

# CANTERBURY TIMES



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## *Welcoming Spring: Fresh Starts at Canterbury*

As March arrives, so does the promise of warmer days, new beginnings, and fresh opportunities to connect. This month, we're celebrating renewal—whether it's refreshing our spaces, embracing seasonal activities, or honouring the dedicated staff who make Canterbury feel like home. In this issue, discover heartwarming resident stories, upcoming spring events, and how we continue to provide exceptional care and comfort. Let's welcome the season of growth together!



# ACTIVITY PROGRAM HIGHLIGHTS

**March 7th** ~ Dig through your closets and dressers to see if you can find something purple, green and gold! There is going to be a Mardi Gras party in the Atrium at 2 p.m., and The Central Lion's Band will be providing entertainment.

**March 8th** ~ At 10 a.m., Terry Jordan will be performing in the Lane.

**March 11th** ~ Life Enrichment BBQ Day! Place your order with reception for a barbequed hamburger lunch. Rus Eales (of Eat Street with Rus) will be preparing the meal!

**March 12th** ~ What's cooking in Kelly's Kitchen? Come down to the Court Activity room at 1:30 p.m. to find out. Join in for a kitchen demonstration, cooking tips, and free samples.

**March 17th** ~ It's Saint Patrick's Day! Toss on something green because Bob Gagnon will be performing in the Atrium at 2 p.m. and green beer will be available for purchase. Sláinte!

**March 20th** ~ The Haven Birthday Tea will be held at 10 a.m. with Dahlia Wakefield performing.

**March 24th** ~ The Court Birthday Tea will be held at 2 p.m. in the Court Atrium with Martin Borch entertaining.

**March 25th** ~ At 1:30 p.m. there will be a birthday Tea for Lane residents in the Lane Activity Room. Bob Gagnon will provide musical entertainment.

**March 26th** ~ The Bi-Annual Life Enrichment Garage Sale starts at 10 a.m.! The Court Activity Room will be bursting with gently used (and maybe some new) items for sale. Come on down and catch a bargain!

**March 27th** ~ The Manor Birthday Tea will begin at 2 p.m. in the Manor Dining area, followed by Happy Hour at 3 p.m.



# THE MAGIC OF MUSIC

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*March is Music Therapy Awareness Month, a time to celebrate the remarkable benefits of music therapy and the certified music therapists who use it to help people of all ages and abilities.*

Canterbury is proud to offer a diverse range of musical experiences that enrich the lives of its residents. The benefits to the community are truly boundless, but here are just a few that stand out:

- **Communication:** For residents who struggle with speech, music becomes a powerful way to connect. Whether through humming or rhythmic movement, it helps seniors' express feelings and find joy, even when words are difficult.
- **Movement:** Music encourages movement, whether it is dancing, shuffling, or chair dancing, offering accessible and enjoyable physical activity for everyone, no matter their mobility.
- **Socialization:** Music breaks down barriers, reducing social anxiety and creating a shared space where residents bond over a love of song and rhythm, offering comfort in each other's company.
- **Stress Reduction:** Research shows that music can lower stress and anxiety. It creates a soothing environment that promotes relaxation, helping residents cope with health concerns and the isolation that often comes with aging.

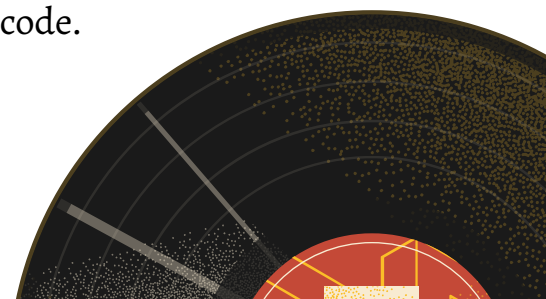


At Canterbury, music is more than just entertainment—it is vital to fostering happiness, health, and harmony.

If music has touched your life, donate today and become part of the melody that brings joy and connection to a senior's life at Canterbury.

Your generosity creates unforgettable moments and harmony for those who need it most.

