



MAY 2024 | ISSUE 14

# Canterbury Times

Created by Camille & Erica

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## Will you give the Promise of Home?

Expanding care and community requires passionate donors, ready to leave a legacy. As a not-for-profit organization, 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](https://CanterburyFoundation.com) or contact Madeline Verhappen, at (780) 930-3727 or email [madelinev@canterburyfoundation.com](mailto:madelinev@canterburyfoundation.com)





## ACTIVITY PROGRAM HIGHLIGHTS

**May 7th** - There will be a performance of relaxing piano music by Vince Anderson in the Lane at 1:30 p.m.; please contact Life Enrichment if you would like to attend

**May 10th** - Join us in the Atrium at 2:00 p.m. for a Mother's Day Tea and Performance: The Central Lions Band

**May 12th** - A special Mother's Day Event in the Atrium at 2:00 p.m.: "Puccini at Canterbury"

**May 15th** - Join us in the Atrium at 2:00 p.m. for a performance by The Health Arts Society of classical repertoire

**May 22nd and 23rd** - Planting Activities begin: All residents are invited to assist Life Enrichment staff with filling our garden boxes, pots, and planters with beautiful spring flowers and vegetables

**May 29th** - The International Food Program will be held in the Court Activity Room at 1:30 p.m.; Stop in and learn how to whip up a Tai Noodle Salad

**May 31st** - At 2:00 p.m. in the Court Atrium, Marten Borch will be performing music with an East Coast flavour



## EVENTS IN YOUR COMMUNITY



**Cara Lianne McLeod, soprano**  
**Emilio De Mercato, piano**



Join us for a special **Mother's Day** performance  
presented in collaboration with  
Alberta Symphony Orchestra Society  
New Horizons for Seniors Program

**CANTERBURY FOUNDATION**  
8403 142 Street NW, Edmonton



Supporter



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[www.puccini100.ca](http://www.puccini100.ca)





## Day Programming Update

Canterbury Foundation has initiated a Day Program in our Lane Community, which allows those who provide full-time care for their loved ones at home an opportunity for respite.

At the Lane Day Program, our vision is to cultivate a nurturing, familial environment where individuals can spend time away from home each week, enjoying social interactions and personalized care from our dedicated staff.

Our mission is to extend compassionate, family-inspired respite care to people in the surrounding community who are caring for their loved ones at home. Participants in our Day Program receive tailored care and engage in a variety of leisure activities throughout the day. From pet therapy to painting, cooking, crafts, movies, and musical performances; there's something for everyone who attends.

Additionally, we provide comfortable private suites with individual bathrooms for the participant if they require quiet time or rest.

Recently, Canterbury Foundation welcomed a participant. Despite initial nerves from our respite guest, who had never been apart from their marriage partner before, the day unfolded smoothly. They quickly found comfort and ease within the Canterbury Lane environment.

Their marriage partner, though understandably hesitant after a year of providing constant care themselves, found peace in knowing that their loved one was well cared for while they enjoyed a much-deserved break.

It's truly heartening to provide support that enables care givers opportunity to recharge, focus on their own needs; and/or manage additional responsibilities that are challenging to do while acting as full-time care giver to a loved one with heightened needs. The fact that this family is returning for additional respite with the Day Program speaks volumes about the positive experiences we at Canterbury Foundation strive to create for all.



Effective April 23, 2024, Chaitali Mudholkar will be our new CareRX Pharmacist.

### Tips for Dealing With the Loss of Independence

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Take Care of Your Health

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Accept Help When Needed

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Acknowledge Your Feelings (but Don't Get Stuck in Them)

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Stay Connected With Friends

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Focus on the Positive

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Plan ahead

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## Charred Asparagus and Dates With Goat Cheese



### INGREDIENTS

- 2 watermelon radishes or 3 red radishes, trimmed, thinly sliced
- 1 bunch asparagus (about 1 lb), trimmed
- 8 Medjool dates, pitted, halved lengthwise
- 2 tbsp coarsely chopped mint
- 2 tbsp extra-virgin olive oil, divided, plus more for drizzling
- 3 oz fresh goat cheese
- 1/2 tsp Diamond Crystal or 1/4 tsp Morton kosher salt, plus more
- 1 tsp freshly ground black pepper
- 1/4 tsp crushed red pepper flakes
- Zest and juice of 1 lemon

### INSTRUCTIONS

Toss radishes, lemon zest and juice, and ½ tsp. Diamond Crystal or ¼ tsp. Morton kosher salt in a small bowl; set aside.

