

Canterbury Gratitudes



OCTOBER 2023

Inside this issue:

**4TH ANNUAL PROMISE
OF HOME CAMPAIGN
PREVIEW** *and what your
donations will do!*

A DONOR CELEBRATION
*How our donor family gave
peace and comfort to the
Dopko family.*

STAFF FEATURE
*Why our friendly neighbourhood
Maintenance & Operations
Manager gives back.*

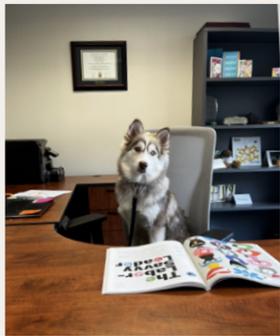
DID YOU KNOW?
*Bits and Bites from the
Canterbury Community*



MESSAGE FROM Heidi Hadubiak, CEO

There are so many things to be grateful for as summer rolls into fall and fall into winter. As we prepare for the season's events, Halloween costume parade, Remembrance Day ceremonies, and eventually decorating the tree, we here at Canterbury Foundation are forever grateful. The vision of our modernization and expansion project is fully realized, offering best in class care for our residents. The newest space, Canterbury Haven, is now fully integrated into our care community, creating access to increased services for residents who wish to remain at Canterbury when they require the highest levels of care. Canterbury Lane continues to evolve memory care in a safe and purposeful setting. The Court and Heights are busy with activities, performances, and everyday fellowship. Our friends in the Manor are already preparing for the 2024 planting season, enjoying Chef's Plate Dinners, and making sure new residents are welcomed into the Canterbury community with open arms!

This feeling of accomplishment is a product of our supporters, as you will read about in the pages ahead. Without our donors, funders, sponsors and community partners, these beautiful spaces, programs, and activities would not be realized. Our Heart of Canterbury team, which is donor funded, ensure our social worker and chaplain can bring a level of comfort to residents and families as they navigate change or challenging circumstances. As we approach the 4th Annual Promise of Home Campaign, we know our donor family will stay in lockstep with our mission, and donate to provide safety, comfort, independence, and connection in support of meaningful lives for our seniors.



MESSAGE FROM Koda, CEO (Canine Executive Officer)

I don't bark often, but when I do, it's for a reason. I just wanted to say thank you to my new friends at Canterbury. Thanks for the strategic placement of your shrubs. Thanks for being so nice to me, especially through my nippy phase. I couldn't help it. But most of all, thank you for all those crumbs on the floor in the Atrium. Delish! Of course, I joke. Who would I be without all the belly rubs, scratches and love from my Canterbury friends? This just might be the happiest place on earth. So, from the real Canine Executive Officer, I say, thank you and I didn't do it.

PS. Looking forward to tipping over my first Christmas tree. Deck the Halls. Woof.

With gratitude,
Heidi Hadubiak, CEO
Koda, CEO 🐾

4th Annual Promise of Home Campaign

Canterbury is The Promise of Home. 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 honoured 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!



Thank you for giving!

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

Memory Care

End of Life Care

When you donate to Canterbury Foundation, you can dedicate your gift to care that means the most to you.

Greatest Good

Heart of Canterbury

MARK YOUR CALENDARS!

The 4th Annual Promise of Home Campaign & Online Auction presented by Bird Construction kicks off on:

NOVEMBER 15TH, 2023

... and we may have a few surprises to share along the way!

PRESENTED BY **bird**



What's in a name?

Last year, we brought you two stories of transformational giving. This year, we are proud to announce these donations are literally PART of Canterbury.

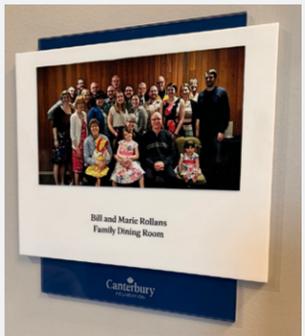
If you take a stroll past the Private Court Dining Room, you will notice that this space is now called The Bill and Marie Rollans Family Dining Room. Up in the Haven, a room is dedicated in loving memory of Olga & Pete Lentz.

