



Canterbury Gratitudes



OCTOBER 2022 *Inside this issue:*

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MESSAGE FROM
Heidi Hadubiak,
Interim-CEO

As days get shorter, the weather gets cooler and the season of Thanksgiving and pumpkin spice lattes is upon us, we here at Canterbury, have so much to be grateful for. With our major renovation and expansion project set to be complete this fall, it seems appropriate to take a moment to reflect on the past, the present and the future as we take time to give thanks to everyone who has helped to make our vision for Canterbury a reality.

On a personal note, as this is my first gratitude report, I want to take the opportunity to express my deepest gratitude to our staff, residents, families, volunteers, and all our other partners in care for their efforts to keep one another safe during the global pandemic. As many of you know, prior to stepping in as Interim CEO, I was working hard behind the scenes as the Director of Health Services and leading the pandemic response. As a continuing care facility in the province of Alberta, we can be incredibly proud of our track record over the past two and half years. Having had no COVID related deaths or hospital admissions, we truly stand in a league of our own. For this, we can all be thankful.

Turning to the present, Canterbury's staff and residents have been busy 'home making' and showcasing the latest phase of completed construction. We are particularly excited about our brand-new memory care living option, Canterbury Lane, which has just fully opened. As of late September, we can now welcome more than twice as many residents experiencing late-stage dementia and provide them with leading edge memory care. This specially designed space was created in partnership with our research team from the University of Alberta Department of Human Ecology. It comes complete with a beautiful new outdoor courtyard that is safe and secure for residents to enjoy along with an interactive indoor walking loop for the colder months ahead! These new spaces would not have been possible without your support. I can

tell you firsthand, the sense of comfort and peace it gives the families of residents living in the Lane to know their loved one is receiving world class care in a space that is safe and promotes purposeful living.

As we look to the future, just prior to the end of the year, we will see the opening of a new enhanced supportive living unit and the launch of our end-of-life program, developed in-house by the very skilled team here at Canterbury. The end-of-life program features a unique partnership with Alberta Health Services Palliative Care staff and physicians to once again, offer best in class care and support to residents with life limiting illnesses, wherever they reside at Canterbury Foundation. The advent of the enhanced supportive living unit will afford us the opportunity to provide increased services allowing residents to remain at Canterbury even when they require the highest level of care. These advancements in Canterbury's Campus of Care will allow us to truly offer a complete aging in place model of care.

These are exciting times at Canterbury Foundation, so to our donors who have made all this expansion, and renewal possible, I want to express my heartfelt gratitude. Your generosity not only helps Canterbury to fulfill our mission to provide safety, comfort, independence, and connection to support meaningful lives, but also to reach our vision of being a leader in enhancing the role and place of seniors in society. These beautiful new spaces and the enhanced programming your donations go to support, helps honour the lives and legacies of our past, present, and future residents of Canterbury.

Heidi Hadubiak
Interim-CEO, Canterbury Foundation



You Can Give to the Heart of Canterbury



We see your heart. We know you want to give. You help us invest in the best people, programs, equipment and research. But more than that, you help us create community, compassion, and memories. This year marks the 3rd Annual Promise of Home Campaign & Online Auction! Once again, we are proud to announce a generous lead gift of \$25,000 has been made by a donor who resides in Canterbury Manor. We hope this transformational donation inspires you to be a part of our donor family.

The online auction is being built right now, with the awesome help of Bird Construction as presenting sponsor (see what we did there?). That's right, Bird is back and matching your bids up to \$10,000!

This year's Annual Campaign & Online Auction goal is \$120,000!

When you choose to give to Canterbury, your options are many. Memory Care, End of Life Care, Expansion & Modernization or a general gift to The Greatest Good. You will also see "The Heart of Canterbury" – a fund dedicated to our geriatric social work and spiritual care chaplaincy. You can learn more about The Heart of Canterbury in the pages to follow.

Dates to Remember!

3rd Annual
**PROMISE OF HOME
CAMPAIGN**
November 15th - December 31st



bird
birdconstruction.com



ONLINE AUCTION
November 15th - December 3rd



BECOME A CORPORATE SPONSOR!

