

CANTERBURY TIMES

Created by Camille and Erica

MAY | ISSUE 25



Spring into May at Canterbury

Welcome to the May edition of the Canterbury Times! This month, we're celebrating the joys of spring with a full calendar of musical events, birthday teas, and our much-anticipated Gardening Week. Inside, you'll find wellness tips, a delicious cornbread recipe, thoughtful reflections on Victoria Day, and a special resident spotlight in our Canterbury Chronicles. As always, we're here to keep you connected, informed, and inspired.

What's Inside?

1. Activity Programs
2. Victoria Day
3. Service Reminders
4. Spring Article
5. Canterbury Chronicles
6. Canterbury Chronicles
7. Colouring Page
8. Crossword
9. Rus's Recipe
10. Canterbury Connections
11. CareRX Article
12. Gardening Wellness
13. Community Events
14. Answer Key



Activity Program Highlights

May 2 ~ We'll be celebrating Cinco de Mayo on this day! The Young at Heart Band will be performing in the Court Atrium at 2:00 p.m.

May 7 ~ Come to the Court Atrium at 7:00 p.m. to hear the Sound Opportunities choral group perform some musical magic.

May 8 ~ We will be hosting a performance by The Health Arts Society in the Court Atrium at 2:00 p.m.

May 10 ~ Attention all choral music fans! The Concordia Community Choir will do a concert in the Court Atrium starting at 1:30 p.m.

May 15 ~ For those who love style: A Fashion Show will be held in the Atrium between 1:30 and 2:30 p.m. Cheese crackers, and punch will be served.

May 20 ~ This is a particularly exciting day at Canterbury because it is the official start of PLANTING WEEK! Everyone, of all abilities, is encouraged to observe and get involved in the process of making the Canterbury gardens a wonderland. The Court Activity Room will be the hub for this event.

May 25 ~ The Haven Birthday Tea will be held at 10:00 a.m. with Juke Box Leigh performing.

May 26 ~ The Court Birthday Tea, with Rob Marleau entertaining, will be held at 2:00 p.m. in the Court Atrium.

May 27 ~ The Lane Birthday Tea will begin at 1:30 p.m. in the Lane Activity Room with Terry Jordan giving a performance.

May 29 ~ The Manor Birthday Tea will be held in the Manor Dining Room at 2 p.m., followed by Happy Hour at 3:00.





VICTORIA DAY – MAY 19TH

When the May Long weekend rolls around this year, Albertans tend to prioritize their recreational activities. It is a three-day weekend, after all, and for many it involves the tradition of finishing Spring gardening projects. Sometimes we have a snowy ‘May-Long’, but often the wintry weather has safely passed and offers a chance to get those last of the seedlings and transplants into the ground. Other people look forward to camping activities and taking an opportunity to get out in nature. I am not sure how many people look forward to celebrating Queen Victoria specifically, but why not take a moment to consider the tradition behind this statutory holiday?

Victoria was queen when Canada officially became a country, and she was the one who chose Ottawa to be its capital (canadashistory.ca). The following is an excerpt from the encyclopedia Britannica website on the origin of Victoria Day:

In 1845, during the reign of Queen Victoria, May 24, the queen's birthday, was declared a holiday in Canada. After Victoria's death in 1901, an act of the Canadian Parliament established Victoria Day as a legal holiday, to be celebrated on May 24 (or on May 25 when May 24 fell on a Sunday). The birthday of Victoria's son, Edward VII (born November 9), was also celebrated on Victoria Day, following an intermittent British custom of celebrating a sovereign's birthday on that of his predecessor.

This custom was not observed in Canada for the birthdays of George V (reigned 1910–36) or Edward VIII (reigned 1936), when the actual day was celebrated, or for that of George VI, whose birthday was celebrated in June though he was born on December 14. In 1952 the first birthday of Queen Elizabeth II as sovereign was celebrated in June (she was born on April 21). Canada had also continued to celebrate Victoria Day, moving it officially to the Monday preceding May 24 in 1952; thereafter Elizabeth's birthday was celebrated on Victoria Day, a custom made permanent in 1957.

