

# CANTERBURY TIMES



HAPPY  
*Father's*  
DAY



## This Year Marks the 80th Anniversary of D-Day

The following is an extract from the Prime Minister's News page:  
<https://www.pm.gc.ca/en/news/news-releases/2024/05/26/prime-minister-travel-france-mark-80th-anniversary-d-day-and-battle>

On June 6, 1944, over 14,000 Canadians stormed Juno Beach, as part of the largest combined military operation in history. Canadian soldiers fought heroically, and side by side with Allies – defending freedom, liberty, and democracy. The Battle of Normandy came at a heavy price, with more than 5,000 Canadian troops killed and thousands more injured – but the Allies won. The battle became a defining moment for our nation.

We must remember the bravery and sacrifice demonstrated by Canadians in Normandy. We must honour them, and the more than one million Canadians who served during the Second World War. We must pass on their stories for generations to come.

The aftermath of the Second World War and the Allied victory in Europe led to the foundation of the modern rules-based international order, an order which has since underpinned peace and prosperity around the world, and an order that Canada defends. On the beaches of Normandy, our troops fought valiantly for peace and democracy. Many gave their lives so we could live free – and we will do what it takes to preserve and protect our hard-won freedoms.

The Prime Minister, Justin Trudeau, today announced that he will travel to Normandy, France, from June 5 to 6, 2024, to participate in commemorative events to mark the 80th anniversary of D-Day and the Battle of Normandy and to pay tribute to those who gave their lives in service of peace and freedom during the Second World War.

The Canadian delegation will include the Minister of Veterans Affairs and Associate Minister of National Defence, Ginette Petitpas Taylor, Veterans, representatives from Indigenous and Veterans organizations, and parliamentarians.

**In our Community: 80th Anniversary of D-Day Event, at Yesterday's Auto Museum Saturday June 8th, 8707 51 Ave NW, Edmonton, AB T6E 5H1**  
<https://yesterdaysautogallery.com/>

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ACTIVITY PROGRAM HIGHLIGHTS

**June 4th**- Hot Dog Lunch and then Dahlia Wakefield will be performing in the Lane at 1:30 p.m.

**June 5th** - 'Keepsake Day'; Come and view meaningful personal items that Canterbury residents have chosen to place on display in the Court Atrium Starting at 1:30 p.m.

**June 6th**- Step outside the Manor entrance and check out the Antique Car Show beginning at 3 p.m.

**June 7th**- Take advantage of the opportunity to get dressed up in your best formal wear because the Senior's Prom is being held in the Court Atrium at 2 p.m.

**June 10th** - Colleen Sanderson, our Canterbury chaplain, will be leading a Celebration of life in the Atrium at 10:30 a.m.

**June 14th** - Father's Day celebration in the Court Atrium starting at 1:30 p.m.

**June 15th** - Stephanie Kwan will be doing a piano recital in the Court Atrium at 3:30 p.m.

**June 16th** - (Father's Day) Come to the Atrium to enjoy Frank Ho's student's piano recital at 1:30 p.m.

**June 21st** - There will be a smudging in the Court Atrium to honour National Indigenous People's Day at 10:30 a.m. and bannock will be served in the afternoon during the performance by the Central Lion's Band.

**June 28th**- Join in a Canada Day Celebration in the Court Atrium, starting with Happy hour at 1:30 and followed by a musical performance at 2 p.m.



**Celebrating the Summer of Pride!**

Love is love. Let's spread the joy.  
June 1, 2024 to August 25, 2024

<https://prideedmonton.ca>



*Canada Day Party!*

**FRIDAY, JUNE 28**

**Details:**

Happy Hour at  
1:30 p.m.

Musical  
Performance  
by Mary Ellen  
at 2:00 p.m.



**EDMONTON INTERNATIONAL JAZZ FESTIVAL PERFORMANCE**

Friday, June 28, 2024  
5:00 PM 8:00 PM

Continental  
Treat Fine Bistro  
9698 Jasper Avenue  
Edmonton, AB,  
T5H 3V5Canada  
(map)

## Feature News: Gardening Update

On the 21st of May, the Court Activity Room underwent a transformation from a functional (and surprisingly cozy) multiuse interior space into an organized mass of flowers, herbs, and vegetables. Plants intended for the main entrances of Canterbury, the interior courtyards, and the private lots maintained by residents, arrived and were organized by Life Enrichment staff.

