



APRIL | ISSUE 13

CANTERBURY TIMES

Created by Camille & Haley



Spring



As spring unfurls its vibrant colors and gentle warmth, we're excited to bring you another edition filled with fresh insights, captivating stories, and valuable updates. Let's embrace the spirit of renewal and growth together in this blossoming season of April!

Happenings in April:

- APRIL 1 APRIL FOOLS DAY
- APRIL 2 WORLD AUTISM AWARENESS DAY
- APRIL 7 WORLD HEALTH DAY
- APRIL 9 RAMADAN ENDS
- APRIL 22 PASSOVER BEGINS
- APRIL 22 EARTH DAY



ACTIVITY PROGRAM HIGHLIGHTS

- April 3rd-** Norquest College will be visiting at 10:00am in the Atrium to do a Poetry Slam! If you would like to share your poetry signup at Reception
- April 7th-** Join us in the Atrium at 1:30pm for a Piano Recital with Miriam Mahood and her students!
- April 8th-** At 1:30pm we will be hosting a New Residents Welcome Tea for all the new residents in the Court/Heights in the Court Activity Room
- April 10th-** At 2:00pm we will be hosting a New Residents Welcome Tea for all the new residents in the Manor, join us in the Dining Room!
- April 12-** Join us in the Atrium at 2:00pm for a Rose Tea, music by Stephen Tyler
- April 14-** There will be a Piano Recital with Frank Ho's and his Students at 1:30pm in the Atrium
- April 19-** Mom & Tots "ABC, Do, Re, Mi" will be starting up again every Friday at 10:15am, join us in the Court Activity Room!
- April 24-** Join us at 10:30am in the Atrium for a special performance from the Laurier Heights School Choir!
- April 24-** At 1:30pm we will be "travelling" to France for this months International Foods, come enjoy a show and a snack in the Court Activity Room!



Will you give the Promise of Home?

Expanding care and community requires passionate donors, ready to leave a legacy. As a not-for-profit, Canterbury offers the opportunity to partner with anyone considering a gift.

