

CANTERBURY TIMES

Created by Camille Snow and Erica Slevin

October - Issue 19



HAPPY
Thanks
giving



SAVE THE DATE



**Canterbury will be
holding an Open House
on October 8th from
4:00 p.m. - 6:00 p.m.**

Don't miss the next Canterbury Connections!

You are invited to join an intimate gathering to 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.

When: *Wednesday, October 16, 2024*

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

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

Janet Sperling will be sharing her parents' story of resilience growing up in the dirty thirties, moving into Canterbury Manor then transitioning through the different levels of care. At Canterbury Foundation they knew that no matter the stage of aging, they always had a safe place to call home.

To save your seat, please contact Glyn Eales, Executive Assistant, by email at Glyne@canterburyfoundation.com, or by phone at 780-930-3745.

We look forward to seeing you at Canterbury Connections on October 16!

ACTIVITY PROGRAM HIGHLIGHTS

October 1st: Halloween candy collection boxes will be available at the reception desk in both the Manor and the Court. We welcome candy donations throughout the month to fill trick-or-treat bags for the children of Laurier Heights School, to be distributed on October 31st.

October 2nd: Join us at 1 p.m. in the Atrium for our Fall Decorating Event! Life Enrichment invites all residents to help transform our communal spaces into a cozy autumnal atmosphere.

October 3rd: Join us in the chapel at 1 p.m. for a special Rosh Hashanah celebration led by Cantor David. Everyone is welcome to attend!

October 8th: Calling all food enthusiasts! Join us at 12:30 p.m. in the Court Activities Room for a cooking demonstration featuring kitchen tips and delicious samples.

October 11th: Celebrate Thanksgiving at 2 p.m. in the Court Atrium, with a delightful performance by Steven Tyler.

October 14th: Get ready for Super Bingo at 1:30 p.m. in the Court Atrium! Join us for a fun afternoon of games, where “You Play and We Pay!”

October 16th: Don't miss our Garage Sale in the Court Activity Room, starting at 10:00 a.m. Come find some treasures!

October 30th: Join Kelly at 1:30 p.m. for a Cooking Program—a tasty way to spend the afternoon!

October 31st: Happy Halloween! The fun kicks off with a costume parade featuring children from Laurier Heights School at 1:30 p.m. in the Manor Foyer, ending in the Court Games Lounge. The party continues at 2 p.m. with a performance by Sean Sonogo in the Court Atrium. Dress up and join the fun!



Mushroom Risotto

Serves: 4

Ingredients

- 4 Tbsp Oil
- 680g Mixed Mushrooms
- 3/4 tsp Sea Salt
- Black pepper, *to taste*
- 1 Yellow Onion, *medium*
- 2 Garlic Cloves, *finely chopped*
- 1 Tbsp Fresh Thyme Leaves
- 1.5 cups Arborio Rice, *rinsed*
- 2/3 cup Dry White Wine
- 5 cups Vegetable Broth, *warmed*
- 1/2 cup Parmesan Cheese, *grated*
- Parsley, *chopped*



Preparation Steps

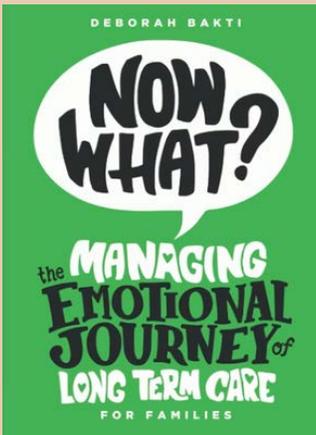
1. Heat 2 tablespoons of the olive oil in a Dutch oven or large, deep skillet over medium heat. Add the mushrooms, ½ teaspoon of the salt, and several grinds of pepper and toss to coat.
2. Cook, stirring only occasionally, for 8 minutes, or until soft and browned. Remove from the pan and set aside. Work in batches if necessary.
3. Wipe out the pan and return it to the heat. Add the remaining 2 tablespoons olive oil, the onion, and the remaining ¼ teaspoon sea salt. Cook, stirring occasionally, for 5 to 8 minutes, or until softened. Stir in the garlic, thyme, and rice. Let cook for 1 minute, then add the wine. Stir and cook for 1 to 3 minutes, or until the wine cooks down.
4. Add the broth ¾ cup at a time, stirring constantly and allowing each addition of broth to be absorbed before adding the next. With the final addition of broth, stir two-thirds of the sautéed mushrooms into the risotto.
5. Cook until the risotto is creamy and the rice has a slight al dente bite. Stir in the cheese and season to taste.
6. Top with the remaining sautéed mushrooms, garnish with parsley, and serve with more grated cheese.

