

# CANTERBURY TIMES

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ISSUE 31



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October is a time to reflect on what we are thankful for and enjoy the fun of the season. We are grateful for the continued support of our residents, families, and staff, and look forward to celebrating Thanksgiving and Halloween together.



# October



# Activity Program Highlights

**October 4 & 18 – Active Yoga with Pramila**

Morning sessions in both the Court & Manor. Check your calendar for times.

**Monday, October 6 - New Resident Welcome Tea – 2:00 pm, Atrium**

Join residents and staff as we warmly welcome our newest community members “home.”

**Tuesday, October 7 - Edmonton Civic Election – Court Activity Room**

Voting open from 9:00 am – 5:00 pm (closed for lunch 12:00 – 1:30 pm).

**Thursday, October 9**

CareRx COVID & Flu Immunization Clinics

**Friday, October 10**

Thanksgiving Tea with Terry Jorden – 2:00 pm, Atrium

Thanksgiving Dinner – 4:30 pm, all areas

**Monday, October 11 - Super Bingo – 1:30 pm, Atrium “You play, we pay!”**

**Wednesday, October 15 - ProCare COVID & Flu Immunization Clinic – Manor Activity Room**

**Thursday, October 16 - St. Andrew’s Coffee Party – 1:30 pm, Manor Activity Room**

Men’s Club House – 2:30 pm, Court Activity Room Enjoy a beverage, good conversation, and meet new members!

**Saturday, October 25 - Knowledge Café with U of A Students – 1:30 pm, Manor Activity Room**

**Sunday, October 26 - Knowledge Café with U of A Students – 10:30 am, Manor Activity Room**

**Monday, October 27 - Court Birthday Tea with Steven Tyler – 2:00 pm**

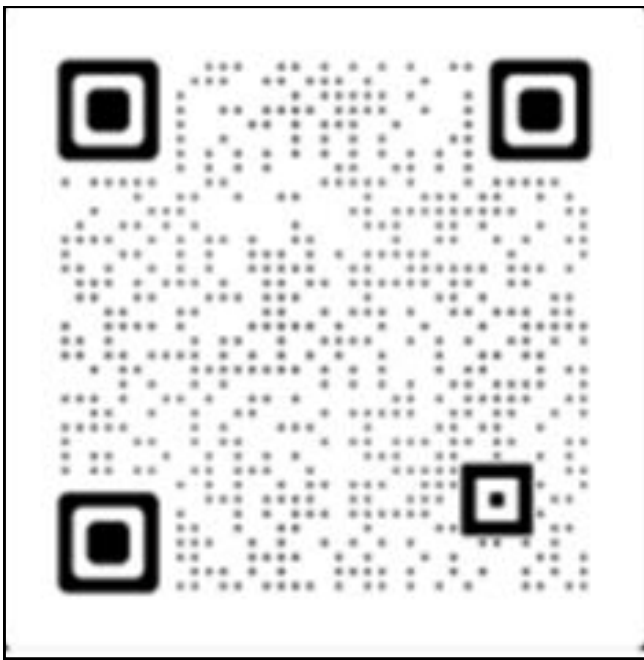
**Thursday, October 30 - Staff Pumpkin Carving Contest – Voting at 10:00 am, Atrium**

**Friday, October 31 - Laurier Heights Costume Parade – 1:00 pm, Atrium**  
Hand out candy and cheer on the Laurier Heights students in their Halloween costumes!

Halloween Party with Randy Glenn – 2:00 pm, Atrium Dress up and join the fun!







## [Leave Canterbury Foundation](#) [A Review! Scan the QR Code](#)

### Why Reviews Help Us

- **Build Trust:** Reviews show others this is a good, caring place.
- **Guide Families:** They help people decide if Canterbury is right for them.
- **Make Us Better:** Reviews tell us what we are doing well and what we can improve.
- **Support Our Team:** Good reviews make staff feel proud of their work.



Diwali, or Dipawali, is India's biggest and most important holiday of the year. The festival gets its name from the row (avali) of clay lamps (deepa) that Indians light outside their homes to symbolize the inner light that protects from spiritual darkness. This festival is as important to Hindus as the Christmas holiday is to Christians.

Over the centuries, Diwali has become a national festival that's also enjoyed by non-Hindu communities. For instance, in Jainism, Diwali marks the nirvana, or spiritual awakening, of Lord Mahavira on October 15, 527 B.C.; in Sikhism, it honors the day that Guru Hargobind Ji, the Sixth Sikh Guru, was freed from imprisonment. Buddhists in India celebrate Diwali as well.





