

Created by:
Camille Snow &
Erica Slevin

Canterbury Times

September
Issue 18

50 Years OF COMMUNITY



As the beautiful colours of fall surround us, we're reminded of the beauty of change and growth. This year, as we celebrate 50 years of Canterbury Foundation, we reflect on our journey, cherish our present and look forward to a bright future.

Honouring Our Roots

It all began in 1974, when Canterbury Foundation opened its doors to provide a caring and supportive environment for seniors. Over the past five decades, we've grown into a close-knit community where generations have found comfort, friendship, and care.

Present

Today, our community thrives with a joyous spirit and a deep commitment to quality, compassion, and connection. We're not just honouring our rich history;

we're actively shaping a future where each and every resident experience warmth, respect, and joy. As we continue to evolve and enhance our services; we're here for the long haul, ensuring that Canterbury Foundation remains a place where cherished memories are made, and lives are enriched every day.

The Future

Looking ahead, we're excited to build on our legacy with new technologies and innovative care practices. Our upcoming initiatives include expanding wellness programs and enhancing community spaces to strengthen connections among residents.

Thank you for being part of our past, present, and future. Together we'll continue to make Canterbury Foundation a place where life is celebrated, every day.

ACTIVITY PROGRAM HIGHLIGHTS

September 2nd - Join us for Super Bingo at 1:30 p.m. in the Atrium— where ‘You Play and We Pay!’

September 6th- Performance at 2 p.m. and Grandfather’s Tea with white linen service at 2:30 p.m.

September 9 – There will be a popsicle giveaway in the Atrium as part of Canterbury’s celebration of 50 years of community between 1:30 p.m. - 4:15 p.m.

September 11th - Elevate your culinary skills and explore new tastes with Eat Street Culinary Lessons! Add a dash of excitement to your golden years with our engaging sessions from 12:30 p.m. to 2:00 p.m. in the Court Activity Room, hosted by Russ.

September 25th -Join us for a prayer service in the Chapel on at 1:30 p.m. as we come together for Truth and Reconciliation.

September 27th - Manor Morning outing to the Bountiful Market, a sign-up sheet will be available in the Manor mailroom -There will be a Harvest Days Celebration with ‘Live’ Horse Races in the Atrium at 1:30 p.m., followed by a performance by Randy Glen at 2 p.m.





Rus's Recipe

Orange Cake



Ingredients

- Ingredients
- 5 cups all-purpose flour (300g)
- 1 ½ teaspoon baking powder
- ½ teaspoon salt
- 2 cup granulated sugar (200g)
- 4 tablespoons orange zest (about 3 oranges)
- 2 cup vegetable oil (240ml)
- 1 ½ cup fresh orange juice (about 3 oranges/180ml)
- 6 large eggs
- 2 tablespoon vanilla extract
- 2 cup powdered sugar (120g)
- zest of ½ orange
- 4 tablespoons orange juice (about 1/2 orange)

- Preheat the oven to 350F. Butter an 8x4-inch loaf pan or spray with baking spray with flour.
- In a large bowl, whisk together flour, baking powder, and salt.
- In another large bowl, combine sugar and orange zest. Rub the zest into the sugar with your fingers until the sugar is a light orange color. Add the oil, eggs, orange juice, and vanilla, and whisk until combined. Pour into the flour mixture and whisk together just until all of the flour is incorporated. Pour the batter into the prepared cake pan.
- Bake for 1 hour and 10 minutes or until a wooden toothpick inserted into the center comes out with a few moist crumbs, covering loosely with foil after about an hour if it's looking very brown on top. Let the cake cool in the pan for 15 minutes. Remove and cool completely on a wire rack.
- In a small bowl, whisk together confectioners' sugar, zest, and juice until smooth. Drizzle over the cooled cake and let it stand for 30 minutes to set. Store the cake in an airtight container for up to 5 days.



Reflecting on Fifty Years of Canterbury Foundation: A Personal Journey

Written by: Heidi Hadubiak

Celebrating Five Decades of Compassionate Care

Fifty years ago this month, Canterbury Foundation opened the doors of Canterbury Court here in Laurier Heights, marking the beginning of a journey that has touched countless lives. Today, we proudly stand as a campus of care, offering four different living options that cater to various levels of need.