NETTIE'S STORY: A DANCE THROUGH LIFE

Thanks to Nettie's family for submitting the story



Recommended Reading...



Deborah Bakti understands what you're going through. She's been there herself when her husband Ty, was admitted into long term care while in his early 60's. Both her parents also became residents in seniors' care. During this time, Deborah worked as an executive in the seniors' care sector. Yet she still struggled with the emotional roller coaster and physical impact of being a resident's family member.

There are very few people living or working in Canterbury that haven't met Nettie Chodzicki. She is a beloved member of the community who can most often be seen getting her exercise walking throughout Canterbury Court or outside enjoying the fresh air in the Courtyard Garden area during the warmer months. She was always a very active woman, and she remains so to this day. For those of you who would like to know a little more about her personal history and character, read on. Nettie has had a full and interesting life:

Nettie was born in 1925, in an area of Ukraine (south of Ludwin) that has since become part of Poland. She identifies as Ukrainian and that is her first language. She was brought up on a farm with seven siblings. The family moved from Ukraine and settled in High Prairie, Alberta (the Gilwood area). Her family speculates that when Nettie speaks of 'the farm', she is referring to her home in High Prairie rather than her original home in Ukraine. Nettie attended Gilwood school and helped to run the local general store. Nettie married Victor Chodzicki and they had three children together; John, Wayne, and Roseann.

Nettie has an entrepreneurial spirit, and she worked in retail ownership and management throughout her life. She and her husband opened a local grocery store and later expanded their grocery business from one to several stores; at one point they had a shop in a two-story building with room rentals on the second floor, which Nettie managed as well. Their grocery business continued to grow and became known as 'Vinet Food Marts'; the name being an amalgamation of Nettie and Victor's first names. Vinet Food Marts were successful and expanded into the Town and Country Mall ('Vic's Super A').

Nettie is accustomed to taking a leadership role and managing the finer details of running a business. She and her husband were founding members of Alberta Grocers. Many know them as 'The Grocery People', formerly located on the Yellowhead Trail.

As a former business community leader, Nettie remains (to this day) a shrewd character in her own right.



Moreover, Nettie has always wished to maintain her autonomy. Family has indicated that when she says, “Bozhe, Bozhe, Bozhe” or “Help-Help-Help”, she is referencing a prayer/mantra she used to recite years ago; something like this:

“Lord, Oh Lord, help me. I want to look after myself. I don’t want to be a burden to anybody”

As aforementioned, Nettie is a well-established member of the Canterbury Community. Nettie is a very affable and down-to-earth sort of lady. She has a good sense of humour and enjoys a laugh; she often spends her time in the Atrium and attends nearly all the entertainments presented there. She retains a healthy curiosity and interest in the Court happenings.

Throughout her life, Nettie has preferred athletic pursuits (such as golf and dancing) and she continues to be active by walking throughout Canterbury Court. She also used to be fond of gardening, sewing, and music. She travelled extensively around the world and vacationed on several cruise ships.

Nettie is the kind of person who retains their favourite recreational pursuits as long as they are able. She was a keen golfer and played that sport well into her eighties.