Visit [canterburyfoundation.com/donate](http://canterburyfoundation.com/donate) or scan the QR code.





I've always enjoyed experimenting with new culinary recipes and keeping track of my calorie intake. This desire prompted me to earn a bachelor's degree in food and nutrition, than a master's degree in management studies.

I have worked as a nutritional executive, a consultant, and a food services supervisor for multinational companies. I have also worked at universities, and hospitals including Unilever, Abbott Laboratories, Aramark, U of A and AHS.

I received my formal training as a "Nutrition Manager" at Capital Care (Grandview and Kipnes Centre for Veterans). I have a 'Nutrition Manager (NM)' certificate and I am an active registered member with the Canadian Society of Nutrition Management (CSNM). I represent the Alberta Networking Group of CSNM.

I joined Canterbury Foundation, in March 2019, as a dining room supervisor where I had the opportunity to share and implement my food and nutrition management experience and knowledge with my department.

As a nutrition management professional, I am responsible for the residents' dietary needs. I collaborate with the Executive Chef and Nursing Department to customize residents' meals according to their medical, cultural, religious, or personal needs and preferences.



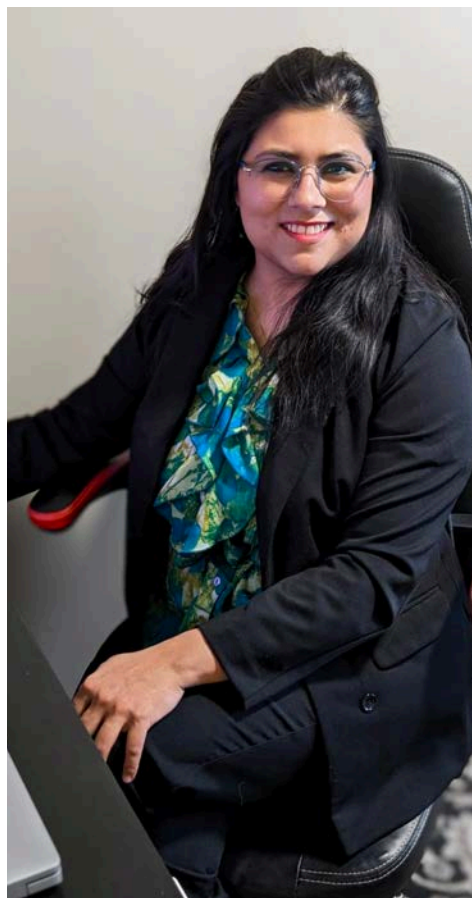
# A Journey and Passion Towards Food and Nutrition

*Written by: Sameera Zahid*

Aside from supervisory duties, my primary responsibility is to promote healthy eating guidelines to residents in accordance with Health Canada, in keeping with Canada's Dietary Guidelines and Food Guide.

I encourage residents to visit me or make an appointment for any of their dietary needs, feedback, or concerns. I'll try my best to help and guide as much as possible.

I'm available at Canterbury Foundation from Mon-Fri, 7:30 - 11:30 a.m.



## **March is National Nutrition Month!**

Good nutrition plays a vital role in healthy aging. This month, we encourage everyone to make small, meaningful changes to their diet—whether it's adding more fruits and vegetables, staying hydrated, or enjoying balanced meals. Eating well can boost energy, support brain health, and enhance overall well-being. Let's celebrate National Nutrition Month by making smart, delicious choices together! For tips or meal ideas, visit our dining team—we're happy to help!

# *What a Nutrition Manager (NM) can do is listed below:*



The NM works in collaboration with interdisciplinary health teams, including Registered Dietitians, to provide nutrition care to patients/clients. The NM is responsible for clients/patients at low to moderate nutrition risk and acts as liaison between food service and clinical nutrition.

- Adapt client menus for special nutrient needs or restrictions in accordance with approved diet manuals and established menu-planning guidelines.
- Implement and monitor production activities related to food texture modification and fluid consistencies, based on established guidelines and prevailing practice.
- Complete nutrition screening and dietary profiles.
- Complete and document nutrition assessments, progress notes, and nutrition-related status on patients/clients at low and moderate risk; referring high-risk clinical nutrition issues to a Registered Dietitian.
- Develop, monitor and recommend revisions to the plan of care according to policies and provincial standards and regulations.



