

CANTERBURY TIMES

CREATED BY CAMILLE SNOW AND ERICA SLEVIN



Men's Shed helps to enhance the well-being of all men by encouraging social inclusion.

Registered Men's Shed

What?

Men's Shed is an inclusive space where men gather to socialize, engage in activities like woodworking, playing cards, or watching sports, and form friendships. It can be described as a relaxed and inclusive environment where men can share stories and have fun together.

Why?

Men's Shed aims to enhance the well-being of men by promoting social inclusion and providing a supportive community. It is recognized that men often connect better through shared activities ("shoulder to shoulder") rather than face-to-face conversations.

When?

Men's Shed meetings at Canterbury are currently held once a month. The specific date varies, so interested individuals should check the activities calendar for the next meeting date.

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ACTIVITY PROGRAM HIGHLIGHTS

August 5 - Join us for Super Bingo at 2:00 p.m. in the Atrium—where ‘You Play and We Pay!’

August 9 - Put on your best beach attire and come join us for BEACH DAY in the Atrium at 2:00 p.m., featuring Denis Bourdon.

August 14 - Join us in the Atrium at 2:00 p.m. for a fantastic performance presented by the Health Arts Society.

August 15 - Join us for a delightful Garden Party from 1:30 to 3:30 in the Court Courtyard.

August 19 - Bring your walker for a shine at Canterbury's annual Walker Wash, happening at 1:30 p.m. in the Court Courtyard.

August 20 - Step into Camp Day with us: a day packed with classic camp activities! Enjoy campfire stories, games galore, and indulge at our s'mores station. Check the calendar for activity times and join in the fun!

August 22 - Quack your way to victory at the Duck Races starting at 2:00 p.m. in the Court Courtyard.

August 28 - Hamburger & Hot Dog BBQ (refer to activities calendar for details)



We are thrilled to introduce Team CarePal to the Canterbury Foundation community! Team CarePal is here to support and transform your role as a family caregiver through innovative technology, community-building, and education.

Welcome Team CarePal to Canterbury Foundation!




The app will provide a seamless way to communicate with your care staff, family members, and friends, ensuring everyone is on the same page.



Social feed
Share updates and announcements with your community

Caregiver Journal - Organize and collaborate on documents, notes and voice recordings

Messages - Keep all your important conversations in one place

Zolo
AI Caregiver Companion that suggests personalized resources

Caregiver Burnout Assessment!
Monitor your burnout levels and track trends. Zolo suggests support based on your struggles and loved one's condition

Connect to a caregiver coach or navigator for one-on-one support in the app



Task lists that friends and family can view and accept. Make it easy to ask for help

An **events calendar** to let everyone know about important appointment dates

What is Team CarePal?

Team CarePal is an all-in-one management app designed specifically for family caregivers, their families and friends. It serves as a central hub for communication, scheduling, and organizing care, making it easier for families to come together and support their loved ones.

How Team CarePal Benefits You:

- **Stay Connected:** The app provides a seamless way to communicate with your care staff, family members, and friends, ensuring everyone is on the same page.
- **Organize Care Efficiently:** Easily schedule and manage care tasks, appointments, and activities, reducing stress and enhancing coordination with your family members on caring for your loved one.
- **Support for Caregivers:** The app assesses your burnout levels and offers customized resources through its AI digital navigation bot, helping you take better care of yourself.

Canterbury Foundation's Enhanced Support:

- **Centralized Dashboard:** Canterbury Foundation will use the Team CarePal dashboard to improve communication with families in the app. This tool provides essential updates and helps us co-create care plans with you tailored to your loved one's needs, ensuring transparency and keeping you informed.
- **Valuable Resources:** We will offer a range of resources through Team CarePal to support families and their loved ones effectively.
- **Building Community:** We are establishing a Canterbury Community within Team CarePal, creating a safe online space for families to engage, build friendships, and develop supportive networks.