Nettie was also an avid dancer in her day and she and Victor participated in a square dancing/round dancing club that travelled across Western Canada and into the Northern United States. The dance tour always ended in Penticton, B.C. for the ‘Penticton Jamboree’. After Victor passed away, Nettie moved to Penticton where she continued her recreational interests such as golf and dancing. In fact, she square danced until she was ninety-two years old, and not many people can make that claim!

So, the next time you see Nettie in Canterbury Court, remember that you are in the presence of someone who had a large influence on the business community in Alberta; someone who is family-oriented and has a deep enjoyment of social activities, dance, and sport. Grab a coffee and a cookie, then pull up a chair and spend some time with Nettie. Ask her a question, give her time to think about it, and you may be pleasantly surprised by the response.



Living well with Arthritis
World Arthritis Day is October 12th, 2024

If you've been diagnosed with Arthritis, you probably feel overwhelmed and unsure of what the future holds for you.

While there is no cure (yet), treatments are getting better and better, there's lots of things you can do to stay active, and there are many support services.

Common types of Arthritis

- Rheumatoid Arthritis
- Psoriatic Arthritis
- Osteoarthritis
- Juvenile Arthritis

1 in 4 About 24% of the population will have arthritis.

Looking for support in your area?

Call 1.800.321.1433
Visit info@arthritis.ca
Join your local Peer Support Group

<https://arthritis.ca/about-arthritis/what-is-arthritis/the-truth-about-arthritis/> - text: About%2024%25%20of%20the%20population%20over%2065%20will%20have%20arthritis.





HAUNTED EDMONTON

BY MICHELLE BUTTERFIELD- THE HUFFINGTON POST ALBERTA



When we started to dig into some of Edmonton's spookiest places, we didn't expect to uncover much. Edmonton is a relatively young city in a young province.

But we were wrong. Dead wrong. There has been no shortage of ghastly ghosts, strange sightings and mysterious happenings in Alberta's capital city — much of it occurring within the walls of some of the city's oldest buildings.

CHARLES CAMSELL HOSPITAL



The former Jesuit College turned TB sanatorium is considered to be one of Alberta's most haunted buildings. While the hospital is now closed and abandoned, there have been reports of people feeling as though they're being watched from the windows, and many claim to hear cries coming from inside the building. In 2005, the Paranormal Explorers group visited the building and said they witnessed powerless elevators moving on their own, heard footsteps on abandoned floors above and strange noises through their walkie talkies.

THE FAIRMONT HOTEL MACDONALD



Guests staying on the eight floor of this century-old hotel sometimes report the sound of galloping hooves in the hallways. The sound is believed to be the ghost of a horse that dropped dead during the 1914 foundation pour for the hotel. Guests have also reported visions of a man sitting in a wingback chair smoking a pipe. Night managers at the hotel have also reportedly taken calls from a sixth floor room, only to find it empty when they go to find out who made the call.

Butterfield, M. (2016, October 21). Haunted Edmonton: 9 spooky places that will scare your socks off. Huffpost. https://www.huffpost.com/archive/ca/entry/haunted-edmonton-9-spooky-places-that-will-scary-your-socks-off_n_12591078