"WE ARE AN INSTITUTION GROUNDED IN OUR MISSION TO PROVIDE SAFETY, COMFORT, INDEPENDENCE, AND CONNECTION TO SUPPORT MEANINGFUL LIVES."

The Canterbury of today is a place where our residents can live meaningful lives, secure in the knowledge that their end-of-life journey will be supported by a dedicated team of caring professionals they know and trust, all within the comfort of their own home. From the start, Canterbury Foundation has been more than just a seniors' housing organization; we are an institution grounded in our mission to provide safety, comfort, independence, and connection to support meaningful lives.



A Calling Realized

Since childhood, I've known that my path would be in healthcare, driven by a desire to serve others. My first job in this field was as a healthcare aide in a care home very much like Canterbury. This early experience not only supported me through nursing school but also solidified my commitment to enhancing the lives of seniors—a commitment that has shaped my career ever since.



Leadership and Legacy

Over the past two and a half decades, I've been privileged to hold various leadership roles within healthcare. My journey with Canterbury Foundation began in 2018 when I stepped in as the interim Director of Health Services. Although my initial contract was temporary, the experience left a lasting impact on me, leading me to stay connected with Canterbury even after returning to management consulting. A year later, in 2019, the opportunity arose to return to Canterbury in a permanent capacity, and I jumped at the chance to "come home." I have never looked back since.

Why Canterbury Foundation?

Before becoming CEO, I was often asked during interviews what I liked most about working for Canterbury Foundation. Perhaps it was a question prompted by a Google search, but my answer has always been immediate and unwavering. Whatever initially brought me to Canterbury, the reason I came back and have stayed for the past five and a half years is clear: I am surrounded by a wonderful team, driven by shared values and a collective commitment to our residents. Each day, I know I am making a difference in the lives of our seniors. Leading this organization—affectionately dubbed the little non-profit that could—is truly heart work for me.



Building a Culture of Belonging

We recognize that our success—past, present, and future—rests on the strength of the community we've built. This culture of belonging is both our heritage and our future, and it's what will continue to guide us as we move forward.



How Autumn Leaves Color Our Inner Lives

Appreciating autumn's changing leaves may change us for the better.

Autumn is a magical season, when a leafy landscape that has been green for months is suddenly splashed with yellow, orange, and red. The burst of vibrant color captures our attention and captivates our imagination.

“Autumn is a second spring when every leaf is a flower.” – Albert Camus

Philosophers and poets have long rhapsodized about multicolored leaves, but psychological researchers have been relatively quiet on the subject. Yet, in theory at least, there are multiple ways in which appreciating autumn's changing leaves may change us for the better.

To gain some insight into the psychology behind our response to fall color, I talked with a couple of experts who share my love of the season, but who think about it from differing perspectives. Together, they made a strong case for getting outside and taking the time to appreciate the spectacle of autumn leaves.



Visual Tricks and Treats

“Visual contrast grabs our attention from infancy onward,” says Jason Brunt, Ph.D., an assistant professor of psychology at Biola University in California. Brunt's view of autumn is informed by his research interest in cognitive development. He notes that the classic scene of turning leaves in autumn is rich in visual contrast, with bright red, orange or yellow often juxtaposed with bright green.

“Heavy visual contrast, saturation, and brightness are perceived as pleasantly exciting, and all of those properties characterize peak fall season,” Brunt says. “There is also a striking temporal contrast.

You get green, green, green from spring through summer, and then—bang! You see the first leaf fall, and within a couple of weeks, the trees are ablaze with color.”

Our brains interpret this dramatic change as a signal. Brunt likens the experience to listening to a steady hum of background noise and then suddenly hearing a loud boom. When we encounter a unique stimulus, we tend to think it's meaningful—and if the stimulus comes and goes at regular intervals, we attribute even more meaning to it. Such is the case with the yearly blast of autumn color.



