

# Canterbury Tales FALL 2015

## Accredited For The First Time!



*Wendy King, Executive Director and Coby Benoit, Director of Fund Development admire the Accreditation Banner which now hangs at Canterbury Court.*

We did it! Canterbury Foundation was accredited in June as a result of a thorough assessment of its services by surveyors from Accreditation Canada. The survey team spent three days at Canterbury, evaluating it against national standards. We voluntarily participate in the accreditation process to improve the quality of the services we provide to our residents.

Accreditation involves assessing processes that Canterbury has in place to ensure that we are providing the best quality of care and services to our residents.

We participate in accreditation because we believe that quality and safety matter to our residents and their families. We believe that improving the quality of our care is a continuous journey—a journey to which we are fully committed.

These achievements were only possible through the dedication of our board and staff who worked together to focus on quality improvements, resident safety and reducing risks for residents and staff.

Canterbury Foundation continues the accreditation process with another assessment slated for June 2017. 



*Wendy King and staff members celebrate Accreditation with a summer BBQ.*



Wendy King,  
Executive Director

# Message from the Executive Director

As we round the corner toward the end of the year, we are looking forward to the activities before us and look on with satisfaction of what we have achieved over the past few months. The successful achievement of the Accreditation Canada Primer Award in June this year is one that we continue to celebrate. Canterbury has consistently ensured that our services are focused on the residents and their needs and we continually re-evaluate our operations to determine where we can improve. Without question our staff are the most compassionate and caring individuals and we value them as do our residents and families. They truly deserve credit for this award.

On Friday, October 23rd, we held our first ever "Promise of Home" Gala to raise funds for a Geriatric Social Worker program, which is the first phase in our Community Outreach Program. This initiative will ensure that we are not only caring for residents physically, socially and spiritually but that we care for them mentally and emotionally as well. Just providing medical care is not enough. We were blessed to have had Minister Lori Sigurdson at the event to bring greetings from the Provincial Government

and voice support for this very important initiative. We raised an estimated \$30,000 toward the program – a resounding success for our first gala! Thank you to all our supporters!

The outlook to the end of 2015 is very exciting. We are in the midst of preparing our business plans for the Canterbury Court proposed \$25 million renovations and are optimistic that once the necessary approvals are in place, we will be able to commence construction in 2017 and complete the project by 2019. The modernized building will enable residents to enjoy a safer, more modern home, with added secure memory care spaces and spaces for those who need hospice or more complex care. The plans also ensure that we have the opportunity for space in the community to engage and connect with our residents.

Thank you to all our supporters – residents, volunteers, caring family members, neighbours, funders, vendors, partners, colleagues, donors. You have helped us to change the lives of residents who call Canterbury home and we value our relationship with you. God bless!

  
Wendy King,  
Executive Director



Nancy Grantham Saha,  
Board Member

# Meet One of Our New Foundation Board Members

Nancy applied for one of three vacant positions that the Board had this year and attended her first official Board meeting as a new director on May 28, 2015.

Growing up in a nearby neighbourhood, Nancy remembers when ground was broken to build the Court - a wonderful day for the community! She follows a family tradition of volunteer service and is delighted to provide support to Canterbury Foundation. Nancy is a certified Professional Coach specializing in business

coaching, health coaching and personal development and has served on several not-for-profit Boards.

She is also a life-long endurance swimmer, having competed in several open water marathon swimming races. Growing up in the Anglican church, she widened her horizons when marrying into a loving Hindu family - she now enjoys the essence of both faiths. 🍀





Len Crowther, Canterbury Court resident



Students Ivy and Kim take resident Mrs Wilson for a walk. Canterbury Foundation was pleased to again welcome several HCA students from CDI College this summer.

# Resident Profile

In late November, 2014, Len Crowther settled into life at Canterbury Court and has found it very satisfying.

He has high praise for the friendliness of the residents and all staff members. This is a familiar area for him as he lived nearby with his wife and five children. He knows that he is so fortunate to have his three sons and two daughters in Edmonton. He always has somebody he can count on when he needs a ride.

For years, Len Crowther's name was well known in the local theatre scene. Len became interested in acting when the family moved to Jasper. He had an excellent high school teacher who inspired him to become involved with drama.

A special opportunity came when a Hollywood crew arrived in Jasper to film an Alberta-based production, *Wings of Chance*. Len played the role of an R.C.M.P. officer. Several scenes were shot in Jasper Park Lodge. Len said modestly that he had a few speaking lines.

