



January

2021

Canterbury Manor *A Senior Residential Community*

Friends - Home - Life

2020 started out great for all of us here at Canterbury Manor, and then suddenly, we, along with the rest of the world, were jolted! When we first got the news, of this Coronavirus making its way to the United States, we were anxious, what will the impact of this be? It was all new and unknown. Then on February 29, 2020 it all became very real. The Centers for Disease Control and Prevention reported that the first outbreak and death was at a nearby nursing home in Kirkland, Washington.



Immediately, Canterbury Manor management came together and did everything we could do to keep this virus away from our residents and staff. Residents even pitched in and started sewing masks for everyone in the building.

Our new normal was to stay 6 feet apart, wear masks and constantly wash our hands. We learned all about ZOOM, it has become another way for all of us to stay connected and enabled us to continue activities, such as; playing Bingo, having social hours and holding meetings. We found ways to have fun outside, with walks at the local parks, socials on the front patio and even had entertainment come and put on outside performances.

With all those challenges, we persevered and with that the good news has come to our ears - Vaccines are here, and will soon be available to all our seniors; staff had the opportunity to get vaccinated on December 29th. We are all anxious for the restrictions to be lifted so we can have some normalcy back in our everyday life... This experience has changed many of us, we won't be taking things for granted anymore.

2021 looks promising and we are ready to receive all the blessings it is going to offer. We look forward to the simple things like eating in the dining room with our friends, picking up our mail, watching movies together, playing a round of golf, watching a show at the theatre, attending church, traveling about to the museums, gardens and farmer markets. Meanwhile, until this is over, we are going to follow all COVID protocols to keep our residents and staff safe.

Thank you for understanding the rules are to keep everyone safe and healthy.

Cheryl Radebaugh
Administrator

This Past Month



Visitors

The inability to freely meet with friends, family, and loved ones is taking a toll on our residents and staff. We miss the face-to-face interactions, eating dinner with others, and gossiping (in a positive way) with our friends.

While we would love to open Canterbury up for visitors, the well-being of our residents comes first. Current health and safety guidelines restrict all inside visits to essential health personnel only.

We believe that early in 2021, Canterbury may be allowed some inside visitation and we have a plan ready. For residents socializing with other residents we will be utilizing the front parlor; this allows us to monitor, per guidelines, and sanitize quickly after each use. For outside visitors we will be using the beauty parlor on the ground floor. The beauty parlor is located near a rear entrances which will minimize the distance outside guests need to travel through the building.

Currently, residents are able to meet with other residents or other guests outside under our canopy. Outside groups are limited to five people, staying six feet apart, and, as always, everyone wearing a mask. During these winter months we will be adding an outdoor heater source to maintain comfort (currently on order – guaranteed not to catch fire).

Being able to meet others and stay connected is vital. Being social is necessary to mental and emotional wellbeing. We of course want to provide our residents opportunities to visit and socialize, but we also want it to be done as safe as possible, for everyone.



Resident Services

Hello,

I'm Christina Petty, the "new" Resident Service Director here at Canterbury Manor. For the past eight years I have been the Food Service Director and head cook. With the leaving of our long time Activity Director, Veronica, I was given the opportunity to add the Activity department to my responsibilities. Food, fun, and travel – it's the best job around. I'm no longer the head cook but I am available if needed. I am primarily responsible for planning for both the Kitchen and the Activity departments. I have the best jobs working with both foods, as well as, arts and crafts alongside the residents.



During the month of December we decorated the building, inside and out. We made Gingerbread Houses and Christmas cookies. When we weren't doing crafts, we played fun games, mostly via zoom. To end each week, we delivered snacks and wine to the residents for a "happy hour" for them to enjoy.



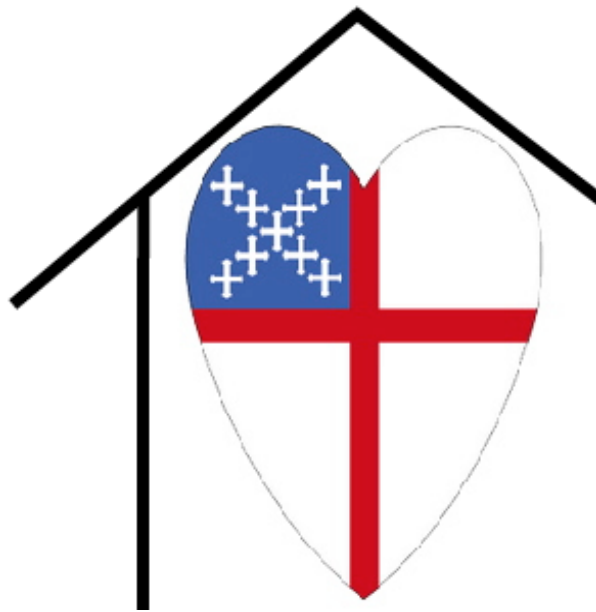
For the holidays this year, we served a special turkey dinner, complete with all the trimmings, on Christmas Eve, and a nice prime rib for Christmas itself. Starting the New Year off, we have some fun, surprise deliveries coming around to all the residents' apartments. and what a better way to start the day off than with a zoom social hour, complimented by some donuts and coffee.

COVid has been a challenge. However, here at Canterbury Manor it is giving us an opportunity to be creative and try new ways of providing meals and activities. We are looking forward to 2021 and a return to normalcy as we want to get out and enjoy some day trips. Drop me a line if you have any questions for me, ideas you want to share, interested in volunteering when COVid is over, or just to say hi. cmactivities@donobi.net

Christina

Canterbury Manor

Friends-Home-Life



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