



CANTERBURY GRATITUDES

MARCH 2022 *Inside this issue:*

CAMPAIGN REWIND

How Canterbury's Donor Family Raised More Money Than Ever!

MEMORY CARE

Forethought, Intension, Passion and YOU.

KEEPING COUPLES TOGETHER

Canterbury's Care Model Keeping Us Together

COMING SOON

The Intergenerational Garden Mural

...plus the best pancakes you will ever flip


Canterbury
FOUNDATION
The Promise of Home



MESSAGE FROM WENDY KING, CEO



Spring is all about transformation – and while we can still feel the cold in the air, things are truly coming to life in our new memory care unit.

We have now completed the first phase of our new Canterbury Lane, and as I open the door and walk in, I get the same tingle as I do, when Spring finally arrives. It's bright colours, its freshness, and its new carpet smell - gives me a sense of all that is about to bloom at Canterbury.

There are smiles, happy sounds, singing and life on the Lane in these new bright surroundings that tell me we're on to something.

We knew, even before COVID-19, that the needs of our seniors were changing. 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. Our new memory care space, while beautiful, fresh and modern, is more than just a space. It comes with new programming and a new way to approach dementia care, so we can provide a beautiful life to all who choose to call Canterbury home.

The opportunity to live a life of purpose and meaning doesn't go away with age or even diminished cognitive function. We recognize that all of us need to feel a purpose and to live in a space that allows us to live at our optimal wellness. That's the shift we're making at Canterbury in our programming.

We're in the process of adapting the way we interact with our seniors and changing how we view their care. We as a staff and leadership team are excited for the evolution of this programming. It's about being intentional and learning about our residents, understanding their life history, and tailoring our programming to their needs, wants and desires.

For example – for those residents who see themselves as homemakers – allowing them to do those tasks that give their lives purpose each day, from washing dishes, sweeping or caring for others, to cooking and baking and gardening in our new beautiful secure garden area. For residents who like to tinker, fix and make things - we'll find opportunities so they can continue those activities. This is the way we see our new programming evolving. We want our residents to greet each day with excitement.

Everyone needs a feeling of purpose and accomplishment and so our new programming will allow our residents to actively participate in these tasks as they choose. Our staff are not just caring for them, but are actively doing things with them more like colleagues and friends. We're hoping our families will also join us in doing the same.

As often happens in the Lane - communication sometimes gets harder with our residents, we believe when actively doing a task, spending time together is far easier than trying to just sit and talk. Our families are an integral part of our care model and so we hope our families will join in with our tasks and activities to be part of building a family model, where everyone helps, participates and enjoys working together to make a home - a home. Our goal at Canterbury is to ensure our residents are thriving in their living spaces so they can live longer with better quality of life.

But this is just the beginning.

By the time we are finished - our expansion will offer 52 new memory care spaces, new enhanced supportive end-of-life care, and a community outreach program for seniors living in the surrounding neighborhoods.

"Spring drew on ... and a greenness grew over those brown beds, which, freshening daily, suggested the thought that hope traversed them at night and left each morning brighter traces of her steps."

~ CHARLOTTE BRONTË

We've all watched our health care system be stretched past its limits in the last few years, so this type of space and programming can't come soon enough. 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. We hope to be the soft place anyone needing care and companionship can land in these tough pandemic times.

But this project will take a community to build. We are continuing to grow and expand our donor community and build more connected and inspired relationships with our families and private donors. We believe in this project and we know how important it is for our seniors.

We have seen couples who have been together all their lives, have to separate and live apart because one needs more care than the other. We have seen families have to move their loved ones for end of life care at their most vulnerable time - away from all the comforts they have at Canterbury. We know there are seniors living in our community - isolated and alone in their homes - who could use the support and activity of a Canterbury outreach program.

This is unacceptable to us. Our expansion will allow families to stay together and receive all the care they need in a home-like environment that feels safe and secure no matter what stage of life they are in. We want to ensure all our seniors have choice in where and how they live their end of days. With respect and dignity.