Stress, Interrupted

The attention-getting power of brightly hued leaves has a practical side. An autumn stroll can be an excellent stress reliever, says Michelle Harris, M.A., LMHC, ATR-BC, who teaches counseling psychology and expressive arts therapy at William James College in Massachusetts.

Harris specializes in trauma-focused expressive arts therapy. She says, “When I work with clients who are very stressed, I try to interrupt their stress reactions with positive sensory and kinesthetic experiences.” She notes that stress shifts the brain and body into survival mode, but a positive experience that redirects attention can reverse this process. “When you're walking and focusing on the changing leaves, you're no longer cuing your brain to run or fight,” Harris says. “Instead, you're cuing your brain to pay attention to something beautiful and enjoy it.”

Becoming more aware of day-to-day changes in colors and patterns can be an exercise in mindfulness. “I like to notice how the leaves are changing on the same tree each time I walk past,” Harris says. “Are they yellower now? Have some dropped since last time? I find it meditative.”

Leaping Into the Leaf Pile

Besides being lovely to look at, autumn leaves evoke associations with past experiences, including events that recurred year after year in childhood. For many people, the associations are positive: reconnecting with friends at school, sipping hot apple cider, going trick-or-treating, jumping in a pile of freshly raked leaves.

“Later on, when you encounter fall leaves every year, a lot of those memories are at least partially activated,” says Brunt. Even if you don't consciously think about the memories, they may color your view of the world. If the associations are largely positive, you may notice that your spirit lifts at the first hint of sweater weather.

Of course, fall can also carry negative connotations. If you hated school or lost a loved one in October, your response to the season might be quite different. But regardless of the emotional valence of your reaction, the principle remains the same: The change of season may bring up strong feelings rooted in past experiences.

Awe-Inspiring Autumn

If you've ever gazed in awe at a wooded hillside awash in vivid fall colors, you know the sense of being overwhelmed and humbled by a breathtaking sight. “Research shows that, when we encounter something greater than ourselves, it may reduce self-centered thoughts and increase cooperative behavior,” Brunt says.

Depending on your personal bent, that experience of awe may leave you feeling emotionally moved or spiritually connected to God or the cosmos. Like the leaves, the feeling may fade quickly. But the memory persists, enriching your life in ways that may last long after the final leaf has fallen.

Written by Linda Wasmer Andrews for Psychology Today

Wasmer Andrews, L. (2015, September 29). Minding the body, How autumn leaves color our inner lives. Psychology Today. <https://www.psychologytoday.com/ca/blog/minding-the-body/201509/how-autumn-leaves-color-our-inner-lives>





MANOR RESIDENTS

Join in Celebrating Canterbury's 50th Anniversary in September:

We are very glad to be here at this time with thanks to all our staff whose support is so appreciated no matter what each season brings.

To help commemorate the 50th anniversary of Canterbury Foundation, several residents have shared stories of their experiences in the community:

From Unwanted Change to Community Essential

Mary Kinash recalls a time when the latest Laurier neighborhood news was that the wonderful green space with trees and bushes, that stood where the Manor is now, was going to be taken down for the construction of a building for Canterbury Foundation. Many people objected to the change and Mary's sons were very upset as they and their friends spent a lot of their time enjoying that area. So, they organized a neighborhood petition against the demolition of the beautiful green space and...good for them.

However, we are all aware of the result of that petition as Mary, me, and so many others now live here in the Manor that was built upon that property. Nevertheless, we still enjoy our extended neighbourhood green spaces and the garden areas within Canterbury!

One Resident's Thoughts on 16 years as a Canterbury Resident

My thanks to you all for encouraging us to partake in the 50th Anniversary Celebrations.

Years ago when the finishing touches were being given to the new building, which soon became Canterbury Manor, my husband Gary and I were moving my Mother back to Alberta. Her name is Norma Brandon. She resided with us until the building was completed and then she became one of the very first to occupy it. It was perfect for her and for us because we only lived a very few blocks away. She resided here, was moved over to the Court and passed away early 2001.

Gary's Mother Mae Webb moved here during the same time and also moved over to the Court. We moved her to Lynnwood where she passed away in 2000.