Thank you to the Rollans Family and Sandra Smith for your enduring gifts to Canterbury Foundation.

Leave a Legacy – Naming opportunities are available

Delivering this community of care to seniors and their loved ones requires passionate donors committed to leaving a legacy of giving. As a not-for-profit, Canterbury proudly extends the opportunity to partner with donors considering a transformational gift.

To learn more about becoming a major donor, please contact: **Margo Buckley, CFRE at 780.919.7295 or MargoB@canterburyfoundation.com**





A Donor Celebration

On Wednesday September 20th, Canterbury Foundation took some time to celebrate a group of people near and dear to our hearts – our donor family! The evening featured the Wildrose Quartet, hors d'oeuvres from Canterbury's Chef Ram and his team, and of course some bubbly to toast the occasion! As we gave thanks to the room for their amazing generosity, one story from that night grabbed our heart strings, and truly demonstrates the impact of your donation.

Here is what Tracy Dopko, donor and friend to Canterbury had to say that night:

Tracy & Khloe: A thank you for giving.

My name is Tracy Dopko and this is my dog Khloe. My family and I are forever grateful for what Canterbury does for the local community. I have been asked to share our family story with you this evening.

My father, Ralph Dopko, moved to Canterbury in November. Ralph was a business owner and was a noted supporter of the community and local sports teams. He's had an impact on everyone he meets and those who know Ralph are aware of his endless positive attitude, generosity, and sometimes inappropriate sense of humor... which was eventually passed down to his children.

Ralph was diagnosed with Waldenstrom's Macroglobulinemia which is a rare type of non-Hodgkins lymphoma, or blood cancer. He was given 2 1/2 years to live. Once the disease started to progress, my dad realized he required more specialized care.

Initially, we were hesitant to move my dad into a facility, but Canterbury has gone above and beyond to make my dad feel loved, valued, appreciated, and supported. That love and support has also been extended to our family. Within the first week, all of the staff already knew my dad by name, had memorized what he liked and didn't like at mealtime, and fully supported his health journey moving forward. Canterbury has provided him with the best of care. I have yet to meet a Canterbury staff member that isn't smiling and all my dad can do is talk about the amazing food! It's all of these little things that have helped my dad keep his positive attitude up and anxiety level down due to the amazing support around him.

My dad adores Khloe, which is his only grandchild from me. Khloe sits in his lap when I wheel him around in his wheelchair and he loves showing her off to the other



Ralph's daughter Tracy and the amazing Khloe, giving thanks at Canterbury's donor celebration.

residents. In April, Canterbury held a graduation ceremony for Khloe, where she received an honorary doctorate degree in social work for her vital role in providing emotional and social support to the residents and staff at Canterbury. My dad couldn't have been prouder.

As my dad's disease progressed, he was eventually moved into palliative care in the Enhanced Supportive Living, or the Haven at Canterbury. My dad's room is just up above the Cherubs Café, overlooking the atrium. On concert days, when we open the windows, it sounds like the concert is right in his room. If it wasn't for your support and the opening of Canterbury Haven, we would have been forced to move my dad to a different facility for the last stage of his life, which would have surely been terrifying for him and the unknown that lay ahead. The Haven allowed my dad to have peace of mind and comfort in knowing the familiar faces around him and the ability to pass away with dignity and peace.

After nearly three months in Canterbury hospice care, he never complained and has always found the ability to find the positive in everything. Ralph loves to make people laugh and it has been a bit of a pass time for him. While visiting my dad at Canterbury, two of his healthcare aides came in to help rotate him and get him comfortable. They were very familiar with my dad's sense of humour. He suddenly rolled his eyes back in his head, opened his mouth wide, and his entire body went rigid. I immediately recognized he was pretending to play dead, which he had done as a joke when we were kids. I jumped up quickly, waving my hands, saying, "He's fine, he's fine. He's playing a joke. Dad, you open your eyes right now!" My dad opened his eyes and suddenly had this big grin on his face. The healthcare aides needed a moment and then started to laugh. His long-time aide looked at dad and said, "So you're going to go out like that are you?"