We are excited to bring Team CarePal to our community, enhancing the care and support we provide to you and your loved ones. Stay tuned for more information over the coming months on this exciting new endeavor.



THE MANOR ASSOCIATION

Its Purpose:

“To facilitate and promote communication between Manor residents and the administration of The Canterbury Foundation”.

Association Members
All members will be welcomed by the Executive Council and representatives of Canterbury Foundation:

- President - Ellinor Townend,
- Vice President - Donna Watson
- Treasurer - Betty Farquharson
- Secretary - Douglas Chambers

AUGUST GREETINGS FROM THE MANOR RESIDENTS ASSOCIATION

SUMMER TIME AND THE BREATHING IS...

Sometimes a challenge due to the hot weather and smoke from wildfires. Thankfully, our air conditioning makes our living environment comfortable as we enjoy the fantastic programming arranged by our Life Enrichment Staff. We also appreciate sharing a cup of tea and spending time with friends.

While we enjoy our gardens, some of us, along with our Staff, are planning holidays with family and friends. We have many stories to share.

We're all looking forward to the exciting events scheduled for August. ~ Ellinor Townend



Save The Date

Canterbury Open House

August 22, 4:00 p.m. - 6:00 p.m.

Best Carrot Cake Ever!

Rus's Recipe



Prep time: 1 hr 30 mins ⌚ Cook Time: 1 hr

INGREDIENTS

6 cups grated carrots
1 cup brown sugar
1 cup raisins
4 eggs
1 ½ cups white sugar
1 cup vegetable oil
2 teaspoons vanilla extract
1 cup crushed pineapple,
drained
3 cups all-purpose flour
1 ½ teaspoons baking soda
1 teaspoon salt
4 teaspoons ground cinnamon
1 cup chopped walnuts
Frosting Ingredients
1/2 Cup Butter (softened)
8 oz Cream Cheese (Softened)
1 tsp Vanilla Essence
1 lb Icing Sugar

DIRECTIONS

- In a medium bowl, combine grated carrots and brown sugar. Set aside for 60 minutes, then stir in raisins.
- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 10 inch cake pans.
- In a large bowl, beat eggs until light. Gradually beat in the white sugar, oil and vanilla. Stir in the pineapple. Combine the flour, baking soda, salt and cinnamon, stirring into the wet mixture until absorbed. Finally stir in the carrot mixture and the walnuts.
- Pour evenly into the prepared pans.
- Bake for 45 to 50 minutes in the preheated oven, until cake tests done with a toothpick.
- Cool for 10 minutes before removing from pan. When completely cooled, frost with cream cheese frosting.

For the frosting:

- Beat the butter and cream cheese until nice and fluffy.
- Add in the vanilla and powdered sugar and beat until nice and smooth.
- Apply frosting as desired.
- Refrigerate for an hour before serving for best results.

SUFFERING WELL: LONELINESS AND GRIEF

Written by: Chi Q. Le, MACP, CT CCC, Psychotherapist



On August 30, National Grief Awareness Day recognizes that the time it takes to heal from loss doesn't have a prescribed course and reminds us that closure comes in many forms. When a loved one dies, the void they leave affects everyone differently.



As humans, we are hardwired for connection. However, we must not neglect what is equally important: the need to be alone. Losing someone close to us can bring on a multitude of emotions, one of them being an unbearable feeling of loneliness. In time, one can embark on the painful work of gaining a deeper understanding of this loneliness. We may discover ways it can serve, rather than hinder, our personal growth with the eventual goal (and hope) that loneliness will eventually transcend into solitude.

Grief can be an extremely lonely journey and the need to *isolate* may seem tempting. Solitude does not mean that one needs to be driven towards isolation but, rather, it can be viewed as a chosen state; a space protected from external noise where one can replenish, decompress; and learn to endure and understand emotional pain in order to strengthen the relationship we have with ourselves. As the existential philosopher Paul Tillich stated, “Loneliness can only be overcome by those who can bear solitude” (Tillich, 1963, p.7).