# ***Together*** ***We Can Make a Difference***

At Canterbury, we believe seniors deserve the utmost comfort, joy, and fulfillment in a supportive and thriving community. Every day, we partner with residents and families to co-create excellence in seniors' housing and care—leading with grace, building on relationships, and driving results that make a lasting impact.

Your generosity helps us continue this vital work: promoting innovation in seniors' care, strengthening our community connections, and ensuring long-term sustainability so more seniors can call Canterbury home.

Together, Canterbury CAN—thank you for helping us make a difference.

Consider making a donation today to support our residents and the future of Canterbury.

***How to donate: Visit our website at  
[Canterburyfoundation.com/donate](https://canterburyfoundation.com/donate).***



***Charitable Giving #: 887411791 RR0001***





# Heart of Canterbury

*August Recipients*

## EMPLOYEE RECOGNITION PROGRAM



**Ollie Coronel**  
Housekeeping



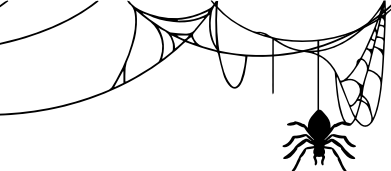
**Davina Camat**  
Health Services



**Vanessa Grey**  
Life Enrichment

*Thank you for making a difference every day.*





# *“Food Is a Powerful Expression of Care”*

The Dietary Department at Canterbury Foundation is proud to be a cornerstone of our commitment to exceptional resident care. Our dedicated team of culinary professionals—many of whom have served the organization for over 15-30 years—goes above and beyond each day to ensure our residents receive not just meals, but a personalized and heartfelt dining experience.

With a deep-rooted belief that “food is a powerful expression of care”, our team crafts fresh, nutritious, and customized meals using high-quality ingredients, made from scratch, and complemented by in-house baking. Every plate is prepared with attention to individual dietary needs and preferences, acknowledging the diverse backgrounds, cultures, and palates of our residents.

While we understand it is a challenge to meet every individual’s expectation every single day, our team is driven by a passion for excellence. We strive tirelessly to deliver the best possible food and service—because our residents deserve nothing less. With experience, empathy, and unwavering dedication, the Canterbury Dietary Team remains committed to enriching the lives of those we serve through every meal and every interaction.

## *“Food service is not just a necessity. but a meaningful part of the resident experience.”*

*Ram Sharda, Director Hospitality*

Ram holds a Bachelor’s degree in Hospitality Management and Culinary Arts and is a Red Seal Certified Chef. His professional background includes executive leadership roles with globally recognized brands such as Hyatt, Marriott, Hilton Worldwide Resorts, and Compass Group Canada, where he managed large-scale commercial kitchens, restaurant chains, and food operations at venues such as Rogers Place in Edmonton.

At the heart of Ram’s approach is the belief that food is a powerful expression of care. He champions the role of meals as moments of comfort, dignity, and connection with the residents. He is passionate about delivering **customer-centric, personalized service** that respects individual dietary needs, preferences, and cultural backgrounds. Under his leadership, food service is not just a necessity but a meaningful part of the resident experience.





*“Listening to the resident’s nutritional preferences is my focus.”*

*Sameera Zahid, Nutrition Supervisor*



Sameera joined Canterbury Foundation in 2019 as a dietary supervisor. She holds a B.Sc. in Food and Nutrition and an M.Sc. in Management Studies along with a Nutrition Manager (NM) certification. She has over 18 years of experience working in the food services and nutrition management field. Sameera is an active member of the **Canadian Society of Nutrition Management (CSNM)** and a representative of its Alberta Networking Group (ANG).

Sameera manages the Lane, Havens and Court/Heights dining rooms and their residents' healthy eating habits in accordance with the Health Canada guidelines. She collaborates with residents and is actively communicating with our food services and the nursing teams to customize residents' meals according to their preferences. Sameera prioritizes spending one on one time with residents as their nutrition requirements change.

*“Safety remains a top priority during all meal services.”*

*Sally Sotto-Laparan, Dietary Supervisor*

Sally Sotto-Laparan is the Dietary Supervisor at Canterbury Foundation, bringing over 27 years of experience in the food service industry. Prior to joining Canterbury in 2000, she worked with Capital Care Group in the Food Services Department, where she developed a strong background in resident-focused meal service.

