

Canterbury Gratitudes



MARCH 2023

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**3RD ANNUAL PROMISE
OF HOME CAMPAIGN**

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are doing!*

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Life Enrichment's Leana Nielsen

and SO MUCH MORE!!

MESSAGE FROM
Heidi Hadubiak, CEO

“Sometimes we can only find our true direction when we let the wind of change carry us.” MIMI NOVIC



There is no denying, we have seen considerable change at Canterbury! And, while I recognize any amount of change can bring with it challenges, I am grateful for the many wonderful opportunities and outcomes that have blossomed from these seeds of change.

It is an exciting time to be the new CEO of Canterbury Foundation. Having just completed the Court expansion and renovation project that began in 2019, we have now formally launched our campus of care. Canterbury's campus model supports seniors to live meaningful, fulfilled lives during their more active years as well as provides them with the peace of mind of knowing that they are able to age in place and receive quality care and expertise right through to end of life.

While Canterbury has always been a leader in seniors' living for independent, supportive and memory care living options, our long awaited Enhanced Supportive Living option, Canterbury's newest neighbourhood, is now a reality. This warm and inviting space opened in January this year and has already welcomed several residents. Offering the highest level of care to those with greater needs, individuals no longer have to leave Canterbury to move into long term care or hospice. This beautiful space now allows us to support residents in the final stages of aging and provide expert end of life care when the time comes.

This advancement in our care model is something that was made possible through the generous support of donors like you. I want to extend my sincere gratitude on behalf of not only myself, but also, the numerous residents that will benefit from this program.

And, while on the topic of gratitude, I also want to take a moment to thank everyone who donated to last year's annual campaign helping us to exceed our goal! There are many wonderful initiatives underway to enrich the lives of Canterbury's residents. This includes a new bereavement group, offered to both residents and family members by Canterbury's Social Worker, Sara Morin, and our Chaplain, Rev. Colleen Sanderson. As we age, we are increasingly confronted with loss. Many seniors will not only face the loss of their spouse but also several family and friends. Grief and loss can significantly affect a person's sense of wellbeing and without programs like this that provide education and support, individuals quality of life begins to suffer. Canterbury is very fortunate to have the ability to provide this type of psychosocial and spiritual support to those we serve through our fundraising efforts.

As a not-for-profit organization, the support of our incredible donors is critical to Canterbury's ability to continue this very important work and fulfill our mission. We quite literally could not do it without you. Even though construction on the Heights and Court is finished our work is not complete. Not only have we been busy welcoming new residents, but we are also looking to the future and there is still more to be done. Our sincerest hope is that we see even more support than ever this year to help us to continue to provide the best in care and services and enrich the lives of the seniors we serve.

With gratitude,
Heidi Hadubiak, CEO, Canterbury



NOW OPEN!

Welcome to Canterbury's Enhanced Supportive Living

18 rooms are now open and providing enhanced and end of life care, treatment areas, and a (soon to be) rooftop garden for moments of reflection for families and caregivers during their care journey. Palliative care in-suite has always been a part of Canterbury's community, but now we are able to provide a dedicated extension of this complex compassionate care, while residents stay in their familiar home during this vulnerable time.

Inspiring this extraordinary renewal requires passionate donors, ready to leave a legacy. As a not-for-profit, Canterbury offers the opportunity to partner with donors considering a transformational gift.



Join our family of giving by visiting:
[CanterburyFoundation.com](https://www.CanterburyFoundation.com)
email Margo Buckley, CFRE:
margob@canterburyfoundation.com



You did it again! the Heart of Canterbury

Canterbury Foundation's amazing family of donors, sponsors and community partners proved once more that they care enough to give big. This year's campaign and online auction **exceeded the \$120,000 goal**, raising over \$127,000! It takes a village, and Canterbury has the most generous community of supporters.

The Annual Campaign has become a staple over November and December months. This year, our theme was The Heart of Canterbury, shining a light on funding dedicated to our geriatric social work and spiritual care chaplaincy. These staff salaries are 100% donor funded, and programs like chapel service, bereavement, move-in transition support – overall mental and spiritual care is offered at no cost to our residents and their caregivers.



What your generous gift provides:

Alleviating stress related to finding alternative housing, then moving a parent or grandparent into unfamiliar surroundings.

Facilitating participation in programs developed by a Geriatric Social Worker and Spiritual Care Chaplain to meet social, emotional, spiritual, and physical needs.