All sponsorship levels are uniquely crafted to suit your organization's vision of community impact and return on investment.

To learn more about sponsorship opportunities, please reach out to margob@canterburyfoundation.com

SPIRITUAL AND MENTAL HEALTH CARE = The Heart of Canterbury

Mind, Body and Spirit. This is the holistic approach to care that the community of Canterbury embraces. This year, as we prepare for the 3rd Annual Promise of Home Campaign, we are putting a spotlight on our Spiritual and Mental Health Care at Canterbury. These programs and integral staff are funded by donations and offered to the residents, their families, staff, and volunteers at no cost. To donate to this fund, please look for **“The Heart of Canterbury”** on your pledge form and online when the annual campaign launches on November 15th.

Mental Health at Canterbury

Sara Morin is Canterbury’s new social worker. For the past 20 years Sara has worked in the field of geriatric social work in both private practice, supporting seniors living independently in the community and has helped numerous families make the transition into care.

“Often I have found people really stabilize and perk up when they come here. The weight of making decisions, trying to manage their lives and a home and organizing care is a huge weight off their shoulders when they move here,” says Sara. “At Canterbury we have an entire disciplinary team. We have a coordinated approach so the senior, and their families, don’t have to organize all these piecemeal areas of care living on their own. They don’t have to find someone to shovel the walks, fix a tap or organize home care. People can conserve their energy and spend time on the things they really love. Here you have time to live life, you don’t have to manage it. We love helping seniors find a new lease on life at Canterbury,” says Morin.

Sara will happily visit families and seniors out in the community to talk to them about what a transition to Canterbury could look and feel like for them.

“Just being a part of these conversations with families can be helpful because transitions can be hard for everyone. We’re talking about moving from a home they’ve often been in for a long time and the idea of downsizing their life can seem so big. But I’ll often have adult children tell me, they won’t listen to us, but they will hear it better when you say it. It’s hard to have your children trying to parent you, so I can be that professional who can talk to them about the pros and cons and break it down, one step at a time and be there so they don’t have to do it all on their own,” says Sara.



SARA MORIN,
Canterbury’s new
social worker.

Spiritual Care at Canterbury

Even from her youth, Reverend Colleen has always had a real calling to be an active member within the diocese. As a teen she participated in summer camps and youth ministry and had contemplated being ordained.

She spent 3 years in seminary in Toronto and in that time, while training to be a priest she worked in hospital, she did inter-ministry in many communities after that and eventually found herself with a rectorship at St. Michael & All Angels Anglican Church in Edmonton. As part of her position there she visits and does communion for residents in 6 other long-term care centres.

I just really enjoy doing ministry with seniors and have been really concerned with seniors and the pandemic and all the things that have gone on inside a lot of long term care facilities across Canada. I think seniors have an amazing life story and a gift to bring to the community and we often shut them away in long term care centres. I think it’s really important that there is someone who can hear their life stories. So when I saw the position here at Canterbury, I thought I could be of help and of service to the residents and the staff in a really difficult time.

Since arriving at Canterbury, Reverend Colleen has spent her time visiting with the seniors to make sure they have a visitor everyday, to make sure they know they aren’t alone. She’s been able to be there for a family, who lost their mother unexpectedly and has plans to implement a brand new & uniquely designed worship service inside the brand new and expanded Canterbury Lane, where residents receive memory and dementia care support unlike anything else offered in Edmonton. She also hopes she can support the staff who have worked tirelessly through COVID restrictions and give them training to better prepare families for end of life conversation and experiences.

“I would like to develop spiritual programs for the staff. For example, I am organizing a blessing of hands for all the staff. We use our hands to do ordinary tasks, and God takes the ordinary and through his blessings makes it extraordinary for those we serve.”

But more than anything Reverend Colleen just wants to be able to support Canterbury - its residents, families and staff, in the strong community it has already built.