## **Nutrition Manager's (NM) are trained in the following eight competencies:**

1. Professionalism
2. Quality Management
3. Nutrition and Healthy Living
4. Clinical Nutrition
5. Food Service Systems Management
6. Human Resources Management
7. Financial/Business Management
8. Marketing and Promotion

A Nutrition Manager who is registered with the CSNM can review and approve the menus for supportive living accommodation.





# International Women's Day

March 8th is International Women's Day, a time to honor the incredible women in our community—past, present, and future. From trailblazers who paved the way to the caregivers, friends, and family members who uplift us every day, we celebrate their strength, wisdom, and contributions.

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March 8, 2025

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**"I believe that never was a country better adapted to produce a great race of women than this Canada of ours, nor a race of women better adapted to make a great country."**

*~ Emily Murphy, women's rights activist, jurist, and author*

**"The purpose of a woman's life is just the same as the purpose of a man's life: that she may make the best possible contribution to the generation in which she is living."**

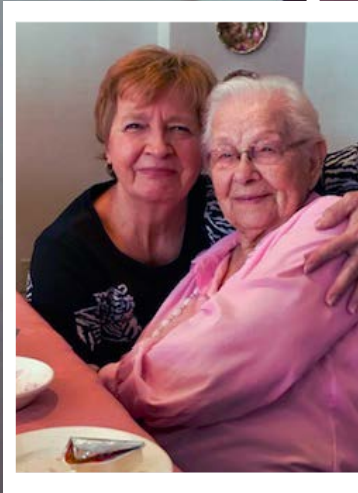
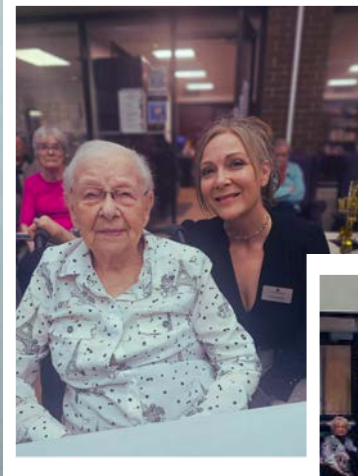
*~ Louise McKinney, provincial politician and women's rights activist, first woman sworn into the Legislative Assembly of Alberta and the first woman elected to a legislature in Canada*