Concentration Puzzle

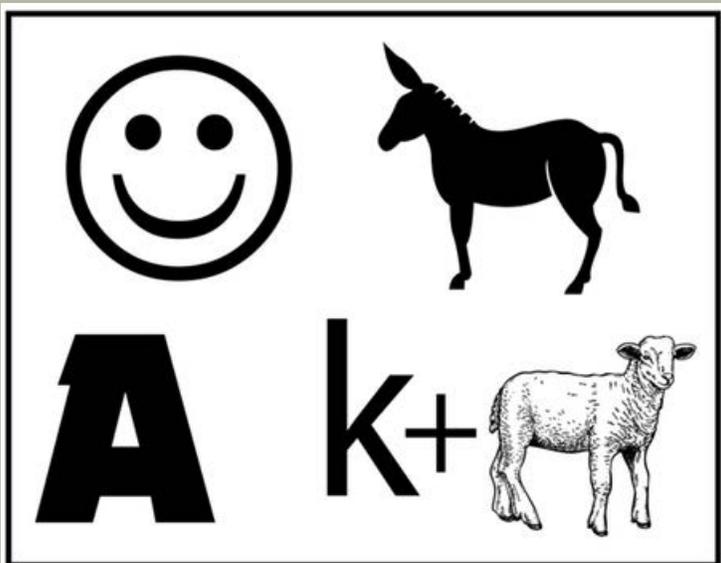
Use the Visual Clues in the Puzzle to Figure Out What It Says



Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

THE PSYCHOLOGY OF

The holiday allows us to vent our most monstrous fears.

The American version of Halloween is widely believed to be a descendant of a Celtic harvest festival that is also designed to remember the dead (and ward off ghosts). How can we explain the elevation of an ancient pagan ritual into a month-long, billion-dollar holiday in what is purported to be an advanced, modern civilization?

Various scholars have argued that Halloween is rooted in human biology, specifically fear—an emotion caused by the belief that someone or something is dangerous or presents a threat. In scary situations, adrenaline and other hormones are released as the body prepares for fight or flight.

By constructing artificial threatening scenarios, however, we're able to contain fear in a safe, socially endorsed manner. (Much the same thing takes place during scary movies and television shows.) Costumes further function to ensure Halloweeners that the experience is made up—an imaginative form of play or theatrical event. That large quantities of free candy are distributed throughout this fictional process figuratively and literally sweetens the deal.

Scholars have also parsed the semiotics of Halloween, seeing contemporary meanings embedded in the two-thousand-year-old holiday.

In his 2000 article "Toward a Theory of Public Ritual" published in *Sociological Theory*, for example, the American sociologist Amitai Etzioni made the case that Halloween operated as a "tension-management ritual" through which collective fears, anxieties, and fantasies were played out and given material expression.

Dr. Jason Parker, a senior lecturer in the psychology department at Old Dominion University, thought much the same. "We get a physical response and afterward the accomplishment of 'I overcame that fear,'" he said in 2002, stating that Halloween "stimulates your entire emotions system."

In her 2008 article published in *Ethos: The Journal of the Society for Psychological Anthropology*, Cindy Dell Clark presented Halloween as a complex process in which "inversions of meaning" were prominent. Adults support "anti-normative themes" during Halloween, she found in her research, and children gained "ascendance" through costumed trick-or-treating. The holiday is, in other words, the one day of the year during which we are not only allowed but encouraged to, as David Byrne put it, stop making sense.



HALLOWEEN

Death, whether articulated as skeletons, ghosts, zombies, graveyards, or some other post-life form or venue, is a staple of the Halloween experience, as that perhaps represents our greatest fear. In his 1997 *Death Anxiety and Clinical Practice*, Robert Langs argued that death represented “a ubiquitous but elusive dread,” vividly capturing how many of us feel about one day disappearing from the planet. “The existential mix of human existence couples the celebration of life with the awesome awareness of the eventuality of death,” he wrote, pointing out that the inescapable awareness that life would eventually end was grounded in the fundamentals of human evolution.