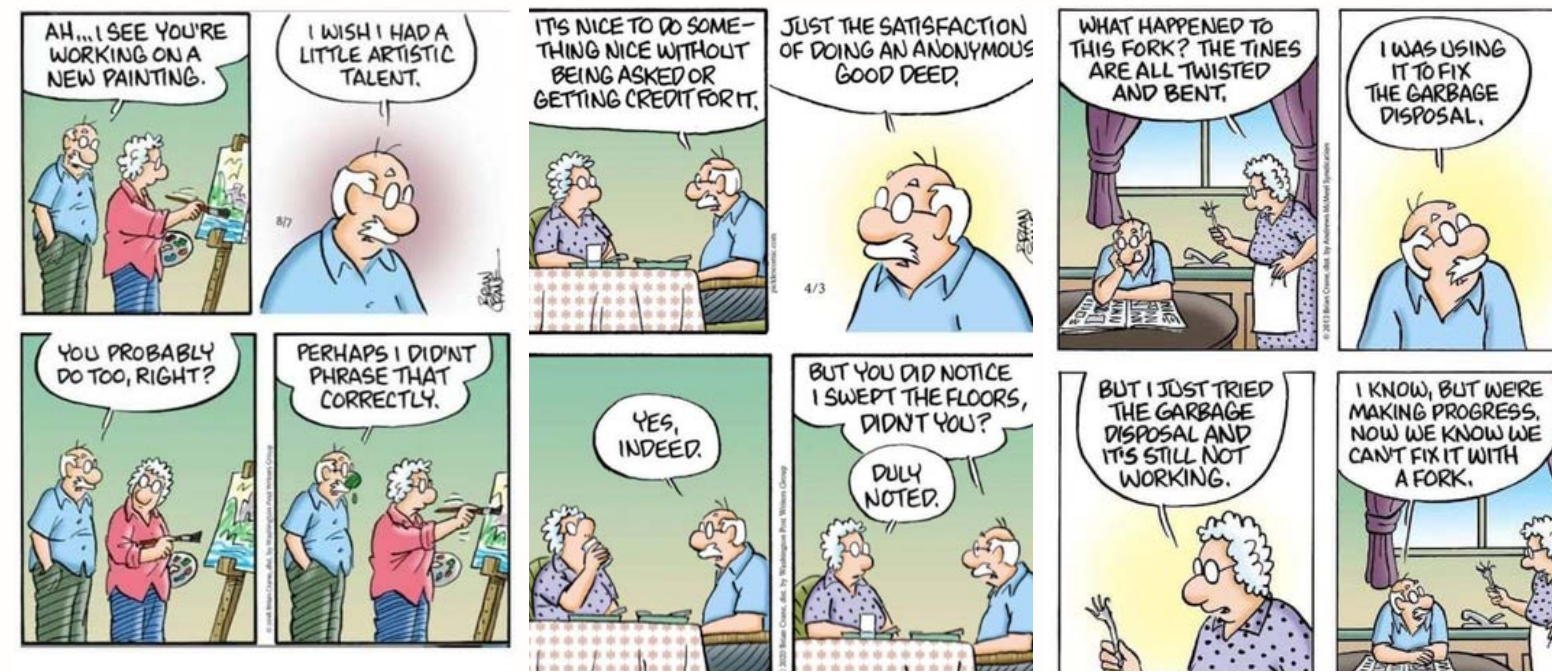


To join our family of donors, you can find a pledge form at either Court or Manor reception, visit CanterburyFoundation.com or contact Margo Buckley, CFRE at (780) 919-7295 or email margob@canterburyfoundation.com



New Canterbury Logo

The modification of the Canterbury logo is scheduled for April 1st, 2024.



MEDITERRANEAN ORZO SALAD



INSTRUCTIONS

- Bring a pot of water to a boil, season with salt, and cook the orzo for 10 minutes. Drain, rinse, and set aside to cool.
- Transfer the cooled orzo to a large mixing bowl. Add the spinach, chopped vegetables, and olives, then crumble half of the feta cheese over the pasta.
- In a small bowl, whisk the canola oil, olive oil, lemon juice, oregano and salt and pepper until mixed. Pour the vinaigrette over the pasta mixture and gently fold until the pasta and veggies are coated. Taste for seasoning and top with the remaining feta cheese.
- Refrigerate for 1 hour or overnight before serving. The pasta is best within 2-3 days, but will last in the refrigerator up to 1 week.



INGREDIENTS

- 16 ounces orzo
- 3 cups baby spinach leaves , gently torn into large pieces
- 1 ½ chopped red bell pepper , about one red bell pepper
- 1 cup cucumber , diced and seeded, about one medium
- ¾ cup red onion , diced
- 5 ounces green olives , drained and halved
- 5 ounces Kalamata pitted olives , drained and halved
- 7 ounces feta cheese
- ½ cup canola oil
- ¼ cup olive oil
- 1 lemon , juiced
- 1 ½ teaspoons oregano
- 1 teaspoon kosher salt
- 1 teaspoon black pepper

NATIONAL VOLUNTEER WEEK

APRIL 16 – APRIL 22

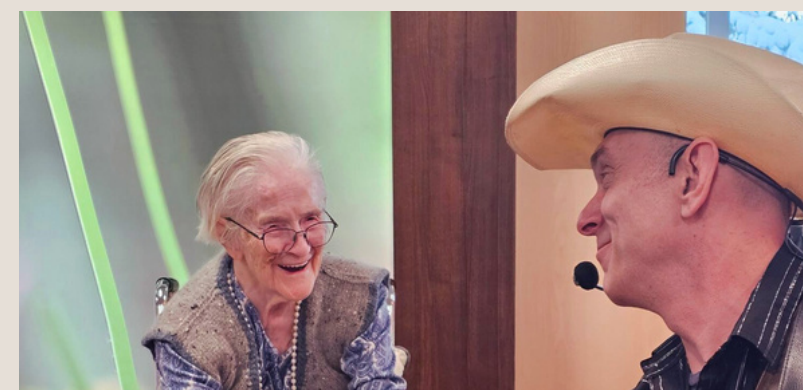


WAYS TO SAY THANK YOU TO VOLUNTEERS:



- 1. Personalized Thank You Notes:** Write individual thank-you notes expressing your gratitude for their specific contributions and dedication

- 2. Artistic Creations:** Create handmade artwork, such as paintings, drawings, or crafts, to present to volunteers as tokens of appreciation.



- 3. Poetry or Writing:** Residents can write heartfelt poems, letters, or short stories expressing their gratitude and the impact volunteers have had on their lives.



Want to Volunteer at Canterbury Foundation?

Hands on help is always needed and our volunteers are an integral part of our community! Connect with us today by visiting <https://canterburyfoundation.com/get-involved#volunteer>.