Gary and I used to attend a Bible Study which took place in Cory Borkent's suite in the Manor. I also visited with other friends and neighbors who resided here and in the Court and enjoyed lovely get togethers over meals, sometimes in the special room reserved for special occasions.

I remember Dr. Whittaker when he had his office here, which was very convenient for my Mother, as his office was just down the hall in the Court. I also remember the ducks who used to come to the Court and residents being asked to find a name for Mother Duck.

Needless to say, moving to Canterbury Manor has really been a delight for me as I really have spent quite a lot of time here over the years.

~ Loris Webb.



Doreen Losie shares memories of her sixteen years here in the Manor.

I made my move to my forever home at Canterbury in Nov. 2009, after being on the waiting list for 2 years. Unlike an anecdote I heard, there was never any other choice. Apparently, a prospective new resident was shown the monthly activity calendar, after which she declared I could never do all these things but was assured they were just choices! My reasons were familiar area, music and entertainment (always an important part of my life) comfortable surroundings and open green spaces, friendly residents and staff.

In 2009 it was still truly independent living ----when assessed we could not require walkers! Soon after moving in, so did their walkers!

I was fortunate to have friends living here who assured me I would learn the names of all the residents, which I did once I became involved with the executive to the Manor residents assn. I also enjoyed the knitting group, weekly trivia. sing for fun and hymn sing.

As my health deteriorated, I am grateful for the health services available to me, and appreciate having more meals in the dining room

Words to live by: You only get out of life (at Canterbury) what you are willing to give to Canterbury... to make a friend you need to be a friend.

For someone who doesn't feel the need to be with other people, I do seem to have been 'out there' and involved in my happy 16 years here never expecting to reach the age of 96!

As someone once said, If I had known I was going to live this long, I would have taken better care of myself!

With so many residents of the Manor and Court reaching the age of 100 plus, Canterbury must be doing something right. Here's to the next 50.

~ Doreen Losie

Reflections on Change and Community

I well remember this location before Canterbury Court was built. It was covered in silver birch trees.

One of the members of St Timothy's church who lived in one of the crescents off 141st street was up in arms at the prospect of looking out of her lounge window and seeing all of the garbage being piled up at the back of the building. She moved to Victoria within several months! Good Riddance.

Toddy and I both knew Ron Grantham, a loud blustery person, who was responsible for building Canterbury Court.

All three of our daughters worked as waitresses in the dining room during their high school years.

Toddy served on the board from March 1995-April 2002 ~ Anne Parkinson



Autumn

WORD SCRAMBLE

Unscramble the following spring words

GKANMHAYI

TRVAESH

SNAIFTGE

AITELFVS

OATTRCR

LNMUHCGI

BREMSTEEP

PONCCRAIUO

MALAUNUT

TEERELBAC

LOIAGEF

MUTGEN

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, September 18, 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.

Leana Nielsen, Resident Experience Manager, will be a featured speaker, sharing her growth that has brought her to lead the Life Enrichment team. Hear firsthand the stories of the meaningful connections built on activities tailored to enhance the quality of life and community at Canterbury.

DID YOU KNOW SEPTEMBER 21 IS WORLD GRATITUDE DAY?

Gratitude comes in many forms. Words cannot express the countless stories and heartfelt connections we have in our Canterbury Community. We would be able to fill an entire library with the stories, lessons and teachings we share within our community.

As a local, homegrown, charity, we are proud to serve all seniors who call Canterbury home. Our 50-year legacy, and *our future* is not possible without our residents, their families, our donors and staff.

Though September 21, is World Gratitude Day, we are grateful for everyone in our community today, and every day. Thank you.

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 September 18!



Truth & Reconciliation

Join us for a prayer service in the Chapel on Wednesday, September 25th at 1:30 p.m. as we come together for Truth and Reconciliation. We invite you to wear orange on both the 25th and the 30th.