When I left that evening, I knew it was getting close to the end and always felt the need to have a special goodbye each time. As I sat on the side of my dad's bed, it occurred to me, any normal family would have kissed their dad goodbye and said how much they loved him. I sat there holding his hand and said, "Dad, doing a practical joke on your nurses and playing "possum" to try and get a laugh is inappropriate when you're in hospice." But that was my dad.

Ralph died on a Sunday afternoon in May with pianist Roy Lee playing here in the atrium. It made for a peaceful day.

Through your donations, Canterbury is able to provide a guest suite for family and friends, which allowed us to stay overnight with my dad as the day grew closer. They treated my dad like royalty, right to the very end, including holding a ceremony for him downstairs with all staff lined up as he was transferred to the funeral home. My family will be forever grateful for this love and compassion Canterbury showed my dad, and it is because of your generous donations towards End of Life Care that my dad felt so very special when he needed it most.

From one donor to another, thank you for giving.

Inspiring this community of care requires passionate donors, ready to leave a legacy. As a not-for-profit, Canterbury offers the opportunity to partner with donors considering a transformational gift.

To join our family of giving, visit CanterburyFoundation.com



Tracy and Ralph Dopko with Khloe Dopko, Honourary Doctor of Canterbury Social Work



Wildrose Quartet



Canterbury's Chef Ram and his team



Canterbury's Facilities and Operations Manager Offers A Lending Hand and Generous Donation

introducing: **BRUCE ANDRUSIAK, Manager of Facilities and Operations**

For Bruce Andrusiak, the Manager of Facilities and Operations at Canterbury, working with his hands has always come easy. From making sure essential heat and electrical systems function properly, to performing small repairs or replacing light bulbs around the building, he likes to keep his fingers busy. "My mom always said when I was younger, I loved to take my toys apart at Christmas to see how they worked and put them back together," he laughs.

So much so, that as a married father with a young family, he followed his passion and decided to leave his job as a city bus driver to complete his Power Engineer Ticket at NAIT. This calculated risk jumpstarted a highly respected career in facilities maintenance and operations, which led to various jobs in the food industry and health care industry over the years. Bruce held a senior position of Director of Facilities Maintenance and Engineering at Covenant Health, where he was responsible for many hospitals and long-term care centres around the province before eventually being drawn to work at Canterbury Foundation.

While he had been employed in hospital and health care facilities before, "I didn't really get to establish any bonds with the hospital patients, like I do with residents at Canterbury" explains Bruce. "I like the variety of the job and interacting with the seniors here. And since I've been



at Canterbury, I have a whole different outlook on retiring myself, I still really enjoy work."

With his decades of experience, Bruce takes special pride in managing the maintenance and housekeeping departments and the busy beauty salon. He makes sure things run smoothly, efficiently and safely for the seniors who call Canterbury home. He is also eager to lend a hand so that residents continue to feel content, appreciated and happy every day.

"If a senior needs their radio reset or to get their TV remote working for them because they pressed the wrong button, is it in my job description? Absolutely!" says Bruce. "Or if I'm in the hallway and somebody asks where's the elevator or do you know where my room is, instead of just pointing it out or telling them what to do, I always make time to walk over and take them where they need to go."

He adds, "It's all about building good relationships with residents and being able to add to their quality of life. That's what makes me feel so great about being here. It doesn't even feel like a job."

One lucky Canterbury senior gets to see Bruce on a regular basis. Bruce's 86-year-old mother Gloria recently moved into Canterbury, and his office is just steps away from her cozy suite.

Gloria loves her new home and wonderful view of the Canterbury courtyard trees and meeting friendly neighbours. Of course, a highlight of her day is when her son Bruce pops by. "I know he's busy, but when he can he stops in for a few minutes a couple of times a day or takes me for a walk outside, and I like that," she says.

"And if I'm not dropping in to see her, my staff comes by her room all the time as well," adds Bruce, "The maintenance guys started calling her mom too," he laughs. "I've adopted quite a few of them!" adds Gloria with a smile.

Bruce has noticed a difference in Gloria since she moved to Canterbury. "She's happier and looks and feels better, is eating better as she loves the food. Her quality of life has improved and we are elated that she gets the best possible

care, 24/7. My whole family is at ease now that she's here and happens to be close to me."