Enabling residents to stay in their home when mobility or cognitive ability fades, or as they approach end of life.

Sense of **community and connection** to enhance the quality of life of the seniors who call Canterbury home.

Keeping loving couples together as care needs change, a unique feature of Canterbury that other options do not offer.

Empowering residents to continue engaging in programs, activities with their neighbours & friends when they move to another area of the building.

Maintaining links with the **broader community**, including intergenerational activities with students from Laurier Heights School, and countless volunteers at games nights, companion programs and even pet therapy!

Fostering **peace of mind** through enabling sensitive discussions about elevated care, facilitated by the Canterbury team who know the resident and his/her unique medical history and needs.

No matter where you choose to put your donated dollars, your gift has impact!



\$10,000

Once again, Bird returned as presenting sponsor for Canterbury's online auction, matching all winning bids up to \$10,000!

◀ Greg Madziong, VP & Director, Northern Alberta; Heidi Hadubiak, CEO, Canterbury; and Patrick Williams, Sr. Project Manager



\$5,000

Canada ICI Capital Corporation brought their A-game to Canterbury's Annual Campaign, giving \$5,000 in support of residents and programming. Once again, ICI's generous dollars go to the Greatest Good, a fund that provides support where needed most. Thanks again to ICI for giving us something to smile about!

◀ Reese Rolheiser, Director, Mortgage Origination, Canada ICI and Heidi Hadubiak, CEO, Canterbury



Giving Tuesday

CareRx put the care into Canterbury. Literally. CareRx matched all donations on Giving Tuesday 2022!

◀ Sarah Peters, Client Engagement, CareRx and Heidi Hadubiak, CEO, Canterbury





ROLLANS FAMILY GIFTS CANTERBURY WITH GENEROUS \$25,000 DONATION FOR MEMORY CARE SUPPORT

Honours special father Bill who devoted life to connecting, caring and sharing.

For the Rollans family, the ingredients for a joyful life included gathering together for a potluck supper every Sunday night. So when their father Bill moved into Canterbury in 2016, there was no reason for the tradition to change.

“Sunday dinners were very important to my parents and family while we were growing up. Before the pandemic, we were so happy that we were able to gather in the private dining room in Canterbury with our dad on a weekly basis, and whoever could join us, children or grandchildren were welcome to come,” says his son, Glenn Rollans.

After sharing their delicious meals together with Bill, the young kids would light up the hallways with their energy. “I remember one of the great-granddaughters loved to hear the grandfather clock strike the hour, and she would dance to the music and all the Canterbury residents would be applauding her.” He adds, “Then the children would chase around after my dad on the way back to his room because he had some treats for them in an owl candy jar from his school principal days. So there was always a lot of excitement and a lot of fun.”

It’s memories like these served up with laughter and love that has inspired the Rollans family to start off the new year by making a spectacular donation in Bill’s name to

Canterbury Foundation. The amazing gift of \$20,000 will go towards the Memory Care program at Canterbury, in addition to the generous \$5,000 they donated during the 2nd Annual Promise of Home Campaign in 2021. They will also be able to have special naming recognition of the private dining room, dedicating it to their father with a beautiful plaque.

We are so grateful that three of Bill’s children - Glenn, Scott and Maureen recently gathered here at Canterbury to share the wonderful story of their family’s incredible donation. They, along with their siblings Shane and Pat, all agreed that this would be a wonderful way to honour their father and his kind heart of giving to those in need. This is especially important now as their 95-year-old father Bill is living with cognitive decline, and the family wanted to be able to continue to act on his behalf in the spirit he is well known for.

“Our dad was always supporting and donating to charities and his church over the years, and his church recently closed,” explains Glenn. “We wanted to find something equivalent to what he would have done with his money at this stage.” He adds, “And because we all hear the same thing from him - how much he feels lucky to be living at Canterbury, how nice everybody is, how great the food and staff are, and how much he appreciates the care he is getting; it was an easy decision and thumbs up from everyone to do this.”

Bill first moved into Canterbury in 2016, looking for a comfortable place to settle, soon after his wife Marie passed away. He was familiar with Canterbury over the years through extended family and a friend he visited at the care home. “The whole experience has been better than most of us expected or hoped for. He accepted the transition very well,” says Bill’s daughter, Maureen Rollans. “We moved him into a bigger suite because we thought it would be easier moving from a house to on his own. So, he had



a little bit of room and he enjoyed having the space. He’s been nothing but positive about his experience here and has since the beginning.”