Heat 1 Tbsp. oil in a large nonstick skillet over medium-high. Working in batches if needed, cook asparagus in a single layer, undisturbed, until slightly charred underneath, about 2 minutes. Shake pan to turn asparagus and cook, shaking pan occasionally, until asparagus is crisp-tender and charred in spots, about 4 minutes. Sprinkle with black pepper and red pepper flakes; season with salt.

Transfer asparagus to a platter. Wipe out skillet. Heat remaining 1 Tbsp. oil over medium. Cook dates, stirring occasionally, until charred in spots and beginning to stick to pan, about 3 minutes.

Scatter dates over asparagus, then crumble goat cheese over. Top with mint and reserved radishes, then drizzle with oil and any liquid from radish bowl.



# The Ethical Will Project and The Celebration of Canterbury’s 50th Anniversary

By Carol Kodish-Butt

Carol is a retired social worker, a mindfulness instructor, and a published writer. For the last five years, she has focused on teaching about ethical wills to seniors centres, social service professionals, and individuals throughout Alberta.

### ‘We All Need To Matter’

What does that mean?

It means that we need to feel that others

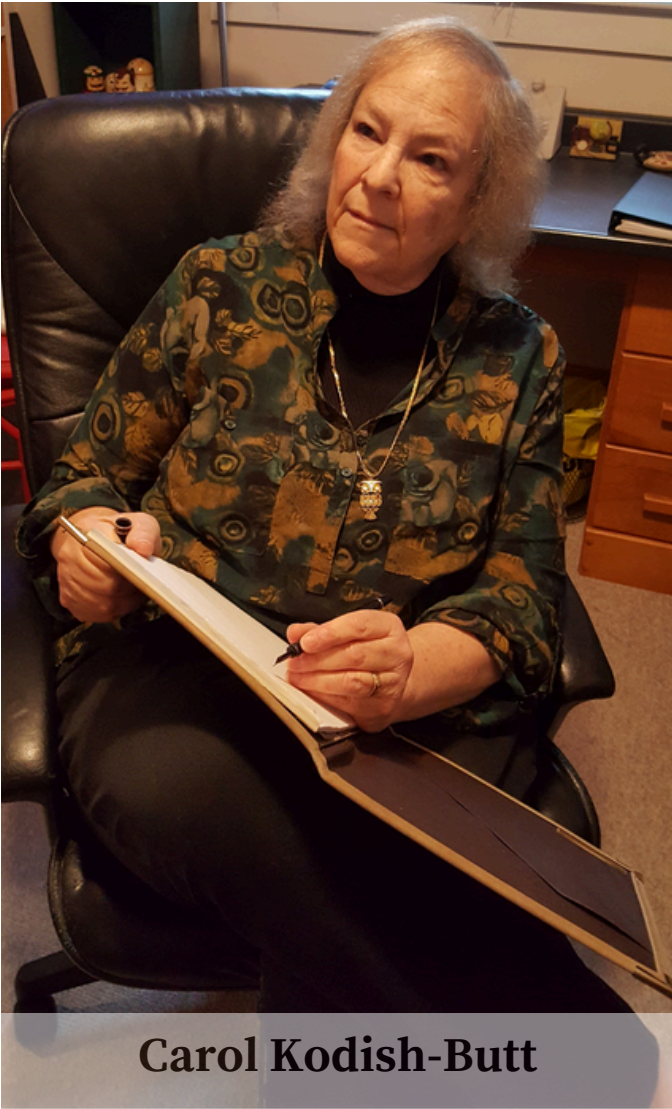
- are interested in us
- are interested in what we care about
- feel pride in our accomplishments
- need us as part of their world
- appreciate our efforts

One way we can fill these needs is to create and share an ethical will.

### What Is An Ethical Will?

An ethical will is a personal document that we can create to communicate our values, experiences, and life lessons to our family and friends. By sharing an ethical will, we share something meaningful so that those in our lives (and future generations) can learn from us and remember our stories beyond our own life time.

An ethical will is a means to articulate our values, impart knowledge, and offer blessings and wishes to others. It gives us an opportunity to share our wealth of wisdom and the lessons we have learned over a lifetime. An ethical will enables us to share the meaning we have found in our lives and the hope we have for those we leave behind.



