



# CANTERBURY TIMES



## REMEMBRANCE DAY SERVICE

Join us on November 7th at 10:30 a.m. in the Chapel for a heartfelt Remembrance Day Service. Let us gather to honour those who serve in defense of country, democracy, and peace; remembering the brave souls that were sacrificed for our freedom.





## ACTIVITY PROGRAM HIGHLIGHTS

**November 1:** Diwali, the Festival of Light, will be acknowledged throughout the day including a sample of traditional goodies provided during afternoon entertainment (Kay Desilva).

**November 12:** The Manor Resident Meeting will be held in the Manor Activity Room starting at 1:30 p.m.; all Manor residents are encouraged to attend.

**November 13:** At 12:30, come and enjoy Eat Street with Rus in the Court Activity room

At 3 p.m., Sing for Fun will be held in the Chapel

**November 15:** Jersey Day! Proudly wear your favourite team jersey on this day and enjoy punch served in silver cups during entertainment (Larry Renn) at 2 p.m.

**November 24:** At 2:15 p.m. in the Court Atrium, Canterbury is delighted to host a concert by St. David's Welsh Male Choir- Don't miss out on this event!

**November 27:** At 1:30 p.m., come for a fun and culinary adventure in Kelly's Kitchen (Court Activity Room).

**November 29:** Attention Canterbury Writers and Poets! Do you have an original piece of poetry or a favourite poem you would like to share with your neighbours? Between 1 -2 p.m. we will be visited by Norquest students who will recite their poetry for us. Share the stage with them or be a supportive audience member for these brave young folks.





# THANK YOU!

Thank you for your participation in our immunization clinic! Your commitment to staying healthy not only benefits you but also strengthens our community. We appreciate your engagement and support.

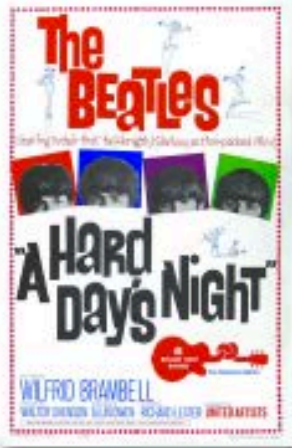
## CANTERBURY IS A SCENT FREE COMMUNITY

Help us keep the air we share healthy and fragrance-free! The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions.



# The Soundtrack of Cinema

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.



ALMOST **FAMOUS**  
**BIOPIC**  
**BLACKBOARD JUNGLE**  
 THE BRITISH **INVASION**  
**DRAMATIZED**  
 A **HARD DAY'S NIGHT**  
**ICONIC**

**JAILHOUSE ROCK**  
**MUSICIANS**  
**PERSONALITIES**  
**REBELLIOUS**  
 "ROCK **AROUND THE CLOCK**"  
 ROCK 'N' ROLL **FANTASY**  
**WALK THE LINE**



## A LIFE IN SERVICE: DAVID MOORE'S MULTIFACETED JOURNEY

David Moore joined Canterbury in June 2024, and he comes with a background that is varied and diverse. Here is his story:

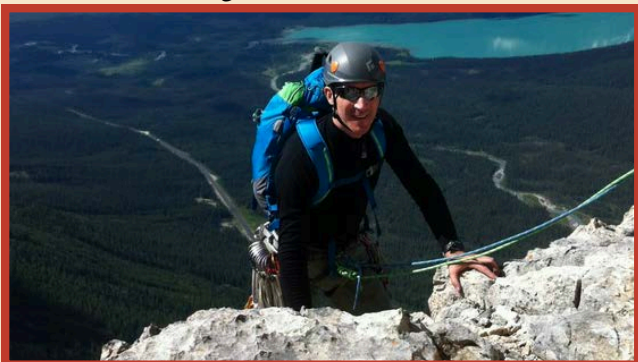
David enrolled in the Canadian Armed Forces in 1994, and immediately commenced undergraduate studies in Business Administration at the Royal Military College of Canada. During his studies, he learned French, German, and Spanish, though he's only been able to maintain his French language skills since. Upon graduation he received his commission as an Officer, and he headed off to Winnipeg for Air Navigator training.

