

CANTERBURY TIMES

CREATED BY: CAMILLE SNOW



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The Autumnal equinox on September 23rd marks the end of summer and the first day of falling leaves, pumpkin spice, knitted sweaters and all things fall!



As September arrives, the air turns crisp with sweater weather, and pumpkins start making their way into our kitchens and onto our doorsteps. With the holidays just around the corner, this season is a perfect time to slow down, reconnect, and enjoy the simple comforts that fall brings. Let's welcome the new season together with warmth and gratitude.



Activity Program Highlights

September 2 – Super Bingo

Join us for Super Bingo at 1:30pm in the Atrium!

September 5 – Grandparents Tea

Celebrate Grandparents Day in the Atrium at 2:00pm with a performance by The Golden Dreams.

September 8 – Walker Safety Talk & Repair Clinic

Learn tips for safe mobility at 10:00am, followed by a walker repair clinic from 10:30am–3:30pm.

September 9 – Optometry Clinic

Dr. Kallal will be onsite from 9:00am–2:30pm. Call Life Enrichment at 780-930-3736 to book your appointment.

September 9 – Manor Resident & Staff Pie Bake-Off Contest

Who has the best pie in the Manor? Residents and staff are invited to enter their best recipes in this fun and tasty contest!

September 10 – Last Life Enrichment BBQ of the Year

September 10 – Canterbury Staff Appreciation Awards

Join us in the Atrium from 1:00–2:30pm as we celebrate our 2023/2024 Staff Appreciation Award recipients.

September 17 – Life Enrichment Garage Sale

Happening from 10:00am–3:00pm in the Court Activity Room.

September 19 – Oktoberfest Celebration

Raise a stein at 2:00pm in the Atrium with live music from The Young at Heart Band!

September 24 – Men's Club House

Gather in the Court Activity Room at 2:30pm.

Super Bingo at 1:30pm in the Atrium





Grandparents' Day!

Celebrating Grandparents' Day - **Sunday, September 7th**


Did you know Grandparents' Day is a relatively new holiday? It was officially recognized in 1978 thanks to the efforts of Marian McQuade, a grandmother from West Virginia who wanted to highlight the important role grandparents play in families and communities. Her vision was to honor the wisdom, heritage, and love that grandparents pass down through generations.

This special day, held on the first Sunday after Labour Day, reminds us to cherish the connections between young and old and to celebrate the lasting legacy of our grandparents.

International Week of Deaf People: September 22 to 28, 2025

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The Week of the Deaf was first started in Rome in 1958. The week-long observance sets out to celebrate the deaf community, deaf culture, sign language and the ongoing struggle for inclusion and accessibility.



American Sign Language (ASL) is the predominant sign language of Deaf communities in the United States. There are 900,000 ASL users on average, not all of those being deaf.

Hello	Goodbye	Please	Thankyou	Yes
No	Sorry	I Love You	Welcome	Family
House	Love	Hungry	Thirsty	Help
Drink	Finished	Food/Eat	Good	Morning

ASL Alphabet



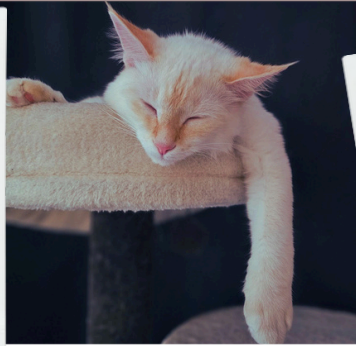
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National Cat Month

Meet the Staff's CATS!



Pippin Age 4



Mittens Age 1



Daisy Age 5



Cozy Age 2



Lux Age 2



Sigmund Age 8



Fern Age 9



Max & Coopa Age 9



Jerry 4 months



Heart of Canterbury

July Recipients

EMPLOYEE RECOGNITION PROGRAM



Margie Rivo
Health Services



Cindy Sneddon
Dietary



Colleen Sanderson
Chaplain

Thank you for making a difference every day.

A Love Story 70 Years in the Making



Morley spent his early childhood on the family farm in Woodrow, Saskatchewan, until age six, when the family moved to Moose Jaw. His parents continued farming in Woodrow, commuting over 100 miles each way. Morley grew up with two sisters and four brothers.

Pat's childhood was very different. Because her father was an elevator agent, her family moved almost every year. By their 25th wedding anniversary, her parents had moved 26 times! When Pat was 17, they finally settled in Moose Jaw after her father transferred to Federated Co-op. The family was thrilled—especially since her grandmother's homestead was nearby. Pat grew up with one sister and three brothers.

