



February 2021

Canterbury Manor A Senior Residential Community

Friends - Home - Life



2021 started out with very good NEWS!!...Washington state now has the vaccine and it is currently being administered through phases to Kitsap county citizens. The staff at Canterbury Manor were successful at getting all of the residents registered with the Kitsap County Health Department. Currently we are actively trying to get the residents appointments to receive their first dose of the vaccine. It has been a very frustrating process, but we know in time, that we will get our dear residents appointments ...We just have to be patient. We are relieved to share that a handful of residents were able to get the vaccine on their own somewhere around the Kitsap County area. Meanwhile at Canterbury Manor we are still finding creative ways to keep our residents engaged while social distancing and wearing masks. Due to the cold temperatures we added heaters and put up walls around our tent to block the cold wind. We followed the guidelines, as we put up the walls, leaving plenty of air flow to keep the residents and visitors safe. For fun on New Year Eve, we went to every apartment and handed out champagne and noise makers. A local business came by with a generous offering of flowers. They brought 76 bouquets of flowers to be delivered to each and every apartment, to simply to remind the residents that they are thought about often and not forgotten. I can truly say the resident's spirits were raised and it brought joy to their day.

Cheryl Radebaugh
Administrator

This Past Month



Companionship

At Canterbury we want our residents to keep enjoying their life to the fullest. Whether through the discovery of fun and new activities and hobbies, or to socialize and make new friends and memories.

Many think it is the norm for older adults to be alone. That people move on and friendships fade away. But that is not a healthy mindset. Isolation brings with it greater risks, that of depression and lack of any immediate attention should something go wrong. Being connected with others helps to keep retirement a happier brighter time. This is not to say that there is a



problem of having a goal for a more solitary retirement, just that having a support network in a time of need is important.

Many older adults, when they find themselves alone, seek out companionship. They are looking for someone to not just spend their time with, but to be able to relax and be comfortable with. People to take along on social events, to share interests, activities, and

hobbies, and to have a satisfying retirement with.

We encourage our residents to be social and make friends with one another. Canterbury has even seen the occasional happy marriage spring up between residents! Staying connected is one of the key ways to enjoy a longer, healthier, and more fulfilling retirement.



What are we doing in February?

In keeping with the themes of February, Valentine's Day, chocolates, Mardi Gras, and more, our Activities Department has some exciting events planned for our residents!

For Valentine's Day we have planned a fun craft of decorating Valentine cookies,

a fun little mystery candy guessing jar game, and a special Valentines meal. Mardi Gras we will be doing a special snack and mixed drink celebration of this wild party day. We are also going to sneak in a little chocolate tasting in there too.



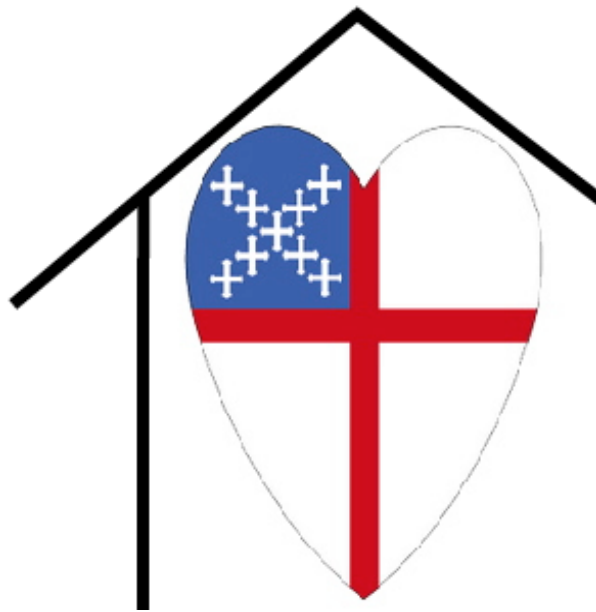
Of course, all these activities will be following the health and safety measure to keep our residents, well, safe and healthy. Whether through social distancing or as a Zoom activity, we will host these activities the most appropriate way to keep our residents safe and engaged.

We will still be doing our more standard activities, Yahtzee and other games, surprise crafts and snack deliveries, and our Friday happy hours. And in recognition of National Ice Cream Day, we are planning on serving an ice cream dish every Friday this month with our happy hours.



Canterbury Manor

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