He has had parts in CBC plays, television and radio. When asked what kind of roles he played he remarked with a smile, "sometimes a grumpy old man." That is good acting because Len is completely the opposite with a great sense of humour and a very pleasant personality. 🍁



Mrs Snihurowych, a Canterbury resident enjoys carving a pumpkin with Recreation Supervisor, Mbalia Kamara.

# Fulfilling Activities for Lane Residents

Dementia affects an individual's declarative memory, like the names of family members or time of day; but procedural memory, the memory of how to do things, is retained. Canterbury's recreation team has introduced Montessori principles to its programming. This therapy method was first used with children, showing them how to do something, and if they could not do it, showing them again using patience, repetition and constant encouragement. This method can also be used with dementia residents, taking into consideration their own interests, skills and abilities by introducing purposeful activities.

Some of these activities include:

- A baking program where residents help with some or all aspects of meal preparation.
- Pet therapy where residents handle and care for Thelma and Louise, resident pet bunnies. Activities include holding, feeding, cleaning their pen and watching them play.
- Using Montessori kits that include sewing activities, making a bird feeder and activities in conjunction with doll therapy.

"These kinds of activities might be taken for granted by the average person, but they can be a source of very meaningful engagement for residents living with dementia," said Mbalia Kamara, Recreation Supervisor.

The program focuses on the process of these activities to help residents utilize fine motor skills, concentration and patience. The resident sees how it's done, does it at their own pace and repeats it if they do not quite get it the first time. "Residents feel fulfilled and the activities give purpose," said Mbalia. "Families see that their loved ones have purpose so it engages them too." 🍁



# Fundraising Gala Raises \$30,000 for Community Outreach

On October 23, 2015 Canterbury Foundation held its first "Promise of Home" Fall Fundraising Gala to raise funds to support a brand new initiative, a Community Outreach Program. A generous and supportive response from local business sponsors, donors and silent auction participants resulted in almost \$30,000 raised to fund the project.

Canterbury received a Provincial CIP grant this spring to hire a part-time geriatric social worker as a pilot project. The grant was for half the cost of this program. We are raising funds now to match the other half of the cost.

The geriatric social worker will develop a support program to meet the mental, social and emotional needs of seniors. The program will be accessible to Canterbury residents and their families as well as seniors in the local community; assisting them with difficult issues that come in the later years of life. The program will give seniors resources and new skills to help them effectively and meaningfully deal with issues such as: illness and death of loved ones, family conflicts, diminishing cognitive abilities, depression and loneliness, understanding the trusteeship and guardian process and managing life transitions.

This program will benefit the increasingly more complex needs of residents and families of Canterbury Foundation. At present, 310 seniors call Canterbury home, however there are plans to expand into the community in the next few years to provide services to seniors in their homes. The aging population is expanding and there is a high percentage of people over 70 years of age that live in neighbouring communities. We have recently hired a part-time social worker which is a first for Canterbury. The social worker will take sometime to develop and implement the program. It will also be available to local community groups for educational presentations to improve the quality of life for seniors. The Community Outreach Program will initially run as a pilot program. Once its success has been evaluated, Canterbury is hopeful to continue the program and plans to fund it through donations. 



Canterbury residents, Edward and Anne Parkinson, enjoy the Promise of Home gala festivities.



Georges Baraki, Director of General Services facilitated the recent installation of a memorial bench which was donated to Canterbury by the Nelson family in memory of their parents, Les and Carrie Nelson.

## Thank You to all our Gala Sponsors

### Presenting Sponsors

**daviespark**  
EXECUTIVE SEARCH

**Pharmacare**  
Specialty Pharmacy 

### Wine Sponsor

Living Sounds Hearing Centres

### Entertainment Sponsor

Otis Elevators

### Table Sponsors

Barbara Norton  
Bruce Hogle  
Ernst & Young  
Martha Watson  
Nordic Systems

Bennett Architecture  
Christensen Group  
Helen Otto  
MLT Lawyers

### Venue Sponsor

Chandos Construction

### Cocktail Sponsors

Abbarch Architecture

Stuart Olson Construction

### Program Sponsors

Amre Supply  
Basecamp4 Consulting  
Classic Window Fashions  
Gallagher Benefits  
Kirk Integrated Marketing  
Park Memorial  
Russell Food Equipment  
Wade Engineering

Arrow Engineering  
Carol Blair & Associates  
DoubleTree by Hilton Hotel  
Jubilee Insurance  
Nina Haggerty Centre for the Arts  
Pro-lite Electric  
Southport Kitchen & Bath

For more information,  
contact: 780-483-5361

[info@canterburyfoundation.com](mailto:info@canterburyfoundation.com)

8403-142 Street  
Edmonton, AB T5R 4L3  
[www.canterburyfoundation.com](http://www.canterburyfoundation.com)