Carol Kodish-Butt

### How Do We Create an Ethical Will?

Although many people are interested in creating this kind of document, commencing the process can be quite daunting. For example; when someone chooses to enlist my aid in creating an ethical will, we will begin with a 2-hour interview session during which the two of us will discuss ‘what truly matters’ to you. Each participant will be provided with a short outline of questions to consider prior to this session. In our interview, we will discuss and define your personal values, the life lessons you have learned over the years, and what brings you a sense of pride. After this session, I will create a written copy of the information you provide me in the interview and present you with this document, or ‘ethical will’. Copies for family and friends will be made available upon request.

### How Can Ethical Wills Help to Celebrate Canterbury’s 50th Anniversary?

With the permission of each person interviewed, a selection of your comments and stories about your personal values will be incorporated into a book celebrating the 50th anniversary of Canterbury. Each selection will be anonymous, with only initials and age noted, and will focus on ‘words of wisdom’ from Canterbury residents for future generations.

### What Happens After the Book is Completed?

If there is interest in continuing the ethical will project, we will create a monthly newsletter column for those of you who would like to share parts of your own ethical wills. This might involve sharing a memory of your childhood, an historical event that ‘changed everything’ for you, or a discussion of a particular value that is personally important to you.

### Would You Consider Becoming Involved?

Does this sound like something you’d like to be part of? All residents of Canterbury are welcome to participate. If you would like my assistance creating an ethical will, let our social worker, Sara Morin, know. You and I will then set up a time to meet. As this new program develops, we will collect contributions for our book from willing participants for our monthly newsletter column.

### An Example of an Ethical Will

As the first contributor to our column, I want to share with you how I learned about ethical wills and why they mean so much to me:

In 1983, my first husband died of cancer. While he was ill, a rabbi introduced him to the concept of an ethical will. It was the first we had heard of it. Four days before he died, my husband dictated such a will to me, including the following section which was written to our (then) eleven-year-old son;

“I do acknowledge that I have given my son the ability to go his own way and the strength he’ll need. If people won’t let him follow his own path, he’s got to find a way to do it and not give in. I know he’s only eleven but I have always given him, I hope, the strength to reject prejudice and hate and I want him to keep that and never let go. I want him to judge everyone he meets by themselves. Don’t be taken in by conmen but don’t be so closed that you hide away. I believe that the most important thing in the world to look for, even if you don’t find it, is wisdom. I don’t know what it is but it’s probably something different for everybody. Even trying to be wise, I think, is more than any amount of money is worth. I really think that’s step two. If you can’t be wise, be funny.”

Over forty years later, my son has this framed on a wall in his home - a cherished reminder to him of his father and his values.

An ethical will can be written by anyone at any time in their life. Join us in this opportunity to create your own and, if you wish, share a part of your life with others.

Thank you.  
Carol



# Canterbury Chronicles: Unveiling the Heart of Our Community

*Camille Snow asked me to write a short piece about my mother Eppy Graf and her family. I'll begin with a story (over 100 years old) during the terrible violence of World War I (WW I):*

Millions of people were killed during WW I and afterward millions more were displaced or killed by the Spanish flu. If you were of Greek nationality, living in Turkey, there was the additional fear of retribution by the newly formed Turkish State. The Greco-Turkish War of 1919-1922 was fought between Greece (with British support) and the Turkish National Movement during the partitioning of the Ottoman Empire. That war effectively ended with the recapture of Smyrna by Turkish forces and the great fire of Smyrna where many thousands of Greeks were killed. A negotiation ensued that resulted in the expulsion of over 1 million Greeks from Turkey, and that is where Eppy's story begins. Eppy's mother and father were both of Greek heritage and raised in Triglia, a community on the west coast of Turkey, near the ancient Greek city of Ephesus. Her mother (Katina) worked at a silk factory, with plans to apprentice as a dress maker. Eppy's father (Manolis) went to 'find his fortune' in his youth, making his way to Sudan where he was a doctor's apprentice. He quickly determined that Sudan was not the place for him, so he eventually made his way to Canada. Then the first World War began. So many lives lost, so many lives upended. Katina's brother Bill was snatched by the Turkish army to serve and likely would have died if he hadn't escaped. He eventually made his way to Canada as well. The Greek expulsion from Turkey ensued and my grandmother Katina, her younger sister Hrisoula, and an older aunt were taken from their home and boarded on a ship to Athens. My grandmother always told me that the Turks, the Greeks, and the Jews in Triglia got along just fine, "Ah, but the army..."