“I love community. I think it is so important to have healthy community especially at this time in a resident’s life. I love journeying with people through the high moments and the low moments. From birth to death, it is just a privilege to be invited into that space to journey with people.”

“The Heart of Canterbury” fund will launch with Canterbury’s 3rd Annual Promise of Home Campaign, starting November 15th or donate today at canterburyfoundation.com/donate-today/



“When I was first ordained - I was a curate at Christ Church and so I visited some of the parishioners that were here at that time. But I was always so struck by how welcoming the community here was and how it was a real feeling of home, and it was just different from any of the other long term care facilities I had been at in the city. And now being the Spiritual Care Chaplain here formally, I love that this is one big community and the residents really have a voice in how that plays out. It’s just so unique and really just draws me to the community here.”

REVEREND COLLEEN SANDERSON



“Why I give.”

A Letter From Manor Resident Margaret Bates

The question was presented to me, a resident in Canterbury Manor, why do I request that any donations I make be dedicated towards the Chaplaincy at Canterbury?

Religion has always played an important role in my life and Canterbury has not disappointed me. Our Chapel, to me, is the focal point of Canterbury. Our residence, a tribute to those men and women who so thoughtfully envisioned a home for so many of us in our senior years.

We are most fortunate to have such a beautiful stained-glass Chapel in our midst. A Chapel which welcomes all denominations, with a part-time resident Spiritual Care Chaplain to guide us, is a bonus.

Prior to Covid, “Celebrations of Life” were held for deceased residents. It was here, in the forefront of the Chapel, a basket was on display, where remembrance donations could be placed. No collection plate is passed around at the various services nor has it ever been at Canterbury.

I began to realize that the Chapel and accompanying services do not come to us without a cost factor, and I began wondering just how the Chaplaincy program is funded. Could I help in some small manner? Like many of us in this complex, I survive on the funding received at the end of each month – Superannuation, Old Age, Canada Pension and yes, Veterans Affairs.

However, I felt I could make those sacrifices in my budget to help in some small manner. After some thought, I decided to make donations to Canterbury, with the exclusive use by the Chapel, in memory of fellow neighbours and friends at Canterbury as they left us. Administration joined me in always advising the families of the bereaved of the remembrance made by me. Perhaps my yearly donations to Canterbury are small, but it is amazing how they can add up during a year and to me, I feel I have some consolation knowing I have accomplished, not only supporting Canterbury, but informing the kin of former residents that their loved one will be missed.

Margaret Bates, Manor Resident & Donor

This is the Heart of Canterbury.

A fund dedicated to supporting the spiritual and mental wellness of residents, their families and loved ones, staff and volunteers at Canterbury at no cost to them. Donations made in support of this fund ensure that services, programs and the salaries of our Spiritual Care Chaplain and Geriatric Social Worker remain secure and available.

To donate to the Heart of Canterbury, please give to our **3rd Annual Promise of Home Campaign**, beginning November 15th, or donate today:

online:
canterburyfoundation.com/donate-today/

by mail: cheques payable to:
Canterbury Foundation
8403 142 Street
Edmonton AB, T5R 4L3

in person: Court or Manor Reception

Did you know?



Canterbury Manor has just introduced two guest suites for visits from family and friends of our Manor residents!

A stay in the guest suite is designed to make a visit with your loved one as easy as possible. No travelling back and forth from a hotel or your home, only maximum time spent with your loved one at Canterbury. Guest stays in these suites are complimentary, however, as Canterbury is a not-for-profit, we do welcome donations! Everything you need to join our donor family can be found inside the suite.

To book a stay, please call **780.483.5361** or visit **Manor Reception**

Lloyd Sadd Insurance Brokers

“It is important to us to give back to the community as much as possible.”

The team at Lloyd Sadd has been giving back to Canterbury for over 3 years, and it truly is a team effort. Starting out by giving monthly via payroll for the perk of a casual “Jeans Friday”, the staff at Lloyd Sadd have grown their collective fundraising efforts over time. Hailey Taskey, Partner & Senior Advisor at Lloyd Sadd has a personal connection to Canterbury. Her grandmother was a resident here for many years, and feels proud to give back, knowing how well she was cared for, and how Canterbury was a special place for her family. That connection makes this donation all the more meaningful.