In the following days, due to (much needed) rainy weather, empty garden pots and hanging baskets were brought in from outside and planted in the Court Activity Room with the assistance of a group of volunteers who arrived from the Telus Corporation. Many of our Canterbury residents participated in the planting process.

Residents and visitors may have noticed hanging baskets and pots slowly being distributed about the Canterbury property. The enclosed garden area in Canterbury Court has several ground level plots that are being filled with annual flowers and vegetables, weather permitting. The Manor Courtyard has many resident-managed garden plots, as well as those which are maintained by Life Enrichment, and observers may enjoy the seasonal spectacle. The Lane also has an enclosed garden with a picnic area that includes many potted annual flowers on display as well as raised boxes with herbs and vegetables to provide a sensory experience for residents and visitors alike. Moreover; there is also a picnic space outside, opposite the Manor dining room, and an elaborate upper level deck area on the second level of the Court for the benefit of our Haven residents.

The Life Enrichment Department encourages all Canterbury residents to participate in the maintenance of the potted plant displays around the property and enclosed garden areas. We hope that many will be interested in assisting with watering, dead-heading, and weeding in any capacity that they are able; including monitoring and sharing their knowledge of plant care. In addition; friends and family are encouraged to visit with their loved ones who reside at Canterbury Foundation, in the various garden areas located on the property.

### Main Locations and Access:

The Court Entrance is a popular spot to sit and enjoy socializing, people watching, and relishing the elaborate potted and ground level flower displays. The Court garden area, which is accessible through the Court Games Lounge (just north of the Atrium), has multiple seating areas. There are canopies and tables with umbrellas to provide the option of shade, as well as a circular walkway and a breath-taking water fountain.

Our secure community for memory care, The Lane, has a courtyard garden with a walkway and is accessible through two doors; one located in their dining room and a second door in the Lane Multiuse Room. The Lane garden area is secured and residents are accompanied while visiting there to ensure their safety. However, staff will happily unlock the doors to the gardens at friends and family member's request so they may experience the beauty of the Lane courtyard while visiting their loved ones.

The Manor Courtyard is accessible through the Manor foyer and also opens onto a street on the south side of the property. This space features an extensive paved walkway, a central water fountain, numerous garden plots, and multiple seating areas (including two covered swing benches).

### Come and Witness the Beauty for Yourself

The Life Enrichment Department hopes that the physical, cognitive, emotional, social, and spiritual wellbeing of both residents and visitors will be enhanced by the garden areas blossoming throughout Canterbury Foundation this spring and summer. We understand the value of aesthetic beauty and exposure to natural environments, as well as the benefits of exercise, social interaction, fresh air and sunshine. Enchanting garden areas and all the various opportunities to experience the beauty of our changing seasons that are made available at Canterbury Foundation are just a small part of what makes this an outstanding retirement living choice. Come and experience it for yourself~  
Best Wishes and Spring Blessings!



## Rus's Recipe

# Best Ever Brownies

Prep Time: 20 min Cook Time: 25 min  
Serves: 18" x 12" Pan Pre-heat oven to 350F

## Ingredients

- Ingredients
- Prep 1
- 454g Unsalted Butter
- Prep 2
- 400g Chocolate chips, Semi-sweet
- 130g Cocoa Powder, regular
- 50g Black Cocoa Powder, Buy from bulk barn
- 2 Tbsp Espresso Powder
- Prep 3
- 8 Eggs, large
- 600g Castor Sugar
- 200g Brown Sugar
- 2 Tbsp Vanilla Extract
- Prep 4
- 240g All Purpose Flour
- 2 tsp Salt
- Prep 5
- 200g Milk Chocolate Chips



## Directions

Melt butter in a saucepan over medium low flame. Add chocolate, cocoa and espresso powder to a different heat proof bowl. Stir the butter until it browns and pour the browned butter over the chocolate/coffee mixture in the bowl. Stir until melted and well combined. In a separate bowl, combine the eggs, sugars, vanilla extract together and beat until thick and pale in colour. Add in the chocolate mixture and mix until combined. Add in the flour and salt and stir until incorporated. Add in the chocolate chips and mix. Place into a lined 9 x 12" baking pan. Bake at 350F for 25 minutes. Let it cool completely before cutting.

