



Canterbury
FOUNDATION

The Promise of Home



Canterbury
Gratitudes

MARCH | 2021

A Message from the Executive Director

WENDY KING



February is the month to celebrate all the love we have felt among our residents, between our seniors and our staff, and the outpouring of support we've received from our family, friends and community this past year – as we all wait and long to be together again.

With all the challenges of the pandemic combined with our expansion plans for the future, our leadership team felt it was important to come together to plan for the future, so we embarked on strategic planning sessions this past year. One of the changes that came from those sessions was a new slogan for Canterbury. We wanted something that truly embodied who we are. While we continue to deliver the Promise of Home, our new slogan speaks to how we all feel about what we've built at Canterbury: More than Just Four Walls.

In this month of love and friendship – never more have we felt like Canterbury is truly more than just four walls. The COVID-19 pandemic, has grown our friendships stronger, made unbreakable bonds, and solidified our fighting spirit as we all form a pact among staff, residents and families to keep each other safe at all costs. To do the right thing no matter how much it hurts our hearts.

The support from our family and friends who continue to keep their distance, is a sacrifice made out of love in

this unprecedented time in our history. That love has penetrated our walls. We can feel it. And we appreciate it. There is no doubt that the Canterbury family stretches far beyond our physical walls, out into the community and into the homes of families, friends, even strangers. It's the love for one another that is the safety net we are relying on to help us find our way out of the danger. You've shown your love through your absence, your thoughts and prayers, your cards, your donations and messages of kindness. We know you're all counting on us to keep focused on the important work we need to do and all your support is allowing us to do just that.

This past November and December, Canterbury Foundation launched our first Annual Promise of Home Campaign and Online Auction. We were overwhelmed with the generosity of our donors. Our donor family has rallied when we needed it most, raising over \$78,000 in funds! Please read ahead for highlights from the campaign to learn more about what your generous dollars are doing for Canterbury Foundation. We are grateful for every dollar raised through the loving hearts of all our donors.

We are only into February of this year, and already we have so much to celebrate. Our new building has opened its doors and welcomed some of our residents into new suites and spaces. Our new Cherub's Café is about to

“Age does not protect you from love, but love, to some extent, love protects you from age.”

~ Jeanne Moreau

open. It will provide that feeling of independence we all crave and give us something new to get excited about. Our renovation of the Court inside our current building has begun and will give rise to 53 new memory care spaces, end-of-life care, and a community outreach program for seniors living in the surrounding neighbourhoods. 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 take all of us working together 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.

In our second edition of Canterbury Gratitudes, you'll find stories of love and hope from Clifford and Geraldine Nelson who found love at age 70, married and continue to give back to the place they call home at Canterbury; we introduce you to some of the new spaces in our now open expansion; we share an exciting new art installation project coming to Canterbury. Make sure you flip through to a delicious Valentine's Day recipe from our very own Chef Ajay! I'm sure you'll love it!

We hope you enjoy these stories and moments as we

reflect on our past campaign and look forward to exciting changes and projects to come. We know the New Year will continue to bring some of the same struggles, but we remain confident in the strength of our staff and the resilience of our residents and families to continue to make Canterbury a safe, supportive and loving place for our most precious resource: our seniors, to thrive and find all the joy in their lives. While our doors remain closed, know that inside our walls we are making the very best of the time we have together. Inside Canterbury our residents are happy, Canterbury is bustling with life, friendships, laughter and a strong feeling of togetherness. We look forward to the day when we can open our doors and let our community and families inside, because we are more than just four walls, we're a family.

With love and gratitude, stay strong.

*Wendy King,
Executive Director of Canterbury Foundation.*

the Promise of Home.



The 2020 *Promise of Home* Annual Campaign and Online Auction is over, but our gratitude will last forever!

Over November and December of 2020, Canterbury sent out the fundraising call with our 1st *2020 Promise of Home Annual Campaign* and boy did you pick up the phone! Thanks to you, our beloved family of donors, Canterbury Foundation now has \$78,075 reasons to be grateful as we head down the hopeful road of a new year.