**"Whatever women do they must do twice as well as men to be thought half as good. Luckily this is not difficult."**

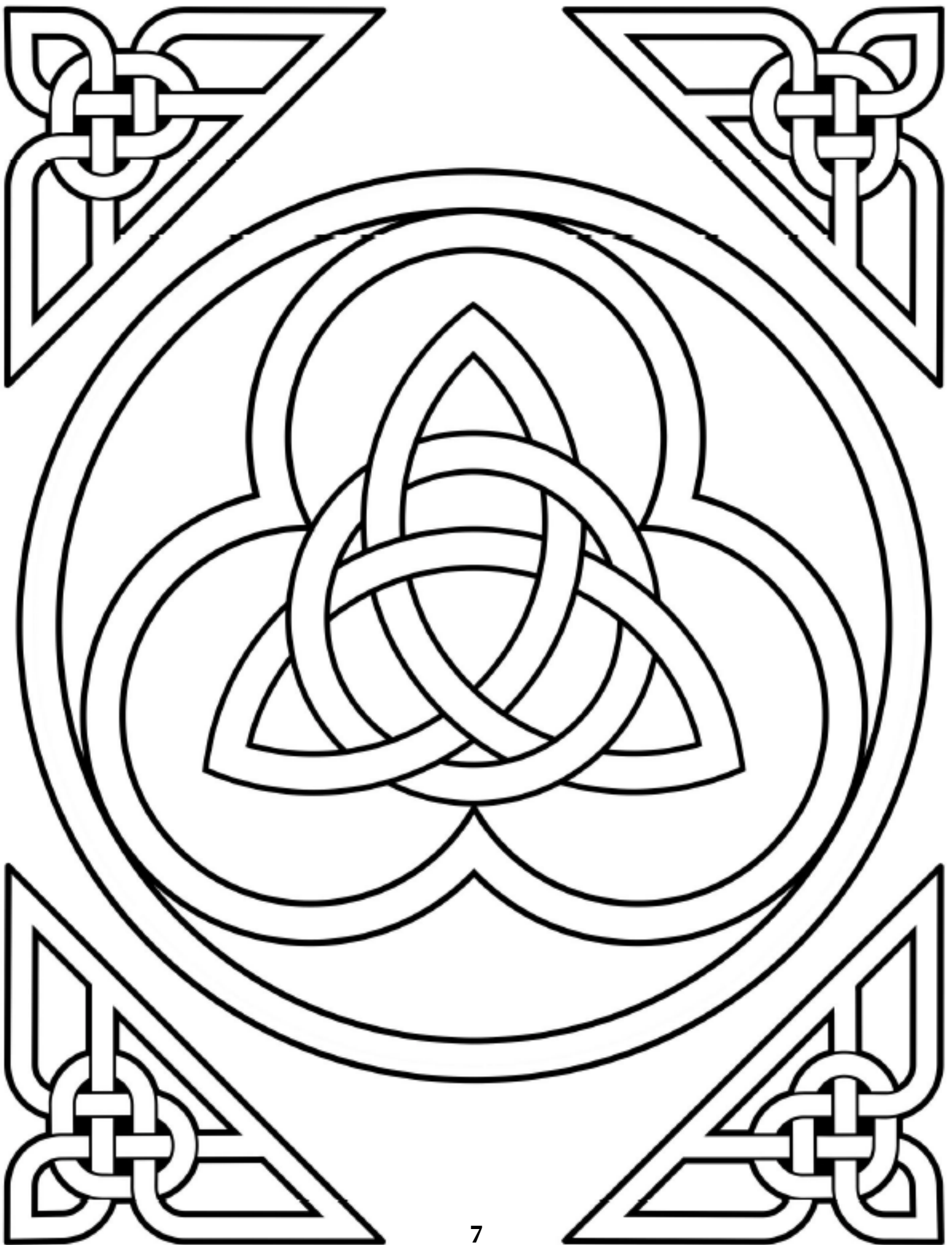
*~ Charlotte Whitton, first female mayor of Ottawa*