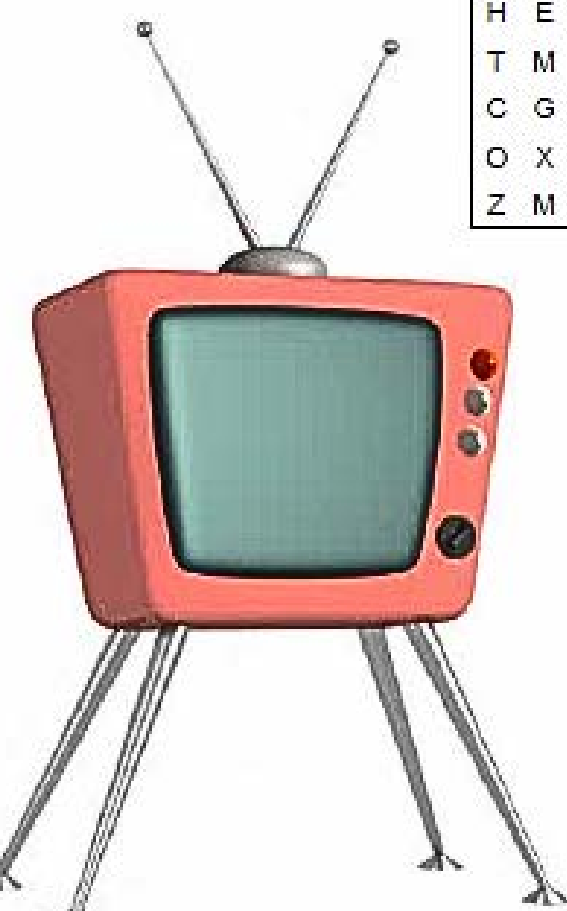
Old Time TV Shows

Word Search



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

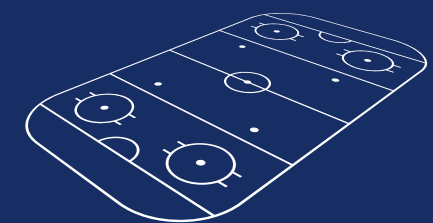
- Addams Family
- All in the Family
- Andy Griffith Show
- Batman
- Beverly Hillbillies
- Bewitched
- Bob Newhart Show
- Brady Bunch
- Dragnet



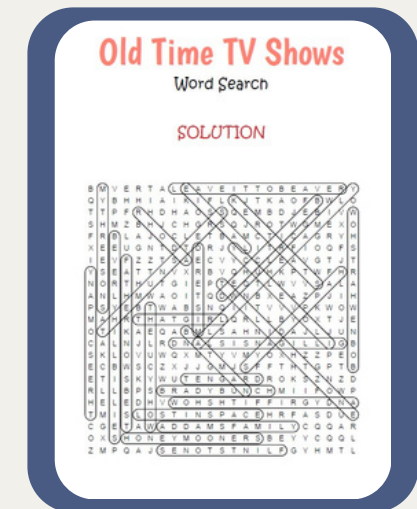
- | | |
|--------------------|-----------------|
| Father Knows Best | Mister Ed |
| Flintstones | My Three Sons |
| Gilligan's Island | Rhoda |
| Happy Days | Star Trek |
| Honeymooners | That Girl |
| I Love Lucy | The Lucy Show |
| Lassie | The Munsters |
| Leave it to Beaver | Three's Company |
| Lost in Space | Twilight Zone |

Edmonton Oilers April Hockey Games

- Monday, April 1 at 7:00pm
Oilers vs. Blues
- Wednesday, April 3 at 7:00pm
Oilers vs. Stars
- Friday, April 5 at 7:00pm
Oilers vs. Avalanche
- Saturday, April 6th at 8:00pm
Oilers vs. Flames
- Wednesday, April 10th at 6:30pm
Oilers vs. Golden Knights
- Friday, April 12th at 7:00pm
Oilers vs. Coyotes
- Saturday, April 13th at at 8:00pm
Oilers vs. Canucks
- Monday, April 15th at 7:30pm
Oilers vs. Sharks
- Wednesday, April 17th at 8:00pm
Oilers vs. Coyotes
- Thursday, April 18th at 7:30pm
Oilers vs. Avalanche



**WATCH HOCKEY GAMES LIVE
IN THE COURT ACTIVITY ROOM**



Thirty-Two Reasons to Avoid Ultra-Processed Foods

Hundreds of studies have tied higher intakes of ultra-processed foods to an increased risk of chronic diseases including obesity, heart disease, type 2 diabetes, fatty liver disease and colon cancer.