“We make it a point to give back to our clients. We see Canterbury doing great things, growing and advancing senior care. It’s just what we believe.”

Thank you to the staff of Lloyd Sadd!



Pictured here: Canterbury’s Interim-CEO Heidi Hadubiak and Hailey Taskey, Partner-Senior Advisor at Lloyd Sadd Insurance Brokers

A PLAN YEARS IN THE MAKING:

Canterbury Set to Open Multi-Level Care Expansion from Independent to Palliative Care

You know that feeling of hope and anticipation when you plant fall bulbs in your garden? You dig the holes deep, making plenty of space so they have room to grow and spread. You perfectly position your bulbs so they grow straight up and towards the sunlight. You tend to the soil and make sure it's full of nutrients and you water with care. You tuck them in tight with all the love of a hopeful caregiver. Then you wait months to see what blooms.

Years of careful planning, observing residents and watching their needs shift and change, has led Canterbury down a path of cultivating a multi-stage expansion and renovation that will see Canterbury blossom into one of the best seniors care centres in Canada, equipped to manage all stages of care for those in their senior years. It's been years in the making and it's nearly complete.

Canterbury has just opened its new memory care unit called **Canterbury Lane**. The Lane is now complete with 52 brand new spaces for full dementia care support and specialized programming not offered anywhere else in Edmonton, ensuring those with dementia receive the best care, programming and environment to support their memory function and ensure lives continue to be well lived.

Canterbury is also anticipating the opening of its brand new Enhanced Supportive Living with Palliative Care, set to open mid-October 2022 with an additional 18 spaces. This new Enhanced Supportive Care wing is currently being constructed within Canterbury and will allow all those who need advanced care, to stay in their home at Canterbury, without being forced to move to a hospital for long-term care or their final days. Ensuring residents can spend their end of life inside Canterbury while receiving the best of palliative care is an incredible dream staff and residents have long wished to see realized at Canterbury.

"It gives me goosebumps really. As a nurse I am super passionate about end of life and palliative care," says Tiffany Brochu, Canterbury's Health Services manager. "We want to value and give them the dignity and the respect that they deserve to be able to make their own choices about how they want to live their end of days and that is so important."

Heidi Hadubiak, the Interim-CEO at Canterbury says, "Albertans are telling us that it is important to have a choice about where they want to spend their end of life days. So the ability to stay at Canterbury surrounded by their family, their loved ones, and the care team here

at Canterbury that really knows them as an individual, is incredibly important. We feel so honoured to be able to be there for them in those final days and to provide that in an enhanced way here at Canterbury."

Canterbury Lane: A Special Space where Life and Memory is Supported

Today when you open the doors to Canterbury Lane, you find rows of bright colours. It is alive with the sounds of resident Geraldine, singing 30's big band tunes, there is clanking of dishes of residents finishing their morning breakfast together and there is a busyness of happy residents heading for their morning exercise class. There is so much life happening here! And that was the goal.

"This has been years of planning," says Wendy King, former CEO of Canterbury Foundation who just retired from Canterbury after working to bring forth the new renovation and expansion. "We were seeing the incidence of dementia increase in our community and the need for a more secure space was needed amongst our population. We now have all 52 spaces open and can move more people in. So this is very exciting," says King.

The memory care unit boasts a continuous walking loop for residents. "In the former space they really didn't have a destination," says King.

The new space features 3 different neighbourhoods, each one with a different bright colour. Residents will be able to travel unobstructed through all three neighbourhoods, with colours helping them identify what community they live in and where they are within the unit. The walking loop allows them full unobstructed access to all parts of the memory care wing with beautiful murals, cityscapes, and art walls of bright florals.

While the space itself is stunning and far from anything resembling institutional or other congregate living facilities, the memory care unit is more than a space. It comes with a brand new culture. A new lens under which staff and residents will interact and engage.