*Happy 111th Birthday  
Irene*

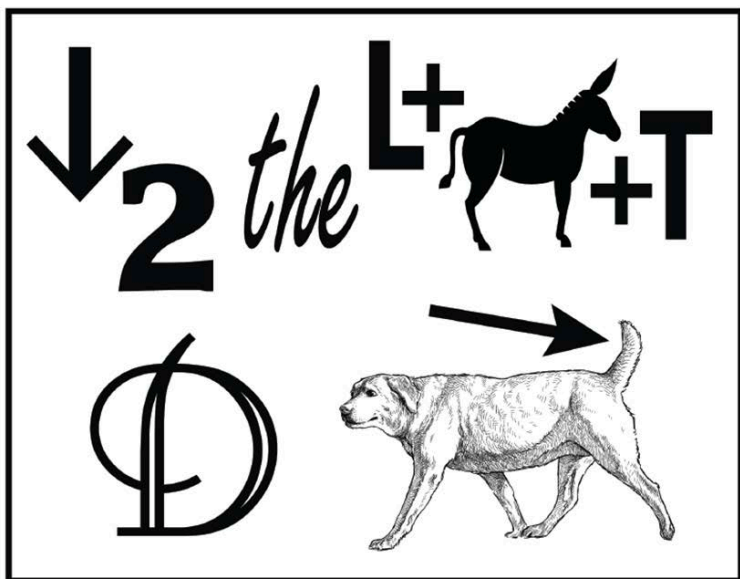






# Concentration Puzzle

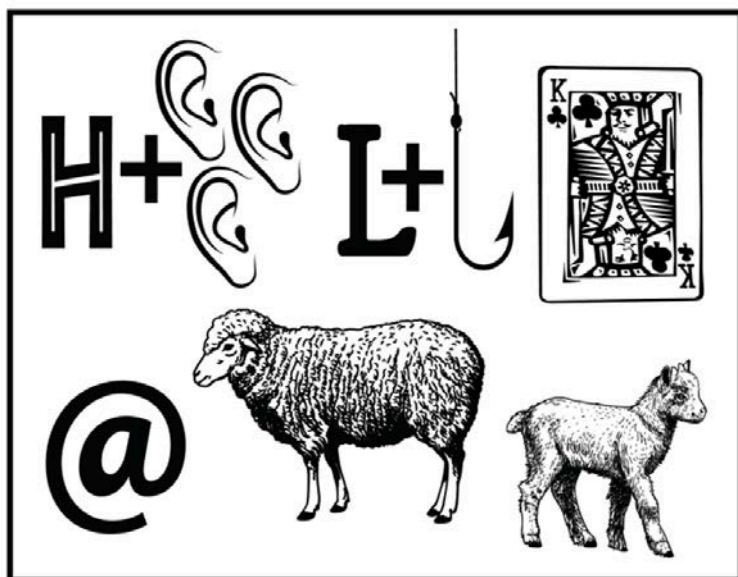
Use the visual clues in the puzzle to figure out what it says.



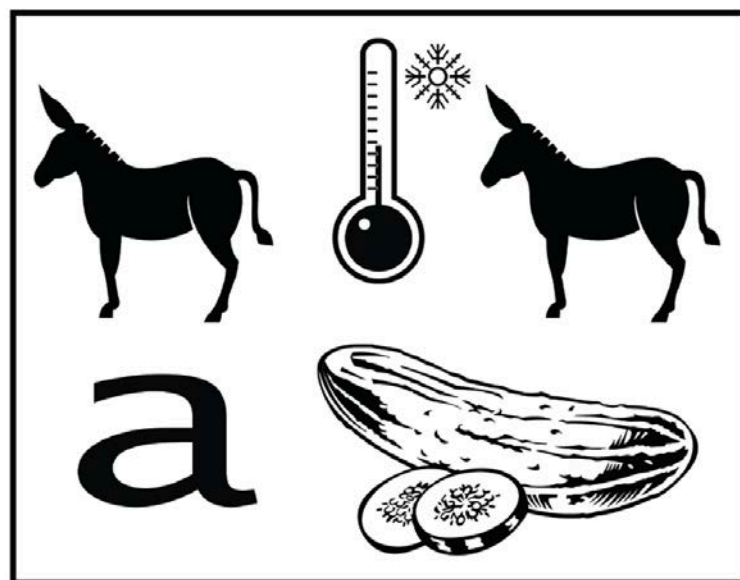
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

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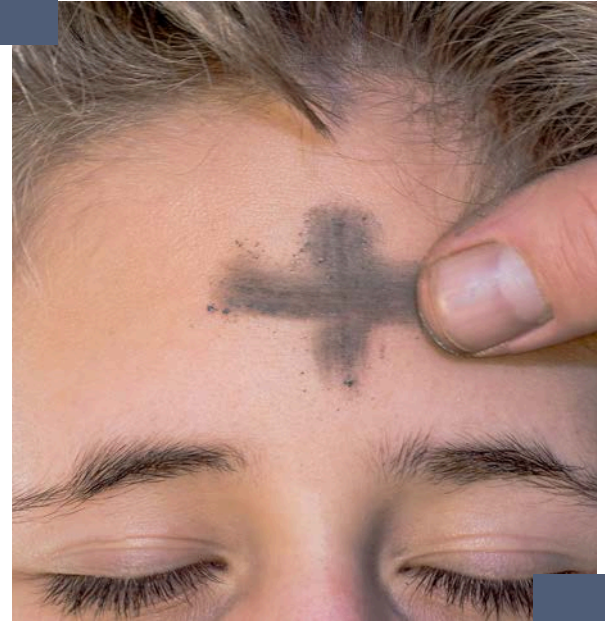