In March 1952, Morley attended a St. Patrick's Day dance where Pat was a member of the hosting group. He asked her to dance, sparking the beginning of their story.

Later that spring, Pat enlisted in the Air Force and trained as a teletype operator in Montreal. She and Morley wrote letters back and forth while he worked for the C.P.R., and although their relationship cooled for a time, it quickly rekindled when Pat came home on leave. They were married on May 28, 1955.

Their family grew with the births of Gregg in 1958 and Barb in 1963. That same year, they moved to Edmonton, where Morley worked at Alberta Blue Cross. They settled into a close-knit neighborhood on "The Crescent," raising their children alongside many young families who became lifelong friends.

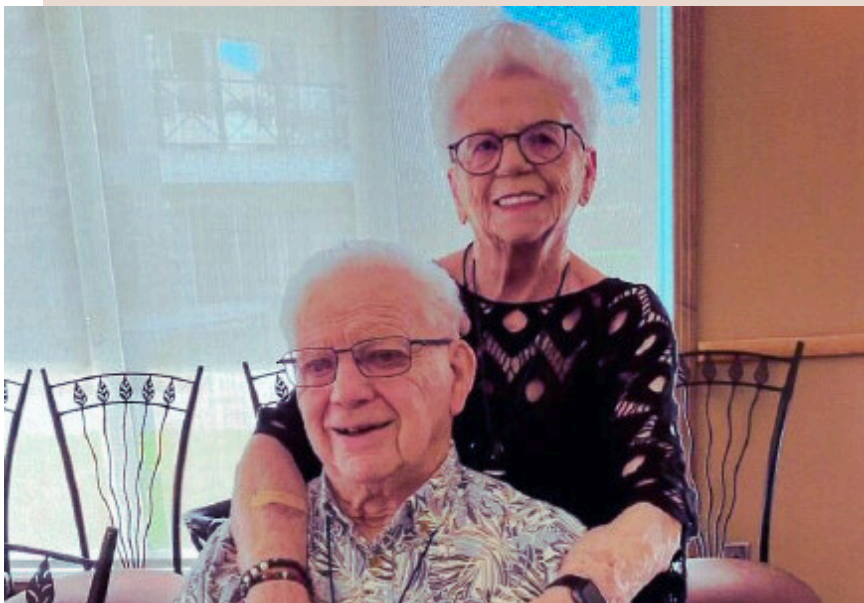


After 42 years, both Gregg and Barb married. Pat and Morley welcomed four grandchildren: Kezia, Christian, Lauren, and Abbey. Though they both officially retired at 60, Morley continued preparing income taxes for H&R Block and private clients, while staying active with skiing, golfing, curling, walking at West Edmonton Mall, and cheering on the Oilers. Pat devoted much of her time to volunteering, 18 years with the Cross Cancer Institute, 40 years at the Misericordia Hospital, and supporting countless women through the “Reach for Recovery” program through the Canadian Cancer Society.

Travel was another joy. In 1977, they took their first trip to Hawaii and loved it so much they returned again and again, 33 times in total!

In January 2025, they moved to Canterbury. One evening at dinner, a lady joined their table, and her name sounded familiar. To their surprise, it was someone whose taxes Morley had prepared for many years. Both were delighted to reconnect.

Today, Morley enjoys coffee, bingo, entertainment, and duck races, while Pat keeps active with yoga, walking, exercise, puzzles, and bridge.



Their daughter Barb sums it up best:

“Pat and Morley Becker are living proof that love, and positivity can weather any storm. The pair first met in Moose Jaw, Saskatchewan, and this year, they celebrated an incredible 70 years of marriage surrounded by friends and family. Through challenges like cancer, diabetes, and heart issues, they have always leaned on each other and kept their spirits high. Now, at 91 and 93, they call Canterbury Heights home—still inseparable, still smiling, and still inspiring everyone around them. Even with Morley’s vision loss, they remain a bright light in our community. If you see them at one of our many activities, be sure to stop and say hello, you’ll leave with a smile and a warmer heart.”

From all of us at Canterbury, Happy 70th Anniversary! What an incredible milestone of love and devotion.



What to know about fibre



Fibre is a non-digestible carbohydrate that can be found in plant foods. A diet low in fibre can contribute to constipation, while adequate fibre intake supports regular bowel movements, lower cholesterol and healthy blood sugar levels. According to the Government of Canada, "Canadian women need 25 grams of fibre per day, and men need 38 grams of fibre per day." Most Canadians are only getting about half that much.