We know there are donors who want to be part of these happy endings and we hope you'll join us in supporting our vision of what senior care can and will look like at Canterbury.

The seeds have been planted - we hope you'll help them grow and bloom!

Here in our fourth edition of our Canterbury Gratitudes, you'll get a first hand look at the first phase of our memory care program, see the new renovation and hear from our team that is tending to its evolution. You'll meet one of our couples who is thriving inside Canterbury despite both having different levels of care needs. And you'll get to see what is on the horizon with our beautiful new mural project that will take shape this year and celebrate all that is new and inspiring at Canterbury.

At Canterbury, we are more than four walls. There are many unique opportunities to create a family legacy inside our Capital Project. Reach out to us to start a conversation about what kind of donation is most meaningful for you. We want to hear your story.

Spring is around the corner – and while we are still taking COVID precautions at Canterbury, we hope we can see you all enjoying life with your loved ones in and outside of our walls.

Thank you for being part of the Canterbury family. Your donations of support, time and energy are all appreciated and felt. Canterbury could not continue to grow, elevate and change without all the support we receive from all of you.

With love and gratitude, stay strong.

Wendy King
CEO, Canterbury Foundation

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CAMPAIGN REWIND

IT WAS SO INSPIRING, WE CAN'T STOP TALKING ABOUT IT

Canterbury Foundation's 2nd Annual Promise of Home Campaign & Online Auction was a huge success – with all thanks to you, our amazing donor family. Some of the highlights included:

A generous lead gift of \$20,000 was made by a donor who resides in Canterbury Manor!

Bird Stuart Olson, returning as Presenting Sponsor of Canterbury's Online Auction!

Over 30 business, all based in Alberta, donated \$10,000 in auction items!

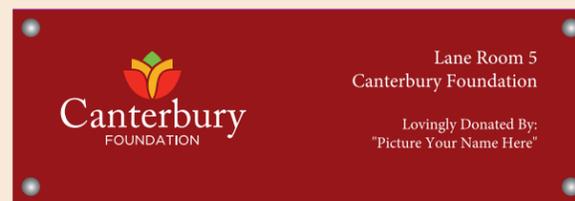
The campaign raised a grand total of \$111,743!



Margo filling up thermometer

CREATE A LEGACY

So many of you renewed and increased your gifts. We are already planning for next year's campaign, but in the meantime, remember there is always opportunity to give to Canterbury Foundation. As donors, your dollars are invested into programs and infrastructure at Canterbury. In the pages ahead, you will learn more about the progress of Canterbury's Modernization and Expansion Project. If you are inspired to create a legacy of giving for the project, please reach out.



NAMING OPPORTUNITIES ARE AVAILABLE NOW

We are ready to partner with you as Canterbury Foundation builds the future of seniors care in Edmonton.

To learn more, please contact: Margo Buckley, CFRE. 780.919.7295 margob@canterburyfoundation.com

SMILE!

Canterbury's 2nd Annual Promise of Home Campaign Photo Ops



\$10,000

The auction raised over \$26,000 thanks to all our generous bidders and participating businesses.

◀ Patrick Williams, Project Manager at Bird Stuart Olson, presenting Sponsor of Canterbury's Online Auction and Canterbury's CEO, Wendy King.



\$3,000

Our good friends at Canada ICI generously donated \$3000 to Canterbury's 2nd Annual Promise of Home Campaign, a milestone gift that helped us reach and exceed our fundraising goal in 2021.

◀ Reese Rolheiser Director, Mortgage Origination at Canada ICI and Canterbury's CEO, Wendy King



\$4,000

The ATCO EPIC program is a grassroots initiative involving employee-led committees that plan, implement and administer workplace fundraising campaigns. The program combines fundraising events, auctions, friendly team competitions and employee pledges. The funds received by Canterbury in 2021 were employee payroll donations along with the ATCO Match.