But who are our donors? And what does your generous dollar do for Canterbury? Good question! Canterbury Foundation has the best donor family around, starting inside our walls and extending into the community at large. You are residents, extended family, staff, foundation members, volunteers, partnering businesses and people in our city who share Canterbury values – giving our seniors the quality care and safe spaces where their amazing stories can be heard, and their talents, hobbies and history can inform everything we do inside these walls.

Many of you gave to *The Greatest Good*, helping to cover the unforeseen expenses of Covid-19. PPE (all those masks!), tech costs to keep connected, and dedicated Covid-19 visitation screening. Some of you gave to dementia care – a cause that is personal to so many of us (too many of us) these dollars bringing skilled nursing, companionship and memory care that is vital to balancing the challenges that dementia presents. Community Outreach was the focus of our first ever Online Auction, sponsored by Stuart Olson Inc.

Along with your bids and Stuart Olson's \$10,000 auction sponsorship - your dollars are providing balance and a holistic approach to mental, physical and spiritual well-being at Canterbury, funding our small yet mighty outreach team: on-site chaplain and geriatric social worker.



Canterbury Executive Director Wendy King and Grant Rae, Vice President & District Manager, Northern Alberta at Stuart Olson Inc.

We saw you supporting our expansion and modernization project taking shape right now. With phase one of expansion complete, Canterbury will continue to send out the call for support to complete our vision for the future of senior care.

This includes:

Using innovative architectural design, Canterbury's dementia program will expand from 20 to 53 much needed spaces. These new living spaces will provide the highest quality of life for those living with dementia including secure walking paths and beautiful outdoor garden access.

Our Community Outreach program will redevelop common area space to enable seniors living in their own homes to participate in the programs offered to Canterbury residents.

The only end-of-life-care residential hospice in Edmonton will have 16 beds plus a guest room for family members.



Addie, our geriatric social worker is a proud donor to Canterbury Foundation.

As we continue to stay safe and find unique ways to keep our donor family appreciated and close, we too are here for you.

If you want to more about leaving a legacy of giving to Canterbury as we expand and modernize, please reach out to Margo Buckley, CFRE – your Canterbury Fund Development Manager.

margob@canterburyfoundation.com
780-919-7295

RESIDENT/DONOR HIGHLIGHT

Canterbury Couple Proves Love Can be Found at Any Age and Giving Comes from the Heart



~90 year olds Gerry & Cliff married after 50 years of friendship and a lifetime of sharing~

With Valentine's Day upon us in February, it's a wonderful time to celebrate the beauty of timeless love and the generosity of giving.

For one Canterbury Manor couple, their special friendship blossomed over many years into true love, and eventually marriage. In fact, 90-year-olds Geraldine and Cliff Nelson were friends for over 50 years before they got married!

Gerry first met Cliff in 1948, when she was 18 years old and he stayed at her family's boarding house in Edmonton. But it was not love at first sight as Gerry fell in love with one of their friends, Jim. Gerry and Jim got married, moved to Toronto and raised their children. Cliff became a physician and was lovingly married to his first wife Beth and had a family as well. The two couples stayed in contact over the decades, and after each of their spouses passed away, fate drew them back together.

They re-connected as Cliff became Gerry's mother's doctor and their friendship grew deeper, so deep that Cliff began courting her.

"His love letters were amazing!" gushes Gerry.

But soon after, another amazing thing happened to the couple who were then in their late 60's ... they became engaged.

"We had our strong religious faith, we had lived abroad, we knew each other's family," says Gerry, *"And just like that, it was like the light came on; I could marry him, we had so much in common."*

The couple married in the spring of 2000, close to age 70.

"It was just as exciting as the first time!" says Cliff. *"She's just a gem,"* he softly adds. *"I often say, 'Gerry, you're such a kind person'. She thinks of little things and big things and has contributed so much to our marriage."*

Gerry appreciates Cliff's thoughtfulness as well. *"When we were dating, he always opened the door for me, he was a real gentleman."* Adds Cliff, *"Women crave and love trust and respect, and if a woman is treated that way by their relatives, husband and*



sons, they just blossom, and it means so much to them."