Eating too much ultra-processed food has also been associated with early death, especially cardiovascular-disease-related death.

Now, a new evidence review – the largest one conducted to date – has linked these industrial foods to 32 harmful health effects. Here’s what to know.

What are ultra-processed foods (UPFs)?

UPFs are industrial formulations made from chemically modified substances extracted from whole foods, along with additives to enhance taste, texture, appearance and shelf-life. They contain little, if any, whole food.

UPFs comprise of a broad range of ready-to-eat products including soft drinks, packaged snacks, mass-produced breads, muffins, pastries and cookies, protein bars, ice cream, processed meats, frozen foods and meals (e.g., French fries, pizza, chicken nuggets), margarine and many more.



According to an editorial that accompanied the study, “no reason exists to believe that humans can fully adapt to these products”.

Studies indicate a global shift toward an increasingly ultra-processed diet. In Canada, it’s estimated that nearly 50 per cent of the calories in our diet come from UPFs, with Canadian kids consuming even more.

The new research findings

The comprehensive evidence review, involving nearly 10 million people, was published on Feb. 28 in the journal BMJ. It was conducted by researchers from Johns Hopkins Bloomberg School of Public Health in the U.S., the University of Sydney and Sorbonne University in France.

The team analyzed 45 meta-analyses, published over the past three years, and found direct associations between consumption of UPFs and 32 adverse health outcomes. (A meta-analysis combines the findings from many studies to summarize the results.)

Adverse health outcomes included early death, colorectal cancer, pancreatic cancer, heart disease, hypertension, type 2 diabetes, abdominal obesity, overweight, inflammatory bowel disease, fatty liver disease, anxiety, depression, asthma and wheezing.

Overall, the findings suggested that diets high in UPFs may be “harmful to most – perhaps all – body systems”.

When the researchers graded the quality of the evidence, they found “convincing” evidence that a higher intake of UPFs was tied to an increased the risk of developing cardiovascular disease, dying from cardiovascular disease, type 2 diabetes and anxiety.

The evidence was “highly suggestive” that a greater intake of UPFs was associated with an increased likelihood of obesity, depression, sleep-related problems and dying from heart disease.



Ways UPFs may harm health

The researchers acknowledged that more research is needed to understand the ways in which ultra-processed diets are linked to poor health.

The available evidence indicates there are several aspect of UPFs, likely acting in combination, that may cause unfavourable health effects.

Compared to whole foods, UPFs have poorer nutritional profiles. During heavy processing, foods are stripped of nutrients, fibre and protective phytochemicals. UPFs are also typically high in added sugar, sodium and unhealthy fats.

As well, a diet heavy in UPFs displaces nutritious, whole and minimally-processed foods.

UPFs are also engineered in ways that drive excess consumption. For example, they contain added flavours and sweeteners that enhance palatability.

Industrial processing also changes the structure and texture of UPFs, making them “soft”, which speeds up chewing time and delays satiety.

And it’s thought that certain additives, such as artificial sweeteners and emulsifiers, can alter the composition of the gut microbiome in a direction that promotes inflammation.

Limitations, takeaways

The many studies included in the evidence review were observational and, unlike randomized controlled trials, don’t prove that eating lots of UPFs causes ill health.



Yet, it’s unethical to feed people lots of UPFs every day and wait to see which health effects show up years down the road.

According to Dr. Christopher van Tulleken, associate professor at University College London and author of Ultra-Processed People: Why We Can’t Stop Eating Food That Isn’t Food, “this study is entirely consistent with a now enormous number of independent studies which clearly link a diet high in UPFs to multiple damaging effects.”

The new findings also underscore the need for public health policies aimed at targeting and reducing consumers’ intake of UPFs.

Dr. van Tulleken, who was not involved with the study, maintains there is “far more evidence about this category of food than we normally need to motivate public health campaigns.”

Public polices include national dietary guidelines that recommend avoidance of UPFs, front-of-package labels that identify UPFs (mandatory in Canada as of Jan. 1, 2026), restricting advertising of UPFs to children and banning sales of these foods in or near schools and hospitals.

In the study’s accompanying editorial, the authors call on the United Nations to develop and implement a framework to regulate UPFs similar to that used to control tobacco.