◀ ATCO's Ryan Maltais, this year's Chair of ATCO EPIC and Margo Buckley





CANTERBURY'S INTERGENERATIONAL GARDEN MURAL

As described by artist, Jill Thomson

Dog walking and the dog park were one of most requested features that the Laurier Heights community asked to see in the mural.

The scenic Buena Vista/Hawrelak Park Footbridge, as a river crossing to the dog park.

Below the bridge and above the dog park, I found a lovely spot to include the picnic area at Sir Wilfred Laurier Park.

Laurier Heights Community League with solar panels and Playground

I photographed the garden areas all around Canterbury for the painting. Many of the gardens are planted and tended by residents. Students from the Laurier Heights school often come to help planting flowers and plants. This area also features an interior greenhouse area where residents care for plants indoors. Moving between Canterbury gardens and Laurier Heights, I also included Gazebo Park.

Many outdoor concerts and gatherings are held in the outdoor barbeque area. Here a cello player is performing for the residents with gardens all around.

I added a robin into the bottom right corner of the painting in the shade of a rhubarb plant. There will be many regional birds represented in the mural. The frame for the mural will contain black and white still life drawings of fruits and vegetables and lots of birds. The drawings were created by residents, staff, volunteers and researchers who participated in art workshops collaboratively creating these drawings for a project with Dr. Megan Strickfaden and researchers from the Department of Human Ecology at the University of Alberta.

Lovingly donated by Colliers Project Leaders & CareRX



In between Canterbury's Manor and Court on the tall, vertical wall of the Heights, the Intergenerational Community Garden Mural has been conceived as a colourful, dynamic, eye-catching mural that reflects the vibrant communities of Canterbury and Laurier Heights. The painting contains a central vertical area of larger figures that represent an intergenerational group of gardeners. The woman in turquoise and the man kneeling in the foreground are also the main characters in an illustrated film that will be created from the artwork.

The painting also features local Edmonton birds. The top of the painting is lit up by a mountain ash tree with three waxwings eating berries

The Edmonton Valley Zoo is a treasured landmark for citizens young and old so for this section I featured the original carousel and train and the entranceway courtyard of the newly renovated Valley zoo.

In my paintings, I move from interior to exterior settings in this area I painted the stained-glass windows of the chapel and Canterbury with The Court, The Heights and The Manor.

Across the crosswalk from Canterbury is Laurier Heights School with the beautiful stand of trees lining the street

Many residents at Canterbury have described passing on a love of gardening to the next generation. A grandmother gardens with her grandchildren

In my urban garden paintings, I like to visually connect the kitchen to the garden. Here, the fresh garden vegetables are being prepared by Canterbury's Chef and kitchen staff and residents are gathering in the dining area and other social gathering spots to listen to music and enjoy food and conversation.

A mother and daughter enter Canterbury carrying flowers from an outside garden.

This urban garden painting contains baskets of garden vegetables, a trellis of green beans, apples, tomato, rhubarb and pumpkin plants and garden flowers.

Laurier Heights is in Sipiwiyniwak (Ward 7) which represents the Enoch Cree nation and means river Cree. As land acknowledgement honouring these traditional lands, the painting contains the North Saskatchewan River winding through the landscape from top to bottom.



Couples find all kinds of care models at Canterbury Foundation designed to keep couples together as they age

There are so many couples at Canterbury who have been together much of their lives. Hand in hand, they've worked to raise families together and for many couples they couldn't imagine now having to live life apart – just because one person requires more or less care than the other.

Resident Sandy Skakun is one of our seniors who understands this struggle all too well. Her husband Casey Skakun was a retired architect. Together they lived at Canterbury for 9 years. But when Casey began to show signs of more advanced Alzheimer's, he had to leave Canterbury for more care at another facility. Sandy herself is a vibrant fun loving senior - she loves to garden and cares for the plants inside Canterbury Manor's indoor garden area. She is very independent and lives in Canterbury's independent living wing.

