



# May 2021

## Canterbury Manor *A Senior Residential Community*

### *Friends - Home - Life*

### This Past Month



I have truly enjoyed watching the residents go outside to exercise, and enjoy walks in the spring sunshine. They say that spending time outdoors can help reduce symptoms of depression, and our team is committed to getting the residents out and about enjoying nature, to give a boost to everybody's mood.

Recently, our residents have started to, once again, stroll along the waters of our local parks

and venture out to look at the local gardens. The vegetable & fruit starts and blooming flowers, attracting bees, butterflies, and birds. The residents enjoy watching and studying them, and when some come back from their excursions, they even paint a canvas of what they saw.

Ultimately, having our activities held outside, in the fresh air, insures that our residents and staff are better protected from the CO-vid 19 virus. It allows us to social distance properly, while making sure we wear our masks and use hand sanitizer frequently.

My staff and I would like to thank all our residents and visitors for abiding by our rules that have been put in place to fight the spread of this virus. We will be continuing to ask all visitors to show us their vaccine cards, take their temperatures, and to sign in. As it stands, our residents are allowed to have people from up to two different households in their apartment, at a time.

More and more people are getting vaccinated now that it is more widely available to all. By all of us doing our part, we will "flatten the curve". We are committed to prioritizing the safety and well-being of our residents and staff in this time of uncertainty.

Wishing you a safe and healthy spring!

Cheryl Radebaugh  
Administrator



# Gardening



Clear warm skies are blowing on in, and flowers are blooming. Can you feel it? The grass is growing! It is time to get your hands dirty, dig around in the soil, and start your garden!

Gardening can be real therapeutic for all ages, especially for seniors. Many of the standard activities during gardening can make for a good exercise. Even for only a couple hours a week out in the garden helps to keep your body in a good working condition. Bending down/over to pull weeds and root through the dirt will help keep your body strong and active, and the time out in the sun will help keep your vitamin D levels up, which is a big problem for many seniors.

However while gardening is a great form of exercise and activity for many, others can find that it can put excess strain on their bodies. Sometimes the ground can seem a very far ways away, and our bodies don't quite move like they used to.

A couple of ways this can be circumvented is by either using a stool to assist with kneeling or sitting near ground-level, or with a raised bed garden. Waist-high beds can cut bending and excess stress almost altogether, while at the same time making weeding, pruning, and harvesting the plants quick and easy. However even just a 1-2 foot raise off the ground can still make gardening significantly less strenuous.



We encourage our residents here at Canterbury Manor to try out their green thumb when the weather gets nice. We have a variety of gardening beds and pots around our campus, most of which are raised, for our residents to enjoy, and of course they are welcome to do their own spot of tending to houseplants and mini gardening at their apartments as well!

With plenty of sun and fresh air on our horizon, if you haven't yet, now is a good time to pick up some seeds and get planting!

## Activities

The month of May is named after Maia, the Roman goddess of fertility, and it's a month that celebrates the blossoming buds of flowers as nature prepares itself for summer. For us at Canterbury Manor it is sign to ramp up outside activities, having fun, and enjoying good food.

Right off the bat, we are starting our May Activities with a Cinco de Mayo party. Following fast in its footsteps is Mother's Day. To celebrate we're holding a Mother's Day Martini Mingle, to sit back and have a bit of fun!

With the weather finally warming up, we can go back to enjoying our walks in the park and activities out in the sun! We're planning many a Social Hours for residents to enjoy with refreshing iced lemonade and ice cream bars to beat the oncoming heat. Also the long wait is over, we have our first live music of the year being performed by Vance Pace!



The Kitchen Department is getting ready for a great big mother's day meal of roasted Prime Rib with Horseradish sauce! This coming Memorial Day, we have planned a good ol' American meal of BBQ ribs, baked beans, some potato salad, and to finish it off, the classic apple pie!

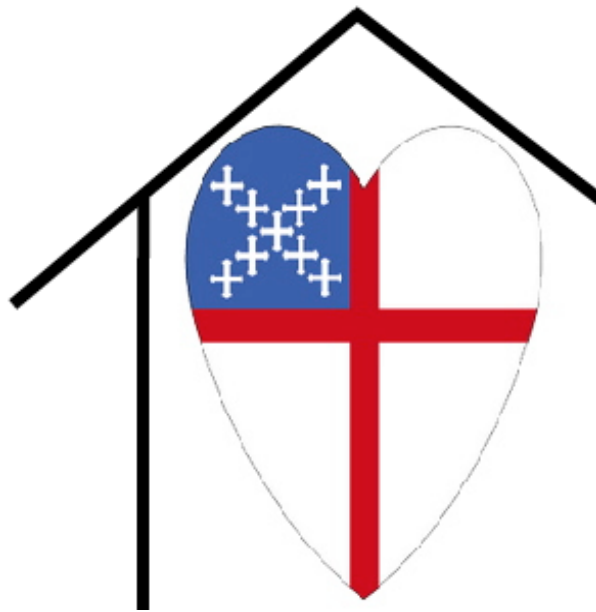
With summer fast approaching, we are stocking our salads with some resident favorites! Fresh tomatoes and zucchini! We look forward to everyone enjoying their month of May as we work our way through the year!

\*Pictures are pre-Covid-19



# Canterbury Manor

*Friends-Home-Life*



703 Callahan Dr.  
Bremerton, WA 98310  
(360) 377-0113  
[www.canterburymanor.org](http://www.canterburymanor.org)

## Contact Information

Cheryl Radebaugh: Administrator  
[ccc@donobi.net](mailto:ccc@donobi.net)

Tim Wilder: Maintenance Director  
[cmmaint@donobi.net](mailto:cmmaint@donobi.net)

Beverly Maine: Episcopal Retirement Communities ~ CEO/President  
[erc-ceo@donobi.net](mailto:erc-ceo@donobi.net)

Christina Petty: Resident Service Director  
[cmactivities@donobi.net](mailto:cmactivities@donobi.net)  
[cmfoodservice@donobi.net](mailto:cmfoodservice@donobi.net)

Sasha Alamano: Office Manager  
[canterbury@donobi.net](mailto:canterbury@donobi.net)