## How Do We Age?

Reviewed by Psychology Today Staff

By 2060, according to the US Census, the number of adults aged 65 years or older will total about 98 million, or one-quarter of the population. The aging adult may need to manage such milestones as menopause, empty nest, retirement, not to mention being the sandwich generation that cares for parents and children.

You might think that older people are grumpy, doddering, frail, and feeble; and that how you age is dictated by your genes. This is not the case, not in the least. Overall, they are more conscientious, agreeable, and better able to regulate emotions. They also have higher levels of happiness than their midlife counterparts, and they're often more mellow, have flexible mindsets, and are more grateful. Many older people today report better health, greater wealth, and higher levels of education than elders in past decades.

Science is paying a lot of attention to the well-being of people in their later years. One area of concern is cognitive function and the effects of dementia and Alzheimer's disease. Physical health is another important area of concern for an aging population; keeping the body moving and healthy helps to ensure the quality of a long life. Additionally, surveys find that more young people are turning to elders for advice and wisdom in a range of domains.

And today, people age 65 and older suffer less debilitating disorders, people aged 75 to 84 report fewer impairments, and fewer people are living in nursing homes or in assisted-living arrangements.

Plus, life expectancy has increased by a wide margin; men can expect to live to around age 83, and a woman can expect to live to about age 85.

For more on how the brain ages and the impact on mental health, visit [The Aging Brain and Mental Health in the Aging](#).

## The Signs of Normal Aging

As far as evolution is concerned, we are here to reproduce, and our bodies must be fit and healthy in our younger years for such childbearing. In advanced years, after reproduction, the negative effect of our genes becomes more apparent as there is no evolutionary benefit in prolonging our lifespans. But modern medicine has changed this greatly, the lifespan has increased and we're seeing more age-related health problems as a result; the decline is seen in everything from cognitive function to weakened teeth.

For more on how the body changes and living a longer healthier life, visit [The Biology of Aging and Healthy Aging](#).

