



## CANTERBURY GRATITUDES

**NOVEMBER 2021** *Inside this issue:*

CANTERBURY'S 2<sup>ND</sup> ANNUAL  
PROMISE OF HOME CAMPAIGN  
*and how you can get involved!*

STAFF FEATURE:  
*Meet our giving Grace Gu!*

A GIFT TO REMEMBER:  
*The story of Sandra Smith*

*...and how Canterbury is  
more than just four walls.*



## A Message From the Executive Director

**WENDY KING**

Dear Friends,

There is so much colour surrounding our building this time of year! All the burnt oranges and reds are the signal that change is on the horizon – that winter will soon move in and it's time to get settled and make ourselves at home.

Here at Canterbury Foundation, the weather could not echo better, what we are about to experience at Canterbury. The last two years have definitely taught us that we are resilient in the face of change. That as an organization, as a family of residents, their families and staff, we are capable of weathering storms, shifts and turbulence.

Once again Canterbury is entering another stage of our renovations. We know this is exciting yet many may feel anxious about this change. As we embark on the renovation of Canterbury Court and the next impending move of some of our residents – we hope you'll have patience with us, as we try to make these transitions as smooth as a construction project can be. There may be some short term strain but we know the end result will be worth it. We are already so excited to see this dream become a reality.

Even before COVID-19, we knew that in our city we had to step up and meet the ever-changing needs of the growing seniors population. We knew we needed to grow, expand and elevate our spaces to meet the needs of not only our current residents, but seniors of the future. This has meant great sacrifice for all of us, but the end results will be outstanding

with us being able to provide a beautiful life to all who choose to call Canterbury home.

Our expansion will give rise to 53 new memory care spaces, skilled nursing and end-of-life care, and a community outreach program for seniors living in the surrounding neighbourhoods. These spaces could not come soon enough as we watch our health care system be stretched further every day and people facing isolation inside their homes. We hope to be the soft place anyone needing care and companionship can land in these tough pandemic times.

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By the time our Capital Project is finished, Canterbury will have one of the best Senior Care Centres in the world. That is truly something we are proud of. But this project will continue to need all of us and it's why we continue to expand our donor community and build more connected and inspired relationships with our families and private donors. We want everyone to feel like they can be part of supporting the current and future well-being of the seniors in our community.

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Here in our third edition of our Canterbury Gratitudes, you'll find stories of giving, from within our four walls and far beyond. You'll meet Sandra Smith, who did not have a direct personal

“Fall has always been my favourite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.” AUTHOR, LAUREN DESTEFANO

connection to Canterbury, but felt compelled to donate to Canterbury's Capital Campaign in honour of her mother Olga Lentz on what would have been her 99th birthday. Ms. Lentz, a retired mother of two, became familiar with Canterbury during walks over to her daughter's home in Laurier Heights.

You'll also meet Grace Gu, a staff member at Canterbury Foundation who goes above and beyond at work as our Payroll Supervisor and who also decided to give back to Canterbury with a tremendous personal donation. She is also a volunteer with the East China Immigration Society of Edmonton, of which she is a member.

Our own celebrity Chef and donor, Ajay Lala, has provided a beautiful holiday recipe along with a few other inspiring stories. This truly is the season of giving and we hope these stories will warm your heart as we head straight into Canterbury's 2nd Annual Promise of Home Campaign and Online Auction from November 15th – December 31st.

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Last year, we raised over \$70,000 for all things Canterbury. This year, we have our sights on reaching and exceeding a goal of \$80,000.

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Learn more about the 2nd Annual Promise of Home Campaign in the pages to follow, and know that if you are considering becoming a first-time donor, renewing your gift, or ready to bid

on the amazing items in the auction, Canterbury Foundation is grateful for you. We hope you'll share our campaign with those close to you, your neighbours, family, colleagues and friends.

If you have questions about donating, please reach out to Canterbury's Fund Development Consultant, Margo Buckley at 780.919.7295 or [margob@canterburyfoundation.com](mailto:margob@canterburyfoundation.com)

We wish you all the very best of the season and thank you for being part of the Canterbury family. Your donations of support, time and energy are all felt inside our walls and Canterbury could not continue to grow, elevate and change without all the support we receive from all of you. Have a beautiful fall and merry holiday season.

With love and gratitude, stay strong.

Wendy King, CPA, CMA  
Executive Director





**SAVE THE DATE!**  
November 15th to December 31st, 2021

## CANTERBURY'S 2<sup>ND</sup> ANNUAL 2021 Promise of Home Campaign & Online Auction!

On Monday, November 15th, keep your eyes peeled for the kick-off of Canterbury's 2nd Annual **Promise of Home Campaign and Bird Stuart Olson Online Auction**. Last year, we raised over \$70,000 for all things Canterbury. This year, we are BOOSTING our year-end goal to \$80,000!