In 1999, David was posted to the 415 Maritime Patrol Squadron in Nova Scotia, where he honed his anti-submarine warfare skills as an Acoustic Sensor Officer. In this role, he participated in dozens of NATO military exercises, travelling to Iceland, Norway, Germany, France, Spain, Portugal, Italy, Scotland, UK, and of course the United States (including the incorporated U.S. territory of Puerto Rico as well as Hawaii). In 2003, he was deployed to an undisclosed location in support of Operation APOLLO, which was part of Canada's contribution to the global war on terrorism. Upon return to Canada, David was employed as a Standards & Training officer until 2005 when he was posted to a Naval Defence Research and Intelligence unit.



In 2009, David transferred over to the Health Services branch of the military as a Health Care Administration Officer, where he was responsible for operational planning and non-clinical support to healthcare operations. He worked in a large primary care clinic in Halifax, a Reserve Field Hospital unit in Ottawa; he was the Commanding Officer of the primary care clinic in Cold Lake, and he was the Regional Operations and Planning Officer for Western and Northern Canada. He then deployed to Iraq as the Deputy Commanding Officer of a multinational military surgical hospital.

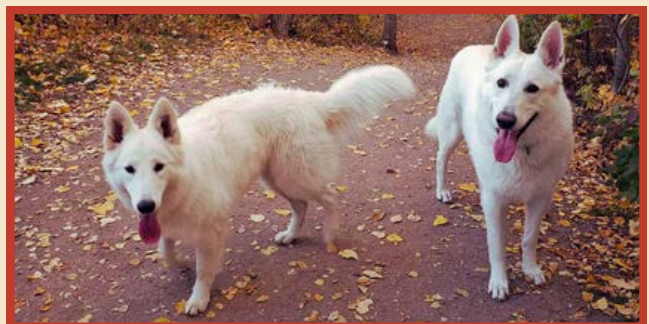
Upon return from deployment, David served as the Deputy Commanding Officer of a medical field unit and as the Chief of Staff of the military healthcare system in Western and Northern Canada. In 2021, he assumed the role of Director of Quality and Patient Safety for Western and Northern Canada. During David's healthcare career within the military, he completed his master's degree in health administration, the NATO Joint Medical Planning course, a certificate in Quality and Safety with the Institute of Healthcare Improvement, a certificate in Systems Thinking with Cornell University, and he was awarded the designation of Certified Health Executive from the Canadian College of Health Leaders.

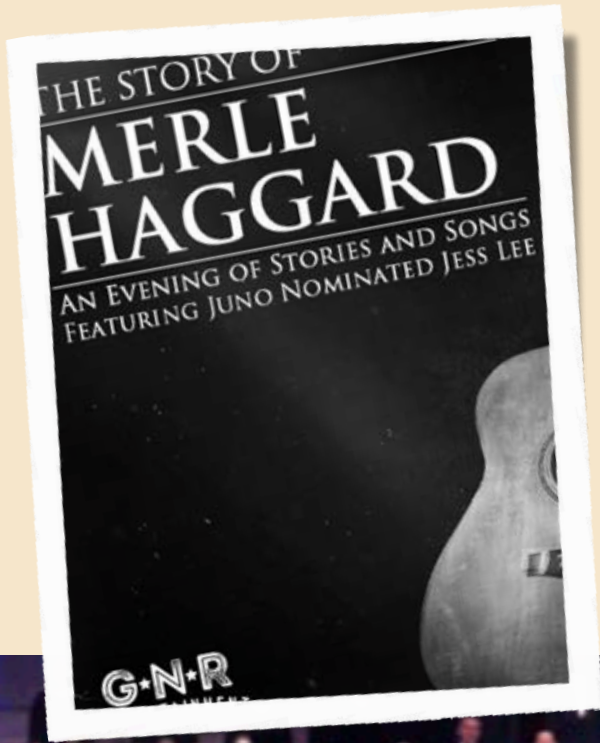


In 2022, David began a new chapter in his career with the Government of Alberta, in the role of Executive Director, Continuing Care, where he first became aware of Canterbury Foundation. During his time in government, David shepherded the planning and implementation of the \$1 billion Continuing Care Transformation initiative, intended to increase choice and innovation in the continuing care sector, and to improve quality of life for continuing care residents and families.