She says, "This is such a wonderful place to live and it would be nice to just move along to the level you need to be at and not have a big change. That is very hard for people, especially when you are going through something like dementia."

The Skakuns have spent the last few years apart in different facilities. Casey passed away just this past October.

Canterbury recognizes the mental, emotional and spiritual importance of keeping couples together. It's why Canterbury has worked to expand and evolve its care models and can now offer couples numerous options to meet the needs of every couple who chooses to call Canterbury home.

Roderick and Alma Small moved to Canterbury Court in 2014 after having lived in the same home where they raised their 3 children. They chose Canterbury because of the memory care program Canterbury offered.

"My dad was showing signs of dementia in 2014 when they moved in," says Roderick and Alma's daughter, Brenda Graham. "One of the reasons they chose Canterbury was because there was a dementia care program and they knew when they moved in, that would be an eventual step. We knew they could each get the care they needed and still be able to stay in the same building."

The Smalls will celebrate their 65th wedding anniversary this year.



It was 3 years ago that Roderick started needing to have help beyond what Alma could give. Slowly Canterbury staff were helping more and more. This past June, Roderick was accepted into the Lane. Alma remained in the Court just down the hall from where Roderick moved into the Lane.

On any given day, you can find Roderick conducting and dancing as if playing the bagpipes, to the music in Canterbury's memory care unit. Once a bagpiper and musician in many pipe bands, Roderick loves music and it brings out the best in him. The Lane offers all kinds of memory care programming and music is an integral part. Canterbury brings in musicians to play the piano and sing for the residents and there are social hours and meals shared together.



Brenda says, "That worked out very well because my mom really needed more autonomy to get her energy back after being a caregiver for so long. She did really need that time by herself. It also provided Dad with a new mix of people and more entertainment. He is such a social person. When they were in the Court together they couldn't always make it down for meals or entertainment in the Court dining room and lounge, so the Lane provides him easier access to socialization, meals and all the entertainment Canterbury provides to Lane residents," says Brenda.



Alma agrees. She says she still goes and visits her husband, but now they can both get the care they need. She says living in the same suite was no longer something she could manage. And this arrangement is the best for both of them.

For other couples, who want to remain living together in the same suite despite getting different care, Canterbury now offers a brand new 2 bedroom suite inside the Lane. One resident can receive full nursing and memory care support in a secure environment, while the other spouse can come and go from the unit and participate in life outside the memory care unit – while still living with their spouse.

"This is really exciting. Couples who have been married for 60 or 70 years, and then all of a sudden have to separate, when they are at their advanced ages, and still want to be together, and care about each other, is so hard. So it is so nice to be able to offer that space where they can stay together. It was important to us to build this space."

WENDY KING, CEO, CANTERBURY

"Most long-term care facilities don't provide these kinds of spaces and we've seen how heartbreaking it is when one partner has to leave their spouse to get more advanced care at another care facility. Through our brand new renovated memory care unit and our future enhanced supportive living unit on the horizon, we will now have such suites - so couples can stay together despite their individual needs, till death do they part."

SACHA COOPER, BUSINESS DEVELOPMENT AND LICENSING MANAGER, CANTERBURY

For more information on Canterbury Foundation and to book a tour contact:

Sacha Cooper
sachac@canterburyfoundation.com



Memory Care with Forethought, Intention, and Passion

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 caught 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 in the spring.

Well spring has sprung at Canterbury.

Years of careful planning, observing their residents and watching their needs shift and change, 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.

Canterbury has now opened the first phase of its new memory care unit and today when you open the doors to Canterbury Lane - you find rows of bright spring 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!

"This has been years of planning," says Wendy King, Executive Director of Canterbury Foundation. *"We were seeing the incidence of dementia increase in our community and the need for a more secure space was needed amongst our population. This is the first phase of our memory care renovation and expansion. We have moved 22 seniors now into this space and by the end of August, we will have the rest of the 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 three 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 lense 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 Chief Operating Officer at Canterbury. *"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.

