

DECEMBER 2023 | ISSUE 9

CANTERBURY TIMES

Created by Camille & Haley



MERRY
Christmas



WHAT'S DECKING OUR HALLS?

'Tis the season to be jolly, and nowhere is the festive spirit more evident than in the beautifully adorned halls of Canterbury. This year, the magic of Christmas has truly come alive, thanks to the incredible efforts Santa's Elves, also known as our dedicated Maintenance and Life Enrichment Departments. As we bask in the warm glow of twinkling lights and festive ornaments, it's only fitting to express our heartfelt gratitude for the joy and cheer they have brought to our beloved community.

The intangible gift of joy that these Departments have bestowed upon Canterbury is truly priceless. For many residents, the holiday season can bring a mix of emotions, and the festive décor serves as a source of comfort, companionship, and nostalgia. The smiles on their faces, the twinkle in their eyes, and the lively conversations that have ensued are testaments to the positive impact of the decorations on the overall well-being of our community.

The effort put forth by the Maintenance and Life Enrichment Departments goes beyond mere aesthetics; it embodies the spirit of community and compassion. It is a reminder that, even in the busiest of seasons, there are individuals who go above and beyond to spread joy and create a sense of belonging. The Canterbury Foundation is not just a residence; it is a place where love and care are evident in every gesture, and the festive decorations exemplify this sentiment, it's a place you can call home.

ACTIVITY PROGRAM HIGHLIGHTS

December 4th- Telus will be visiting to give a presentation on Cyber Awareness, at 10:30am in the Court Activity Room!

December 6th- We will be kicking off the holiday season with our Court/Heights Wine & Cheese with music by Terry Jordan, at 2:00pm in the Atrium. Family members invited, please sign up at Reception

December 7th- Join us in the Atrium at 1:30pm for music by the Health Arts Society, featuring Keri Lynn Zwicker, and Tami Cooper

December 13th- We will be hosting our Manor Wine & Cheese at 2:00pm with music by Mitch Spratt. Family Members invited, please sign up at Reception

December 15th- Join us in the Atrium for our Christmas Sweater Party, with Beer & Wine service starting at 1:30pm, music by Sean Sonogo to follow at 2:00pm

December 21st- We will be heading over to Laurier Heights School for Christmas songs at 1:00pm, signup at Reception

December 29th- Celebrate the end of 2023 with a New Years Eve Celebration at 2:00pm in the Atrium, with music by the Young at Heart

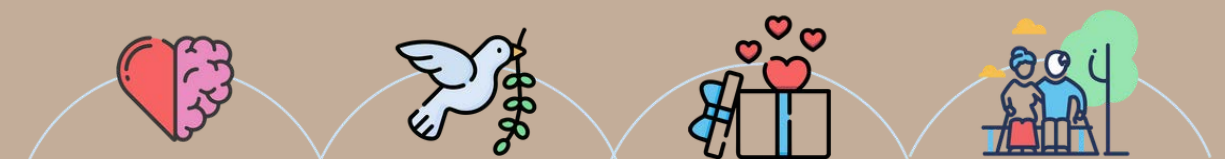


Canterbury Foundation's 4th Annual Promise of Home Campaign & Online Auction November 15th - December 31st, 2023



CANTERBURY IS THE PROMISE OF HOME

Donations are accepted at reception or online at www.canterburyfoundation.com
All gifts over \$20 are eligible for a tax receipt.



Memory Care

End of Life Care

Greatest Good

Heart of Canterbury Fund

By giving to a senior community that is truly home for so many, you help to create a journey of aging for residents and their loved ones that is compassionate, responsive, multi-faceted and grounded in dignity and respect. This year marks the 4th Annual Promise of Home Campaign & Online Auction.

Canterbury is honored to announce that once again, a **generous lead gift of \$25,000** has been made by a donor who resides in **Canterbury Manor**. We are also proud to share that Bird Construction has returned as a presenting sponsor!

This renewed commitment has inspired us to set a campaign goal of \$175,000!

When you donate to Canterbury Foundation, you can dedicate your gift to care for what means the most to you!



Chocolate Crinkle Cookies



INSTRUCTIONS

- In a medium-sized bowl, mix together the cocoa powder, white sugar and vegetable oil. Beat in eggs one at a time, until fully incorporated. Mix in the vanilla.
- In another bowl, combine the flour, baking powder, and salt. Stir the dry ingredients into the wet mixture just until a dough forms (do not over beat). Cover bowl with wrap and refrigerate for at least 4 hours or overnight.
- When ready to bake, preheat oven to 350°F | 175°C. Line 2 cookie sheets or baking trays with parchment paper (baking paper). Roll 1 tablespoonful of dough into balls for smaller cookies, or 2 tablespoonfuls for larger cookies.
- Add the confectioners (icing) sugar to a smaller bowl. Generously and evenly coat each ball of dough in confectioners' sugar and place onto prepared cookie sheets.
- Bake in preheated oven for 10 minutes (for small cookies) or 12 minutes (for larger cookies). The cookies will come out soft from the oven but will harden up as they cool.
- Allow to cool on the cookie sheet for 5 minutes before transferring to wire racks to cool.