### WHERE DO YOUR DONATIONS GO?

**YOUR GIFT** gives Canterbury the ability to expand age-in-place care options, keeping the resident's friends or caring companions by their side.



**YOUR GIFT** will expand life enrichment programs, activities and infrastructure.



**YOUR GIFT** will ease crisis expense, like COVID-19 safety.



**YOUR GIFT** will enhance Canterbury's integrated continuum of care, a critical response to the need for expanded dementia and end-of-life care for loved ones.



**BUT WAIT – what if we started the campaign with an amazing boost towards the goal?**

A generous lead gift of **\$20,000** has been made by a donor who resides in Canterbury.

**BUT WAIT – what if every bid on our online auction could activate ANOTHER \$10,000?**

**bird  
stuartolson**  
ONLINE AUCTION



Bird Stuart Olson is the generous presenting sponsor of the 2021 Online Auction. They are challenging you – our amazing Canterbury Community to bid high and unlock matching funds. Every winning bid will be **MATCHED** by Bird Stuart Olson up to \$10,000 – all for the Greatest Good at Canterbury.

**BIRD STUART OLSON ONLINE AUCTION  
STARTS NOVEMBER 15TH, 2021  
LIVE FOR ONLY 30 DAYS!**

Keep your eyes on  
Canterbury emails &  
social media for the  
auction QR Code!



## CANTERBURY BITS & BITES

### THE POWER OF A *thank you.*

Once the immediate concerns of the power outage Canterbury experienced this past summer had passed, a resident in the Manor had nothing but love for the staff at Canterbury for their time and care during a difficult situation. Sandi Skakun wrote this letter in gratitude of the Canterbury Team:

July 22, 2021

*I would like to thank Canterbury for the amazing way they took care of us during the power outage.*

*It took me awhile to realize we were checked several times in the night to make sure that we were okay.*

*Our Chef Ajay and Sally and their staff did an amazing job of keeping us fed when we were without power.*

*The staff all worked very hard to make sure that we were safe and happy. Thank you so much. This all reminds me of the fact that we are living in a wonderful place that really does feel like home.*

*This is probably a good time for me to mention how happy I am with the landscaping around the Manor front entrance. Thank you Canterbury for making living here feel like living at home!*

Sincerely  
Sandi Skakun



### GIVING THE WORD

Manor resident Nellie Houlihan's daughter Carmen Alton & friends who all love to read, put out the call for gently used books. The result? A donation of 225 fresh titles (in 14 banker boxes) for Canterbury residents to read.

*~ Both Nellie and Carmen are also generous donors to Canterbury's Annual Promise of Home Campaign!*



### A GIFT FROM HOME

This beautiful rocking chair (pictured here with generous donor Ben Volorney) was crafted in Legal, Alberta by a local woodworker (of last name Montpetit). It was a gift for his mother, Leona Pritchard on her 30th birthday in 1980, and has been in their family homes over the years ever since. It's made of solid oak and with proper care it will easily last over 100 years! Ben felt strongly that it should be donated versus sold, as it was originally a gift. Knowing it will be in a setting where it can be used and enjoyed, we are grateful to Ben and Leona for sharing a cherished part of their home with ours.





## Grace Gu's Joyful & Philanthropic Spirit = Heartwarming Support of Canterbury Seniors

It's a warm and sunny morning outside the doors of Canterbury Court; a perfect way to describe the early autumn season – and the friendly, glowing personality of Grace Gu.

We caught up with Grace, Canterbury's kind and efficient Payroll Supervisor, to hear about a wonderful donation she has gifted to the senior residents she loves seeing and interacting with each day.

*"Before I came to work here, I had never been to seniors' housing," explains Grace, "and the residents here were so friendly and nice, they are like family to me. I wanted to do something special and donate some funds to help them."*

Moved by this personal connection, Grace was inspired to donate \$600 of her own money to Canterbury last December.

Grace is humble about her generous gift, and says that it doesn't matter where the money goes in the organization. She smiles shyly and says, *"I just want to help the seniors, where help is needed most."*

**Donating is important to Grace; it's a way of giving back to local communities that helped support her and her young family as new immigrants to Canada.**

In 2008, Grace and her husband took a courageous journey to Canada to give their son a better way of life. But it wasn't always easy. *"The first year I came to Edmonton from China, I cried so much, I was home sick,"* explains the mother. *"But when I took some English classes, I was very touched how nice everyone was to me, and how the Chinese community organization helped me in tough times. I thought, 'OK, now I have a stable job, I think I can contribute back to this wonderful country.'"*



Grace has had a strong and dedicated work ethic her entire life that has really paid off. She originally earned a Bachelor of Accounting degree at university in China and worked at a bank. Once in Edmonton, she upgraded her education with an Accounting Diploma from NAIT and became a Certified Payroll Manager through the Canadian Payroll Association. Grace also worked hard to improve her English, and was a student of ESL classes at night.