In Western Society there seems to be a misunderstanding about the role of suffering, particularly within the context of grief. There is often an urgency to pull people out of their grief too abruptly. To heal, one must attend patiently to grief wounds and move towards, rather than away from, this pain. Having a support network is crucial to help navigate through the grieving process. Grief counsellor Alan Wolfelt's *Companioning Philosophy of Grief* (2016) describes a way of “walking” alongside the bereaved, to bear witness to their pain. As stated in the first tenet of the companioning model, “Companioning is about being present to another person's pain; It's not about taking away the pain” (Wolfelt, 2016). That is, one must resist the urge to ‘fix’, but to instead ‘sit’ with the pain that the other is experiencing.

To deepen the inner understanding of one's suffering, rather than deny or rationalize pain, requires one to be present and initiate a willingness to openly connect with dark and unpleasant emotions. A lived experience of solitude can truly be a source of nourishment for the psyche and the soul; a fundamental part of the grieving process, an experiential journey of suffering well.

Tips to cope with the loneliness of grief:

1. Find healthy outlets to help give expression to grief-related emotions.
2. Prioritize self-care (mentally, emotionally, physically, spiritually).
3. Practice self-compassion.
4. Accept that loneliness is a normal experience of the grieving process.
5. In time, seek social support.
6. Establish a healthy balance between alone time and time spent with others.
7. Cultivate new relationships/bonds and experiences.



CANTERBURY CONNECTIONS

FUND DEVELOPMENT

By Madeline Verhappen

➤➤➤ YOU'RE INVITED!

Join an intimate gathering and listen to stories of Canterbury, its legacy, the impact it has on the community, and its future in providing the promise of home to seniors.



Cindy Sneddon will be a featured speaker, sharing her experience at Canterbury as a member of our dietary team for over 25 years!

The Canterbury dining room is a wonderful central meeting place for residents, where good taste and great friendships are often shared over delightful meals. Hear more about the magic that is whipped up in the kitchen and served by dedicated staff who work hard to ensure our valued seniors receive the best quality eating experience.