Leslie Beck - Published March 11, 2024
Shared by a Resident at Canterbury



ST. PATRICKS DAY PHOTOS





**WE WANT TO EXPRESS
OUR HEARTFELT
APPRECIATION TO OUR
DIETARY TEAM FOR
THEIR INCREDIBLE
SERVICE IN
PROVIDING 118,628
MEALS LAST YEAR!
YOUR DEDICATION
AND THE
SCRUMPTIOUS MEALS
YOU PREPARE HAVE
TRULY ENRICHED OUR
COMMUNITY. WE ARE
PROFOUNDLY
GRATEFUL FOR
EVERYTHING YOU DO.**





WORLD HEALTH DAY

7 APRIL 2023

Eat healthy and stay healthy. Happy World Health Day!

This World Health Day, we encourage you to learn more about global health and how you can help promote healthcare equality for all.

EARTH DAY

THERE IS NO PLANET B

April 22, 2024



TAKE-BACK PROGRAM

Unused or expired medications can be returned to any pharmacy in Canada year-round. Some municipalities and police departments offer additional take-back programs, ensuring safe disposal of prescription drugs, over-the-counter medications, and natural health products. However, these initiatives collect only a fraction of unused pharmaceuticals, leaving many to potentially harm the environment. If your area lacks a take-back program, consult your pharmacy or municipality for guidance.



RECYCLING BATTERIES

The toxic materials within the batteries can be released into the environment and pose serious threats to human health and the environment. If placed in landfills, the toxic materials can leak into the soil, which can then reach our water supply. Please drop off your batteries at Court or Manor concierge desk and our team will recycle them.

UPCYCLING IDEAS FOR THE GARDEN

1. Repaint your garden furniture
2. Use a vintage ladder in place of a pergola or trellis
3. Use a ladder as a wooden plant shelf
4. Make a cold frame out of an old window
5. Repurpose old pots and pans

Fun Fact

The first Earth Day was celebrated in 1970, when a United States senator from Wisconsin organized a national demonstration to raise awareness about environmental issues. Rallies took place across the country and, by the end of the year, the U.S. government had created the Environmental Protection Agency. By 1990, Earth Day was an event celebrated by more than 140 countries around the globe.

PROTECTING OUR PLANET STARTS WITH YOU

<p>PLANT A TREE</p>	<p>-SHOP- WISELY</p>	<p>CONSERVE WATER</p>
<p>EDUCATE</p>	<p>CHOOSE SUSTAINABLE SEAFOOD</p>	<p>VOLUNTEER!</p>
<p>CYCLE MORE DRIVE LESS</p>	<p>REDUCE REUSE RECYCLE</p>	<p>USE PUBLIC TRANSPORT</p>



AUTISM AWARENESS DAY



Autism is a complex neurodevelopmental disorder that affects communication, social interaction, and behavior.

10 Symptoms of Autism

1. Developmental delays
2. Difficulty communicating
3. Difficulty in social settings
4. Attachment to unusual interests
5. Difficulty understanding emotions
6. Over or under sensitive to light, sound, touch and taste
7. Repetitive movements or behaviors
8. Trouble with transitions
9. Recurring sleep problems
10. Insufficient impulse control

It is estimated that 1 in 50 children and youth aged 1 to 17 have been diagnosed with autism spectrum disorder in Canada.



WAYS TO SUPPORT

Be a Year-Round Ally	Educate Yourself
Wear or display the infinity symbol	Contribute to a campaign supporting autism awareness and advocacy.

PASSOVER CELEBRATION

You are cordially invited to join us for a Passover Celebration Meal, known as a Seder Meal, on Friday, April 26th, at 11:30 a.m. The event will take place in the Manor Dining Room. Limited to only 10 spots, tickets are available for \$25 each and can be purchased at the Manor Concierge Desk.

The Seder Meal will be a communal experience enjoyed in a family setting. Our kosher-style lunch will be served, adhering to the tradition of not mixing meat and milk together. Additionally, we will partake in special symbolic foods, including:

- Matzah: Unleavened bread, symbolizing the haste with which the Israelites left Egypt, leaving no time for their bread to rise.
- Four Cups of Wine or Grape Juice: A royal libation to mark the celebration of newfound freedom.

We will collectively recount the gripping tale of the Israelites' escape to freedom through the recitation of the Haggadah, translated into English for all to understand.

We extend an open invitation to all who wish to learn about and celebrate Passover with us. Chag Pesach Sameach (Happy Passover!)

Warm Regards,
Colleen and Sara