In June 2024, David jumped at the opportunity to come to Canterbury to more directly support the unique community-based model of care here. He has especially appreciated the opportunity to meet and talk with residents and families about a variety of topics - from how things are going for them here at Canterbury to the stories of horses they've owned. And of course, David has already lost a game of crib to Davis Farquharson (Manor resident).

David has been known to visit the mountains from time to time, to climb rock faces and frozen waterfalls. He currently lives in Edmonton with his wife, Jenn, who is a Registered Massage Therapist and a professionally trained singer. They have 2 dogs, 2 cats, and a horse (the horse lives at a stable outside of town).





## The Story of Merle Haggard

*When:* November 28, 7 pm

*Where:* Northern Jubilee Auditorium

Be part of a special evening dedicated to one of the greatest artists in country music history - Merle Haggard. In "The Story of Merle

Haggard <https://www.jubileeauditorium.com/edmonton/story-merle-haggard>



## Faure's Requiem

*When:* November 8, 2024, 7:30 p.m.

*Where:* Winspear Centre, 4 Sir Winston Churchill Square

The Richard Eaton Singers and choirs from the University of Alberta join the Edmonton Symphony Orchestra for a special performance of Fauré's monumental Requiem, one of the hallmarks of choral repertoire. The program also includes two works by prominent Canadian composer John Estacio, one of which was commissioned by the Richard Eaton Singers in memory of a former choir member.

<https://www.winspearcentre.com/tickets/events/eso/2024/faures-requiem/>



## Rocky Mountain Wine & Food Festival!

*When:* November 8-9th 2024

*Where:* Edmonton Convention Centre, 9797 Jasper Avenue

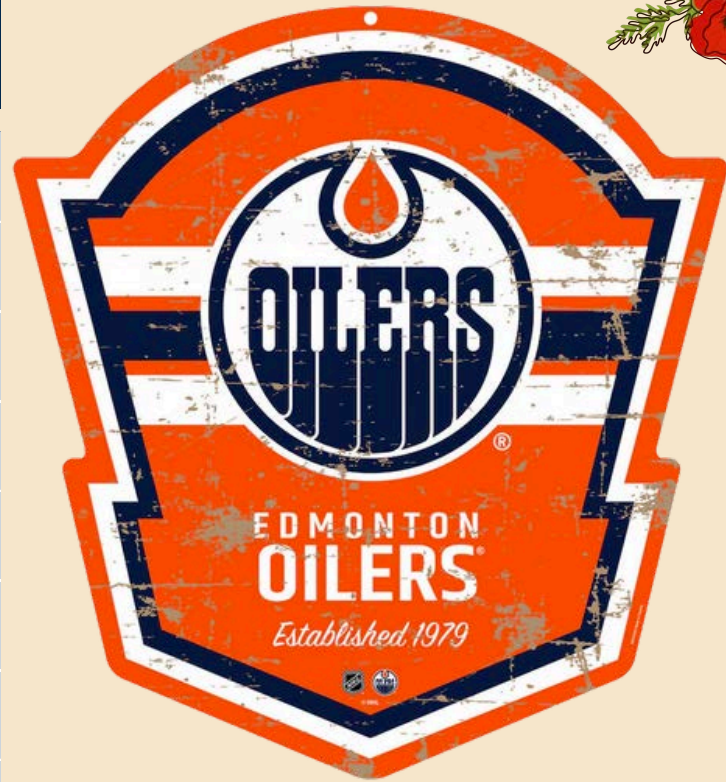
Explore an incredible array of dynamic wines, smooth spirits, and downright delicious beers from around the globe, all under one roof at the Edmonton Convention Centre. Cap it all off with tantalizing bites from some of Edmonton's best restaurants and food purveyors, and you've got a can't-miss event.