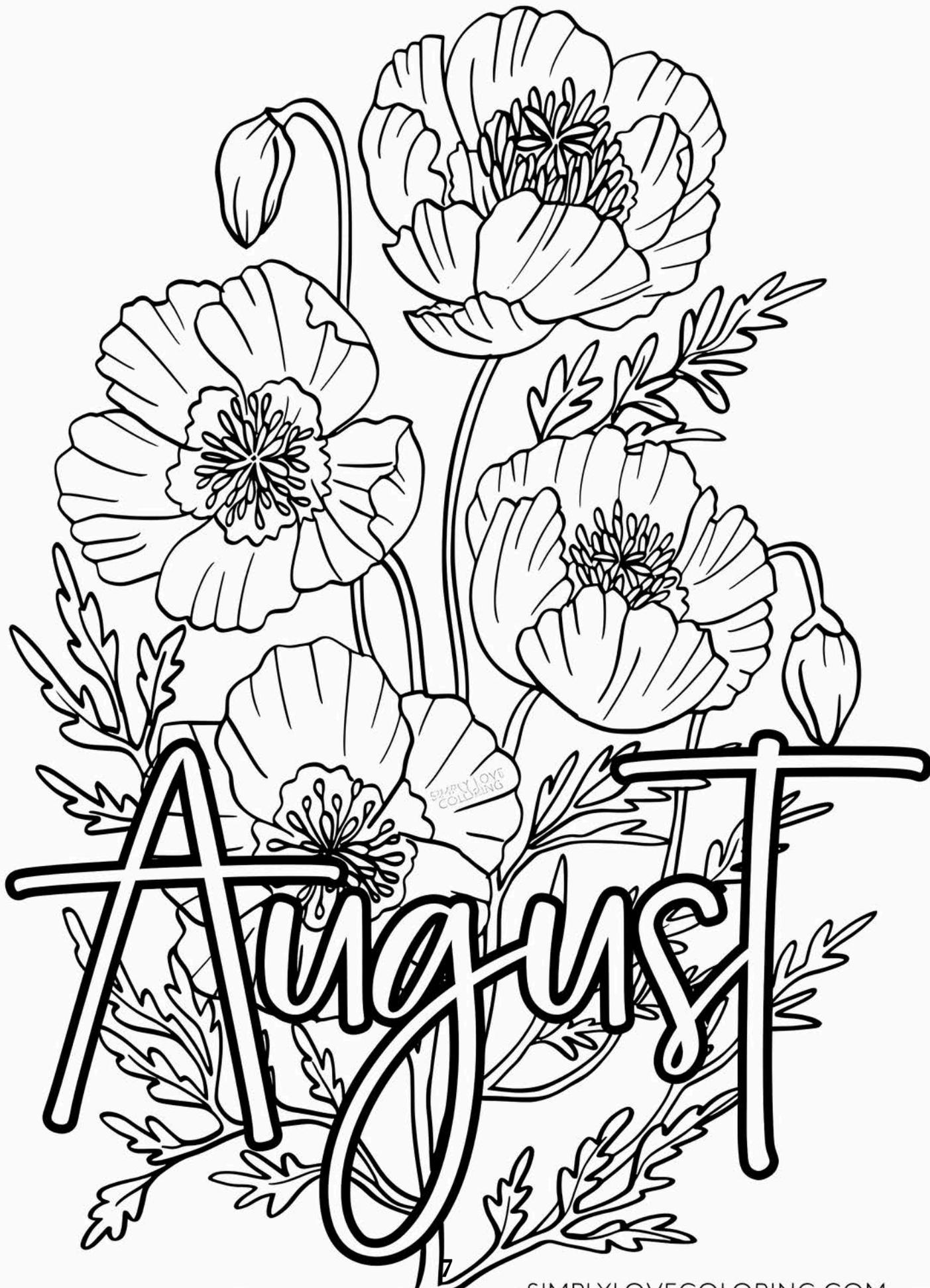
When: Wednesday, August 21, 2024

Where: Canterbury Foundation,
8403 142 Street, NW, Edmonton T5R
4L3

Time: 5:30 p.m. to 6:15 p.m., all are
welcome starting at 5:00 p.m.

To save your seat, please contact Madeline Verhappen, Fund Development Specialist, by email at Madelinev@canterburyfoundation.com, or by phone at 780-930-3727.

We look forward to seeing you at Canterbury Connections on August 21!





MathSphere

Sudoku



Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

Medium Puzzle 1

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

Clues:

1. Seek a 2 in the centre block of squares
2. Finish the centre block of squares
3. Search for 2s everywhere



Canterbury Chronicles: Unveiling the Heart of Our Community

Story by Nellie White, penned by Erica Slevin

This month I have had the pleasure of interviewing Nellie White, who moved into Canterbury Manor in August of 2023. I opened the interview by asking how she would summarize or describe herself, and she told me that she was a 'quiet person'. After hearing her story, I am not too sure about that, but conclude that she is definitely modest. For those of you who are not familiar with Nellie, let me share a little bit about her with you:

Born in Rotterdam, Holland (The Netherlands), Nellie spent her early childhood there until she was 12 years old. Her father was a painter by trade and did residential work. Nellie says that he was a very creative person. Her mother, JoAnn, was a tailoress who did 'sewing of all sorts' and worked from home after her children were born. Nellie was the eldest child, with two younger sisters and three brothers. She took naturally to a leadership role in the family and laughs, "... I bossed everyone around, I was good at it!". When I asked Nellie what she enjoyed most about her early childhood, she mentioned that living in a harbour city was lovely and that she fondly remembers New Year's celebrations at the waterfront. Nellie remained in the Netherlands until she was 12 years old, when her parents emigrated to Alberta.

Nellie's family settled in Barrhead where her father found work as a painter. She said that, because it was a small community, her father often worked out of town in Edmonton and her family eventually relocated there.