The couple credits their happy marriage to positive previous life experience. *"We had already been through a loving, successful marriage and knew what it took; we had raised kids, our finances were in order, so you don't struggle,"* says Gerry. *"Plus, having lost our first spouses, we just value our friendship and our marriage so much."*

Throughout their lives, showing love and generosity has always come easy for this wonderful couple. Gerry was a house Grandma at an English boarding school in Germany, and Cliff travelled the world helping those in need. *"I always felt strongly about giving back to the community,"* he says. *"I donated 18 years of my life to third world countries as a medical missionary, and it was very gratifying."*

Cliff also has a special Canterbury connection. Later in his life he had a large long-term care practice and his first two patients lived at Canterbury in 1983. *"I was so impressed, I said that if I ever had a choice as to where we are going to spend our last years because we need help, it will be at Canterbury,"* says Cliff.

These days Gerry and Cliff spend even more time together deepening their bond as her role has shifted to helping Cliff who's faced some recent health challenges. *"She's really my caregiver now, and that's not an easy job,"* he says, *"but I am so grateful for it and she does it wonderfully well."*

The friendly couple has lived at Canterbury Manor for the past two years, and they cherish every minute of it. They enjoy their independent living, having coffee in the courtyard with friends, admiring the gardens, and the convenience of visiting the store and hair salon.

They also enjoy the lovely Laurier Heights neighbourhood. *"We like looking out the window and seeing the beautiful sunsets outside. Our place is next to the bus stop, across from the school yard and we watch the kids have fun,"* explains Gerry. *"Before COVID, Cliff signed up for the 'GrandPal program' through Canterbury and every three months a Grade 5 boy from the school would sit and visit with him, and it was so nice."*

"We like looking out the window and seeing the beautiful sunsets outside."

“We are just so very happy here, the communication is great, and Canterbury Manor is very well managed.”

In a way befitting of the appreciative and generous couple, Cliff and Gerry made a donation to the **Canterbury Foundation Promise of Home Campaign** to help support the new development expansion and programs. They are glad to help and give back to the place that has done so much for them in return. *“We’re just so very happy here, the communication is great, and Canterbury Manor is very well managed. We are really excited to see the new building and what it looks like too, once COVID is finished!”* says Gerry.

Until then, this amazing Canterbury couple has some upcoming celebrations to look forward to, including Cliff’s 91st Birthday in February and their 21st wedding anniversary in March.

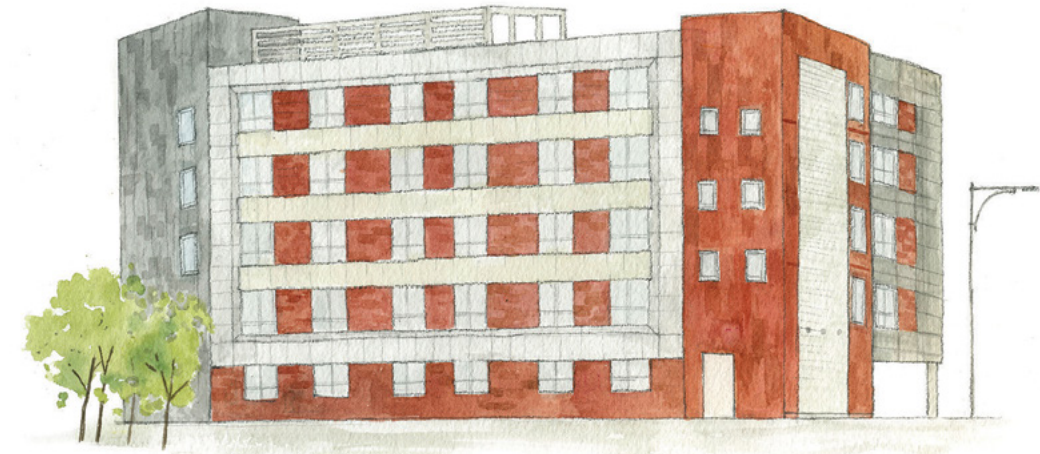
Congratulations Cliff and Gerry and thank you for being an inspiration in building a life together based on faith, giving and sharing and helping to make the communities you live in always flourish with love!



We’d like to extend our deepest gratitude to Gerry and Cliff and all supporters of Canterbury. As a not-for-profit, we rely on donations from businesses and community members to continue providing the best possible care.

Your generous act of giving supports a broad range of services and programs, all designed to improve the quality of life for every Canterbury resident.

If you’d like to become part of our donor program go to canterburyfoundation.com and donate today.