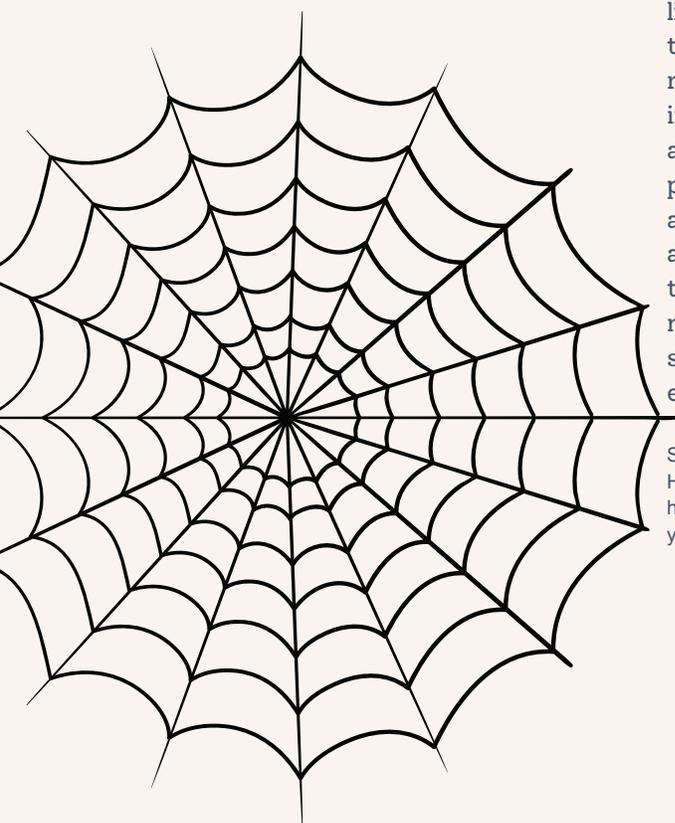
Going further, Langs posited that anxieties surrounding death lurked in our minds but, for various reasons, were neglected in psychotherapy. (That the subject was largely taboo in Western societies had much to do with that.)

Psychological defenses such as denial and repression were common with regard to death, as were communicative defenses (meaning we just didn’t like to talk about it). With Halloween, however, we have the opportunity to acknowledge and perhaps even celebrate death (and in a far more fun and social way than psychotherapy).

Tamar Kushnir, a professor in the Department of Psychology and Neuroscience at Duke University, has also offered thoughts on why we turn deep fears into tricking or treating. In situations that don’t present true danger, “a simulated fear is a way to practice and enjoy the experience of being afraid,” she explained in 2019, adding that such behavior is “a way of playing with emotion without real cost.”

I hold that Halloween and other illusionary or magical expressions of fright have gained cultural currency as science and technology have become more entrenched in our daily lives. The rise of the internet, decoding of the human genome, emergence of virtual realities, and now encroaching artificial intelligence have, in other words, accelerated our desire to experience phenomena that defy logic and rationalism and reside outside the known universe. It is, after all, the stuff of science and technology that represents the truly scary scenarios, making devils, witches, goblins, and other such unearthly entities relatively welcome, even friendly sights. Boo!

Samuel, L.R. (2023, October 30). The psychology of Halloween. *Psychology Today*, from <https://www.psychologytoday.com/ca/blog/psychology-yesterday/202310/the-psychology-of-halloween>







H A P P Y T H A N K S G I V I N G

Thanksgiving is a time of year where we gather together as friends, family, and neighbors to express gratitude and thanks. For some, Thanksgiving includes reflecting on the past year and sharing what you are thankful for.

This Thanksgiving we want to give our heartfelt thanks to our donor family. Your generosity enables and enhances the quality of life for all seniors who call Canterbury home today and tomorrow. Because of you....

Residents & families are able to access the comfort of a full-time social worker & chaplain.

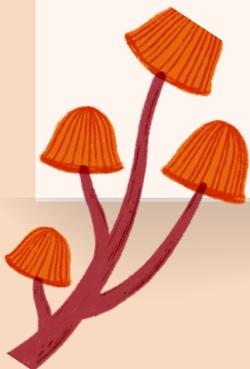
Residents are active, making memories & having fun with a calendar full of tailored activities that spark physical, emotional, and mental health!

Hospital beds can be purchased for seniors requiring enhanced supportive living care.

Wishing you a warm, heartfelt, Thanksgiving season.

