



November 2020

Canterbury Manor *A Senior Residential Community*

Friends - Home - Life

This Past Month



Greetings!

It's been awhile since our last newsletter so let's get caught-up on Canterbury. Of course COVID-19 is the big topic! This year our focus has been on keeping our residents and staff safe. That means following the guidelines of Governor Inslee and the Department of Health. No visitors inside of Canterbury, but, we do allow visitors outside as long as everyone is wearing face coverings.

As some of the restriction have eased for certain indoor activities, we have been slowly opening up our common rooms:

- The Exercise Room is now open by appointments only – only one person (or couple living together) may use the room at a time and it is cleaned between usages.
- The Library is open Monday – Friday from 1-3pm. A required person to monitor the room is present. Only a limited number of residents are allowed in the room at any one time, and then the room is sanitized after use.
- The Front Parlor has been opened for residents due to the Fall weather. Reservations are required, strict number of residents allowed, and no eating and drinking. And, the room is sanitized after use.
- The dining room – since it is licensed as a restaurant – is open. At this time we are serving dinner in the dining room for those residents that want to eat out of their apartments. Soon lunch service will start. Combing food with activities, such as Bingo and Arts & Crafts, is also happening in the dining room.

As more businesses open, Canterbury has increased providing outside outings. Just recently, residents visited a pumpkin patch and received a private tour of a Distillery. Trips to the grocery store and doctors' appointments are available to residents as long as it seems to be safe for our staff to provide.

COVid-19 is here for now. We are encouraging everyone to please Mask Up and stay 6ft away from each other. Let's keep as safe as possible during this pandemic.

Enjoy the changing of the seasons!

Cheryl Radebaugh, Administrator



Thanksgiving in 2020

That time of year is rapidly approaching, when family and loved ones gather 'round, when gravy, biscuits, and turkey are flowing like water, when the air turns nippy and you just want to snuggle in close.

But like many other things this year, this Thanksgiving season is not going to be a typical one. In many areas of the country, the rates for COVID-19 are on the rise again, making travel and gatherings with extended family filled with potential risk. Canterbury has started planning for the holiday meals. Prior years we have had big formal meals the Saturday before the holiday with a light menu on the actual days. This year we will have smaller, more traditional meals for the residents on the actual Thanksgiving Day. We do understand the desire to be with family and friends. But COVID-19 is still very active in our community and we at Canterbury Manor are following the LTC guidelines put out by the Governor's



Pictures from previous Thanksgivings



office and Department of Health. If a resident wishes to have a meal with their family/friends back in their homes we do have to ask them to quarantine in their

own apartment for 14 days after their return. We know this is an extremely stressful and trying time, but we thank everyone for their understanding.

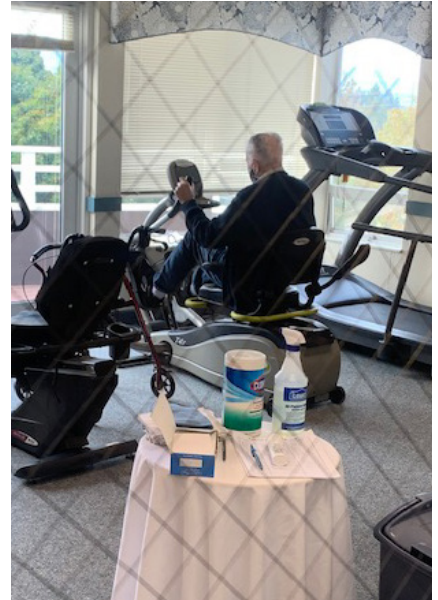
Happy Holidays!

Keeping Active During Covid

We applaud all the residents who are choosing to exercise during this pandemic. I want to share with you some of the benefits of Exercise and let you know that it is important for your overall wellbeing. Research shows that exercise is good for the body physically, for the mind mentally, it also helps to boost up the metabolism by burning up more calories per day. It can also help you maintain your muscle mass and weight loss. Exercise helps you strengthen your bones and build up your muscles. Exercise is also known for increasing your energy and it increases your blood flow to the brain. It is also known to help brain health and memory. Exercise is known to help with mental function. Regular exercise can help you sleep better and feel more energized during the day! All residents are encouraged to go walking, participate in Stretch & Tone and sit & be fit classes, do aerobic activities in or out of their apartments. We have an Exercise room they can use. We ask to wear a mask while exercising and while walking around. Many of the staff are also adding exercise to their daily life so we can be the best we can be at

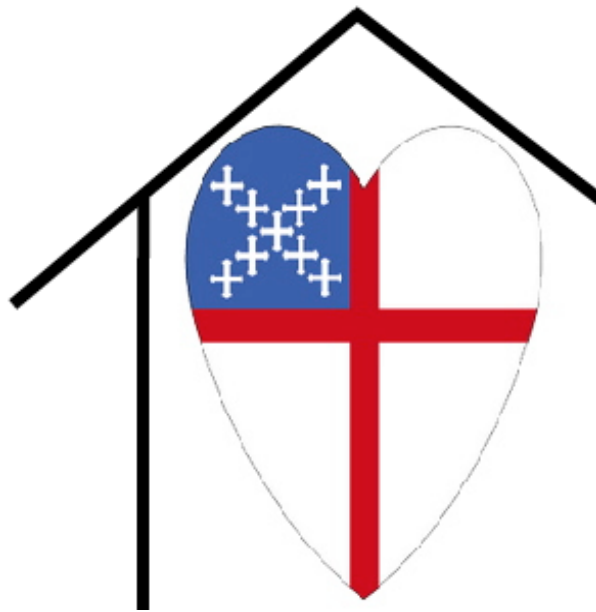


all the times, weather here at work or at home. Everyone should contact their doctors and ask if it is in your best interest to start exercising...My hope is that you get a green light to start working out! Happy Exercising and remember you all need to stay safe by staying 6 feet apart.



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