IT’S ALL IN A NAME!

WE ARE THRILLED TO ANNOUNCE THAT
OUR BEAUTIFUL NEW BUILDING HAS A NAME!

Canterbury Heights.

The Canterbury Foundation has called the neighbourhood of Laurier Heights “Home” for over 50 years, and honouring the community by making our building its namesake just felt right. In addition to that, “heights” speaks to the impressive height of our new building as well as our goals for the expansion. We are striving to reach new heights in Senior’s care, and to really elevate what we bring not only to our residents and staff but to our community with this state-of-the-art new building.

In choosing the name Canterbury Heights, we have also made the promise of *“Where Community is at Home”*.

We feel this captures the vision of what Canterbury Heights will encompass for residents and the surrounding community, alike. Canterbury has been a mainstay in our city since 1974, and the construction of the new building has not only deepened our presence but also our commitment to providing The Promise of Home to our current residents and, one day, members of the greater community.

To commemorate the completion of our brand new expansion, we commissioned a local artist, Yu-Chen Tseng, to create a water colour interpretation of the new building. More from the artist: yuchentseng.com



Canterbury Foundation would like to recognize Don Hussey's contributions to launching the construction of the new building which will be enjoyed by so many, and this legacy will live on at Canterbury for years to come.

IN LOVING MEMORY,
DONALD GEORGE HUSSEY
MAY 2, 1954 - FEBRUARY 17, 2020

Canterbury's beautiful new dining room and Cherub's cafe



COMING SOON:

An Intergenerational Garden Mural at Canterbury



ABOUT THE ARTIST:

Please visit Jill Thomson's website to learn more.

www.jillthomson.com

Phase one of our modernization and expansion is complete with a new resident building and our newly renovated dining room and cherub's café up and running. But when Canterbury decided to expand, we also made a commitment to involve and integrate our residents and our community. This summer, a local artist, Jill Thomson, will begin to conceptualize an intergenerational, neighbourhood community garden mural that will live on the front of Canterbury's new building – Canterbury Heights. It will feature themes generated from art workshops and interviews with our residents, along with input and images gathered from the community of Laurier Heights and Edmonton. The composition will start with a large central focus on intergenerational figures gardening, then expand outward with many focal points uniquely and organically inspired as the project rolls out.

THERE IS A UNIQUE OPPORTUNITY FOR YOU, AS A DONOR OR COMMUNITY BUSINESS PARTNER TO FUND THIS LEGACY PROJECT.

Please contact Margo Buckley, CFRE at margob@canterburyfoundation.com or call 780-919-7295 to learn more.

Canterbury Resident Associations Update

On April 1st 2018, the Government of Alberta established the Resident Councils Act requiring that licence supportive living sites provide the infrastructure and opportunity for residents and families to facilitate self-governing councils. Since 2008, residents of Canterbury Foundation have facilitated functioning councils with the support of Management.

CANTERBURY MANOR ASSOCIATION

The Canterbury Manor Residents' Association was created to facilitate and promote communication between the residents and the Management staff at Canterbury Foundation. The goals of the Association are to offer suggestions to Management in enhancing programs, surroundings, and services; to promote friendship and understanding among residents; provide and receive all information for the benefit of residents; and to provide a two-way communication forum between residents of the Manor and Management staff. This allows the opportunity for the residents to express their ideas, needs, and concerns, and for management to seek input and feedback from residents regarding major initiatives before implementation.

To support the collaborative work between Residents and Management, the Association membership elects an executive team who serve for a one year tenure for a maximum of 3 consecutive years. Every resident is a member of the Association upon moving into Canterbury Manor and are eligible to vote whether or not they choose to pay the annual membership fee. The fees collected however are used to fund resident initiatives and projects to the benefit of all residents in Canterbury Manor.

“

The Association provides additional opportunities for the Manor residences to partake if they wish. Areas include attending meetings, running for an Association office or attending events. All helps getting to know fellow residents.

FRED DAVIES, Canterbury Manor Association President

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We invite you to join our council.



We are more than four walls.