Although Bill was content with his cozy and quiet room, he liked going to the exercise room with his daughters and to have “coffees with Clive,” a resident and new friend he met in the Court. Other grandchildren would often pop by for lunch with him, and staff would affectionately refer to a few of his older grandsons as the “Handsome Boys.”

When Bill had a hospital stay, one of his Canterbury caregivers was kind enough to visit him a few times there. “The fact that he would take time to go to the hospital on his day off is amazing. That left such an impression, and my dad talked about that for a long time,” says Maureen.

“We also understand that it’s a very challenging sector for retaining staff and for staff morale these days,” adds his son, Scott Rollans.

“And as a visitor to Canterbury, you come in and you have a feeling that people are invested in their jobs, that they care about the residents and that it’s truly a place of care.”

The family really appreciated how the organization handled things during the pandemic and were relieved to have their dad in a home where he was safe and well cared for. “Every facility was touched by COVID and this particular facility did so well through it,” says Scott. “They bent over backwards, there’s only so much they could do, but we had visits through the window and in the main entrance those things really made a big difference.”

During the pandemic, Bill experienced another extended hospital stay and it was suggested by the medical staff there that he be placed in a nursing home. However, the family was able to work with the nursing coordinator at Canterbury and look at different options. “They moved some small mountains to make it possible for him to be here,” explains Glenn. “He needed to have their commitment to doing some extra care that wouldn’t normally have been part of the day-to-day care pattern in Canterbury to try to have him back. That was a year and a half ago and he’s been well-supported for that whole time. We really appreciate all that extra effort for him here.”

They are also grateful that Canterbury supports family involvement and resident outings as well. “With his cognitive decline, he is not quite as social as he was before,” says Glenn. “He had some anxiety because he didn’t remember people’s names, had a hard time hearing and making conversation, and so that part of it was tough,” he adds. “But it made the openness of interacting with the family more important than ever. We were able to keep people that he knew in his life every day.”

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Inspiring this community of care requires passionate donors, ready to leave a legacy. As a not-for-profit, Canterbury offers the opportunity to partner with donors considering a transformational gift.

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email Margo Buckley, CFRE at margob@canterburyfoundation.com



family to Russia before the Berlin wall came down. After a career working in special education, he even returned to university in his sixties to earn his PhD and become an Educational Psychologist. But raising his large family alongside his wife Marie, was the most important accomplishment of his life. “He’s very proud of us and having a family that’s able to make decisions together without hard feelings,” says Maureen. “He always tells us he’s so happy that everybody gets along and that we are doing so well with our lives.”

And while Bill may be growing older and quieter at the family dinner table celebrations at this stage of his life; he can rest assured that his voice will always be heard.

“He was saying the other day to me that there were so many things in his life that he wished still that he could have done,” reflects his daughter. “But I said to him if there are things that you don’t feel you can do, - you’ve got a family now that can help you with that and you don’t have to feel like anything has been left undone.” She adds, “But we all think that he’s a pretty good guy and that we would like him to feel like he’s accomplished everything that he wanted to, and I think this donation is definitely something that he would feel very good about.”

The Rollans family appreciates how Canterbury has provided the promise of a good home to their dad for the past seven years and would like to ensure that continues. “It’s also a chance for us to now pay it forward as our dad has been so well cared for,” says Scott “and that through him with this gift, it will grow and thrive for other people’s parents in the community in the future.” Bill has become one of the first residents to move into Canterbury’s Enhanced Supportive Living (ESL), able to remain in his Canterbury home as his care needs evolve. Their hope is that residents will be able to benefit from excellent memory care, gather in the private dining room and bond over shared meals together that nourish the body, soul and giving heart.

The Rollans family has continued on with their parents’ traditional potluck Sunday suppers and connecting through fun, annual Easter trips together to Fairmont Hot Springs. While Bill is unable to travel far these days, he has been able to join in their special Thanksgiving and Christmas suppers relatives organized at a nearby community hall.

“It was a bit of work for my daughter and me to bring him in and out of the car with his wheelchair, but we figured it out and it was totally worth it,” explains Maureen. “When we got into the building and he looked around and saw the room full of lights, and Christmas tree, and all the family; we told him he was the head of this big, friendly group! Everyone was coming up to welcome him, and he had a wonderful smile on his face, even if he was not exactly sure who everyone was.” Bill ended up staying over two hours, watching the grandchildren run around and play. “He really enjoyed it,” says Maureen, “We called it our Christmas Miracle.”