March 5, 2025

# ASH WEDNESDAY

Wednesday March 5, 2025 marks the beginning of the Christian Season of Lent. This day is referred to as “Ash Wednesday.” Those of us who are Christian are invited to stop the whirlwind of life and activity that surrounds us for a moment, and remember that God loves us, forgives our sins, and is merciful. We remember we are God’s created beings, and that God formed us out of dust. I like to think of the dust that God used as star dust as it reminds me that we are made from the essence that is the universe and God.

On this day we use dust from burnt palm crosses to trace a baptismal cross traced on our foreheads. This is a reminder to participate actively in this kingdom of Love, and to remember to seek forgiveness from God and other people in our lives. We work to renew those relationships and make them whole again. We strive to seek justice, and to respect the dignity of every human person, even when it is challenging and difficult.



Even though we are dust, and to dust we shall return, we ought never to forget that we are *Holy Dust*, created and inspired by the very breath of God. So Ash Wednesday is a day to stop and reflect on who we are (and *whose* we are), to adopt an attitude of humility and hit the reset button on our faith life. It is a day to remember God loves and forgives us; and that God calls us to love God, each other and all of creation, for this is what it means to be the Holy Dust of God.

On March 5th, there will be an Ash Wednesday service led by the United Church and Pastor Karen at 10:30 a.m. For those who are unable to attend and would like to participate, I will be able to offer the imposition of ashes by request. Everyone is invited to participate if they choose.

*Written by: Colleen Sanderson*





# CANTERBURY CONNECTIONS

## FUND DEVELOPMENT

By Madeline Verhappen

### YOU'RE INVITED!



We are excited to invite you to our monthly 45-minute storytelling session, Canterbury Connections! Each month we bring new stories and connections, sharing narratives about Canterbury's holistic senior care community.

Bring a friend or two to this intimate gathering to hear the impact we have on providing tailored care for each resident, taking into account the mind, body, and spirit.

#### Event Details:

**When:** Thursday, March 20, 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.)

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

We look forward to welcoming you to this heartfelt event on Thursday, March 20. Having you attend will make it even more memorable.



# Rus's Recipe's

## BURNT BASQUE CHEESECAKE



PREP TIME  
**20 MIN**



COOK TIME  
**40 MIN**



SERVINGS  
**12**

### Instructions

1. Bring all ingredients to room temperature before mixing. Preheat the oven to 475°F (245°C).
2. Prepare a 9" | 23cm springform pan by cutting a round of parchment paper to fit the bottom and a 30" / 75cm long, 6-8" / 18cm tall strip to line the sides. Spray the pan with pan spray, ensuring the parchment paper sticks to the inside, then spray the parchment.
3. In a stand mixer, combine cream cheese, goat cheese, and sugar. Mix on low speed until sugar and cream cheese are well combined (3-4 minutes), scraping down the sides halfway through.
4. With the mixer on low, add the eggs one at a time, allowing each to fully incorporate before adding the next.
5. Scrape down the sides, then add salt.
6. Slowly stream in heavy cream with the mixer on low speed.
7. Sift flour into the batter and mix on low speed for 2-3 minutes until the flour is evenly hydrated. Scrape down the sides once more
8. Place the prepared springform pan on a sheet tray then pour the cheesecake batter into the pan.
9. Bake in the preheated 475°F (245°C) oven for 40 minutes, rotating the pan 180 degrees halfway through baking.
10. When done, the cheesecake should have a nice rise and a dark caramel colored burnt exterior. Jiggle the pan; it should be jiggly but not wet.
11. Allow the cheesecake to cool for a couple of hours before removing the springform edges.
12. Alternative Method (Brownie Pan):
13. If using a 9x13 metal brownie pan, bake at 425°F (220°C) for 35 minutes, then broil for 3-4 minutes to finish burning the top.

