MONTH



In celebration of Pride Month, we're highlighting a wonderful opportunity for connection and community. Aging with Pride is a weekly virtual discussion group for 2SLGBTQ+ seniors and their allies, hosted by the Edmonton Pride Seniors Group, Pride Centre of Edmonton, and Sage Seniors Association.

When: Thursdays

Time: 11:00 a.m. – 12:00 p.m.

Location: Currently online, with in-person options to come!

This is a welcoming and inclusive space to share stories, support one another, and celebrate aging with dignity and pride. Closed captioning and sign language interpretation are available.

Pre-registration is required.

Email:

[agingwithpride@pridecentreofedmonton.ca](mailto:agingwithpride@pridecentreofedmonton.ca)

Call Rachel at 780-701-9016





# Go Oilers Go!



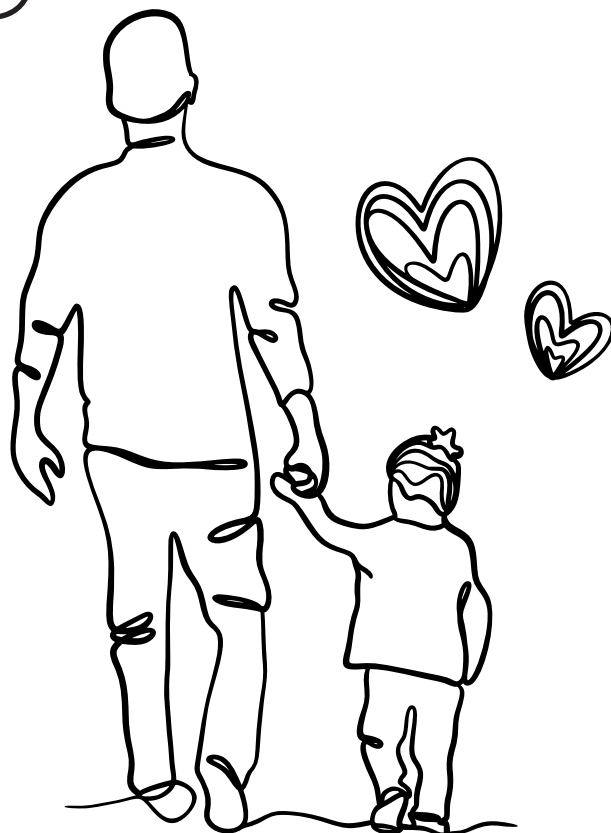
## Picture Puzzler

Answer: The “happy word” is SMILE

HAPPY

Father's

DAY





☎ 780-483-5361

📍 8403 142 St. Edmonton, AB

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

🌐 <https://canterburyfoundation.com/>

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