References:

Brittanica (n.d.). Victoria Day: Canadian holiday.
<https://www.britannica.com/topic/Victoria-Day>
 Canada's History. (2015, November 5). The story of Victoria Day.
<https://www.canadashistory.ca/explore/arts-culture-society/the-story-of-victoria-day>





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.



KEEPING COOL AT HOME

Source: David Suzuki, Queen of Green

Climate change means warmer than normal temperatures extending into autumn. And with many people taking “stay cations,” a full house can raise energy consumption and costs.

Try these tips to cool your home and save energy:

- **COOL THE PERSON, NOT THE SPACE** Try a cold drink and a personal fan. Wrap ice cubes in a cloth and tie it around your neck. Find a shady spot outside.
- **EASE OFF THE AIR CONDITIONING** Shed some clothing layers instead. Set your a/c temperature a smudge higher. Even two or three degrees will save up to ten per cent on your monthly energy bill.
- **CLOSE BLINDS AND CURTAINS** Direct sunlight heats things up and makes a/c's work harder. Reduce solar heat gain by adjusting blinds throughout the day.
- **TAKE AN OVEN BREAK** Prepare foods that don't require cooking, likes salads and sandwiches. Try cooking smaller portions in a toaster oven or microwave. Eat outside.
- **REDUCE DAYTIME USE OF LARGE APPLIANCES** Run your dishwasher and clothes dryer overnight - even better, air dry clothes.
- **CHANGE A/C FILTERS** Dirty filters restrict airflow, making the a/c work harder. Replace disposable or wash reusable filters at least every three months.





Canterbury Chronicles

A CENTURY OF GRACE: YOLANDE'S STORY

Yolande MacLean was born Yolande Elizabeth Bourgeault on a farm in Marcelin, Saskatchewan. She was the 13th of 17 children. She completed her schooling in the town of Marcelin and in North Battleford.

Yolande met her husband, Don, at her brother's wedding. She was a bridesmaid and Don was a guest. They ended up dancing together, and that was the beginning of their romance.

Yolande and Don married in Vancouver in July 1949. Their honeymoon was spent in Edmonton at the Commercial Hotel, and they rode the streetcar from one side of the city to the other.

They settled in Stettler, Alberta, where they lived for 15 years and had four children — two boys and two girls. After living in Calgary for nearly a year, they made their final home in west Edmonton in 1965. In 1968, another daughter was born.



Yolande was a stay-at-home mom. She also worked answering phones for the oil company where Don was employed, dispatching testers. She later worked as a receptionist at the Grey Nuns Convent and then took a position with the Edmonton Catholic School Board, serving as an office clerk and librarian at St. Thomas More School for ten years.

Yolande and Don retired in 1988 and enjoyed being snowbirds until 1993, when they were involved in a serious car accident in which both were injured. Don was given a 10% chance of recovery. Remarkably, both recovered, but Don's kidneys failed a few years later. He underwent dialysis for seven years, with Yolande faithfully by his side three times a week.

Don passed away in 2006.



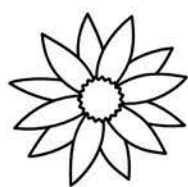
Yolande stayed in her home until 2009. She then moved to Caleb, where she remained active until 2014, when she contracted pneumonia and was hospitalized for three weeks. After her release, we decided she needed a better place to live. We called Canterbury and discovered that Yolande had placed both their names on the waiting list years earlier.

She moved into Canterbury in 2014 and has had a wonderful time living there ever since.

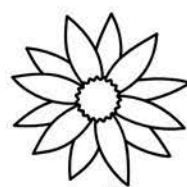


Yolande celebrated her 100th birthday on October 11, 2024. She has nine grandchildren and eight great-grandchildren. Although her memory is now fading, we will always cherish the memories she has given to us.