Increasing fibre from dietary sources

Some common sources of dietary fibre include:

- Whole grain bread
- Oats
- Barley
- Vegetables (e.g. broccoli, carrots)
- Fruits (e.g. apples, berries)
- Beans (e.g. black beans, kidney beans)
- Nuts (e.g. almonds, walnuts)

Psyllium fibre is a natural fibre that absorbs water in the gut to help regulate digestion and promote regular bowel movements. A common commercial product containing psyllium is Metamucil®.

What to know about psyllium fibre powder

- Mix psyllium powder with a full glass (at least 250 mL) of liquid such as water or juice and drink immediately to prevent thickening
 - **Do NOT** mix with applesauce
According to the *Institute for Safe Medication Practices Canada*, a recent unfortunate incident occurred where fibre was mixed with applesauce, which resulted in a resident choking
- **Onset of action:** Delayed (12–72 hours)
- **Adverse Effects:** Bloating, abdominal cramps and risk of fecal impaction if fluid intake is inadequate
- Avoid use in individuals who are immobile, have swallowing difficulties or inadequate fluid intake

September is International

Pain Awareness Month

September shines a light on chronic pain, its impact, and the important work of pain professionals. Chronic pain affects 1 in 5 Canadians—roughly 8 million people of all ages—often limiting daily activities and affecting mental and physical health.



PREVALENCE

Affects 20% - 40% of adults worldwide



CAUSES

Involves changes in nerves, the immune system, and the brain



IMPACTS

Costs the U.S. \$560 to \$635 billion annually



TREATMENTS

May reduce pain by stimulating endorphine release

COPING STRATEGIES

- **Move your body:** Work with a therapist on gentle exercises.
- **Enjoy meaningful activities:** Set aside time for something calming or joyful each day.
- **Practice mindfulness:** Focus on one sensory input at a time.
- **Sleep well:** Keep regular sleep schedules.
- **Treat related conditions:** Therapy can help with depression, anxiety, and other health concerns.
- **Lean on support:** Stay connected to family and friends.
- **Lighten your load:** Break heavy tasks into smaller steps.

PHYSICAL TREATMENTS

- Heat or cold therapy for sore muscles and arthritis
- Hydrotherapy to relax muscles
- Massage to ease tension
- TENS (gentle electrical stimulation)
- Acupuncture
- Physiotherapy for stretches and movement improvement

No single cure exists, but combining these strategies can help improve quality of life for those living with chronic pain.



FALL

Word Search



N	N	R	O	C	A	O	P	J	E	A	E	I	C	G	W	J	K	E	H	
Q	U	E	G	I	K	I	I	N	I	K	P	M	U	P	F	S	L	E	E	T
S	T	K	E	F	T	G	P	X	R	C	H	I	L	L	Y	G	J	L	S	E
E	S	N	V	E	O	I	I	E	A	F	X	V	T	M	D	O	D	Y	K	D
P	L	E	A	V	E	S	B	H	A	Y	B	A	L	E	A	Y	L	A	T	I
T	S	E	S	Z	N	O	W	R	K	I	X	N	I	Z	M	H	R	N	X	R
E	H	W	Q	J	T	H	S	Q	H	S	N	U	Z	P	Z	K	H	N	A	Y
M	K	O	W	C	G	J	G	C	K	Q	N	X	M	G	V	V	S	H	P	A
B	R	L	O	P	S	T	U	N	T	S	E	H	C	N	H	X	C	F	P	H
E	X	L	H	W	Y	B	A	Q	K	N	I	N	H	I	Q	I	A	Q	L	D
R	N	A	S	X	K	A	T	G	O	P	J	V	U	V	X	L	R	R	E	O
B	Z	H	Q	O	H	H	N	V	T	B	P	E	A	I	L	M	E	X	A	Q
N	M	L	N	F	R	U	E	U	G	S	M	Z	D	G	F	H	C	M	E	P
G	A	E	Z	I	A	M	F	G	O	E	E	A	P	S	G	D	R	Z	A	V
B	O	U	D	V	B	A	O	H	T	E	J	V	V	K	S	L	O	K	Q	X
O	R	U	T	E	W	P	O	G	B	Q	G	Q	R	N	S	P	W	L	C	Q
C	E	G	R	U	V	T	T	M	E	E	T	K	W	A	O	B	C	L	L	C
D	V	O	D	M	O	B	X	T	C	W	M	N	H	H	A	I	Z	G	H	
I	O	J	S	Y	N	A	Q	B	T	P	B	O	T	Q	U	I	L	T		
C	O	Q	T	T	L	L	H	H	L	Z	N	O	L	W	Z	J	U	O		
D	L	G	C	Y	J	L	L	X	X	J	U	K	Z	C	C	C	R	J	W	E

ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD
HALLOWEEN

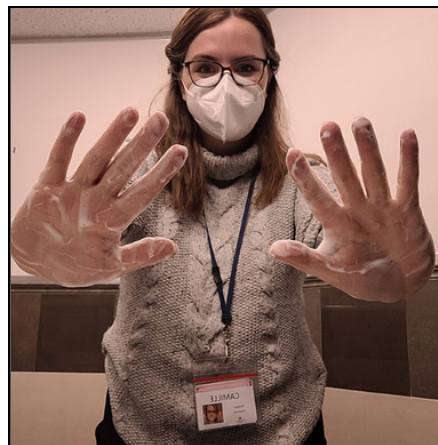
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN
QUILT
RAKE

SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Hand Hygiene 101

CLEAN HANDS, SAFE HANDS



“Proper hand hygiene can prevent up to 50% of avoidable infections in healthcare settings,” leading to significant health and economic benefits. ~ World Health Organization

Section 1: When to Clean Your Hands

- Before eating/preparing food
 - After using the bathroom or sneezing/coughing
 - Before entering or touching anyone in a healthcare setting
-

Section 2: How to Wash Your Hands Properly

1. Wet hands with warm running water, then apply soap.
2. Lather all surfaces: palms, backs, between fingers, thumbs.
3. Scrub for at least 20 seconds (e.g., sing the "Happy Birthday" song twice).
4. Rinse thoroughly under running water.
5. Dry with a paper towel, and use it to turn off the tap.

Section 3: Hand Sanitizer—When & How to Use

- Use alcohol-based sanitizer ($\geq 60\%$ alcohol) when hands aren't visibly dirty.
 - Apply palm-sized amount, cover all surfaces, rub until dry (about 20–30 seconds).
-

Section 4: Quick Reminder Tips

- “If I didn’t see you clean your hands—could you do it again?” — Encourages respectful communication in healthcare settings.
 - “Catch it. Bin it. Kill it.” — Encourages covering coughs/sneezes and cleaning hands afterward.
-

Wet, Lather, Rinse, Smile”

Hand washing tips

healthdirect



Wet hands with running water.



Apply soap or liquid soap.



Rub your hands together for at least 20 seconds.



Wash all areas, including the back of your hands and between fingers.



Rinse hands, making sure you remove all soap.



Dry your hands thoroughly with a paper towel.

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Patients/caregivers:

“It’s okay to say: ‘May I ask you to clean your hands?’”

Rus's Recipe



INGREDIENTS

- 2 cups Sweet Corn
- 1/4 cup Cornmeal
- 1/4 cup All-purpose flour
- 1 tsp Smoked Paprika
- 1 Egg
- 1 Green Onion, chopped
- 1/2 cup Grated Parmesan, or cheese of your choice 1 handful Cilantro, chopped
- 1 Tbsp Lime Juice
- Salt and fresh cracked pepper, to taste
- 1 Tbsp Oil
- Sour Cream, for garnish



Cheesy Corn Fritters



4 servings



18 minutes

1. Mix the corn, cornmeal, flour, paprika, egg, parmesan, green onion, cilantro, lime juice in a large bowl. Add some water if the mixture is too dry.
2. Heat 1 tablespoon oil in a pan. Spoon the corn mixture into the pan to form patties and cook until golden brown on both sides, about 4 minutes per side. Garnish with a dollop of cream.

Enjoy!

NATIONAL YOGA MONTH

Chair Yoga at Canterbury

Hi, my name is Colleen, and I teach Chair Yoga at Canterbury on Monday mornings: 9:00 a.m. in the Court exercise space and 9:45 a.m. in the Manor activity room.

Chair Yoga is a gentler, more accessible form of yoga, ideal for anyone with limited mobility, balance challenges, arthritis, or those recovering from surgery. It's also very beneficial for residents with mild to moderate dementia, helping to improve mood, cognition, and memory.

Our classes incorporate the core principles of yoga, including mindful breathing and relaxation, while building strength, flexibility, and balance through movements modified for a seated position.



Testimonial

"Oh, hello, I haven't moved that muscle in a while! It felt so good as I breathed to match the movement; striving to do three things simultaneously: concentrate, breathe, move. Depending on my capability of the day, the breathing may be the most challenging. That's okay. Each does as one can. I benefit that chair yoga is specifically focused, not rushed, and intentional." - Margaret McKague

The pace is gentle, focusing on breathing and enjoying movement, and everyone is encouraged to work within their own abilities—recognizing that some days may feel better than others.