Katina's brother Bill was in Edmonton by this time and by some miracle (Red Cross, Greek Church?) located his sisters and aunt and brought them to Canada. Eventually a marriage was arranged ("Take him Katina, he's a good man"), and Katina Kazakos married Manolis Afaganis. The couple moved to Lethbridge where Manolis opened a restaurant/candy shop. They had four children: Alexandra (Alec), Anestis (Ernie), Eppysteme (Eppy), and Thucydides (Dick).

After some years Manolis moved the family to Edmonton and opened a restaurant on Whyte Avenue. Eppy helped at the restaurant doing cash and tables, and one day a very handsome young man came in for lunch; his name was Frank Graf. Frank was Austrian and was 12 years old when WW II ended. Near the end, the German army marched through communities to snatch boys to serve but his mother hid him with her rabbits. Seven years after the war, Frank moved to Canada to work as an electrical lineman and 'find his fortune'.

Eppy and Frank fell in love and after a few months, eloped. However, when Eppy phoned her mother to tell her news of the marriage, a crisis ensued: Eppy's mother Katina had gone through hell during WW I, had a backbone of steel, didn't know Frank or his family, and Frank wasn't Greek! Ever the optimist, Eppy took Frank home to meet the family. After a while Manolis said to his wife, "He seems like a nice boy Katina". Katina then asked, "Is he Christian?". Eppy responded, "Mother, he's Catholic". Katina said, "That makes no difference, if you're not married in the Greek Church, you're not married!". So, a month later, Eppy and Frank married in the Greek Church.

The newly weds moved to Vancouver and then to Kitimat where Frank worked as an electrical lineman. I was born and a little more than a year after that, in Fort St. John, Frank died. He was struck and killed by a young, drunk, uninsured driver. They had been married three years. Eppy was 25, with no post-secondary education, no money, and with me to support. Her life as she knew it was gone and she had to adjust. So, Eppy moved back home and I was taken care of by my grandparents during the day while she worked.

At that time her sister-in-law (Alky Afaganis) was a lab tech at the Red Cross and told Eppy about an available position. Mom applied and started working there as an accountant. The Red Cross was good to her and Eppy worked there for 39 years until retirement.

Two years after my father was killed, Eppy went to Fort St. John to attend the judgement trial of the man who killed Frank. Mom told me that she felt sorry for him. When I asked how she could feel sorry for the man who killed her husband, she said, "Because he looked so sad". That's my Mom. She saw his humanity and forgave him which is a lesson the whole world could use right now.

Eppy was very involved in her church choir, eventually becoming its leader. She had a lovely voice, although she would deny that today. She was also involved in the Greek Philanthropic Association of the Daughters of Penelope, an auxiliary to the men's Order of AHEPA, travelling extensively to meetings and conventions across North America.

When I was pregnant with my third child, I had a medical emergency. I (and my child) survived due to the excellent care we received at the University Hospital. In thanks, Eppy donated to the University Hospital Foundation for many years.

When they asked her if there was a reason behind her continued donations, she told them about me and my daughter, Katina. Eppy was invited many times to the President's Dinner for the Hospital Foundation. She and other recipients were awarded by the Philanthropic Foundation of Canada in a ceremony at the Convention Centre.

Another anecdote: My mother's cousin (Eppy Pearson) plays bridge at a club where people regularly introduce themselves to other players at their table. At one bridge game, after Eppy Pearson introduced herself, a woman at the table asked if she was Eppy Graf.

She replied, "No, I'm her cousin, how do you know her?", and the woman explained that when she was a young nurse her first placement was in Ft. St. John.

She remembered caring for a young man who was catastrophically injured in a car accident and that he cried out for 'Eppy' before he died. This man was clearly my father. The woman told Eppy Pearson that she never forgot Frank and she never forgot the name 'Eppy'.

The two women were overcome with emotion, hugged each other, and cried. When Mom told me this story she was happy and I asked her why. She told me that the hospital related to her his immediate cause of death but did not say if anyone was with him when he died. She was at peace when she learned that he was not alone.

(One more story...) For the birthday of my eldest son Alexander I took him, my mom, and my aunt Alexandra to a very nice restaurant called 'Characters'. During conversation we talked about restaurants in general and Mom told us that after Frank died, a fellow came from Greece to offer his hand in marriage but she refused him. She recalled that story because we were talking about restaurants and he had developed a restaurant chain in British Columbia. Then Mom spoke about other men who wanted to marry her over the years: a Captain in the U.S. army, a businessman from Winnipeg, a few Greek fellows from here, (etc.). Alexander and I were gobsmacked! My mother had a whole other life about which we knew nothing.