Mbalia Kamara is the Manager of Life Experience at Canterbury. "One of the things we're going to really see evolve is how we engage our residents in daily activities from when they wake-up in the morning to the evening. While we will still have all the scheduled activities we will also have residents engage in other forms of daily living. So residents who are more attune to being homemakers for example, you might see them doing dishes or sweeping floors after meal times, so really trying to bring life as a daily form and having that flow as organically and as naturally as possible into the program,"



says Kamara. The premise is that everyone has a natural drive to be helpful and purposeful. That giving residents a reason to get out of their beds and move with purpose through-out their day will draw out more of their memory, will spark their natural drive to move and be active and will prolong their memories and bring value and meaning to their lives.

"I think it is going to be instrumental," says Kamara. "Things like doing our daily tasks - it's not something we forget. It's muscle memory. You start by doing those things and other things come back - and it allows them to emote more and share more. Stories come out when you are folding laundry rather than just sitting down and asking someone, 'How are you doing today?'"

Canterbury staff have already begun enhanced training that will see the way they interact with residents completely change. While they will still be providing all the incredible medical care that Canterbury is known for, the way staff engage with residents will be very different. No longer will they solely be helping them complete tasks and taking care of them - but staff will now shift to living with the residents and taking part in their activities together - like a family would do to make a home - a home.

"The opportunity to live a life of purpose and of meaning doesn't go away with age or even diminished cognitive function," says Heidi Hadubiak. "The ability to live in a space where you can live at your optimal wellness, whatever that looks like for you as an individual, allows you to have quality of life. So this has been an amazing opportunity to build a space designed for purpose led living, with the overlay of staff that have been mentored in a way that they honour the identity of each person on this unit. To watch that come to life is incredible."

Hadubiak says the memory care program is meant to remain fluid. It will be tailored to the needs of everyone in the space and therefore the staff will have to identify what will enrich each person's time at Canterbury so they can live at their most fulfilled. And that will be different for everyone.

"We've been very organic in the creation of the program, and what is unique is that we recognize that the individuals on the unit today are not going to be the individuals who will be on the unit tomorrow and so this program has the ability to grow and be shaped by the individuals on the unit everyday and that is what is really special," says Hadubiak.

Canterbury's new program has been aided by researchers at the University of Alberta, who have been studying and observing the way residents inside Canterbury live. This research has informed the new program and the way staff are now being trained to live with the residents as opposed to just caring for them.

"Our staff are just really excited. They are embracing this new way of engaging with our residents. It really just is about taking the time and the intentional approach to create a care plan for each individual resident, says Brochu.

While there is still much to do, and more plans for future expansion and growth at Canterbury, King hopes this work will flourish and will inspire other care centres here and across the country to look at the way they too can enrich the lives of their senior populations.

King says, "We are so grateful to be able to do this here at Canterbury - to renovate spaces, to make them more meaningful to the residents, and to have a research team from the University of Alberta to help us with that too, we are so fortunate. This research and the recommendations coming out of it will be shared with other operators, designers, other academics here but also around the world. To think that we could help change the lives of seniors even outside of Canterbury for the better, makes all the work worth it. That's what it is all about."

Inspiring this extraordinary renewal requires new sources of funding. As a not-for-profit, Canterbury offers the opportunity to partner with donors considering a transformational gift. To join our family of donors and learn more about the naming opportunities associated with this project, please visit [CanterburyFoundation.com](https://www.canterburyfoundation.com)



Canterbury Cook Gives Back

The Canterbury Dining room is a wonderful central meeting place for residents, where great tastes and good friendships are often shared over delightful meals. The magic is first whipped up in the kitchen though, where dedicated staff work hard to ensure our valued seniors receive the best quality eating experiences.



Here at Canterbury we are thrilled to celebrate main cook Cindy Sneddon's recent silver anniversary with our organization. Cindy embodies all the excellent qualities of a respected and thoughtful employee, and for the past two decades she has come to work daily in Canterbury's kitchen with a warm, friendly smile and genuine love of her job.

"I get joy out of everything I make," says Cindy. "I love cooking. I've loved it since I was small and am so grateful I can share it with residents here."