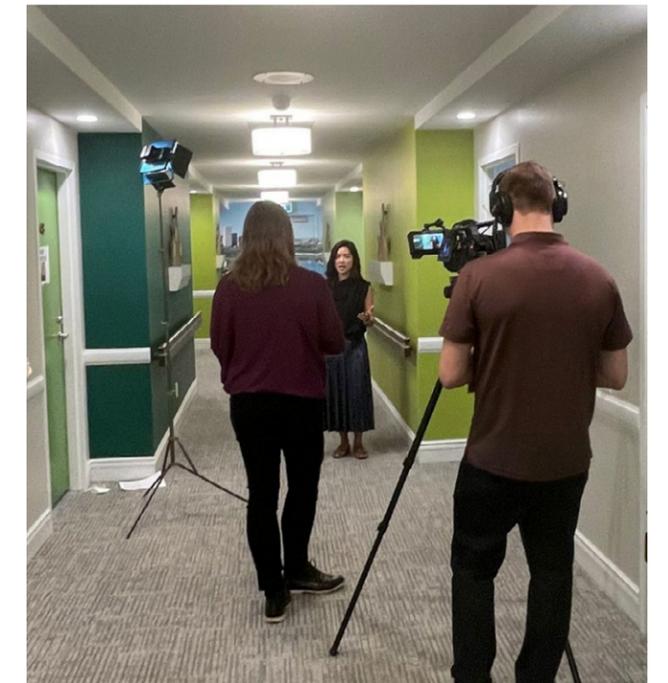
Canterbury's new program has been aided by researchers at the University of Alberta, who have been studying and observing the way residents inside Canterbury live. This research has informed the new program and the way staff are now being trained to live with the residents as opposed to just caring for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

Tiffany Brochu is a nurse and Canterbury's Health Services manager. *"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. It gives me goosebumps really. As a nurse I am super passionate about end of life and palliative care."*

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."

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."*



Canterbury's new Lane will be complete and fully open later this year. We are working hard to capture the sights, sounds and stories of our Lane residents, families and memory care programming to share with you soon.



SHROVE TUESDAY PANCAKES

Shrove Tuesday is observed on March 1st, 2022

48 pancakes

2 kg plain flour
2 teaspoon of salt
16 large eggs
4 L milk

6 pancakes

250 g plain flour
¼ teaspoon salt
2 eggs
500 ml milk

Unsalted butter for frying

Sugar, for sprinkling

Fresh lemon zest and fresh squeezed lemon juice

- Sift the flour and salt into a mixing bowl.
- Break the eggs into a bowl and then add to flour.
- Pour in half of the milk and whisk briskly.
- Add the remaining milk and whisk until the batter is smooth.
- Heat an 8-inch skillet over a low heat. Add a small knob of butter and swirl the pan to coat the bottom.
- Use a ladle to spoon the pancake batter into the pan, then tilt the pan to spread the mixture out evenly.
- As it sets, shake the pan to see if the pancake is loose, then flip it over with a palette knife. Cook the other side for 30 seconds – then shake again to see if it is loose.
- Slide onto a warm plate, sprinkle over some sugar and a squeeze of lemon juice – then eat immediately!
- Cook the rest of the pancakes, one at a time but remember to melt a small knob of butter before adding the batter.



CANTERBURY FOUNDATION | 780.483.5361
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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



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A Story of Faith & Love

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Canterbury Foundation’s Anglican-Based Board Takes Leap of Faith and Builds one of Canada’s Best Memory Care Facilities for Seniors

Canterbury Foundation’s Anglican-Based Board Takes Leap of Faith and Builds one of Canada’s Best Memory Care Facilities for Seniors

The colours are bright and bold and there is a sense of peace as you walk through the doors of the brand new Memory Care Unit at Canterbury Foundation - a seniors living facility in Edmonton.

Two years ago Canterbury embarked on a 42 million dollar expansion and renovation project that turned a 47 year old building into one of the most innovative seniors care centres - complete with 53 new memory care spaces. It is rich with imagery, muraled walls, outdoor garden space and walking loop, all designed to help seniors with dementia have a sense of place, belonging and memory support.