Eppy has had a very good life, notwithstanding the tragedy in her early years. She lives life the way she wants, all within reason of course. She loves her people with all her heart, and we love her right back.

Thank you, Camille, for letting me tell my mother's story.

Written by: Kim Graf





# Happy Mothers Day

D	P	Z	K	P	Z	H	I	J	E	V	U	F	A	B	G	E	M	C	E	F
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APPRECIATION

BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE

HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL

MOM

MOTHER  
NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER

THE BEST

WARM  
WISE

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





### 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".

All Residents are members of this association and are encouraged to participate in bi-monthly meetings where ideas, questions, and concerns are communicated to the elected Executive and then answered by staff members of the Canterbury Administration.

This two-way communication strives to provide mutual support for all Residents.

Association Activities include special seasonal events and projects such as Friday Movies nights and welcoming new residents to the community. Additional activity ideas are always welcome. The next meeting of the Association is on Tuesday, May 14th, in the Second Floor Activity Room.

We are all Looking forward to the year ahead!



**Don't Forget!!!**  
Retrieve your consent forms for Covid immunization from our nursing station!

### 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



## BOOK CLUB

NEW MEMBERS WELCOME!

Tuesdays, at 1 p.m., interested members meet in the Manor Activity Room for a book reading. There they are treated to a 'live' reading provided by the group leader and are encouraged to share their responses to the text. Currently, this club is finishing "Choosing" by Corinne Jeffery and will begin a new book thereafter.

## 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.



## Edmonton Oilers May Playoff Games



May 1, 2024 - TBD

May 3, 2024 - TBD

May 5, 2024 - TBD



## WATCH HOCKEY GAMES LIVE IN THE COURT ACTIVITY ROOM



Don't take our word for it...see what our residents and families are saying!

"We are grateful for your fine care of our mom."

"When my husband and I moved to Canterbury, we very quickly realized that it was the best decision. Now that I am on my own, I feel very lucky to be a part of this community."

"This is the best seniors' residence and care in Edmonton!"

"Thank you, Canterbury, for everything you do to keep us safe and happy."

**MAY**  
**2 - 3**

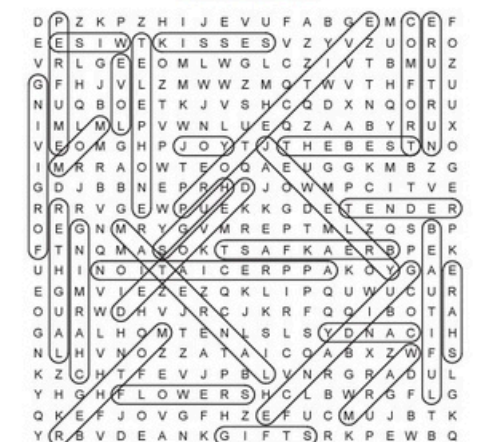
\*Resident & family testimonials from the March 2024 Canterbury Resident Satisfaction Survey.

Visit the Canterbury community during our Open House on May 2nd and 3rd, from 10am to 4pm, and inquire about our exclusive Spring move-in offers!

## Happy Mothers Day

Word Search

**SOLUTION**





# 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.

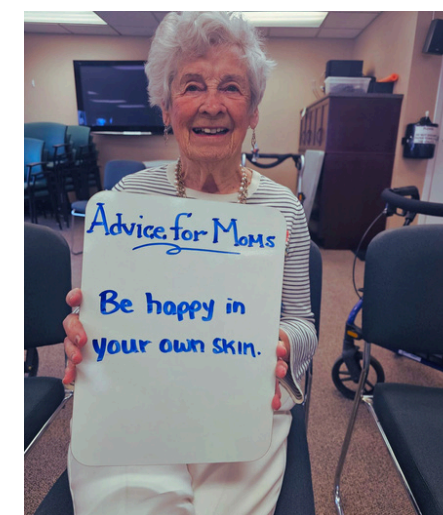
### Zoom Meeting information:

<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 Mother's Day

Motherly Wisdom Passed Down for Future Generations



## MOTHER'S DAY TEA

**DATE:** MAY 10, 2024  
**TIME:** 2:00 P.M.  
**VENUE:** COURT ATIRUM