After finding employment at a housing company she was hired by Canterbury in 2016 as the Payroll Supervisor. Here at Canterbury, Grace manages all the important details of the



payroll system including working with new employees and existing employee files and ensuring the two hundred staff are properly paid. She is a bridge between the Human Resources and Finance Departments and assists with budget planning.

Exceptionally strong in math and accounting skills, Grace's diligence and attention to details makes her a valuable team member in the daily financial operations at Canterbury. But in addition to Grace's natural ability with numbers, she has a very friendly personality and gets along easily with others. This compliments her enduring compassionate nature and sincere gratitude that keeps her grounded.



*"I feel very fortunate to have a good job now. I know I'm not rich, but I give what I can and want to set a good example for my son." She also importantly recognizes, "When I get old, I would like this kind of help if I can't work – I need someone to take care of me in return, someone in society that can help me too."*

Grace's thoughtful generosity also extends beyond the doors of Canterbury. She personally donated \$200 to the Red Cross

to help with COVID 19 relief for Chinese communities. A recent board member with the East China Immigration Society of Edmonton, Grace also donated \$200 towards a collective \$15,000 donation the group raised last year to give to Edmonton's Food Bank.

Grace is also a talented traditional Chinese dancer. She gave the special gift of entertainment to Canterbury residents through the same cultural organization, when she performed here with their colourful dance group for Chinese New Year activities.

Grace's all around generosity keeps on exponentially growing. She has just informed Canterbury that she will be giving another \$600 donation again this December – and we are so excited that she has decided to renew her Annual Campaign gift!

The payroll supervisor understands the value of monetary donations – big or small. *"It doesn't matter how much you give,"* she says with conviction and a positive grin. *"Even if it's \$10 or \$20 – it's worth it and all together has a huge effect that seniors will appreciate."* Canterbury would like to sincerely thank Grace for her uplifting sunny outlook on life, for bringing a smile to so many of our residents in the hallways, and for giving inspirational gifts from her heart that count in so many ways!

*To learn more about supporting Canterbury Foundation, please reach out to Margo Buckley, Canterbury Fund Development Consultant, at 780.919.7295 or [margob@canterburyfoundation.com](mailto:margob@canterburyfoundation.com)*





## DONOR HIGHLIGHT: A GIFT TO REMEMBER, SANDRA SMITH

### Smith Family Gifts \$25,000 to Canterbury's Capital Campaign as Beautiful Memorial to Parents

For Rio Terrace resident Sandra Smith, celebrating her mother's birthday was always an important occasion. This year, it had extra special meaning. Sandra decided to make an exceptional donation to Canterbury's Capital Campaign in honour of her mother Olga Lentz on her 99th birthday which would have been on July 21, 2021.

On that special day, Sandra gifted Canterbury with a cheque that is part of the \$25,000 total donation she will be giving them in memory of her late mother and father.

*"It will be for one room dedicated with a plaque in the dementia unit, so I will give half of it this year, and half the next year on my mother's 100th Birthday," she says.*

Sandra does not have a direct personal connection to Canterbury, but what led her to her thoughtful donation was an interesting path. The retired mother of two, became familiar with Canterbury during walks over to her daughter's home in the nearby neighbourhood of Laurier Heights.

She was impressed with the facility's size, the construction redevelopment, and overall reputation in the community of the quality of care offered. *"During these visits I used to tell the grandkids that I'd already chosen the place I'm going to next - I had it all picked out," she says with a smile, "it would be in Canterbury and on the second floor with a balcony."*

Sandra also has a good friend with early onset dementia who toured Canterbury and is on the waiting list to move in. Her friend has worked in healthcare for many years, and chose Canterbury because of the high excellence in care, and close proximity to where her own daughter lives too.

Sandra was interested in her friend's choice and started researching the facility herself. She signed up for the mailing list, and started receiving the Canterbury newsletters. She

was impressed how Canterbury handled COVID-19 with no outbreaks, and took the opportunity to attend a zoom Town Hall meeting. *"I thought I'd listen in and see what it was all about. And so I became familiar with the Capital Campaign fundraising initiative. And the fact that you could make a donation for a specific room in the hospice or dementia wing - that really appealed to me. I hadn't given in the past, but when I saw you could make that type of donation, it seemed appropriate to go that route."*



Sandra's valued donation to Canterbury is in memory of her parents Pete and Olga Lentz who lived in Ottawa. Her father had vascular dementia, and passed away quite a number of years ago after living in a nursing home there. Olga also spent time in a senior's residence for five years, but unfortunately the family was not happy with how it was operated. *"It became quite apparent the difference between the for-profit and not-for-profit and government run senior places, and it seemed very much like the not-for-profit ones did quite a bit better," she says.*

Sandra says she knows people in the community who have gone on to live at Canterbury and has only heard positive things about the facility and management. She was also happy to hear they were going to integrate a hospice into the building.