Chair Yoga supports both physical and mental well-being. Participants often notice increased flexibility, improved strength and balance, reduced stress and anxiety, and a stronger mind-body connection that promotes calm and overall wellness.


If you've been curious about Chair Yoga, I warmly invite you to join us. I would love to meet you, and our current participants will welcome you with open hearts.

Warm wishes,

Colleen



Knitters & Crocheters Needed!



Thanks to Telus, we have a cupboard full of yarn just waiting to be turned into something warm and wonderful. Volunteers are needed to knit “starter” squares for afghans, which one of our ladies then sews together into blankets of all sizes. We also make mitts, scarves, and toques.

Completed items are picked up by Telus volunteers and delivered to families and facilities in need, such as the Glenrose. Each month, our volunteer hours are tracked, and at the end of the year Telus makes a donation to a charity of our choice—in fact, last year \$1,000 was donated!

Most of the knitting is done at home on your own time, but residents are always welcome to join in. Yarn, patterns, and needles are all supplied.

If you'd like to help, please contact Doreen Losie at 780-454-4676.



DOREEN LOSIE

780-454-4676

COMMUNITY EVENTS

OUR TOP PICKS FOR SEPTEMBER



Edmonton International Film Fest

Where: Landmark Cinemas - 10200 102 Ave, Edmonton, Alberta

Date: September 25 – October 1, 2025

More Information: Edmontonfilmfest.com



Down By The River

Where: Old Strathcona Area

Date: September 13th & 14th

Time: 1p.m. - 11:00 p.m.

More Information: downbytheriverfest.ca



AsiaFest 2025

Where: 6183 Currents Dr NW, Edmonton, AB

Date: September 12th

Time: 4:00 p.m. - 11:00 p.m.

More Information: Asiafestyeg.ca



Storage

Written by: Mary Oliver

When I moved from one house to another there were many things I had no room for. What does one do? I rented a storage space. And filled it. Years passed. Occasionally I went there and looked in, but nothing happened, not a single twinge of the heart.

As I grew older the thing I cared about grew fewer, but were more important. So one day I undid the lock and called the trash man. He took everything.

I felt like the little donkey when his burden finally lifted. Things! Burn them, burn them! Make a beautiful fire! More room in your heart for love, for the trees! For the birds who own nothing — the reasons they can fly.

Submitted by Margaret McKague



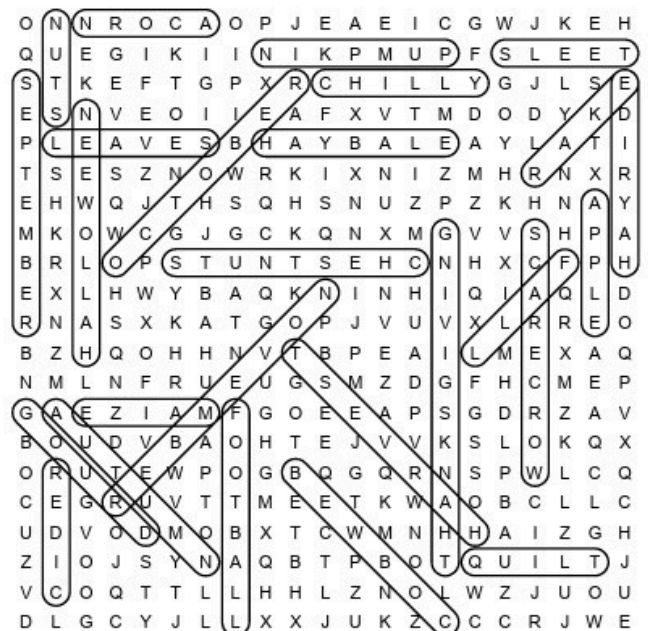
- **September 2, 1666:** The Great Fire of London began in a bakery on Pudding Lane.
- **September 2, 1923:** The first elections were held in the Irish Free State after achieving independence from Britain.
- **September 4, 1609:** The island of Manhattan was discovered by navigator Henry Hudson.
-
- **September 15, 1890:** British mystery author Agatha Christie was born in Torquay, England.
- **September 16, 1620:** The Mayflower ship departed from England, bound for America with 102 passengers and a small crew.
- **September 19, 1893:** New Zealand became the first country to grant women the right to vote.
- **September 26, 1960:** The first-ever televised presidential debate occurred between presidential candidates John F. Kennedy and Richard Nixon.
- **September 30, 1955:** Actor James Dean was killed in a car crash in California at the age of 24.



FALL

Word Search

SOLUTION





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📍 8403 142 St. Edmonton, AB

✉️ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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