Scott Belamisca has been on the Canterbury Foundation Board for the past 10 years. As the former Chair, today he feels nothing but pride.

“It gives you goosebumps. We have been able to accomplish something that is unique to Edmonton, unique to Canada,” says Scott.

It was June 2019 that Canterbury Foundation officially broke ground on the project. For Scott Belamisca it is a day he will never forget.

“When I was treasurer at Christ Church, one of our past chairs used to say – we have to have faith that the numbers will come together. After the sod turning event we signed the contract for the expansion. There was a whole lot that could have gone wrong, but we have a strong board, a strong executive leadership team and so we made that leap of faith. And look at what we’ve now accomplished. It’s incredible,” says Scott.

Jo-Ann Sherlock laughs as she listens to Scott describe that day. For her it was an even bigger leap of faith.

“My very first board meeting was where we had to vote to go ahead with the expansion and renovation and obviously it was a very large amount of money. But I had to have faith that the people who had been on the board had done all the background work because it did sound like such a great project that I wish had been available to my mother when she needed it,” says Jo-Ann.

Jo-Ann Sherlock’s mother lived at Canterbury for 6 years and loved her time there. However, as her care needs grew, she was forced to move to long term care.

“She never wanted to leave Canterbury. So a lot of these forward moves with the new build, end-of-life and enhanced care, the memory care wing – were all things that I could see would have really benefited my mother. Part of my interest in being a member of the Canterbury board was to give back, because my mother loved living here.”

The Canterbury Foundation Board of Directors is made up of members of the Anglican church. One must be a member to join the board. But as the work of the board has evolved over the years and as our city has begun to change, so have the Board’s needs. So Canterbury has created a nomination committee to actively recruit Board and Foundation members who will help take Canterbury into the future.

“Whereas before we would accept applications from members of the church, now we are being far more proactive with recruitment. We’ve engaged the Bishop and Executive Council and asked, ‘Who are your most engaged parishes? Who in the church do you think we should know to help us from a volunteer, donor, and resident perspective?’ We’re

looking at what we need in terms of Board member skill set - but also ensuring we are more diverse and inclusive in members,” says Scott. “We are looking for diversity in thoughts, cultures, experiences and backgrounds – to ensure that Canterbury reflects the diversity of our staff, our residents and our city. We want to be effective today and in the years to come. We believe our ability to be diverse and inclusive will ensure our robustness as an organization into the future,” says Scott.

Scott and Jo-Ann hope members of the Anglican church can look at what Canterbury has built and feel a sense of pride. They hope members will want to be part of it and roll up their sleeves and lean into the big projects on the horizon at Canterbury.

“Personally I am excited to help build the Canterbury Outreach program and the enhanced end of life care at Canterbury. We are all aging and we will all need a place like Canterbury. You can be part of building that for the future,” says Jo-Ann.

“I have gotten far more back than I have given,” says Scott of his decade of volunteerism at Canterbury. “Take a leap of faith and look at yourself and ask how can I add value? The more you give -- the more you get back.”

For more information on Canterbury Foundation and how to get involved please visit





A Message From the Executive Director

WENDY KING

Spring is all about transformation - and while we can still feel the cold in the air, things are truly coming to life in our new memory care unit.

We have now completed the first phase of our new Canterbury Lane, and as I open the door and walk in, I get the same tingle as I do, when Spring finally arrives. It's bright colours, its freshness, and its new carpet smell - gives me a sense of all that is about to bloom at Canterbury.

There are smiles, happy sounds, singing and life on the Lane in these new bright surroundings that tell me we're on to something.

We knew, even before COVID-19, that the needs of our seniors were changing. 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. Our new memory care space, while beautiful, fresh and modern, is more than just a space. It comes with new programming and a new way to approach dementia care, so we can provide a beautiful life to all who choose to call Canterbury home.