8 Ways to Engage in Truth and Reconciliation

1. Read, and Re-read the Truth and Reconciliation Commission's 94
3. Calls to Action
4. Learn About Indigenous History and
5. the Residential School System
6. Identify and Acknowledge the
7. Territory Where you Live
8. Listen and Learn
9. Attend a National Truth and Reconciliation Week Virtual Event
11. Explore Indigenous Voices
12. Support (and Volunteer with) Indigenous Non-profits
14. Support Indigenous creators and businesses



Words from the Truth and Reconciliation Commissioner Dr. Marie Wilson:

“The history of Indian Residential Schools in this country, and what needs to be done to address the legacy of them, is not just something for, and about, Aboriginal people. As a country, this chapter of our history belongs to all of us. As its citizens, we all own our past, just as we will all own its future. ... [W]e are all called to “Witness the Future”. Not just the survivors, not just the children, but all of us. Bearing Witness to something important is spiritual work. One of our spiritual advisors recently reminded me that the ancient Greek word for Witness is martyr. The martyr is someone who is willing to risk...though others may try to silence, weaken or distract. Witnessing such a future will also take kind hearts, willing to feel the experience of the other. Witnesses will also need wide vision, to see that Reconciliation is not about individuals. Restoring right relations between Aboriginal and non-Aboriginal Canadians is about the well- being of family, community and country.”

<http://cuc.ca/wp-content/uploads/2018/03/Sharing-Our-Faith-Resources-2016.pdf>

COMMUNITY EVENTS

OUR TOP PICKS FOR SEPTEMBER



Edmonton Aroid Show
FALL EDITION
2024

September 14 - Saturday
10:00am - 5:00pm

September 15 - Sunday
10:00am - 4:00pm

ST. BASIL'S CULTURAL CENTER
10819 71 Avenue | Edmonton, AB



Mainline Model Railroaders Fellowship

2024
Greater Edmonton
Model Train Show

September 14 - 15
Saturday & Sunday • 10:00 am to 5:00 pm

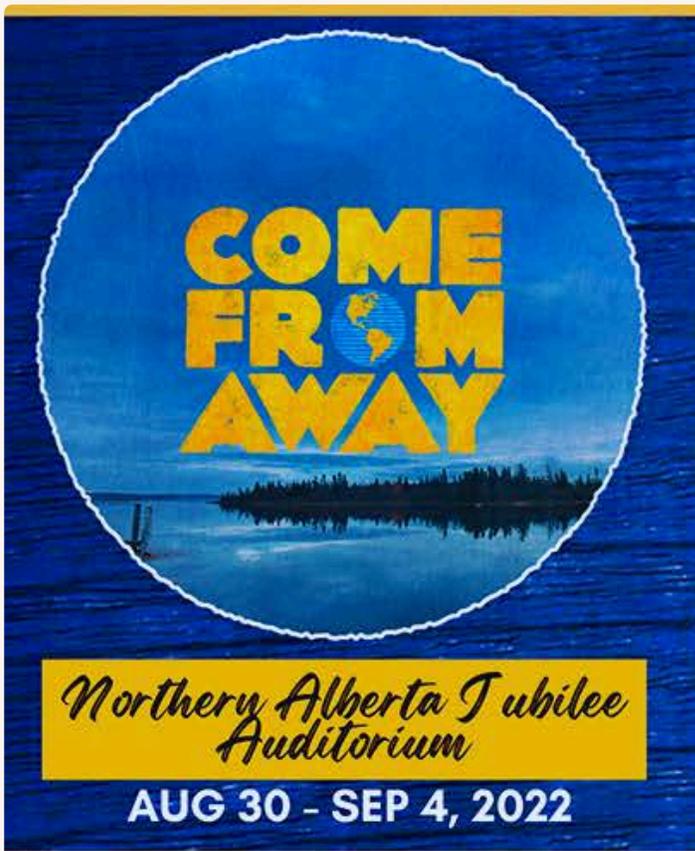
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2000 Premier Way, Sherwood Park, Alberta T8H 2G4 • Phone (780) 416-3300