Sally leads and supervises the dietary team, ensuring that all meals comply with dietary guidelines, special diets, and individual preferences. She maintains and updates dining room procedures for servers and ensures resident safety remains a top priority during all meal services. Her dedication to excellence helps create a positive and respectful dining experience for every resident.



*“We don’t just serve food—we build connections.”*

What truly sets us apart is the compassionate and resident-centered service we provide. We don’t just serve food—we build connections. Our team fosters relationships with residents, upholding their dignity, individuality, and integrity while becoming a meaningful part of their daily lives.





Helen was born in Fillmore, Saskatchewan, on May 8, 1927. Her father, Art Menzies, soon after moved the family to Sexsmith, Alberta, where she grew up. She loved skating and dancing and often helped with her father's printing business.

In 1948, Helen taught Grades 1, 2, and 3 for a year in Breton, Alberta, and another year in Hardisty, Alberta.

## Bananas, Pyramids, and Prairie Skies: The Life of Helen Achilles



She also taught in Sexsmith for most of a year, not because she wanted to, but because the School Board had been unable to find a teacher for Grades 1, 2, and 3. This was just three or four years after World War II, when teachers were in very short supply.



In her early twenties, Helen learned from a friend about a teaching position in the expat community of the United Fruit Company (now Chiquita Bananas) in Almirante, Panama. The company provided schools to keep American and other foreign families working for them, using an American curriculum. In September 1951, Helen boarded a train to New York City and then a United Fruit Company ship bound for Panama. The ship was a refrigerated banana boat capable of carrying 80,000 stems of bananas. On her journey, she passed through the Panama Canal.

In Almirante, Helen met Desmond Achilles (Des), who had come from England after serving in the British Army to manage the operations of the United Fruit Company there. He was also the British Vice-Consul for Almirante. A year after arriving in Panama, Helen and Des married.

In 1955, after four years in Panama, they were transferred to Guayaquil, Ecuador, as a promotion for Des.



For three years in Guayaquil, Des managed the United Fruit Company's operations, and Helen taught the children of the company's expat community. During this time, they traveled to Costa Rica to adopt their nine-month-old daughter, Leslie, as Costa Rica had better adoption services.

In 1958, they were transferred again—this time to the Dominican Republic—where they continued in the same roles with the United Fruit Company for another three years.

Their lifestyle during their ten years in the tropics involved working during the day and socializing in the evenings, all in very hot and humid conditions. By 1962, they had grown tired of this way of life, and Helen convinced Des to move to Canada. Des accepted a job in Edmonton with the Automotive Retailers Association, which represented service station owners and operators in negotiations with large oil companies. They had a house built on Edmonton's south side and, shortly after, adopted their son, John. Helen worked as a secretary for an elementary school and later as a lab assistant at D.S. Mackenzie Junior High School.

In the early 2000s, Helen and Des sold their house. Helen moved into the same apartment building where Leslie lived, which was conveniently close to the long-term care home where Des was now living. Des passed away in 2008, primarily due to old age and related health issues. Leslie passed away in 2022 after many years of battling cancer.

John continues to live on the south side of Edmonton.

During Helen's ten years in the tropics, she regularly wrote letters to her mother back in Sexsmith, including detailed accounts of her experiences. Later, after learning to use a word processor, Helen gathered those letters and compiled her memories into a series of personal narrative essays. A printed version of these essays is kept in her Lane suite, and an electronic version is with her son John, available to anyone upon request.



Helen has taken many other fascinating trips in addition to her years in the tropics. She and Des traveled to Mexico together, explored Egypt (where she has a photograph of herself sitting on a camel in front of the Great Pyramid with Des standing beside her), and went with her sister Jean on a river cruise through Russia. Helen, Des, and Leslie also returned to the Dominican Republic to revisit the place they had once lived and the banana plantation where they had worked years before.

Helen and Des were very active in SALT (Seniors Action Liaison Team), which lobbied the Klein government regarding cuts to seniors' benefits. Helen, Des, and Leslie were also long-time members of the Rosicrucian Order.

Helen enjoys music, looking through the world atlas, reading about Egypt and the Mayan civilization, and going for drives around the city. Her favourite dessert is strawberry shortcake.