Feeding off this passion, Cindy took her culinary training and apprenticeship in British Columbia, where she won many gold and silver awards in culinary art shows. She worked early on in her career at a variety of food establishments including a Pancake house, some hotels and an Extencicare for many years.

Cindy then joined Canterbury back in September of 1997 where she started on the line with entrees. Her responsibilities grew over the years, and today she is in charge of cooking the main dishes, some of the baking, and filling in for the Canterbury Chef when needed.

"I do a lot of cutting, chopping and prepping of the meals. My favourite is to make the main entrees, and the reason for that is because it's not as precise. Whereas baking is a precise measurement and if you mess up there, Oh, goodness," she laughs, "a whole disaster can break loose!"

Baking, however, is one of Cindy's many talents. Word in the Canterbury hallways is that her raisin cookies are quite a hit with the residents. Other notable favourites Cindy likes to cook are melt-in-your-mouth Monterey chicken and lamb roast. Cindy loves to strike up conversations with the seniors to see what they would like on their plates, and there are a few that are quick to offer their opinions. "We listen to them, we listen to the little things that

they're interested in having and try to work with that."

There is one resident who especially loves to eat food that Cindy greets every morning in the court dining room. "But it has to be gluten free for him. And he's not just going to stop eating good food is he? So we are happy to be able to give him gluten free options he needs and he is very thankful for that."

Having access to nutritious, delicious meals creates a powerful connection; not only in maintaining health among residents, but building relationships and bringing seniors and families comfort. Cindy recalls a time a family stopped by the kitchen to thank her for making the entrees for their loved one for so many years. "And I didn't realize at that moment that they were there because their relative had actually recently passed away. I figured that out about five minutes later. And thank God they'd already left, because it brought me to tears, I was so touched."

Canterbury holds a very special place in Cindy's heart. As a young girl living in Edmonton, she used to walk by the facility every day on the way to school. "I would watch all the residents go back and forth enjoying life there. My fulfillment for being here is that now



my parents are in the same type of living situation in BC where they are, so I can appreciate all that Canterbury has to offer."

Cindy's father is living with dementia, and her mother is in independent care. Cindy feels lucky that her parents can afford their accommodations and feels compassion for those that can't do so in Alberta.

"I constantly want to help here, because I don't want to see that happen to my generation that's coming up that are going to retire. I want to make sure that everybody's okay. You can't do it all but at least you can help get everybody there and do what you can in the industry while you're there."

What Cindy has decided to do at work is generously donate \$40 twice a month from each of her Canterbury paychecks.

"I love donating," explains Cindy, "because I know, there has to be a future, a better future. The seniors need money for that," she thoughtfully reflects, "as the government's not going to pay for it all."

"The way I look at it, with the seniors' income, what they need, what they're paying to live here and eat here; they are already paying enough. And if they're taking care of us, making sure that we are paid, why can't we contribute and give back to them? It's something to think about." She adds, "And also, one day you will need this kind of care and activity in your life. So the more we contribute, the more we give back and then the more we can hopefully expect in return," she smiles.

What Cindy enjoys right now about Canterbury is the warm and inviting extended community for the seniors, and hopes her donations will enable that to continue. "I like the idea that they're able to go within the center anywhere and they're able to do anything. They can be involved, do meaningful things, be active, and they have great programs here."

Throughout her career, Cindy has made some strong connections with the resident friends who know her by name, "because I've been here so long," she laughs. What they give back to her is their own words of advice for a recipe for a long happy life: "They always tell me to 'Just keep moving.' And I look at them and ask, 'What do you mean? I am moving. And they say 'No, just never, ever stop. Because if you keep moving, that means you're healthy.' So I'm thankful for that wisdom, and it's always in the back of my mind."

She also enjoys listening to stories and the history the seniors talk about of times before she was around. "Bottom line, they have so much detail. And it's so interesting to sit there and listen to it." She adds, "I was fortunate I had grandparents up until I was in my late thirties. So I was lucky to connect with older people here in that way too."