<https://exploreedmonton.com/event-calendar/rocky-mountain-wine-food-festival>



# Oilers Hockey Schedule November 2024

Nov 3, 2024	Oilers vs. Flames	6:00 pmSN
Nov 4, 2024	Oilers vs. Devils	6:30 pm
Nov 6, 2024	Oilers vs. Knights	6:30 pmSN
Nov 9, 2024	Oilers vs. Canucks	8:00 pm
Nov 12, 2024	Oilers vs. N.Y. Islanders	7:00 pmESP+
Nov 14, 2024	Oilers vs. Predators	7:00 pmESP+
Nov 16, 2024	Oilers vs. Leafs	5:00 pm
Nov 18, 2024	Oilers vs. Canadiens	5:30 pm
Nov 19, 2024	Oilers vs. Senators	5:00 pm
Nov 21, 2024	Oilers vs. Wild	7:00 pm
Nov 23, 2024	Oilers vs. N.Y. Rangers	8:00 pm
Nov 29, 2024	Oilers vs. Utah	7:00 pm
Nov 30, 2024	Oilers vs. Avalanche	8:00 pm



## The Soundtrack of Cinema

(solution)



# THANK YOU!

Reflecting back on the last two months of celebrating and thanking our donor family, it's filled me with warm fuzzies, and appreciation of the community Canterbury has.



On September 26, Canterbury hosted a donor appreciation where we celebrated the positive impact our donors have made on our care community. I've highlighted a few below:

- Couples are able to stay together as their care needs progress at different rates. They receive the care they deserve and age with dignity.
- Families have peace of mind - knowing their loved ones are being well taken care of.
- Residents and families have access to a full-time Chaplain and Social Worker - who help them navigate the emotional and spiritual side of the unknowns of aging

In October, we individually called our donors to say thank you for empowering the *age in community* care model. Donations fuel the resources, activities, and infrastructure Canterbury has to enable seniors to age with dignity and ensure that everything is thoughtfully tailored for the mind, body and spirit of our residents today, and tomorrow.

As we approach the end of the year, I am thankful to all of our donors who invest, and in a way, walk along side our seniors as they navigate the changes and uncertainty of aging. Your gift provides them with the wrap around, tailored care they deserve.

Thank you,

Madeline Verhappen  
Fund Development Specialist





# SAVE YOUR SEAT FOR CANTERBURY CONNECTIONS NOVEMBER 20!

Join us for an evening of stories from our Health Care Manager, Rosemarie Bruff-Campbell. She will be sharing her team's experience of delivering Canterbury's *age in community* care model. Hear how her team provides unique, wrap around care, tailored to each resident.

- **When:** Wednesday, November 20, 2024
- **Where:** Canterbury Foundation, 8403 142 Street, NW, Edmonton T5R 4L3
- **Time:** 5:30 p.m. to 6:15 p.m.; all are welcome to arrive starting at 5:00 p.m.

To save your seat, please contact Madeline Verhappen, Fund Development Specialist, by email at: [MadelineV@canterburyfoundation.com](mailto:MadelineV@canterburyfoundation.com), or by phone at 780-930-3727.

We look forward to seeing you at Canterbury Connections on November 20!



## IT IS HERE!



Our **5th Annual Promise of Home Fundraising Campaign**, presented by Bird Construction, has arrived!

This year we have the **goal of raising \$175,000!**

Your gift amplifies every level of care, as well as Life Enrichment programming, and is invested back into the infrastructure that provides a home to seniors in our community.

Join Canterbury's family of donors today!

To donate whatever is meaningful to you, scan the QR code of visit our website:

[www.canterburyfoundation/donate](http://www.canterburyfoundation/donate)



# Rus's Recipe



## Burnt Basque Cheesecake

Prep Time: 20 min

Cook Time: 40 min

Serves: 12

### Preparation Steps

- Bring all ingredients to room temperature before mixing. Preheat the oven to 475°F (245°C).
- Prepare a 9" | 23cm springform pan by cutting a round of parchment paper to fit the bottom and a 30" / 75cm long, 6-8" / 18cm tall strip to line the sides. Spray the pan with pan spray, ensuring the parchment paper sticks to the inside, then spray the parchment.
- In a stand mixer, combine cream cheese, goat cheese, and sugar. Mix on low speed until sugar and cream cheese are well combined (3-4 minutes), scraping down the sides halfway through.
- With the mixer on low, add the eggs one at a time, allowing each to fully incorporate before adding the next.
- Scrape down the sides, then add salt.
- Slowly stream in heavy cream with the mixer on low speed.
- Sift flour into the batter and mix on low speed for 2-3 minutes until the flour is evenly hydrated. Scrape down the sides once more
- Place the prepared springform pan on a sheet tray then pour the cheesecake batter into the pan.
- Bake in the preheated 475°F (245°C) oven for 40 minutes, rotating the pan 180 degrees