Nellie attended school until her 16th birthday. At that point, her mother told her that was enough of school and that it was time to find herself a job. So, Nellie found some work in retail department stores before her mother suggested she take a stenography course at night school, where she learned to type and take shorthand. She found work as a stenographer shortly thereafter and grew quite confident at her job. She worked in a government office, then in the law office of a family friend, and a number of other places. She continued the stenography work until she married and had children.

Nellie met her husband, Peter Thomas (Tom) White, at a Dutch society club to which he had been invited by a friend. He was an Englishman, a natural comedian, and a real people-person. They had two daughters: Joanne, who lives in Edmonton and is an airline stewardess, and Sandra who is a nurse and lives in California.

Tom and Nellie enjoyed social activities together such as skiing, and they were members of a bridge club as well. They were very friendly people and kept close friends over the years. They also liked going out to a local tea shop and spending time together there. Indeed; they enjoyed themselves there very much and told their server, who was daughter of the woman who owned the shop, how much they liked the little business. The daughter invited her mother to speak with Nellie and Tom, at which point it became clear that the business was for sale. Nellie and Tom agreed to purchase and became proprietors of their very own café.

Nellie says that she absolutely loved managing her own business. While her husband worked as a salesman for various companies over the years, Nellie managed the café. When her girls grew older, they helped in the tea shop as well. It was a very successful venture; so successful that one day their landlord surprised them with a substantial increase in rent. Nellie explained to me that she, "...wasn't having any of that!". Immediately after she was informed of the imminent rent increase; Nellie, her husband, and friends moved the entire business (lock stock and barrel) overnight to a different location a few blocks away. The Tea Shop was renamed 'Nellie's Tea Shop' after the move. She remembers that a friend took the sign off the front of the establishment and actually walked it over to the new location. When their old landlord woke the next morning, the premises had been cleared out and the café set up at a new address! When I asked if they had really cleaned everything from the shop in one night, Nellie told me with comedic panache: "Well, we left the stove".

Nellie continued to enjoy running her establishment successfully for many years after that but eventually, after her husband retired, she closed the business.

However, her entrepreneurial spirit was remained intact, and Nellie went on to open a lingerie business for a few years with a friend who was a purchaser and in sales.

After Nellie retired, she and Tom did some travelling in Europe; to Germany, Austria and France. As Tom was originally from England, they travelled there often to visit family. Nelly and Tom also enjoyed camping together in Jasper and Banff. Of these years, Nellie says, "We enjoyed our life".

Nellie moved to Canterbury last year after her husband's health declined and he required hospitalization. Tom has since passed away and Nellie has been settling into life at Canterbury. Nellie still keeps in close contact with her social circle in Edmonton. She likes to keep busy and has been doing things like assisting the Life Enrichment Department with delivery of the monthly calendars and newsletter. She is interested in volunteering and supporting others and has much to share with the Canterbury community.

And that is a little bit of the information I gleaned from my interview with the amazing Nellie White. After reading this you may very well agree with me that this self-described 'quiet' lady, is a very daring and interesting person!



COMMUNITY EVENTS

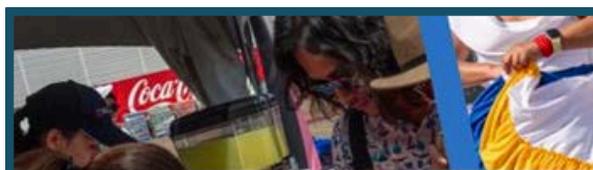
OUR TOP PICKS FOR AUGUST

EDMONTON  **August 15 – August 25, 2024**

FRINGE THEATRE FESTIVAL



95th Canadian Derby
Saturday, August 24th, 2024



ARE YOU READY?