Happy Mother's Day



Homemade
GIFTS MADE EASY

ACROSS

- 5. Book back
- 7. Book's name
- 8. Account of a life
- 10. Leaves of a book
- 13. Used to checkout books, library _____
- 15. Love story
- 16. Person in a novel
- 18. Hushed
- 19. Shelf gadgets for novels

DOWN

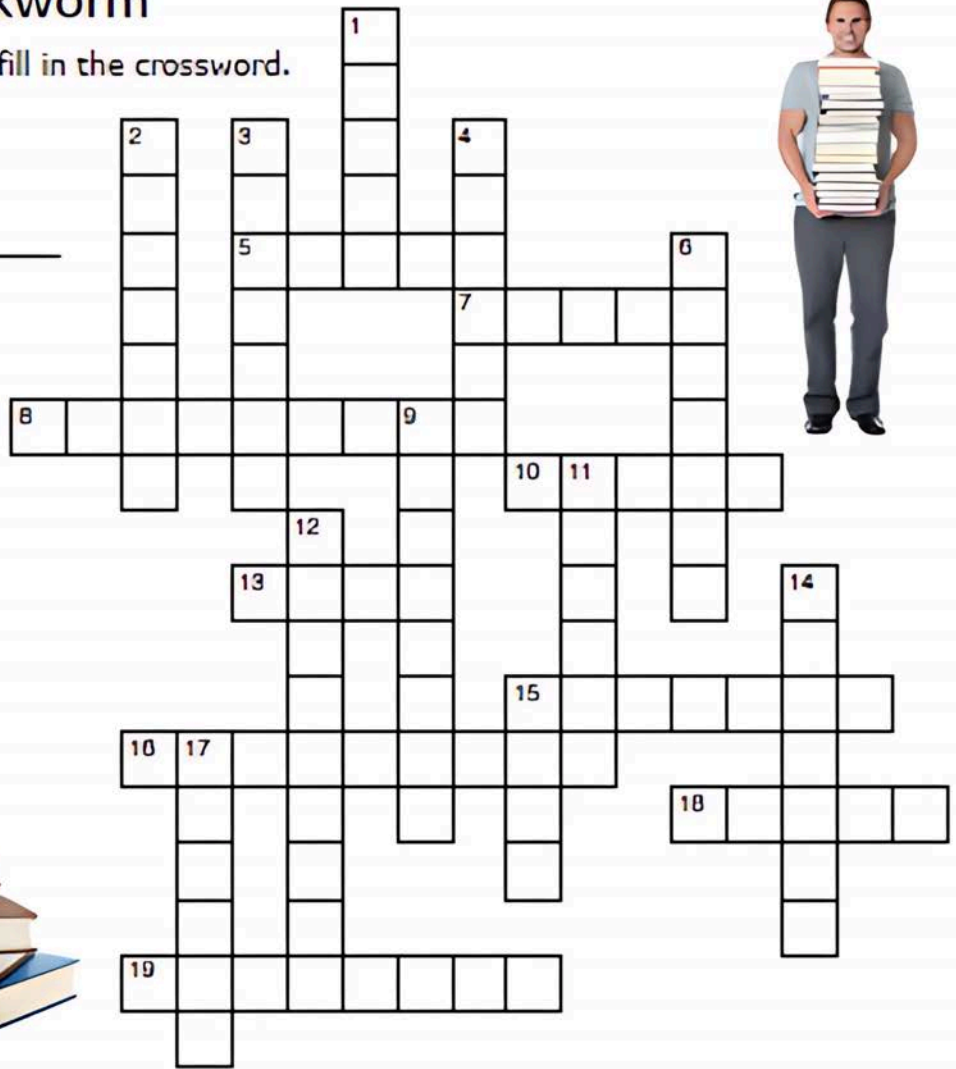
- 1. Futuristic genre
- 2. Book finding system, card _____
- 3. Suspenseful novel
- 4. Verse works
- 6. Cowboy story
- 9. Book with a stiff cover
- 11. Novelist
- 12. Soft-cover book
- 14. Invented story
- 15. Crack a book
- 17. Scary novel

©AldorTyOminston.com



Bookworm

Use the clues to fill in the crossword.