INGREDIENTS

- 1/2 cup Unsweetened Cocoa Powder
- 1 cup White granulated sugar
- 1/4 cup Vegetable Oil
- 2 Large Eggs
- 2 teaspoons Vanilla Extract
- 1 cup All Purpose Flour
- 1 teaspoon Baking Powder
- 1/2 teaspoon Salt
- 1/4 cup Icing sugar
(for coating)

CHRISTMAS *Dinner menu*

SOUP/SALAD

Lobster Bisque

OR

Orange Fennel Salad

Winter Mix, Tomato,
Walnuts, Citrus Balsamic
Reduction

SIDES

Garlic Parmesan Mashed
Potato
Butter Asparagus

DESSERT

Traditional Plum Pudding

With Warm Brandy Caramel
Drizzle

ENTREE

Slow Roasted Turkey

Served with Sage Stuffing,
Cranberry Jam and Gravy

OR

Red Wine Braised Alberta

Beef Short Ribs

with Natural Jus



INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

DECEMBER 3, 2023

Established in 1992 by the United Nations General Assembly, the International Day of Persons with Disabilities aims to promote the rights and well-being of persons with disabilities in all spheres of society and development. Over the years, it has evolved into a global observance that emphasises the importance of inclusivity, equality, and accessibility. IDPD is a day when we reflect on the progress made in championing the rights of persons with disabilities and acknowledge the work that lies ahead. The significance of this day lies in its commitment to creating an environment where every individual, regardless of their abilities, has the opportunity to lead a fulfilling life. It serves as a reminder of the ongoing efforts to create a world that is accessible and inclusive for everyone.

"There is no greater disability in society than the inability to see a person as more" - Robert M. Hensel



As well as being an important day to increase visibility and awareness of the challenges faced by people with disabilities, it is also linked to the United Nation's Disability Inclusion Strategy, which "provides the foundation for sustainable and transformative progress on disability inclusion through all pillars of the work of the United Nations: peace and security, human rights, and development.

Did you know:

-In India, only 61% of disabled children aged 5-19 years are attending educational institutions.

-Of the one billion population of persons with disabilities, 80% live in low- and middle-income countries



Conversations of Life & Death

BY COLLEN & SARA



Colleen and Sara introduce "Dialogues: Conversations on Life and Death". We would like to have a series of conversations about different topics regarding death and end of life care for residents, their families, and staff.

The objective, would be "to increase awareness of death with a view to helping people make the most of their finite lives." The conversations will be held with no intention of leading people to any conclusion, product or course of action. It will include refreshing drinks and a treat!

Sara and I will be the discussion guides and facilitators, different speakers will be invited. Start date will be announced for January 2024. Topics might include ethical wills, living funerals, green burials, goals of care, panel conversation about MAID (Medical Assistance in Dying) from a faith perspective, different burial and mourning practices across faiths and cultures, and organ donation. We would be happy to have further conversation if you are curious and would like to learn more about our idea.

SEASON OF GIVING

As we step into the joyous month of December, let's come together to spread warmth and goodwill by supporting our local food bank. From December 1st to December 18th, we will be collecting essential items to make a difference in the lives of those in need.

Look out for collection bins conveniently placed in the Manor Lobby and near Court Reception for your contributions. Your generosity can make a significant impact.

Consider donating the following items:

- Cereal
- Beans (with or without pork)
- Canned fish or meat
- Baby formula
- Peanut butter
- Healthy school snacks
- Canned soup
- Canned fruit and vegetables
- Pasta and pasta sauce



Beyond the Basics:

Our food bank also welcomes donations of other essential items, including:

- Feminine hygiene products
- Toiletries
- Toothbrushes and toothpaste

Sweet Celebrations:

Let's make birthdays extra special! Consider adding some sweetness to a child's celebration by donating birthday cake mix and icing. Witness the joy in a child's eyes as they discover a delightful surprise in their hamper.

Don't Forget Our Furry Friends:

Extend your kindness to our four-legged companions. The food bank happily accepts donations for pets, ensuring that our furry friends are not left behind.

Your contributions, no matter how big or small, can make a significant impact on the lives of those less fortunate. Let's come together as a community to make this holiday season a time of giving, compassion, and joy.

Thank you for your generosity!



A Heartfelt Thank You to Our Resident Hymn Enthusiast,

In the quiet embrace of Sunday mornings, a beautiful tradition has blossomed within the walls of our community, and it's time to express our deepest gratitude to the individual who has made it all possible – Sadie McAmmond. Your unwavering commitment to playing hymns for your fellow residents has become a cherished part of our community life, filling our hearts with joy and spiritual harmony.

Week after week, Sadie's melodies echo through the corridors of Canterbury, transforming our Lobby Lounge into a sanctuary of peace and reflection. The gift of music is a universal language that transcends differences, and your willingness to share this gift has created a bond among us that is truly special.

May the echoes of your hymns continue to resonate through our Canterbury community, weaving a tapestry of harmony that binds us together in a shared appreciation for the beauty that surrounds us.