# Halloween Word Scramble



- |     |           |       |
|-----|-----------|-------|
| 1.  | okypos    | _____ |
| 2.  | pkpinum   | _____ |
| 3.  | treta     | _____ |
| 4.  | oght      | _____ |
| 5.  | ydanc     | _____ |
| 6.  | rpivame   | _____ |
| 7.  | keonstel  | _____ |
| 8.  | luhgo     | _____ |
| 9.  | pecyre    | _____ |
| 10. | tomcuse   | _____ |
| 11. | nthua     | _____ |
| 12. | owaercrcs | _____ |
| 13. | iyderah   | _____ |
| 14. | oblod     | _____ |
| 15. | labck act | _____ |
| 16. | ogbiln    | _____ |
| 17. | mymmu     | _____ |
| 18. | rasyc     | _____ |
| 19. | piserd    | _____ |
| 20. | sremca    | _____ |



# STAY WELL THIS FALL: IMPORTANT IMMUNIZATION INFO FOR SENIORS

## WHY SENIORS SHOULD GET VACCINATED

- **Influenza (the flu):** Everyone aged 6 months and older in Alberta is recommended to get the flu vaccine every year — especially important for older adults.
- **Simultaneous Vaccines:** You can safely get the flu vaccine at the same time as the COVID 19 vaccine. They are separate doses, but often possible in the same appointment.
- **Other Vaccines to Consider:**
  1. **COVID 19:** Also recommended for those 6 months and older.
  2. **RSV (Respiratory Syncytial Virus):** Available for adults aged 75+ living in the community, and for those 60+ in continuing care or supportive living facilities.
  3. **Pneumococcal vaccine:** Depending on age or specific health conditions, you may be eligible. This protects against some serious lung infections and may be given along with flu or COVID 19 vaccines.

## WHAT TO KNOW BEFORE YOUR VACCINE APPOINTMENT

### Preparing

- Bring your health card and any list of medications or medical conditions.
- Write down any questions you have ahead of time.
- Ask whether you'll be able to get more than one vaccine at the same appointment (for example, flu and COVID-19).

### Consent

- If someone else is making health decisions for you (guardian, agent, power of attorney), bring the signed consent form and any supporting documents with you to the appointment.

- If you're unsure whether a consent form is needed, call the nursing station ahead of time.

### After

- Stay for a short period after the vaccine so staff can monitor for any rare reactions.
- Keep track of any side effects — they're usually mild (e.g., soreness at the injection site, mild fatigue).
- If you experience anything worrying after you leave (severe allergic reaction, high fever, trouble breathing), seek medical help right away.

## KEY TAKE HOME MESSAGES

- Stay up to date with your vaccines — the flu vaccine every year, plus others as appropriate.
- You can get flu and COVID-19 vaccines at the same appointment.
- If you're 75 or older, or 60+ in care facilities, RSV immunization is an option.
- Bring the right documents, consent forms if needed, and ask questions if uncertain.





# Walker Safety 101



A walker can be a wonderful tool for staying steady and independent—when used the right way!

- Make sure it fits: elbows should bend slightly when holding the handles.
- Keep it close: always step into the walker, not behind it.
- Clear the path: watch out for rugs, cords, or clutter.
- Take your time: move slowly when turning or standing up.

With these simple steps, your walker becomes a safe and reliable companion every day.

## Why Walker Safety Matters:

- 1 in 3 seniors fall each year
- Most falls can be prevented
- Walkers can help- when used correctly

## Common Safety Mistakes:

- Pedaling while seated on walker
- Forgetting to use brakes when stopping or sitting
- Not using brakes when going down inclines
- Using walker as a transport chair

## Commonly Used Walkers



Standard



2 - Wheel



4-Wheel



# Thanksgiving Sandwich



R E C I P E

R E C I P E



## INGREDIENTS:

- 3 slices bread
- 2 tablespoons mayonnaise
- 1/2 cup cranberry sauce
- 6 ounces roasted turkey, thinly sliced
- 1/2 cup stuffing
- 2 green leaf lettuce leaves (optional)
- 1/2 cup turkey gravy

## HOW TO PREPARE:

- Spread a small amount of mayonnaise onto two slices of bread.
- Dip the remaining slice of bread in gravy and set aside.
- Build the sandwich however you like, placing the gravy soaked bread in the center.
- Gently push together and enjoy!

Simple, but incredibly delicious and satisfying!

“I’m on a leftovers based diet.”