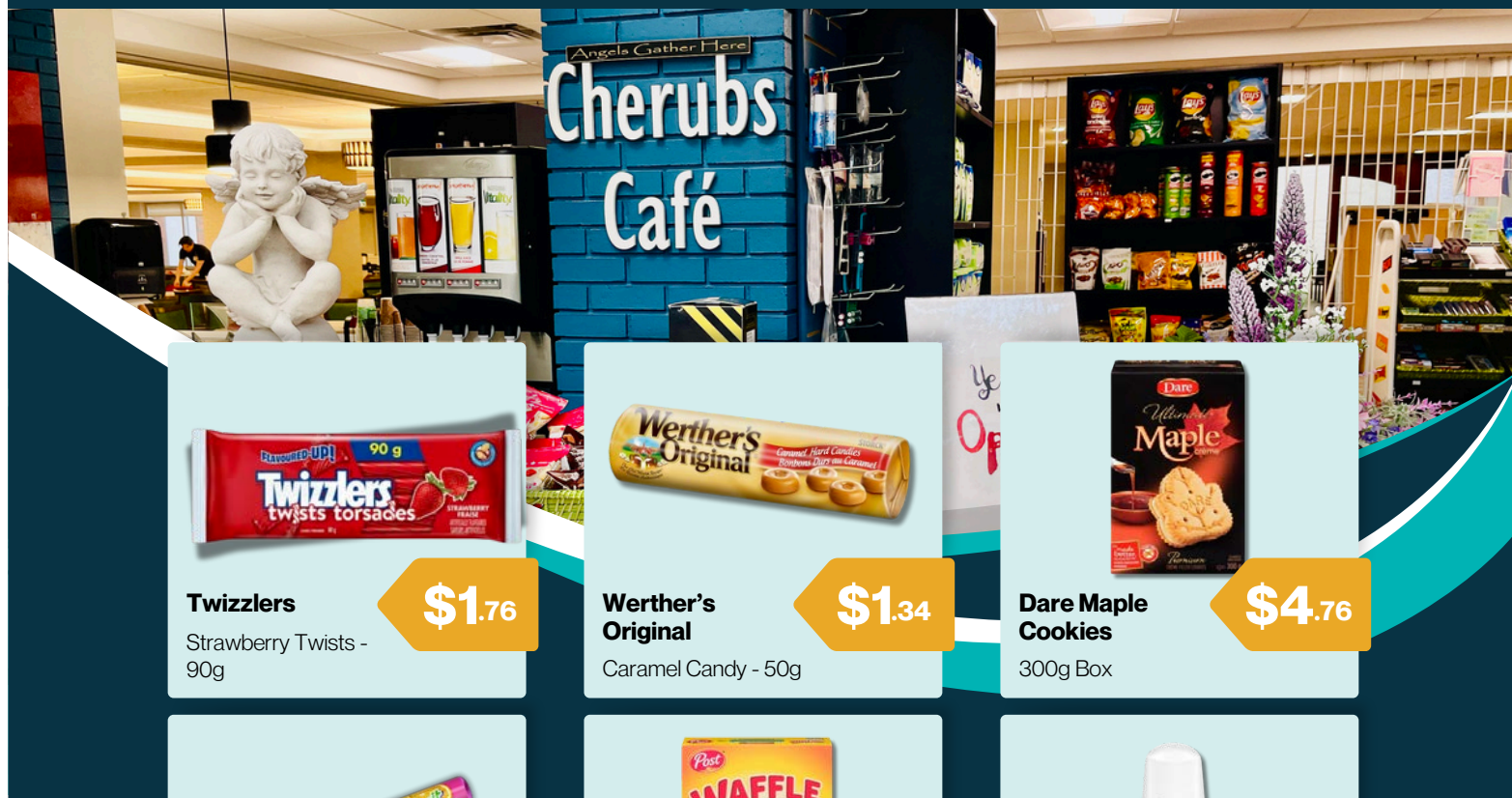
## Aging in a Lifespan

Psychologists have long cared about aging and mental health, and the American Psychological Association has had a division focused on Adult Development and Aging since the 1940s. However, it was not until the 2010s that geropsychology became recognized as a distinct area of inquiry by the American Board of Professional Psychology, with its own standards for board certification.

For more on geropsychology and caregiving, visit [Caring for Aging Loved Ones](#).

Extracted from Psychology Today  
<https://www.psychologytoday.com/ca/basics/aging>  
 May 27, 2024

The store in your home where there's always service with a smile!



Monday to Friday

10am to 2:45pm

<p><b>Twizzlers</b> Strawberry Twists - 90g</p> <p><b>\$1.76</b></p>	<p><b>Werther's Original</b> Caramel Candy - 50g</p> <p><b>\$1.34</b></p>	<p><b>Dare Maple Cookies</b> 300g Box</p> <p><b>\$4.76</b></p>
<p><b>Mentos Fruit</b> Candy - 37g</p> <p><b>\$1.45</b></p>	<p><b>Waffle Minis</b> Cereal - 325g</p> <p><b>\$6.77</b></p>	<p><b>Dove Coconut Oil + Restore</b> Conditioner - 355ml</p> <p><b>\$8.66</b></p>
<p><b>Glad Small White Garbage Bags</b> 20 x 20in - 48 Bags</p> <p><b>\$12.00</b></p>	<p><b>Lindt 70% Mild</b> Chocolate - 100g</p> <p><b>\$5.77</b></p>	<p><b>Nescafé Instant Coffee</b> 170g</p> <p><b>\$9.38</b></p>
<p><b>Dove Men's Deodorant</b> 72hr Protection - 75g</p> <p><b>\$7.93</b></p>	<p><b>Lays Wavy Chips</b> Original - 235g</p> <p><b>\$5.32</b></p>	<p><b>Mr Big Chocolate</b> 60g Bar</p> <p><b>\$1.50</b></p>

780-481 8120

Cherub's Café in the Canterbury Court

# Canterbury Chronicles: Unveiling the Heart of Our Community

## Colette's Story

Written by: Erica Slevin

Even if you do not already know the Bosnyaks, many of you will be familiar with Colette because she can be seen eating lunch and dinner with her husband, daily in the Court Dining Room. You may also have seen her attending entertainments in the Atrium with her husband. Since I started working here, I have always been impressed by Colette and wondered about her past. The following is what I have gleaned from conversation with her loving husband, George.