Bill was always up for a taste of adventure that was met with hard work, thoughtfulness, and determination. As an educator, he moved the family to Thailand for two years for a teaching contract and travelled with the

Leave a Legacy

NAMING OPPORTUNITIES ARE AVAILABLE

Over the years, our annual campaign has been a joy to share with you, our family of donors. If you are considering a major gift to Canterbury Foundation, like the Rollans Family, the **opportunity to name a space** inside your Canterbury Community is waiting for you. Our fund development structure is unique and creative, able to dedicate your gift in a way that is most meaningful to you, your family or organization.

**To learn more about becoming a major donor, please contact:
Margo Buckley, CFRE at 780.919.7295 or MargoB@canterburyfoundation.com**



Help us Obie One!

See what we did there? Meet ‘Obie for Seniors.’ This is a hands-free game-based projection system, created for seniors to empower movement, increase socialization, and support cognitive health. There are over 50 purpose-driven games to discover – like popping balloons to poker! This Obie is currently located in the Lane, but stay tuned, there will be two more Obie systems available for all residents and visitors of Canterbury soon!

To learn more about Obie for Seniors, visit obieforseniors.com

Obie

Funded by the Government of Canada's New Horizons for Seniors Program | **Canada**

Where community comes together.

On Monday, January 30th, Canterbury Foundation saw our community come together.

Don Hussey, a long serving Board Member for Canterbury Foundation not only infused his fellow colleagues with the dream of modernization and expansion for our residents, he and his wife Marilyn also raised their family right around the corner from this bench, on the corner of 85th Avenue and 142 Street. This is where Don and Nevada (the family dog) would wait for the kids at the end of the school day. Friends and loving neighbours came out to see the plaque installed, share “Don’s Best Ever Cookies”, and celebrate his life of service to others, his kindness and family memories.





Leana shares Heartfelt Connection with Canterbury Seniors

introducing: RESIDENT EXPERIENCE MANAGER, LEANA NIELSEN



At Canterbury, we love to provide our seniors with exceptional experiences every day that bring a sense of discovery, joy, and connection within our community.

“We like to call it life enrichment,” explains long-time staff member Leana Nielsen who you’ll often see strolling down the hallways

with Canterbury residents, “because we really feel that we’re here to enrich lives and find out more about what our resident wants and needs are.” She adds, “We’re not just here to run a program. We’re here to run programs that seniors actually want and will improve their quality of life.”

And while Leana has been carefully listening to residents and planning wonderful events as a life enrichment activities coordinator and supervisor at Canterbury for the past decade, we are excited to announce that she has been promoted into her new role of Resident Experience Manager, overseeing the department’s plans.

“One of the big things to do is the calendar of events,” explains Leana. “We put out a calendar for the three living areas and so there’s a few moving parts and pieces to that, making sure that it works out. I love organizing and managing our amazing team that pulls all of the details together.”

First up for 2023 was an exciting week-long “cruise” theme the residents experienced in January. One fun stop for the seniors was Vietnam, with engaging in-house activities like a scavenger hunt, traditional games, kite making and salad rolls: leading to an overall amazing social experience and great learning opportunity.

“We’re always looking at physical, social, intellectual, and spiritual well-being and making sure that we are incorporating all those things,” says Leana. “We have trivia, crosswords and interactive games, and we have some form of exercise seven days a week,” explains the former competitive dancer. “We have so many ideas that come up throughout the team and even throughout different

departments too. Residents will ask for something new, or staff will come to us and say, hey, can we do something like this? And I’m like, sure, let’s make it happen! And if our team is engaged in a program that they are excited about then the residents are also going to be engaged and excited about the program.”

And at Canterbury, everyone is welcome to take part in activities. “Right now, we have a new resident that moved in who follows the Muslim religion,” she says. “We are learning more about her culture to help bring that into the planning, and for her to feel included. It also brings excitement as well when there’s the thought “we could do this, so let’s find out what else we can do!”

Leana has always been an enthusiastic active person – prior to working at Canterbury she graduated from NAIT as a personal trainer and gained experience working at another senior care home. She also travelled to Mexico and was employed at a resort, organizing activities for tourists there. While all this helped prepare her for her long career at Canterbury, it was her deep-rooted love of interacting with seniors that makes her a perfect fit here. “I remember as a kid growing up in my small town, that we would visit the senior home as a planned activity in our school,” she says. “We would get to engage with them, ask them questions and take part in little interviews, and I still have wonderful, vivid memories of that.”