# EDMONTON'S BEST

## PUMPKIN SPICE LATTES & FALL TREATS



### REMEDY CAFÉ



Known for its chai lattes, Remedy offers a delightful pumpkin spice version at various Edmonton locations.

### CHOCORRANT

On 124 St., this patisserie delights with gooey, buttery croissants and a cozy atmosphere.

### DUCHESS BAKE SHOP

This French bakery on 124 St. serves a house-made PSL that's perfect alongside their renowned macarons.



### OHANA DONUTERIE

Found on 80 Ave, this bakery offers Hawaiian-style donuts, including a seasonal pumpkin spice flavor.



### ANVIL COFFEE HOUSE

Located on 90 Ave, Anvil offers a rustic ambiance with a special pumpkin spice latte and a selection of roasted beans and syrups.

# Onsite Services Available!

*Please note: Families are responsible for scheduling and arranging payment for these services.*



## Devon Foot Care

To schedule an appointment, call Lori 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.

## Beauty Salon

Call us at 780-444-0483 to schedule an appointment.  
Open Tuesday - Saturday  
8 a.m. - 4:15 p.m.





# COMMUNITY EVENTS

## OUR TOP PICKS FOR OCTOBER



### Pumpkins After Dark

**Where:** 7727 Borden Park Rd NW, Edmonton, AB T5B 4W8

**Date:** September 26 - October 31, 2025

**More Information:**

[edmonton.pumpkinsafterdark.com](http://edmonton.pumpkinsafterdark.com)



### WINE WARS III: Round 1

**Where:** HALO Bar | Bistro 4236 36 St E, Edmonton International Airport, Alberta

**Date:** October 3

**More Information:** [halobistro.ca/wine-wars-dinner](http://halobistro.ca/wine-wars-dinner)



### Big Band Burlesque

**Where:** Varscona Theatre - 10329 83 Ave, Edmonton, Alberta

**Date:** October 4

**More Information:**

<https://exploreedmonton.com/event-calendar/big-band-burlesque>



# Prayer of Thanksgiving

*Submitted by: Chaplain Colleen Sanderson*

For mother love and father care,  
For brothers strong and sisters fair,  
For love at home and here each day,  
For guidance lest we go astray,  
Father in Heaven, we thank Thee

For each new morning with its light,  
For rest and shelter of the night,  
For health and food, for love and friends,  
For everything Thy goodness sends.

For flowers that bloom about our feet;  
For tender grass, so fresh, so sweet;  
For song of bird, and hum of bee;  
For all things fair we hear or see,  
Father in Heaven, we thank Thee!

For blue of stream and blue of sky,  
For pleasant shade of branches high,  
For fragrant air and cooling breeze,  
For beauty of the blooming trees,  
Father in Heaven, we thank Thee.

~ Ralph Waldo Emerson





# On This Day in History

- **October 1:** The first Ford Model T is produced. Babe Ruth hits his "called shot" home run during the World Series. Yosemite National Park is created by the U.S. Congress.
- **October 6:** Thomas Edison tests his kinetophone, an early motion picture camera with sound.
- **October 7:** The German Democratic Republic (East Germany) is founded in 1949.
- **October 8:** The Great Fire of Chicago begins in 1871, destroying much of the city. U.S. Sergeant Alvin C. York performs a heroic act during World War I.
- **October 10:** The UN General Assembly lifts economic sanctions against South Africa in 1993.
- **October 24:** The charter for the United Nations enters into force in 1945. Gene Rodenberry, creator of Star Trek, dies in 1997.
- **October 25:** The decisive English victory at the Battle of Agincourt occurs in 1415.
- **October 28:** The Statue of Liberty is officially dedicated in the United States.
- **October 30:** George Bernard Shaw's controversial play Mrs. Warren's Profession is banned in New York after one performance.
- **October 31:** The actor River Phoenix dies from a drug overdose in 1993.



## Halloween Word Scramble

1. okypos	spooky
2. pkpinum	pumpkin
3. treta	treat
4. oghst	ghost
5. ydanc	candy
6. rpivame	vampire
7. keonstel	skeleton
8. luhgo	ghoul
9. pecyre	creepy
10. tomcuse	costume
11. nthua	haunt
12. owaercrcs	scarecrow
13. iyderah	hayride
14. oblod	blood
15. labck atc	black cat
16. ogbiln	goblin
17. mymmu	mummy
18. rasyc	scary
19. piserd	spider
20. sremca	scream





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