He is so grateful and impressed with the facilities and social programs, that Bruce decided to donate a portion of each paycheck to Canterbury Foundation for a very generous total of \$1,000 a year.

The hard-working manager credits another Canterbury staff member, Cindy Sneddon for inspiring him to contribute. "I started at Canterbury in May of 2022, I was fairly new here, getting to know the routine and staff, and found out Cindy's been here over 25 years. When she spoke about how gratifying it is to be an annual donor, it made me pause and realize that this isn't just a job here about putting in time, and I'm sure others feel that way too. Through donating, it shows a real commitment and support to the programs.

Bruce's Mom Gloria is touched by the thoughtfulness of his actions. "It comes down to care and values." She adds, "I'm very proud that I did something right raising him," she smiles, "and they had a good father too."

"My parents sacrificed a lot and were very giving while we were growing up, and some things we didn't realize until we were older," explains Bruce. "I'm just happy to return the favour and that she is here thriving. Before when she was in another nursing home it felt like a hospital setting. Here at Canterbury, it's different. It is true what they say, it feels like home - it's like our mom is finally home."

Bruce's generosity at Canterbury doesn't stop here. He also likes to be hands-on at fun facility events, like serving staff at their summer K Days theme pancake breakfast. He is looking forward to serving bubbly and hors d'oeuvres at an upcoming donor appreciation night. Bruce and his wife used to be very active volunteering in the Edmonton Elks tailgate parties and attending Grey Cup festivities. He enjoys taking part in social events, especially ones that involve the staff.

"Everyone I work with is just so nice. From CEO Heidi Hadubiak to the employees I manage and the rest of the staff, it's such a caring atmosphere. It seems like family. We're all in this together, it's more than just looking after the building, it's about looking after our residents. And it's always good to give back, whether helping out here or simply paying it forward at the line in Starbucks or somebody doing something for you that you would never think about."

For those considering volunteering or donating to Canterbury as well, Bruce has some thoughtful, handy advice: "If other staff members give with their heart maybe they can also give with their wallet too. It doesn't have to be a big amount, it's very easy to do and makes such a positive difference in so many ways. I know that the longer you work here and get to know these wonderful seniors, the



happier you are about being able to help out. There's just no feeling like it."

Thank you Bruce for your generosity, unwavering support and excellent care of the Canterbury buildings and community!

Thank you to our supporters!

Canterbury Foundation's Community Senior Day Program pilot is generously funded by:



To learn more about this program, please contact:

Sara Morin, Social Worker Health Services
780.446.1791
SaraM@canterburyfoundation.com

Canterbury Foundation's Internal Communications System Upgrade Project is generously funded by:





Crustless Cranberry Pie

- 1 cup all-purpose flour
- 1 cup white sugar
- ¼ tsp salt
- 2 cups fresh cranberries
- ½ cup chopped walnuts or nuts of your choice
- ½ cup unsalted butter, melted
- 2 large eggs, beaten
- 1 tsp almond extract or vanilla extract

- Gather all ingredients.
- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9-inch pie pan.
- Combine flour, sugar, and salt in a bowl. Add cranberries and walnuts and toss to coat.
- Stir in butter, eggs, and almond extract.
- Spread the batter into the prepared pan.
- Bake in the preheated oven until a toothpick inserted near the center comes out clean, about 40 minutes.

Serve warm and Enjoy!
- Chef Ram



CANTERBURY FOUNDATION | 780.483.5361
8403 142 Street NW, Edmonton, AB T5R 4L3

VISIT canterburyfoundation.com
FOLLOW [@CanterburyFoundation](https://twitter.com/CanterburyFoundation)
TWEET [@CanterburyYEG](https://twitter.com/CanterburyYEG)

At Canterbury Foundation, we are intentional in our commitment to love one another and serve our community through our values.

To learn how to join others in enhancing the lives of families and their loved ones, please visit **CanterburyFoundation.com**

**Gifts over \$20 are eligible for a tax receipt. Registered Charity # 887411791 RR0001*