Colette was born in France on February 16th, 1923. Yes, she is 101 years old, but you would never know it because she looks years younger. She hails from Paris and was the youngest of five children. Her father worked for the Suez Canal Company, her mother was a dedicated home maker and a naturally skilled seamstress. Colette has post-secondary education and studied law when she was a young lady, but decided it was not something she wanted to continue and left school. This was no matter, as she obtained interesting and meaningful employment; having been engaged by the Department of National Defense as a secretary after the Second World War.

Colette and George met in Paris where George was completing his university studies after the war. They lived in the same apartment building; George was on the first floor and Colette was on the second. They fell in love and agreed to marry. George left to work as a veterinarian in Alberta and she followed 9 months later, in 1949.

George came to Bonnevillie originally, because he and Colette both spoke French, and he later set up a veterinary practice in St. Paul Alberta, a very successful business he built on his own, from the ground up.



George says that it was a very big move for Colette and quite a sacrifice for her to leave her family (and Paris) to settle in St. Paul Alberta which was very rural back then, before paved roads (etc.) were built.

Colette came to Canada on her own by boat and, after arriving in the province of Quebec, she made her way across the rest of Canada to her future husband by train. Could you imagine leaving a city like Paris, crossing the Atlantic, landing in Quebec and then travelling for days by train across Canada to meet your fiancé in the middle of rural Alberta? Colette had the bravery and strength of character to do it.

George and Colette were married in a Roman Catholic Church in Bonnyville, Alberta. The ceremony was witnessed and celebrated by their close friends. Colette had her first child the next year (1950) and then two more children in the following two years. They had a daughter and two sons, all of whom reside in the Edmonton area. George and Colette now have 7 grandchildren and 6 great-grandchildren (with two sets of twins!). George says that Colette adjusted well to life in rural Alberta and taught herself how to cook with wild game which he provided the family. George is an avid game hunter and Colette readily supported this interest and settled into country life. George describes how she eventually became a Canadian citizen, giving up her French citizenship much to the chagrin of French authorities.

In the early years of their marriage, Colette was very focused on bringing up her young family and being a homemaker. Managing the care of children was much more challenging at that time, before things like disposable diapers were available. However, as the children got older, she started doing the finances for George's veterinary practice.

She had a real knack with numbers and enjoyed this work. George's veterinary practice flourished and both he and Colette became beloved members of the St. Paul community. Two years before George retired from his practice, once it became possible to do so, Colette became a partner in the business.

What we do in our leisure time (our hobbies and interests) speaks volumes about our values and who we are. As aforementioned; Colette had a natural talent with numbers and took care of George's business financials but she also had a gift with aesthetics. George expresses pride in his wife's ability with interior design and space. He speaks highly of her having designed and decorated their first permanent home in Canada. Colette also has a taste for the fine arts, attending the symphony and Edmonton opera regularly with George. However, George says that Colette does not favour listening to music at this time in her life.