*"I feel strongly that we should be focusing on places that have transitional living," she says. "I know from experiences of others that every time you move an elderly person, it is very disruptive and difficult, and so to be able to move from independent living, to assisted living to the end, whether it's the dementia unit or long term or hospice care is very, very important."*

All this gave her incentive to make the \$25,000 room dedication gift to the Canterbury Capital Campaign, in support of their new construction expansion, renovations and programs. *"I felt that, if we don't donate to this sort of place, it won't be there if we need it, or somebody we care about needs it," she says. "It wasn't there for my parents, and I wish it had been different for them. It wasn't."*

Sandra's siblings are very supportive of the donation and she knows her parents Pete and Olga would be so happy this gift in their name would help out other seniors living in not-for-profit care.

There is another valuable reason for Sandra to create this lasting legacy. *"My parents don't have a headstone as their ashes are buried under a tree at my sister's cottage in Ontario. And so this dementia room dedication is a bit of a memorial for them, a tribute to them as well. It's something tangible that you can do as a remembrance of them, and it's very satisfying."*

The next time Sandra visits with her daughter and grandchildren in Laurier Heights, their stroll past Canterbury will be an enlightening experience.

*"It's near, it's accessible. And when I go by, I'll know in my heart that I have contributed in some small way to this wonderful seniors' facility and still have a special connection to my family."*



**A gift to Canterbury Foundation enriches people's lives by expanding the Promise of Home.**

To learn how to join the Smith Family in enhancing the lives of seniors and leave a legacy of giving to Canterbury Foundation, please contact:

Margo Buckley, CFRE  
780.919.7295 | [margob@canterburyfoundation.com](mailto:margob@canterburyfoundation.com)

All donations to Canterbury Foundation are eligible for tax receipt.  
Registered Charity #887411791 RR0001





Did you know Canterbury's Life Enrichment team are always thinking up creative, fun ways to fundraise for Life Enrichment Programs, Supplies, Entertainment, Special Events, Decorations and Canterbury Gardens? It's true. Check out these event highlights from over the summer!



## FROM THE CANTERBURY KITCHEN

*Looking for a little something between Thanksgiving Hams and Christmas Turkeys?* This recipe for roasted leg of lamb should hit the November spot. Did you know that our very own Chef Ajay at Canterbury is a donor? Many of Canterbury's staff are moved to give to Canterbury Foundation, and have been generous donors for years. What a team!



## ROASTED LEG OF SPRING LAMB

1 well-trimmed 6-pound boneless leg of lamb  
8 garlic cloves, peeled, divided  
½ cup whole grain Dijon mustard  
½ cup extra-virgin olive oil  
¼ cup dry white wine  
2 tablespoons finely chopped fresh rosemary  
2 tablespoons fresh lemon juice  
Nonstick vegetable oil spray  
Fresh rosemary sprigs and fresh Italian parsley sprigs

- Trim off excess fat from leg of lamb if needed.
- Using tip of small knife, make ½" deep slits all over lamb. Thinly slice four garlic cloves. Insert garlic slices into slits in lamb. Combine remaining four garlic cloves, mustard, olive oil, white wine, rosemary, and lemon juice in processor. Blend until coarse purée forms. Spread underside of lamb with half of purée. Place lamb, seasoned side down, in 15" x 10" x 2" glass baking dish. Spread remaining purée over top of lamb. Cover lamb with plastic wrap and chill overnight.
- Let lamb stand at room temperature for 2 hours before roasting.
- Preheat oven to 450°F (230°C).
- Place lamb on a rack in a roasting pan and sprinkle with salt to taste.
- Bake at 450°F (230°C) for 20 minutes, then reduce heat to 400°F (200°C) and roast for 55 to 60 minutes more for medium rare. The internal temperature should be at least 145°F (63°C) when taken with a meat thermometer. Let the roast rest for about 10 minutes before carving.

ENJOY!



**A gift to Canterbury Foundation enriches people's lives by expanding the Promise of Home.**

**At Canterbury Foundation, we are intentional in our commitment to love one another and serve our community through our values. *We are more than four walls.***

To learn how to join others in enhancing the lives of families and their loved ones, please contact:

Margo Buckley, CFRE  
780.919.7295  
margob@canterburyfoundation.com

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

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