Meet Carmela

Social Worker

We're thrilled to welcome our new social worker to the Canterbury family!
Here are 4 Fun Facts to help you get to know her:

Pilot in a Past Life!

Before becoming a social worker, she flew high as a private pilot for Arista Aviation.

Rides with Style

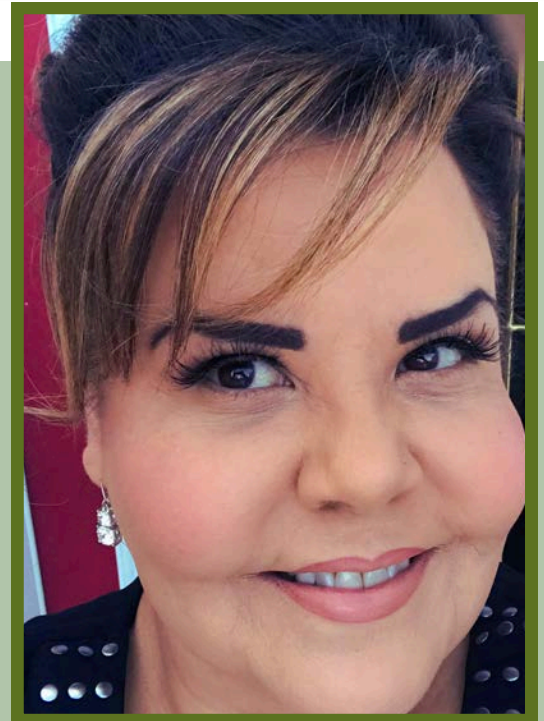
She's hit the open road on an 855 Harley Davidson Sportster—talk about adventure!

Puppy Love

A proud dog parent, she had two beloved Rottweilers who sadly passed away over the last year.

Community-Driven

Giving back is close to her heart— she volunteers regularly at Edmonton's Food Bank.



GARDENING WELLNESS

Gardening week at Canterbury officially starts on May 20th and there are so many ways for residents, of all abilities, to be involved. Our Resident Experience Manager, Leana Neilsen starts the planning process in autumn every year by determining garden and plant box displays and preordering plants at a local green house. In May, the plants arrive a day or two before planting week events start. It is a time of organized chaos in the Life Enrichment Activity Room as the entire team works together to set up tables and arrange the flowers (and vegetables) categorically based on which garden lot, basket, or pot they belong. Once planting day begins, we invite residents to accompany staff and volunteers to help place the plants in soil and give them a thorough watering. We have a majority of garden pots that can be planted by someone who is seated or standing. In other words, planting day is assessable for

those with physical challenges and staff are nearby to provide guidance and support. We even move plant pots inside if the weather does not cooperate. The Life Enrichment team hopes that residents will consider becoming involved in planting week activities! Maintaining the plants and weeding is also something with which we hope people will be interested in being involved all summer long. Moreover, if you do not wish to be directly involved, we welcome all to come and observe planting activities or simply take a walk-about Canterbury and enjoy the results of community effort.

As most people are aware, the cognitive, emotional, physical, spiritual, and social benefits of gardening are plentiful. Below is an excerpt from a Psychology Today article by Judith Wurtman, 'Weeding your Way back to better Mental health':



...What is there about gardening that improves mood? The obvious: being outside in an attractive and peaceful environment, focusing on what the hands are doing and not what the head may be thinking, the positive effects of physical activity, sharing an activity with a family member or neighbor, and the joy in seeing something grow.

... Focusing on the repetitive tasks of watering, weeding, pruning, staking, and gathering the flowers or produce prevents focusing on one's mood, problems, and sources of stress. Moreover, if the gardening occurs in a communal

setting, the isolation caused by mental disorders or cognitive deficits is minimized.