Madeline

Fund Development Specialist





THE HISTORY OF THANKSGIVING IN CANADA

Thanksgiving weekend. For many, this long weekend really kicks off the autumn season. People across the country will spend it raking leaves, harvesting, shutting down the family cabin, and hopefully eating a delicious meal surrounded by friends and family. But where did this tradition come from?

In 1621, the pilgrims at Plymouth Plantation, Massachusetts, held what is thought to be the first Thanksgiving in North America, giving thanks for the end to a drought and a bountiful harvest. Without the help of the Wampanoag, who shared planting, hunting, and fishing knowledge and techniques, the pilgrims would have died. Some records say the first official Thanksgiving likely predates this event by around fourteen years.

But let's try again — we're thinking of our neighbors to the south.

Believe it or not, Thanksgiving in Canada, or at least the land that would become Canada, has its own history, separate from our American counterparts.



Traditions of giving thanks long predate the arrival of European settlers in North America. First Nations across Turtle Island have traditions of thanksgiving for surviving winter and for receiving crops and game as a reward for their hard work. These traditions may include feasting, prayer, dance, potlatch, and other ceremonies, depending on the peoples giving thanks.

When it comes to European thanksgivings in Canada, we have a few tales to tell.

As the story goes, in 1578, English explorer Martin Frobisher and his crew gave thanks and communion was observed, either on land at Frobisher Bay, in present day Nunavut, or onboard a ship anchored there. The explorers dined on salt beef, biscuits, and mushy peas and gave thanks through Communion for their safe arrival in then Newfoundland. This is now accepted as the first “Canadian” Thanksgiving, forty-three years before the first “American” Thanksgiving.

Forty-eight years later on November 14, 1606, inhabitants of New France under Samuel de Champlain held huge feasts of thanksgiving between local Mi'kmaq and the French. Though not known at the time by the settlers, cranberries, rich in vitamin C, are credited with helping avoid scurvy. The neighbouring Mi'kmaq likely introduced the French to cranberries, or as they called them, *petites pommes rouges* (little red apples).



Champlain's feasts were more than an annual affair. To prevent the scurvy epidemic that had decimated the settlement at Île Sainte-Croix in past winters, the Ordre de Bon Temps (Order of Good Cheer) was founded, offering festive meals every few weeks. Medical treatises recommended better nutrition (more food) and entertainment to combat scurvy.

However, despite this history of uniquely Canadian thanksgivings, our modern concepts of Thanksgiving were influenced by our American neighbours. Foods that are associated with a "traditional" Thanksgiving, such as North American turkey, squash, and pumpkin, were introduced to Nova Scotians in the 1750s. After the American War of Independence, the arrival of the United Empire Loyalists ensured the continuation of spreading this "traditional" fare to other parts of the country.

Today Canadian Thanksgiving is held on the second Monday of October every year, or at least it has been since Canadian Parliament declared it so on January 31, 1957. Before this, Thanksgiving in Canada had been held sporadically, often coinciding with other major events and anniversaries.

In 1879, Thanksgiving was officially declared a national holiday to be held on November 6th.



The most recent date change to the second Monday in October was largely a result of the first and second world wars, which we officially remember each year on November 11, Remembrance Day. This was so that the two holidays would not fall on the same weekend.

As Thanksgiving in Canada has historically been celebrated on several different dates, it is fitting that, even though it is observed on Monday, families are equally as likely to celebrate on Saturday or Sunday. Most Canadians embraced the change of date to October, since that period better coincides with the actual completion of harvest in much of the country.

Parliament officially declares Thanksgiving as "a day of general thanksgiving to almighty God for the bountiful harvest with which Canada has been blessed." While this mandate for Thanksgiving may not be observed by all Canadians in its entirety, the ideas of being thankful, of spending time with family, and sharing a delicious meal still remain.