Cindy's friendliness and heartfelt generosity extends in other ways. She recently spent her birthday money gift from her mother to buy lunch for the kitchen ladies she works with. She quietly donates to local needy families at Christmas time, and she relishes spending time and taking care of her two adorable Shih Tzu dogs – that of course she lovingly cooks for as well!



After 25 years of Canterbury loyal service and giving, the experienced cook dishes on the future and her own life's path. "I'm only one year from retirement, supposedly, but I won't retire until probably 75. The way I look at it is that I'm too healthy, I'm still doing 101 things per day!"

Cindy has enjoyed her career so far at Canterbury and watching the facility grow over the years. "This place is absolutely gorgeous, compared to other centers that I've seen. Every time I turn around, it's bigger. There are new things happening all the time. It's exciting to learn so much," she reflects, "if everybody learns, they can spread that learning around and teach other people around them too. In the end it's all about sharing. And what I have, I will share."

Canterbury Foundation is honoured to have Cindy as a member of our donor family, and for sharing why she chooses to donate. We cherish her sweet and generous spirit with residents, families and staff over the last 25 years.

Canterbury Foundation is a not-for-profit licensed supportive living facility. All money that flows through Canterbury is re-invested into programs, services and infrastructure. To learn more about becoming a donor, please visit [CanterburyFoundation.com](https://www.canterburyfoundation.com)

Welcome Chef Ram!

Chef Ram comes from a country of spices and vibrant flavors (India). He has grown up in a county where they firmly believe that the family that eats together stays together, and mealtime is a strong source of family bonding, talking and sharing. Chef claims without a doubt that the cornerstone of his decision to work in the food industry stemmed from growing up in a joint family and their general celebratory attitude towards food. He lives by the philosophy that the "Food Should Speak For Itself". A balanced flavor is the key to delicious meal.

Chef Ram completed his Bachelor's in Hospitality Management and Culinary Arts from India, after working in India for few years with Hyatt Hotels Worldwide he got eager to learn more and marked his way to USA.

North America opened a whole new world of food fare for him. In Chef's Words "I was very fortunate to be mentored by some of the finest chefs in the industry". With a plate full of curiosity and eagerness to learn more he stepped in Canada in 2013 where he received Red Seal Certification. Together he brings over 18 years of culinary experience and has worked as Executive Chef at Marriott, Hilton Hotels Worldwide Resorts and managed Country Clubs, Commercial Kitchens, Restaurant Chains, and Compass Group Canada (Rogers Place) prior to joining Canterbury foundation. Chef Ram also went above and beyond to sharpen his skills and designed a commercial kitchen in BC, Canada.

He is very passionate about culinary arts and has served some highly distinguished guests. He had the opportunity to serve Admiral General of Germany, U.S. Ambassador in US Embassy, His Highness Agha Khan, Former Miss World and Premier of Alberta and Caucus.

Ram loves to share his experience with others and has had published articles in culinary colleges and has been a guest facilitator. When asked about his favourite past time he mentioned "I enjoy menu R&D and playing knee hockey with my 2 boys".

Chef Ram is excited to begin his journey with Canterbury Foundation and will lead the Canterbury kitchen, dietary, and dining room teams, while working closely with staff, residents and families to create a one of a kind meal experience.



Power Breakfast

⅓ cup sunflower seeds
⅓ cup chopped almonds
1 ½ tbsp maple syrup
1 ¼ cup oat milk / regular milk
1 cup oats (rolled)
2 tbsp Chia seeds
1 ½ cup frozen blueberries

- In a medium-sized bowl, combine half the (sunflower seeds and almond), maple syrup and milk and mix well. Stir in the oats, chia seeds and blueberries.
- Cover and let it sit at least for 3 hours or overnight in a refrigerator.
- When ready to eat, divide into bowls or jars and top with remaining sunflower seeds and almonds and enjoy!



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

VISIT canterburyfoundation.com
FOLLOW @CanterburyFoundation
TWEET @CanterburyYEG

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 visit CanterburyFoundation.com