



MARCH

2021

Canterbury Manor A Senior Residential Community

Friends - Home - Life

This Past Month



Great excitement for Canterbury, as in February the Governor moved our county to Phase II. This allows our residents to utilize the Dining room for meals and group activities again. It's nice to be able to communicate with others in person while still following the guidelines of staying 6 feet apart.

All of us here at Canterbury Manor are excited to welcome in Spring! The residents are starting to plant flowers. The flowers are so bright and colorful, they just cheer everybody up around here.

Another great thing to share is that most of our residents have received the vaccine to fend off the CoVID-19 virus. We all feel a sense of relief... but we still ask for everyone to please wear their masks, stay 6 feet apart, and continue to wash their hands as per the Governor's requirements. As a team we have been battling this virus for a year now and we all are looking forward to the day this pandemic is over and done with! It is our promise to do everything possible in our building and our activities to help keep all the residents and our staff safe from contracting this horrible virus.

Our hope is that we will soon be getting our lives back to NORMAL. So with that being said, let's look forward to Spring, the season of new beginnings, for hope and promise of a brighter rest of the year. It brings great delight to our souls to see the residents out there walking, visiting in the front parlor, and enjoying the group activities again.

Cheryl Radebaugh
Administrator



Emergency Preparations

This past month a winter storm hit the country, it stretched clear down through to Texas. Up here, we bundled up, put the hot cocoa on, and went out to play in the snow. However, for those down in Texas, they weren't prepared for it. The power went out, water pipes burst, and everything froze. Many people were trapped at home without necessary supplies.

Canterbury Manor is ready and devoted to its residents at all times. Should an event happen in our region as it did in Texas, know that we are prepared. Canterbury has a backup generator allowing the kitchen and dining room to continue to operate, providing warm meals and drinks for our residents. This also means that the outlets and heating in the dining room will work, allowing residents to charge their electronics and any vital equipment, such as replenishing oxygen tanks, if the power is out for any length of time.



Canterbury may be ready, but, residents need to be prepared too. We ask and recommend that our residents stock up on any supplies they may need, especially, having a supply of their medicines. Non-perishable food & water to last a few days, flashlights, first aid kit, emergency radio, toiletries, are examples of what should be on hand.

It is our hope that we never have to deal with an emergency disaster such that Texas experienced. However, should one occur, we are ready.

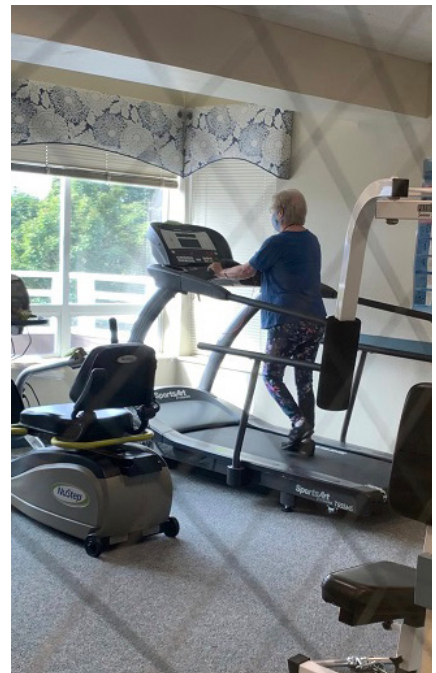
Fight Depression

During the dark and cold winter months, it is not uncommon for people to develop seasonal depression, especially among residents in senior living.

But spring is on its way! The days are getting longer and we are ready for the nice weather. Yes, we had our fun in the snow, but we are ready to shed the coats for some lighter jackets and begin to enjoy that sunshine and the fresh air.

These warmer and brighter days that are on the way are perfect for getting active, like taking a stroll through the park -- soon our walking club will start back up. Meanwhile, at Canterbury to help keep us fit, we offer a weekly 'Stretch & Tone', as well as the exercise room, which is open for our residents if they prefer.

In addition to this better weather, things are looking up



for us here in Kitsap County! COVID cases are on the decline, the vaccine is becoming more accessible, and the region has the go ahead for phase 2 of reopening.



With phase 2 many of the restrictions get eased a little, which includes allowing restaurants to resume some in-person dining. This includes our own dining room, which not only allows us to let residents enjoy their meals in there again, but also means we can host our activities in-person instead of remote.

With games, trivia, cookie decorating, crafts, and more planned for this coming month, we hope to have several ways for our residents to be able to some fun, catchup with one another, and have some of that all-important, person-to-person socialization -- of course, still following all of the COVID protocols and precautions.

Getting active and being social are some excellent ways to have a positive transition into spring and fight off creeping depression. With the coming of nicer weather, it's time to put away those winter blues!

St. Patrick's Day

St. Patrick's Day is steeped in Irish tradition and is celebrated highly in the United States as a day where anyone can be Irish. While it originates in Ireland, celebrating the death day of the saint who brought Christianity to the island, the United States has pioneered a lot of the traditions we still follow today: wearing green, eating corned beef, and adorning everything with Shamrocks. Did you know St. Patrick use the symbol of the Shamrock to teach about the holy trinity: the Father, the Son, and the Holy Spirit?



Canterbury Manor has a long tradi-

tion of celebrating St. Patrick's Day and this year is no different. The kitchen has lots of delicious foods planned for the days around this holiday; a shamrock parfait with brownies, cookies to be decorated by the residents- always lots of fun, a day for Irish Cream Italian Soda, and - best of all - a traditional corned beef meal!

Have a happy St. Patrick's Day!

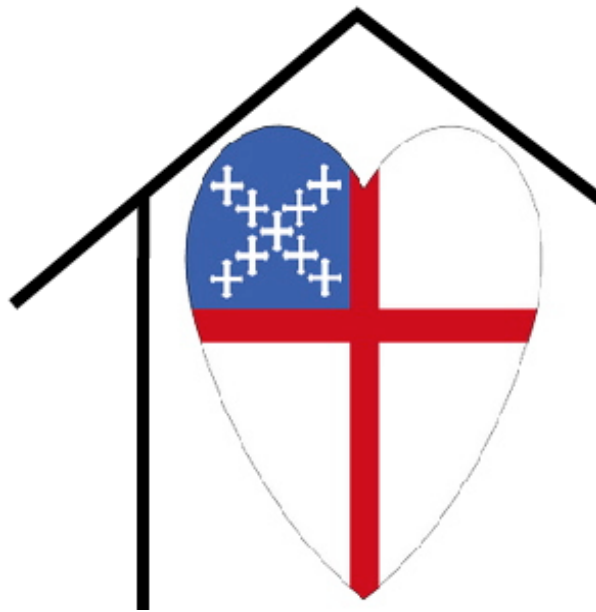
Did you know?

* The classic 'Corned Beef & Cabbage' as the St. Patrick's Day meal actually originated here in the U.S. by Irish-Americans. It was a far cheaper substitute than the traditional 'Ham & Cabbage' that was eaten back in Ireland.



Canterbury Manor

Friends-Home-Life



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