

June

2021

Canterbury Manor

A Senior Residential Community

Friends - Home - Life



All of us here at Canterbury Manor are elated that summer is almost upon us! That being said, we have thoroughly enjoyed what spring has brought for us; flower buds bursting with new life, warm sunny days, and the spring winds sweeping through our campus. It reminds me that this community, living and working here, has its benefits for all to enjoy especially with our wonderful view overlooking the Dyes and Sinclair inlets to the Puget Sound!

Some good news, is that the curve of CO-vid 19 cases is finally flattening. Currently Kitsap County, like most of the rest of the state, is still in phase III of reopening. If we can keep on the current trend of keeping cases down and vaccinations up, the governor should be fully opening the state back up, by the end of June. However, in the meantime Canterbury still has its rules in place. While we are welcoming fully vaccinated visitors, you will need to signed in, with your temperature taken, fill out a questionnaire form, and show proof of vaccination.

Currently, the common rooms are exclusive to residents only. But we are easing the restrictions on them. Both the library and the T.V. room are now open to fully vaccinated residents and are limited to a maximum of five people at a time, BUT, residents are not required to wear their masks while in the room. At this time our employees will still continue to wear masks. Things are definitely looking up, and I feel that normalcy is just right around the corner. I want to thank everyone for their efforts to keep everyone safe, and keep CO-vid 19 out of our building!

With Summer looming, I like to think of my favorite song; "I SEE TREES OF GREEN, RED ROSES TOO! I SEE THEM BLOOM FOR ME AND YOU ... AND I THINK TO MYSELF ... WHAT A WONDERFUL WORLD!"

Cheryl Radebaugh
Administrator

This Past Month



Enjoying the Sunshine

As Spring comes to a close and Summer is nearing, hopefully that sun will poke on out! Getting some sun in us is critical to a healthy state of being, especially as we age. And in a region as overcast and rainy as ours, getting outside when we can is key.

Our body naturally produces Vitamin D when exposed to sunlight. Vitamin D has been shown to provide numerous benefits for our bodies and minds. These benefits can range from healthier bones, improved cardiovascular health, and better sleep quality, to even things such as lower risk of infection/disease or reduced impact of certain degenerative brain disorders, such as Alzheimer's.



We like to make sure our residents have as much opportunity as they can to be able to get out and enjoy the sun. With Summer nearly here, we aim to hold more and more of our weekly social events outside. Things such as strolls on the shores, picnics at the park, or fun games and lemonade out on our back patio.

Of course there is too much of a good thing. There are potential dangers associated with excessive sun exposure, many which impact the elderly more so than other age demographics. The biggest concerns being heat stroke, sun burns, and even potential skin cancer.

It can be a little tricky to determine how much vs how little sunlight you need to get. Generally, about 10-15 minutes, three times a week is considered the minimum to shoot for. But if you plan on being out in the sun for longer than that, you should take precaution against the exposure.

So remember your floppy hats, grab your water bottles, lather on your sunscreen, and go enjoy the fresh air and warm sun!

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Activities on the Horizon

This month we strive for our residents to venture out as much as possible! Getting in their fresh air, visiting the local fruit stands and farmers markets, and exploring our local gardens and nurseries. We're planning to load up on lots of flowers to decorate our patios with!

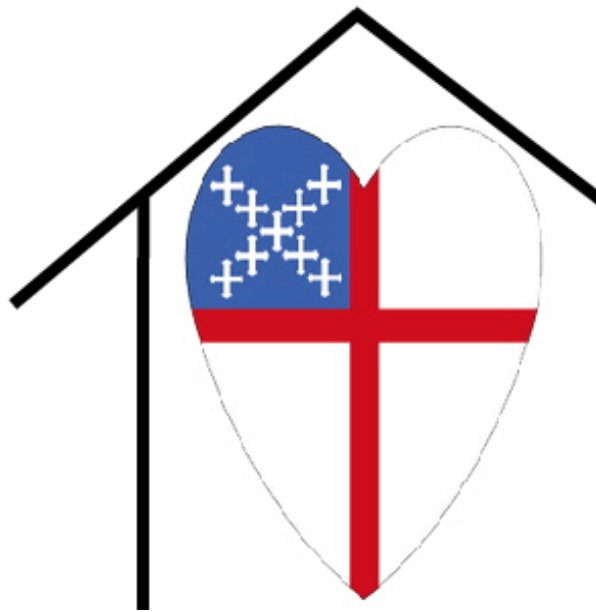
June is the month we honor dads. For our monthly party, Charlie Brown, a local favorite with our residents, will perform. And on Father's Day, the kitchen will be serving grilled rib-eye and baked potatoes dinner with a chocolate peanut pie for dessert.

And further out on the horizon, we are planning our "Open House" for the first Friday of August! While we still need to wait and see how the COVID situation, and how Gov. Inslee lifts the lockdown restrictions, to determine if we can actually have it as a true Open House. Stay tuned for more information in the future!



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