Ingredients (ALL SHOULD BE ROOM TEMPERATURE):

- 800g Cream Cheese, room temperature
- 225g Goat Cheese, (substitute with extra cream cheese if you don't have goat cheese)
- 350g (1 3/4 cups) Granulated Sugar
- 5 Eggs, large
- 5g (1tsp) Coarse Kosher Salt
- 500g (2 cups) Heavy Cream
- 50g (1/2 cups) All-Purpose Flour, (sub gluten free flour if making a gluten-free cheesecake)
- Pan spray (for greasing)



# 8 Ways to Lift your Spirits During Winter

**01**

## **Stay Active Or Exercise**

Binge-watching can make you sluggish. Add light exercise like walking or yoga to boost your mood with endorphins.



**02**

## **Meditation May Be The Key**

Meditation clears your mind. Find a quiet space, close your eyes, and focus on your breath for peace and refreshment.

**03**

## **Keep Track Of Vitamin D Levels**

Indoor time can lower Vitamin D. Get 15 minutes of sun, or consider supplements to maintain your mood.



**04**

## **Pick Up A Hobby**

Explore hobbies like crochet or art. Engaging in fun activities boosts achievement and lifts your spirits.

**05**

## **Stay In Touch With Loved Ones**

Stay connected with friends and family through video calls to combat isolation and boost your mood.



**06**

## **Stay Healthy**

Prioritize balanced meals and hydration. Eating well helps you feel energized and positive.

**07**

## **Pamper Yourself**

Treat yourself occasionally—enjoy a book, a bath, or a massage to ease stress and uplift your mood.



**08**

## **Think Of The Positives**

Focus on positive moments each day. A simple list can shift your perspective and improve your outlook.

# Remembrance Day

Extracted from: Canadian War Museum. (n.d.). Remembrance Day. <https://www.warmuseum.ca/firstworldwar/history/after-the-war/remembrance/remembrance-day/>

**Canadians recognize Remembrance Day, originally called Armistice Day, every 11 November at 11 a.m. It marks the end of hostilities during the First World War and an opportunity to recall all those who have served in the nation's defence.**



## **Armistice Day**

Armistice Day was inaugurated in 1919 throughout much of the British Empire, but on the second Monday in November. In 1921, the Canadian Parliament passed an Armistice Day bill to observe ceremonies on the first Monday in the week of 11 November, but this combined the event with the Thanksgiving Day holiday. For much of the 1920s, Canadians observed the date with little public demonstration. Veterans and their families gathered in churches and around local memorials, but observances involved few other Canadians.

In 1928, some prominent citizens, many of them veterans, pushed for greater recognition and to separate the remembrance of wartime sacrifice from the Thanksgiving holiday. In 1931, the federal government decreed that the newly named Remembrance Day would be observed on 11 November and moved Thanksgiving Day to a different date. Remembrance Day would emphasize the memory of fallen soldiers instead of the political and military events leading to victory in the First World War.

## **11 November**

Remembrance Day rejuvenated interest in recalling the war and military sacrifice, attracting thousands to ceremonies in cities large and small across the country. It remained a day to honour the fallen, but traditional services also witnessed occasional calls to remember the horror of war and to embrace peace. Remembrance Day ceremonies were usually held at community cenotaphs and war memorials, or sometimes at schools or in other public places. Two minutes of silence, the playing of the Last Post, the recitation of *In Flanders Fields*, and the wearing of poppies quickly became associated with the ceremony.

Remembrance Day has since gone through periods of intense observation and periodic decline. The 50th anniversary of the end of the Second World War in 1995 marked a noticeable upsurge of public interest, which has not ebbed in recent years. It is now a national holiday for federal and many provincial government workers, and the largest ceremonies are attended in major cities by tens of thousands. The ceremony at the National War Memorial in Ottawa is nationally televised, while most media outlets – including newspapers, magazines, radio and television stations, and internet sources – run special features, interviews, or investigative reports on military history or remembrance-related themes.



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🌐 <https://canterburyfoundation.com/>

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