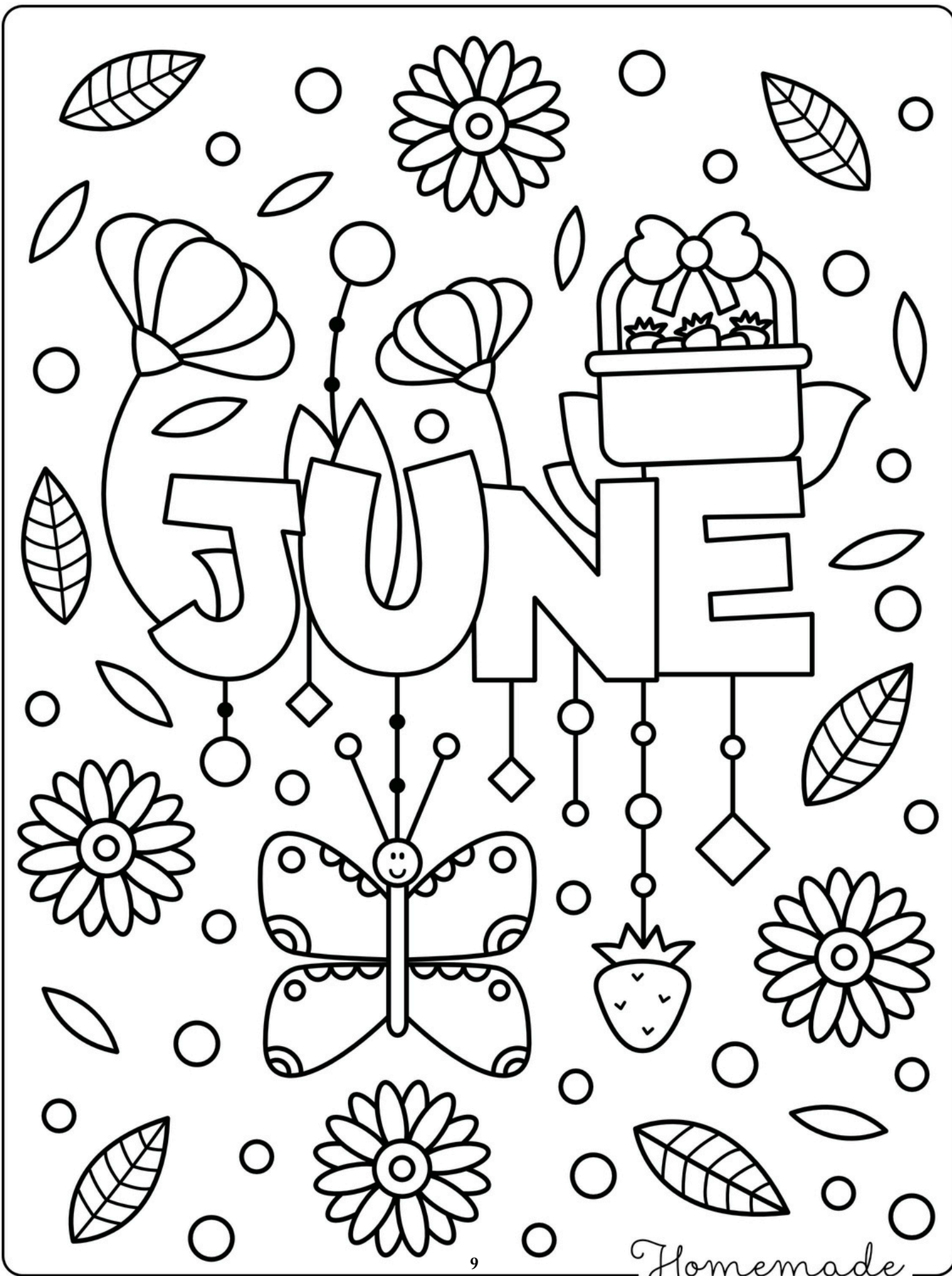
Colette was a bridge enthusiast and played the game very seriously. She even won a silver medal during a national bridge competition. She also thoroughly enjoyed doing puzzles and used to do them every day on the computer.

Colette travelled to Spain and Egypt with a girlfriend when she was young and went to both Rome and Israel with her church group. Colette and George both share a deep love of travel and they traveled worldwide as long as they were able. George fondly describes how he and Colette journeyed to Mexico (twice), the Caribbean, Hong Kong, Thailand, Malaysia, Singapore, Brazil, the Amazon and more.

And now you know a little more about the beautiful Colette Bosnyak. She was Parisian, she used her smarts working as a secretary for the Department of National Defense, and was a partner in her husband's veterinary practice. She was bold and brave enough to leave her homeland behind and follow her fiancé to a completely new life in rural Alberta. She worked hard as a homemaker and mother. Colette has a talent with numbers and aesthetics, was an expert bridge player, and enjoyed the challenge of puzzles...

And one more thing about Colette: She LOVES chocolate!!





## Mixed-Up Gifts for Dad

Unscramble the letters to reveal words that are gifts for Dad.

1. ELWATL \_\_\_\_\_
2. FFCEEO MGU \_\_\_\_\_
3. ECKENTI \_\_\_\_\_
4. WTSRITCAWH \_\_\_\_\_
5. FSLLGITHAH \_\_\_\_\_
6. BRAEEUBC IRGLL \_\_\_\_\_
7. IXEERSCE EBKI \_\_\_\_\_
8. LEBSBAAL CPA \_\_\_\_\_
9. EEBF KRJYE \_\_\_\_\_
10. NLUAGSSSES \_\_\_\_\_
11. HBATEOBR \_\_\_\_\_
12. AMASPAJ \_\_\_\_\_
13. ESAY ICRHA \_\_\_\_\_
14. ENSAKRSE \_\_\_\_\_
15. PZAIZ NOEV \_\_\_\_\_
16. BAKPACKC \_\_\_\_\_
17. NUGPITT TMA \_\_\_\_\_
18. HPONEHEDAS \_\_\_\_\_