**EDMONTON
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FESTIVAL 2024**

August 3rd to 5th

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Updated Information**

www.heritagefest.ca



EDMONTON

FOLK MUSIC

FESTIVAL

Gallagher Park August 8-11, 2024

Cheer on
Canada from
July 26- August 11

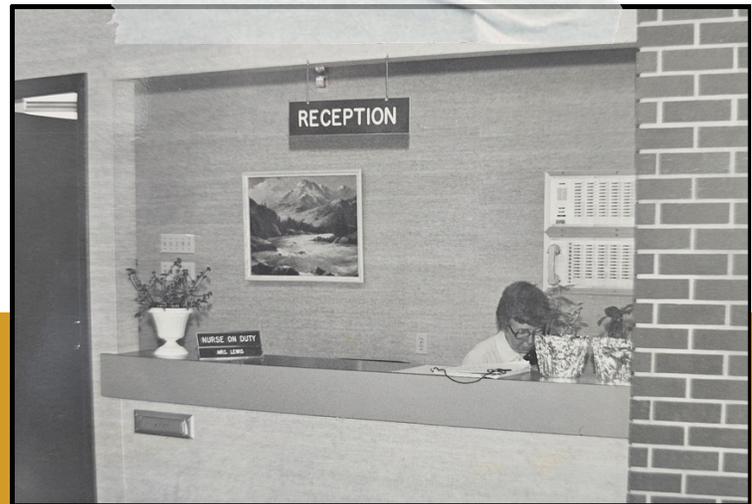


CANTERBURY FLASHBACK

Court Dining Room
1974



Reception
1974



Tuck Shop
1974



Courtyard
1979





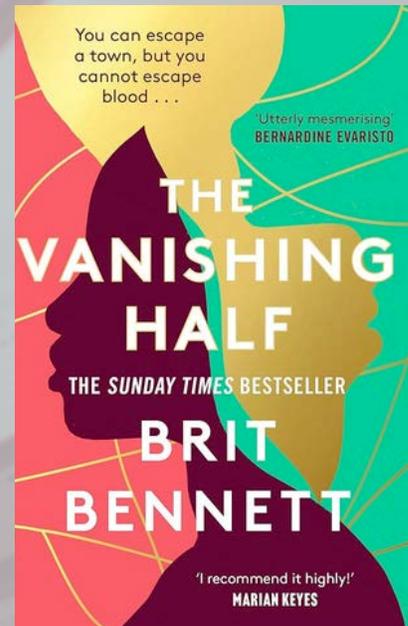
BOOK CLUB

Submitted by Dorothy Mcvey



The Court Library, which is open to all Canterbury Residents, includes 100s of books (fiction, spiritual, autobiographies, and some local history), numerous DVD's, CD's and puzzles. Large print books from EPL are available for free on the cart in the Court Library as well.

One recently donated book is titled, "The Vanishing Half", was written by Bret Bennett: It is a story about twin girls, born to a white father and an African American mother, who are so light skinned that they can pass for Caucasian if they choose. One of the twins becomes estranged from their family when they choose that path and lives the rest of their life terrified their heritage will be revealed. Each twin has a daughter who, through fate, become friends and eventually discover that they are related and bring their estranged mothers together again. This book has many twists and turns but is well worth the read. Once again, "the Vanishing Half, can be found in the Canterbury Court Library.



A NOTE REGARDING CANTERBURY RESPITE CARE:

The Canterbury Foundation Respite Care Program is available for those who have recently been hospitalized or undergone medical treatment. Our Healthcare Team, Dietary, Life Enrichment, Social Worker, and Chaplain are involved with providing an extra step of recovery to help make the return home successful. For more information, call: 780-930-5809.



MathSphere

Sudoku



Medium Puzzle 1 answer

6	5	9	3	1	4	2	8	7
1	8	7	6	5	2	4	3	9
2	3	4	8	9	7	5	1	6
4	2	6	1	3	5	9	7	8
8	7	1	9	4	6	3	5	2
5	9	3	2	7	8	6	4	1
3	1	2	5	8	9	7	6	4
7	6	5	4	2	1	8	9	3
9	4	8	7	6	3	1	2	5

www.mathsphere.co.uk



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