COURT RESIDENTS AND FAMILY COUNCIL

The Canterbury Court Resident and Family Council exists to provide a forum for residents and their families to discuss ways of maintaining and enhancing residents' quality of life in Canterbury Court. All residents and their family member(s) are members of the council. The goals of the council are to provide a forum for residents and their families to discuss matters relating to their residence including any requests or concerns that they may have and any solutions that they may wish to propose to Canterbury Management; to provide opportunities for residents and their families to develop and participate in projects for the residents' benefit; to provide the opportunity for management to plan and discuss major initiatives that impact Court residents before implementation and obtain input from residents and family members. The Court Council also comprises of an executive leadership team made up of voluntary members that are residents and or family members to collaborate with management in achieving the goals of the council.

WE ARE CURRENTLY SEEKING NEW MEMBERS TO JOIN THE EXECUTIVE LEADERSHIP OF THE COUNCIL.

If you are interested in being a part of an engaging community and to have a positive impact on life at Canterbury, please contact:

Mbalia Kamara, Manager,
Resident Experience
780-930-5819 or

Al Gourley, Resident Council
780-974-1263

“ *When I arrived at Canterbury about 2 years ago I had the good fortune to meet a long time resident and Council member who asked if I was interested in joining. She explained that it was an opportunity to work with residents/family members and Canterbury's leadership team to provide a voice into the organization's continuous quality improvement efforts. I jumped at the opportunity and it has been a rewarding experience.*

The Council works with residents/family members and Canterbury's leadership team to facilitate communication on issues and forward-looking plans. Prior to the Covid 19 era, one of our roles was to work with Canterbury leadership to plan the quarterly resident/family/management general meetings and we look forward to the resumption of this forum when circumstances allow. ”

AL GOURLEY, Canterbury Court Resident Council



What's This?

Canterbury is excited to be actively preparing for our upcoming Accreditation Canada Survey in fall of this year. Currently, we hold accreditation with exemplary standing, and we have been working diligently as an organization over the past three years to continue to uphold these standards.

Taking part in an accreditation program is one of the many ways Canterbury Foundation ensures that we continue to deliver quality care to our residents. Accreditation Canada is an independent, non-governmental, not-for-profit organization that provides a third party assessment based on global, evidence-based health standards.

Preparation for this event is focused on performing a rigorous self assessment of our organization against the Accreditation Standards. These standards are based on leading practices in seniors housing and as such, organizations must be able to demonstrate a culture of continuous improvement. Here at Canterbury, everyone, whether they are Board members, part of our dedicated frontline teams or our residents and their families are invited to participate in providing feedback.

One example of our continuous improvement efforts is our resident safety quality improvement work that has been an area of focus for the organization which has included improvement initiatives related to fall prevention, medication safety and infection prevention and control.



FROM THE CANTERBURY KITCHEN

RASPBERRY LEMON BISCUITS

BISCUIT INGREDIENTS

2 tablespoons sugar
1 tablespoon lemon zest
2 cups all-purpose flour
1 tablespoon baking powder
½ teaspoon cream of tartar
¼ teaspoon salt
¼ teaspoon baking soda
½ cup butter

1 cup buttermilk
1 cup fresh raspberries or frozen raspberries

LEMON ICING

1 cup powdered sugar
2 tablespoons lemon juice
2 teaspoons lemon zest

INSTRUCTIONS

Preheat the oven to 450°F. Line 2 baking sheets with parchment paper.

In a large bowl, combine the sugar and the lemon zest. Using your fingers, rub the zest into the sugar until it is moist and fragrant. Add the flour, baking powder, cream of tartar, salt and baking soda into the sugar and whisk until combined.

Cut the butter into small pieces and add to the mixture. Using fork, work the butter into the flour mixture until it resembles coarse crumbs.

Make a well in the center of the mixture. Pour the buttermilk into the center. Using a fork, stir the milk into the mixture just until moistened. Add the raspberries and stir in gently, lightly crushing the raspberries to distribute evenly.