**The Manor Association:  
An Invitation to Participate**  
(Submitted by Ellinor Townend)

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

**MAY AT THE MANOR**

~GREETINGS FROM THE MANOR RESIDENTS ASSOCIATION~  
Over forty residents participated in the May meeting of the Manor Resident Association. The Canterbury Foundation CEO, Heidi Hadubiak, and department managers provided updates on activities in each of their areas of specialty. They also addressed resident concerns and answered our questions. This exchange of information and shared interaction helps to keep the lines of communication open between residents and Canterbury Foundation leadership.

The report on the recent Open House was very positive, and we were informed that there were over 100 participants. Residents were specifically thanked for opening their suites for a total of 52 Tours! Currently, we are approaching eighty percent capacity in the Manor.

Chef Ram was very pleased with our response to the special Mothers’ Day Dinner Event, at which some Residents brought family as guests. However, Ram is concerned with the low number of diners for Lunch each day. He welcomes your response as to why we think that is.

We are now looking forward to the results of the Spring garden planting and enjoying our summer activities both outdoors and in, thanks to all our program staff.

Ellinor Townend, President



**THE KNIT-WITS**

The Knit-Wits are a group of like-minded crafters who produce knitted goods to donate to local charities. They make many items, such as blankets, for those who are in need. The Knit-Wits work in conjunction with TELUS who provides the wool and distributes the goods throughout the community at large. If you would like to assist with this club’s endeavours, please contact the Life Enrichment Department.



**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

**PLEASE DONATE:**

*Large Print Books*



Please connect with Dorothy Mcvey at 780-437-3888

**Edmonton Oilers  
May Playoff Games**



June 2 - TBD  
June 4 - TBD

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

CLINICAL COORDINATOR

**MEET THE TEAM**

Kelsey Wilson



- I'm coming from acute care at the Misericordia, I was a general surgery nurse for 10 years.
- I have been 5-pin bowling for 30 years and I see myself as a competitor, just recently my team and I went to nationals to represent team Alberta!
- I love camping and outdoors.
- Almost 5 years ago I had a very serious brain injury which left me unable to speak or read, among many other things; I have recovered pretty much completely and you can't shut me up these days!



**Join us at the Callingwood  
Farmers Market on June 30th, 10  
a.m. - 3 p.m.!**

**Mixed-Up Gifts for Dad**

(solution)

1. wallet
2. coffee mug
3. necktie
4. wristwatch
5. flashlight
6. barbecue grill
7. exercise bike
8. baseball cap
9. beef jerky
10. sunglasses
11. bathrobe
12. pajamas
13. easy chair
14. sneakers
15. pizza oven
16. backpack
17. putting mat
18. headphones

## Heart of Canterbury Presents

COMING SOON...

# ALZHEIMER'S SOCIETY OF ALBERTA

Everyone is welcome to attend a presentation by the **Alzheimer's Society of Alberta and the Northwest Territories on June 6th at 5:30 p.m. in the Court Board Room.** We will be hosting our event in person and virtually via a zoom call (see zoom meeting information). Our guest speaker will help us to understand Dementia and Alzheimer's Disease, teach practical tips to help caregivers and those living with dementia have better quality of life, and answer your questions. There will be a sign-up sheet at the Court reception desk starting in May. We look forward to a great learning experience and conversation.

### Zoom Meeting information:

<https://us02web.zoom.us/j/81104488916?pwd=T1I2RDB6cUNKOUNZYk9qSzZPVWE3Zz09&from=addon>

Meeting ID: 811 0448 8916 Passcode: 465846  
Dial in for Canada: +1 778 907 2071, +1 204 272 7920, +1 438 809 7799, +1 587 328 1099, +1 647 374 4685, +1 647 558 0588



# Happy Father's Day

There will be a Father's Day celebration in the Court Atrium on Friday, June 14th starting with Happy Hour at 1:30 p.m. A performance by Kristopher Brooks will follow at 2 p.m. and cherry pie will be served at 2:30!