The positive association between gardening and mood has been described for other communal and individual activities in which the hands and brain are occupied in making something. Knitting, quilting, needlepoint, carpentry, and playing music together are just a small number of examples in which focusing on something the hands can do diminishes our preoccupation with mood and worries. But gardening is unique because it has the advantage of getting us outdoors and, for a short while, engaged in our natural world. ~ Erica Slevin

Source: Wurtman, J.J. (2022, May 18). Weeding your way to better mental health: Gardening reflects the most rewarding elements of this cycle of life. Psychology Today. <https://www.psychologytoday.com/ca/blog/the-antidepressant-diet/202205/weeding-your-way-better-mental-health>

CANTERBURY CONNECTIONS



Madeline Verhappen

Fund Development Specialist

I am excited to invite you to this month's Canterbury Connections. Join the intimate 45-minute storytelling session that will feature Dr. Megan Strickfaden. Dr. Strickfaden a design anthropology professor in the Faculty of Agricultural, Life & Environmental Sciences at the University of Alberta and was hired as a consultant in the recent redesign of Canterbury Lane.

"We have a wandering loop, and the wandering loop really allows people to walk continuously through the space and encounter new and interesting things at every step of that space. We're looking carefully at who Albertans are and who Edmontonians are and we're really trying to mirror that in the building itself." Dr. Megan Strickfaden, Team Lead, University of Alberta Research Study, 2021



Dr. Megan Strickfaden

Event Details:

When: Thursday, May 15,, 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.)



I would love for you to join us and invite your friends, family, and networks to come along as well. To save your seat, email MadelineV@canterburyfoundation.com or by phoning at 780-930-3727.

I look forward to welcoming you to this heartfelt gathering on Thursday, May 15.

Madeline Verhappen
Fund Development Specialist

RUS'S CORN BREAD



Instructions:

- Preheat oven to 350°F. Grease and flour a 10-inch cake pan.
- Use a blender or food processor to pulse corn until coarsely ground.
- In a large bowl, whisk together dry ingredients.
- Add sour cream, milk, and eggs. Mix until combined.
- Fold in corn mixture, butter, and basil.
- Pour batter into pan and top with any remaining corn.
- Bake for 40–45 minutes or until golden and a toothpick comes out clean.

Enjoy!






Ingredients:

- 2 cups Canned Corn Niblets
- 1 cup All-purpose Flour
- $\frac{3}{4}$ cup Corn Meal
- 2 tsp Baking Powder
- $\frac{1}{2}$ tsp Baking Soda
- 3 Tbsp Sugar
- $\frac{3}{4}$ tsp Salt
- $\frac{1}{2}$ cup Sour Cream
- $\frac{1}{2}$ cup Milk
- 2 large Eggs
- 2 tsp Fresh Basil, Chopped (Optional)
- 1 tsp Smoked Paprika, (optional)
- 4 Tbsp Unsalted Butter, Melted



Sun Safety

To minimize the risks of sun damage when spending time in the sun, practice the following tips:

- **Be mindful of when the Ultraviolet (UV) rays are strongest (between 10 am and 4 pm) and avoid these times for outdoor activities, if possible**
- **Use sunscreen appropriately:**
 - Apply 15 to 20 minutes before sun exposure and reapply every 2 hours
 - Choose a broad-spectrum sunscreen (protects against UVA and UVB rays)
 - Choose an SPF (Sun Protection Factor) of 30 or higher
- **Wear a wide-brimmed hat and lightweight, long-sleeved clothing/pants to minimise direct skin exposure to the sun**
- **Stay hydrated (drink lots of water) to avoid dehydration**
 - Overexposure to the sun in combination with lack of water intake can result in dehydration. Signs and symptoms of dehydration can include:
 -  Nausea
 -  Feeling fatigued/drowsy
 -  Dizziness
 -  Dry, cracked lips
 -  Sunken eyes
 - Beverages with caffeine and alcohol should be limited as they can further exacerbate dehydration.
- **Look out for signs of sunburn and treat appropriately**
 - Protect the sunburn area (cover with clothing)
 - Apply moisturizer to the burn (a moisturizer with aloe vera or colloidal oatmeal can be soothing)

COMMUNITY EVENTS

OUR TOP PICKS FOR MAY



Little Women

Where: The Citadel Theatre

How: 780-425-1820

More Information:

boxoffice@citadeltheatre.com



A Gentleman's Guide to Love & Murder

Where: The Orange Hub, The Orange Hub - 10045 156 St, Edmonton, Alberta

How: 780-496-1752

More Information:

<https://www.grindstonetheatre.ca/gentlemansguide>



Connections Exhibit

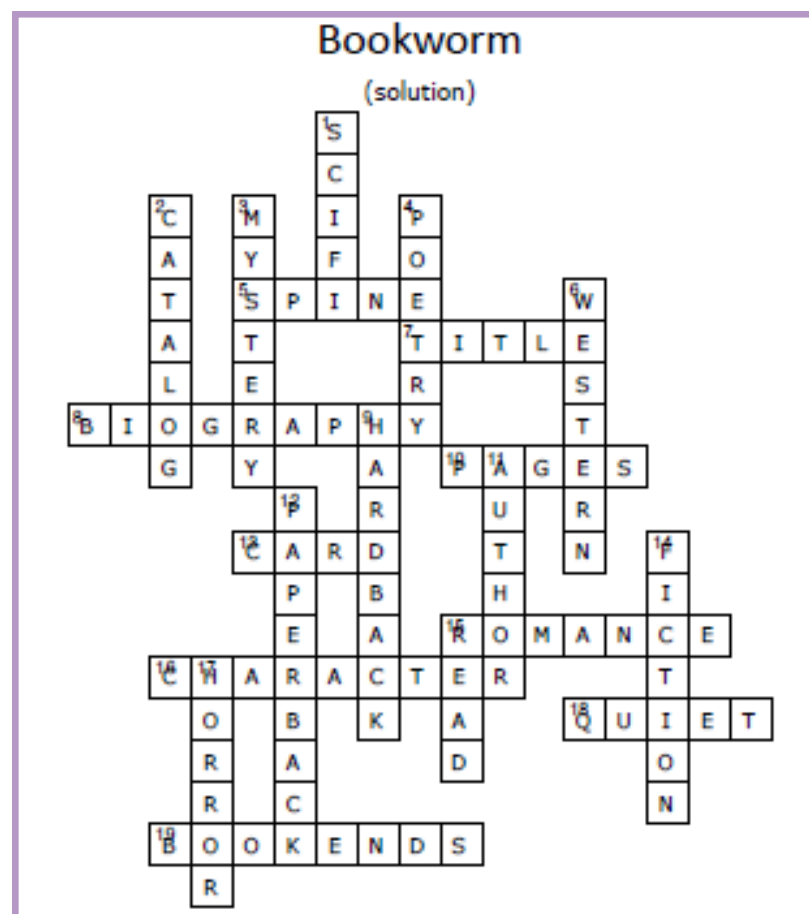
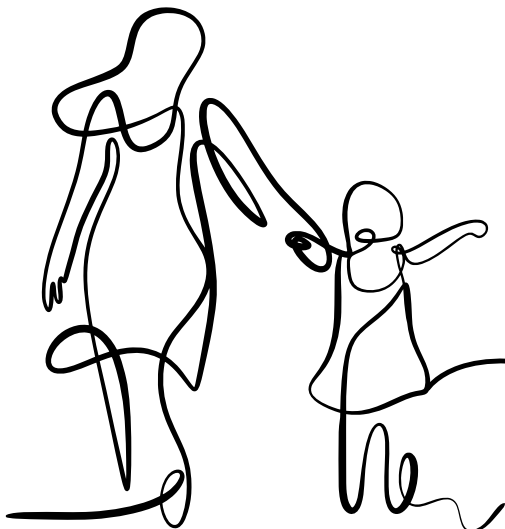
Where: Royal Alberta Museum, 9810 103a Ave, Edmonton

How: 825-468-6000,

More Information:

[https://atms.alberta.ca/ram/DateSelection.aspx?item=12,](https://atms.alberta.ca/ram/DateSelection.aspx?item=12)







☎ 780-483-5361

📍 8403 142 St. Edmonton, AB

✉ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

FOLLOW US ON SOCIALS



Charitable Giving #: 887411791 RR0001