The opportunity to live a life of purpose and meaning doesn't go away with age or even diminished cognitive function. We recognize that all of us need to feel a purpose and to live in a space that allows us to live at our optimal wellness. That's the shift we're making at Canterbury in our programming.

We're in the process of adapting the way we interact with our seniors and changing how we view their care. We as a staff and leadership team are excited for the evolution of this programming. It's about being intentional and learning about our residents, understanding their life history, and tailoring our programming to their needs, wants and desires.

For example - for those residents who see themselves as homemakers - allowing them to do those tasks that give their lives purpose each day, from washing dishes, sweeping or caring for others, to cooking and baking and gardening in our new beautiful secure garden area. For residents who like to tinker, fix and make things - we'll find opportunities so they can continue those activities. This is the way we see our new programming evolving. We want our residents to greet each day with excitement.

Everyone needs a feeling of purpose and accomplishment and so our new programming will allow our residents to actively participate in these tasks as they choose. Our staff are not just caring for them, but are actively doing things with them more like colleagues and friends. We're hoping our families will also join us in doing the same.

As often happens in the Lane - communication sometimes gets harder with our residents, we believe when actively doing a task, spending time together is far easier than trying to just sit and talk. Our families are an integral part of our care model and so we hope our families will join in with our tasks and activities to be part of building a family model, where everyone helps, participates and enjoys working together to make a home - a home. Our goal at Canterbury is to ensure our residents are thriving in their living spaces so they can live longer with better quality of life.

But this is just the beginning,

By the time we are finished - our expansion will offer 52 new memory care spaces, new enhanced supportive end-of-life care, and a community outreach program for seniors living in the surrounding neighborhoods.

“Spring drew on...and a greenness grew over those brown beds, which, freshening daily, suggested the thought that hope traversed them at night and left each morning brighter traces of her steps.” CHARLOTTE BRONTË

We've all watched our health care system be stretched past its limits in the last few years, so this type of space and programming can't come soon enough. 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. We hope to be the soft place anyone needing care and companionship can land in these tough pandemic times.

But this project will take a community to build. We are continuing to grow and expand our donor community and build more connected and inspired relationships with our families and private donors. We believe in this project and we know how important it is for our seniors.

We have seen couples who have been together all their lives, have to separate and live apart because one needs more care than the other. We have seen families have to move their loved ones for end of life care at their most vulnerable time - away from all the comforts they have at Canterbury. We know there are seniors living in our community - isolated and alone in their homes - who could use the support and activity of a Canterbury outreach program.

This is unacceptable to us. Our expansion will allow families to stay together and receive all the care they need in a home-like environment that feels safe and secure no matter what stage of life they are in. We want to ensure all our seniors have choice in where and how they live their end of days. With respect and dignity.

We know there are donors who want to be part of these happy endings and we hope you'll join us in supporting our vision of what senior care can and will look like at Canterbury.

The seeds have been planted - we hope you'll help them grow

and bloom!

Here in our fourth edition of our Canterbury Gratuities, you'll get a first hand look at the first phase of our memory care program, see the new renovation and hear from our team that is tending to its evolution. You'll meet one of our couples who is thriving inside Canterbury despite both having different levels of care needs. And you'll get to see what is on the horizon with our beautiful new mural project that will take shape this year and celebrate all that is new and inspiring at Canterbury.

At Canterbury, we are more than four walls. There are many unique opportunities to create a family legacy inside our Capital Project. Reach out to us to start a conversation about what kind of donation is most meaningful for you. We want to hear your story.

Spring is around the corner - and while we are still taking COVID precautions at Canterbury, we hope we can see you all enjoying life with your loved ones in and outside of our walls.

Thank you for being part of the Canterbury family. Your donations of support, time and energy are all appreciated and felt. Canterbury could not continue to grow, elevate and change without all the support we receive from all of you.

With love and gratitude, stay strong.

With love and gratitude, stay strong.

Wendy King

Executive Director, Canterbury Foundation