Having a close relationship with grandparents in Germany and Canada also had an impact on her life. She was especially dear to her grandfather who was an Alberta farmer and lived until he was almost 97-years-old. “He was a World War 11 veteran, that was a big part of his life,” she reflects “and when we would go visit him every Sunday, he would tell us stories, and I would love listening to them.”

Leana adds, “I have grown up understanding that the wisdom of a senior is just so important and if we don’t gain that knowledge from them, it will be lost forever.”

Leana now enjoys spending time with seniors at Canterbury that have become close to her as well. “I come to work every day and I really enjoy the connection and

being here for 13 years - we have long-time residents that have lived here since they’ve moved into the Manor, and I know them all and I see them as my extended family.” She adds, “My mom passed away in 2015 of cancer and I see people here that remind me of her, and a lot of the residents were there to support me just as much as I support them every day, so that’s always nice to have that comfort.”

Leana is touched by their thoughtfulness and enjoys giving back to Canterbury. She generously makes a monthly donation from her paycheck to help make a difference.

“I decided to be a donor because I know that I can direct that money into programming and as a foundation, we rely on that,” she says. “And if I want to see change at Canterbury then I need to be part of that change for the future. I’ve also donated in other ways throughout the years for the life enrichment program; if we needed something and I had it at home, I would bring it in to share.”

Leana’s kind actions inspire Canterbury workers to do the same. “When I’m at work I’m in that unique position of when I’m hiring people on, I can welcome the new staff to give back too,” she explains. “It’s not something you have to do, but a large part of our income comes from people donating and goes back into programming, so the option is there if you would like to. And we are thrilled that a lot of our new employees have actually started donating because of that.”

Leana has transitioned into her new position which also involves training new staff, working on budgets, coordinating the Companion Care program, connecting with the Manor Resident Association to address their issues and concerns, and being part of the Quality Committee.

And when she’s not busy at work, this activities expert enriches her own life through an exciting sport. “My husband introduced me to the joys of snowmobiling!



We’re part of a club in Athabasca, and I really let go when we go up there,” she laughs, “they have a trail system, and we take the kids, and we do 60 kilometres in a day. We’ll go to different lakes and have a hot dog roast and hang out, it’s a lot of fun.”

These days, Leana is on the right path of her established career that holds many possibilities. One of her biggest goals is to expand neighbourhood connections outside of Canterbury. “I would love to bring in schools and invite the community to participate. “Why not open it up and invite people in the area to come to the entertainment we often have planned here every week, like during the holiday season?” she explains, “And then they’re able to build a relationship with their family or with other residents that live here and see how wonderful our building and community is.”

Leana’s approach to this type of work is driven by her personal motto: “I have just always thought it’s important to have intergenerational connections, to make sure seniors don’t feel isolated, and to help increase their quality of life,” she says, “it’s a real passion of mine.”

Leana would also like to bring junior and high school students in to have lunch in the atrium and establish organic relationships with the seniors. “By coming in here, maybe those kids will be inspired in the future to become a volunteer, or work in dietary or even healthcare,” she says. Or perhaps, to plan on becoming a Resident Experience Manager like Leana, one day, ensuring seniors enjoy life-enriching experiences full of new ideas, friendships and fulfilling activities, in their wonderful Canterbury home.

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



Grilled Cilantro Lime Shrimp

30 g cilantro, *tough stems removed*
60 g parsley, *tough stems removed*
1 clove garlic, *minced*
44 ml lime juice
20 g pine nuts

Sea salt & black pepper, to taste

90 ml extra virgin olive oil

1 lb shrimp, *peeled, deveined, tails removed*
4-6 barbecue skewers

- Add the cilantro, parsley, garlic, lime juice, pine nuts, salt and pepper to the food processor. Pulse to finely chop the cilantro and parsley. With the food processor running, stream in the olive oil. Blend for about a minute, scraping down the sides of the bowl as needed.
- Add half of the sauce to a zipper-lock bag then add the shrimp. Marinate the shrimp for at least 15 minutes.
- Shake off any excess marinade and pierce the shrimp onto the barbecue skewers. Discard the leftover marinade that was touching the shrimp.
- Grill over medium-high heat for four to five minutes, flipping halfway through or until the shrimp are cooked through. Divide the shrimp skewers between plates and serve with the remaining sauce.



Enjoy! - Chef Ram

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

To learn how to join others in enhancing the lives of families and their loved ones, please visit **CanterburyFoundation.com**