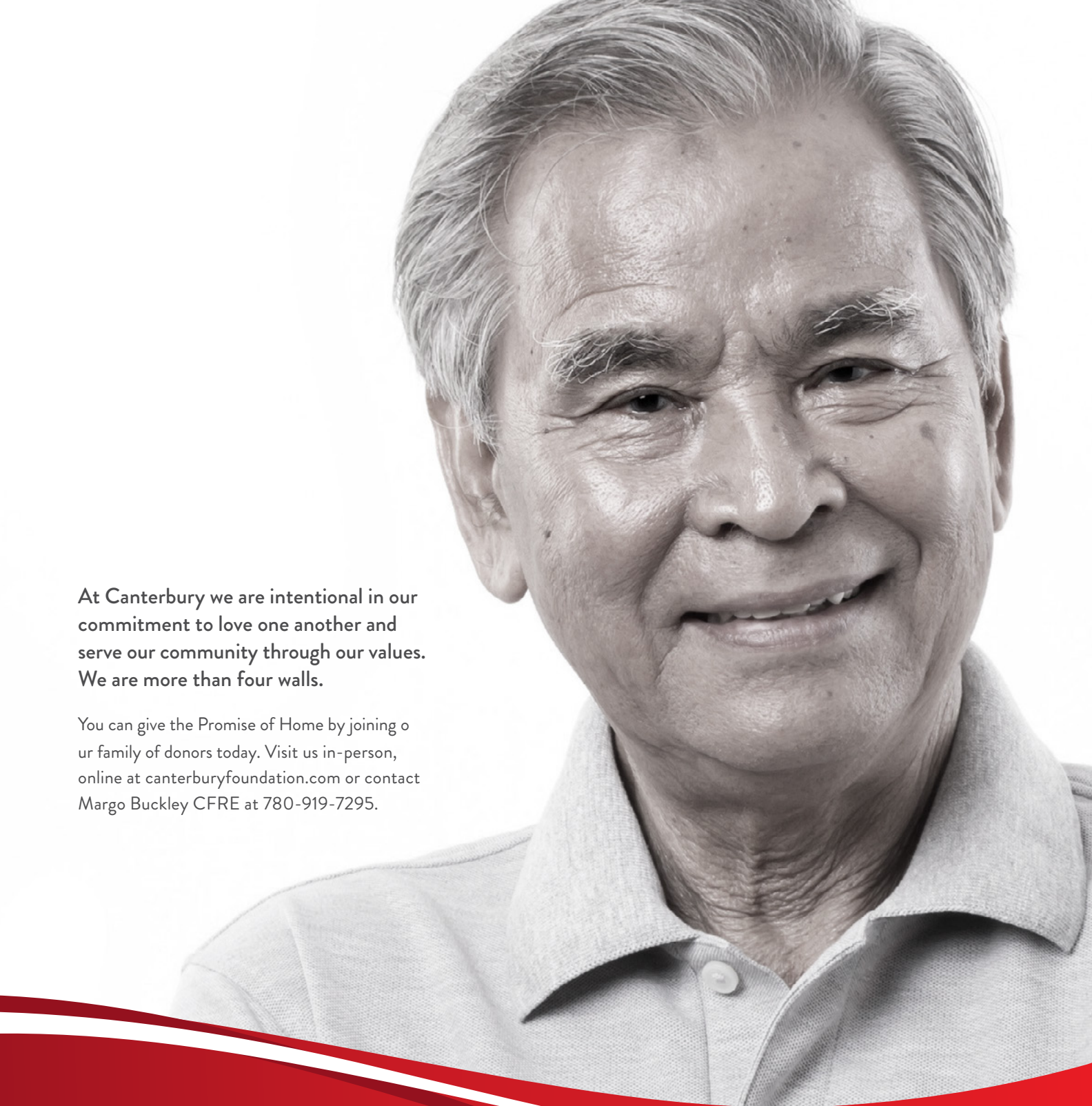
Using a 2 tablespoon scoop, drop the dough onto the baking sheets, at least 1 inch apart, making about 18 biscuits.

Bake in the preheated oven until lightly browned, about 10 minutes. Do not overbake.

While the biscuits are baking, make the glaze. In a small bowl, combine the powdered sugar, lemon juice and lemon zest with a whisk until completely mixed and smooth.

When the biscuits are done baking, let them sit for about 10 minutes before drizzling some of the glaze over each of the biscuits.

ENJOY!



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

You can give the Promise of Home by joining our family of donors today. Visit us in-person, online at canterburyfoundation.com or contact Margo Buckley CFRE at 780-919-7295.

CANTERBURY OFFICE

8403 142 Street Northwest
Edmonton, AB T5R 4L3
780-483-5361