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COME FROM AWAY

Northern Alberta Jubilee Auditorium

AUG 30 - SEP 4, 2022



EDMONTON vs **CALGARY**

WEEK 14 | SATURDAY, SEPTEMBER 7



SEE US AT

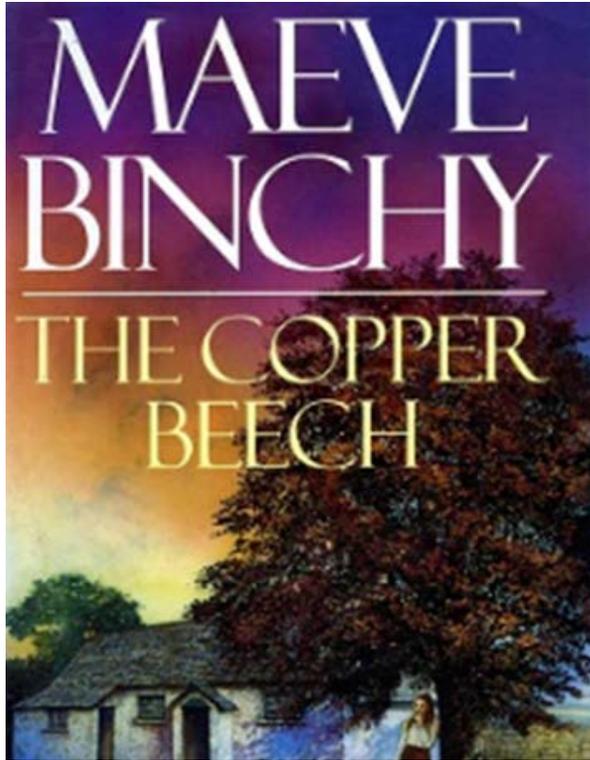
EDMONTON EXPO
COMICS & ENTERTAINMENT

SEPTEMBER 15 - 17, 2023

September 6th is Read a Book Day and September 8th is International Literacy Day

AT YOUR COURT LIBRARY

Submitted by Dorothy McVey



September Book Review:

On a recent trip to the library, I found myself browsing for books written by Maeve Binchy. This author is no longer writing as they have passed away, and I am always hoping that someone has donated one of her books to the library that I haven't read yet!

Binchy was born in Ireland, and she has written a series of tales about people living in a small Irish village; the kind of community people live in all their lives and know all the details of everyone else's business. Each book focuses on a different family, but the stories intertwine so that the reader feels as if they know all the different characters well. The books include events involving love, disaster, children's pranks, etc.; all of which provide fodder for the local gossips. Binchy's books provide light reading with a 'feel-good' finale.

LET'S WORK TOGETHER

Fall 2024 Immunization Clinic in October - Dates To Be Determined

With Autumn and a return to cooler weather, the spread of flu and covid become a greater concern. We need to look after each other and do our best to prevent an outbreak within our community.

How can we do this?

If you have symptoms: let healthcare staff know, wear a mask in public, and refrain from joining in group activities. Watch for notices about vaccination clinics and keep your immunizations up to date so that we can establish strong group immunity.

If we are all vigilant and take preventative measures against an outbreak, we are less likely to have our daily activities disrupted and keep ourselves and our neighbours safe.

Thank You!





Canterbury Foundation wishes to extend condolences to the friends and family of Morgan Kitchen, the former fire department volunteer (near Airdrie) who succumbed to injuries sustained while fighting wildfire in Jasper last month.

Autumn

WORD SCRAMBLE

Unscramble the following spring words

GKANMHAYI	HAYMAKING
TRVAESH	HARVERST
SNAIFTGE	FEASTING
AITELFVS	TRACTOR
OATTRCR	FESTIVAL
LNMUHCGI	TRACTOR
BREMSTEEP	MULCHING
PONCCRAIUO	CORNUCOPIA
MALAUNUT	AUTUMNAL
TEERELBAC	CELEBRATE
LOIAGEF	FOLIAGE
MUTGEN	NUTMEG



Olympics 2024 *Paris*



317 athletes officially represented Canada on the field of play
 PARIS (August 11, 2024) –
 Team Canada won 27 medals at the Paris 2024 Olympic Games – 9 gold, 7 silver and 11 bronze. This is Canada’s second largest in both gold medal count and total medals at a single Olympic Summer Games.



☎ 780-483-5361

📍 8403 142 St. Edmonton, AB

✉ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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