### Ingredients

- 800g (28oz or 3 1/2) Cream Cheese, room temperature
- 225g (2/3c or 1 8oz log) Goat Cheese, (substitute with extra cream cheese if you don't have goat)
- 350g (1 3/4c) Granulated Sugar
- 5 Eggs, large
- 5g (1t) Coarse Kosher Salt
- 500g (2c) Heavy Cream
- 50g (1/2c) All-purpose Flour, (sub gluten free flour)
- Pan spray (for greasing)





## THE LAKE ISLE OF INNISFREE

BY WILLIAM BUTLER YEATS

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I will arise and go now, and go to  
Innisfree,  
And a small cabin build there, of clay  
and wattles made;  
Nine bean-rows will I have there, a  
hive for the honey-bee,  
And live alone in the bee-loud glade.

And I shall have some peace there, for  
peace comes dropping slow,  
Dropping from the veils of the  
morning to where the cricket sings;  
There midnight's all a glimmer, and  
noon a purple glow,  
And evening full of the linnet's wings.

I will arise and go now, for always  
night and day  
I hear lake water lapping with low  
sounds by the shore;  
While I stand on the roadway, or on  
the pavements grey,  
I hear it in the deep heart's core.

# COMMUNITY EVENTS

## OUR TOP PICKS FOR MARCH



### Downtown Dining Week

**When:** March 12th -23rd

**What:** Celebrate the flavour and innovation of Downtown's hospitality industry with multi-course \$15, \$25, \$35, \$50 and \$65 menus.

**How:** Participating restaurants are listed on the event website, <https://www.edmontondowntown.com/diningweek/>



### Ravel & Gershwin: Classical Meets Jazz

**Website:**

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

**Email:** [box.office@winspearcentre.com](mailto:box.office@winspearcentre.com)

**Phone:** 780-428-1414

### Indigenous Storytelling Series

**When:** March 1, 8 and 15th

**Where:** Fort Edmonton, 1846 Fort

**How:** <https://www.showclix.com/event/indigenous-story-telling-series-2025>





# Happy St. Patrick's Day



## Saint Patrick's Day is March 17th!

Did you know that the Irish language, (Gaeilge) can be traced back to the 4th Century AD and having evolved from a common Celtic tongue used before that? Its use was suppressed over the centuries by colonizers, but language and culture are closely linked, so Gaeilge survived and is now an official language of Ireland.

Here are a few simple phrases in Gaeilge:

**Dia dhuit** (sounds like 'dee-ya-gwitch') means 'Hello'

**Conas tá tú?** (sounds like 'cunus-ataw-two') means 'How are you?'

**Sláinte!** (sounds like 'slawn-cha') means 'cheers or good health'

source: <https://www.ireland.com/en-us/help-and-advice/practical-information/languages-of-ireland/>

## Oilers Hockey Schedule March 2025

Mar. 1, 2025	Oilers vs. Hurricanes	5:00 p.m.
Mar. 4, 2025	Oilers vs. Ducks	7:00 p.m.
Mar. 6, 2025	Oilers vs. Canadiens	7:00 p.m.
Mar. 8, 2025	Oilers vs. Stars	8:00 p.m.
Mar. 10, 2025	Oilers vs. Sabres	4:30 p.m.
Mar. 13, 2025	Oilers vs. Devils	5:30 p.m.
Mar. 16, 2025	Oilers vs. Rangers	5:00 p.m.
Mar. 18, 2025	Oilers vs. Utah	7:00 p.m.
Mar. 20, 2025	Oilers vs. Jets	7:00 p.m.
Mar. 22, 2025	Oilers vs. Kraken	8:00 p.m.
Mar. 26, 2025	Oilers vs. Stars	8:00 p.m.
Mar. 27, 2025	Oilers vs. Kraken	8:00 p.m.
Mar. 29, 2025	Oilers vs. Flames	8:00 p.m.

### Concentration Puzzles (solutions)

**Puzzle #1** Down to the last detail

**Puzzle #2** A slap on the wrist

**Puzzle #3** Here's looking at you kid

**Puzzle #4** As cool as a cucumber



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🌐 <https://canterburyfoundation.com/>

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