From the bottom of our hearts, Thank you Sadie!

MUSIC MAKES ME HAPPY

Written by Sadie's youngest granddaughter and Canterbury dining room server, Fionna McCrostie



Our brains love music! Studies have shown that music is an extremely useful tool for keeping the brain engaged through the aging process. Sadie McAmmond has filled her almost 102 years of living with music – and it shows.

When asked why she loves music, Sadie's answer was simple: "It makes me happy."

Sadie was the youngest of four children born to Joe and Esther Boyle in Brandon, Manitoba on January 21, 1922. Her father loved music; her mother was more interested in the church. Her parents had an agreement that if her father wanted to sing socially, he would also have to sing in the church choir on Sunday mornings.

Sadie was a child in the Depression. Her parents saved up enough money to buy a piano – a considerable investment at the time. At age 12 she received a few piano lessons and has continued playing since.



Sadie grew up making music in the church and around the piano with her family. As teenagers, Sadie and her sisters sang in the church choir with their father. Sadie spent much of her teenage years with the church youth group, who would often gather at their family home to dance and sing. They had music, mostly Irish folk songs and old-time songs, in their house almost every night.

During the War, Sadie attended many dances at the Brandon Canadian Forces Base Shilo. As well as dancing with servicemen, she occasionally played piano in their dance band.

Sadie graduated from grade 12 and went to Normal School (teacher college), bringing her love of music to every teaching position she held.

She taught in the country in Douglas, Manitoba for 3 years in a one room schoolhouse. Sadie also taught music, choir, and dancing, buying the school a second-hand piano. In Brandon, Sadie taught a grade 3 class, as well as being the choir director and pianist. During the War, Sadie was proud that her choir was invited to sing on the radio. After being a stay-at-home mom, Sadie went back to teach elementary school at the Alberta School for the Deaf in Edmonton. As well as teaching home room, she played the piano for the students while they danced.

In 1948, she married Duncan McCrostie, and they moved to Edmonton (living in North Glenora) with their four children in 1962. Duncan taught Sadie to love sports, joining his curling team and playing golf (which she played well into her eighties). After 34 years of marriage, Duncan passed away. Sadie re-married to Hugh McAmmond, who loved to dance and travel.

Her love of music continues with members of her family, some of whom are musicians. Sadie has shared her love and talent for music with her children, grandchildren, and great-grandchildren.

Sadie has lived in Canterbury for over 15 years. Through the years as a Manor resident, she has been an active and enthusiastic member of the Canterbury community – playing cards, going to exercise, playing piano in the Lane, attending parties, and most importantly being involved in music. Sadie has avidly attended concerts and been seen dancing well into her 90s. For many years, Sadie accompanied her grandson, James on violin at their monthly Manor concerts, which is now carried on by James and her daughter, Jan. At almost 102 years old, Sadie hosts a weekly Sunday 'hymn sing' in the Manor at 11:00 A.M. – an idea she thought of during the pandemic and has continued since.

The benefits of music on an aging mind and body are clearly evident in Sadie McAmmond.

When *Christmas* Hurts

Join us **December 21st in the Chapel at 6:30 p.m.**

Christmas can be a season of joy, but for many, it's a time of pain and loneliness. This service is offering solace and support during tough times. We're here to listen, offer a shoulder to lean on, and remind you that you're not alone.



Book your appointment today!!

Christmas is Coming!
To Book Your
Christmas Hair and
Nail Appointments
Please Call Rodica or
Tania at 780-444-0483

Furry Friends

Feel free to bring your furry friends to visit, but we kindly request that they be under the table during meal times. Additionally, we offer private dining spaces that can be reserved. For bookings, please call 780-930-3739.



On behalf of all the residents here at the Canterbury Foundation, I wanted to express our deepest gratitude for the incredibly generous donation of a ping pong table, donated in honor of resident Ursula, by friends and family for her 75th Birthday. Your thoughtful contribution has already brought so much joy and excitement to our community. The ping pong table is available for all residents to use in the Games Lounge, paddles and balls available at Court Reception, please return after use!



If you're interested in joining any activities at the Laurier Heights community league, please inform one of our Life Enrichment staff members by calling 780-930-3736, and they will be happy to provide you with a membership number.



WORD SCRAMBLE!

- SKOICOE _____
- ASTAN ULCSA _____
- OTH COOLTHACE _____
- GLIHES SELBL _____
- LOCARS _____
- LIMSOTTEE _____
- BIGGEEDARRN _____
- SHLITG _____
- EONGGG _____
- VAINTYIT _____
- PURHOLD _____
- YADNC NECA _____
- MOWNANS _____
- BEEEDRCM _____
- GLANE _____
- TINCKGOS _____



ANSWER KEY

- COOKIES
- SANTA CLAUS
- HOT CHOCOLATE
- SLEIGH BELLS
- CAROLS
- MISTLETOE
- GINGERBREAD
- LIGHTS
- EGGNOG
- NATIVITY
- RUDOLPH
- CANDY CANE
- SNOWMAN
- DECEMBER
- ANGEL
- STOCKING