Written by Alison Nagy

— Posted October 4, 2018

Nagy, A. (2018, October 4). The history of Thanksgiving in Canada: where did the tradition come from? Canada's History.

<https://www.canadashistory.ca/explore/arts-culture-society/the-history-of-thanksgiving-in-canada>





Team CarePal Update

October 2024



Thank You to Our Families!

We extend our heartfelt thanks to all the families from Court, Heights, Haven, and Lane who attended the Team CarePal training and information session! Your participation is invaluable as we work to enhance our community.

Upcoming Training Sessions

Good news! We will be holding additional training sessions for Manor families and residents in the coming month. Stay tuned for more details! As we navigate the integration of this app, we appreciate your patience and understanding.

If you are unable to attend our training sessions and would like to get set up on Team CarePal, please reach out to Camille Snow, our Resident and Family Liaison, at camilles@canterburyfoundation.com or call 780-930-5813.



FAQ

Q: What is Team CarePal?

A: Team CarePal is an app that helps family caregivers manage and coordinate care for their loved ones dealing with illness, disability, or aging needs. It serves as a comprehensive platform for sharing information among family members and friends.

Q: What information will Canterbury share through the app?

A: As we launch the app, Canterbury will provide photos, updates, announcements, and event invitations. For specific resident communities, we'll share personalized photos, create task lists for families (like when supplies are running low), share appointment details, offer engagement insights (Lane and Haven), and provide easy-to-read notes from our health services team.

Q: Is the app secure?

A: Yes, security and privacy are top priorities for Team CarePal.

- We utilize Amazon Web Services (AWS) for cloud storage, ensuring military-grade security.
- Data in transit is fully encrypted, protecting information during transmission.
- All data is stored in North America, and we use Stripe for secure payment processing.
-

Q: Can I create a community for loved ones in different parts of Canterbury?

A: Absolutely! Once you're in the app, you can create a second community through the settings.

Q: Can Canterbury staff see what I post in my loved one's personal community?

A: No, we can post in the community but do not have access to the information you share there.

Q: Who do I contact for support?

A: For assistance, please reach out to Team CarePal's customer support at support@teamcarepal.com, or contact Camille Snow at Canterbury Foundation.

Thank you for being part of our community! We look forward to enhancing our connection with you through Team CarePal.

<https://teamcarepal.com/>



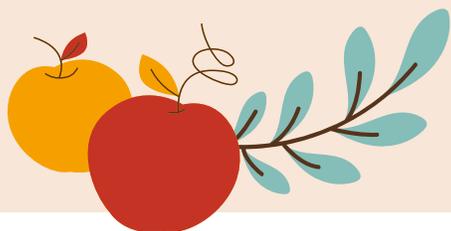
Fund Development News

As the end of the year is rapidly approaching, we are excited to share the 5th Annual Promise of Home Fundraising Campaign will kick off on Monday, November 25 to December 31.

This year's campaign goal is to raise \$175,000!

Your gift amplifies every level of care, enrichment programming, and is invested back into the infrastructure that provides home to seniors in our community

Join Canterbury's family of donors today! To give, please visit www.canterburyfoundation/donate or contact Madeline Verhappen, Fund Development Specialist, by phoning 780-930-3727.



Concentration Puzzle Solutions

- 1) Sherlock Holmes
- 2) Dressed to the nines
- 3) Happy as a clam
- 4) The icing on the cake

Editor's Choice

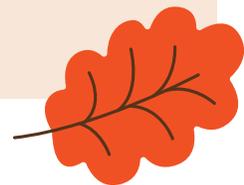
**PUMPKINS
AFTER DARK**
EDMONTON'S HALLOWEEN TRADITION

Runs from September 27th -
October 31st at Borden Park

Joke of the Month

Q: How did the tree get a new job?

A: She had the right Qua-leaf-ications



☎ 780-483-5361

📍 8403 142 St. Edmonton, AB

✉ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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Charitable Giving #: 887411791 RR0001

