

December

2020

Canterbury Manor A Senior Residential Community

Friends - Home - Life



Greetings!

Canterbury Manor is getting ready for Christmas as we are gearing up to make things around the building Merry and Bright. COVID-19 is impacting some of our fun, but, we are just going to find ways to make the season special. This year we are going to string our outside Christmas deck lights with the help of a special crane so we won't need to go into any residents' apartments. There will be

lots of Holiday themed arts & crafts that will be delivered to the residents, such as tasty cookie decorating kits and Gingerbread houses with all the cute icing, sprinkles and gum drops. The staff is busy working on putting up the Christmas trees throughout the building. Rumor has it, the kitchen is providing special treats every day in December for the residents.

Canterbury Manor residents have been invited to share their experience with the students at Bremerton High School on the topics of the Great Depression and World War II. Through Zoom the residents will be giving their firsthand experience of what it was really like to live during that time period.

So, I will end this letter to all, by telling you we will remain steadfastly committed to enriching our resident's lives and all the while keeping them informed and safe. I am honored and humbled to have the opportunity to serve your loved ones!

Merry Christmas,

This Past Month



Reaching Out

An amazing gift you can give a senior is the gift of connection. It is common in your older years to feel forgotten, that the world has moved on from you. That's why it is vital to stay in touch.

As we ease into the holiday season, this is especially important. With the hustle and bustle, it is common for our elderly to reflect pessimistically on the passing of



years and to miss loved ones that are no longer in their life. This in conjunction with the darkening of the days and the terribly chill in the wind can lead to serious bouts of depression.



This year especially, is going to be worse than those in past. Covid-19 has absolutely devastated the typical social life typical for the senior population. Without the usual gatherings, or even visitors, our seniors are more prone than ever to feel that sense of isolation.

The best thing you can do this time of year is just simply stay in contact with your loved ones. Send a letter or a holiday card, give them a call, or even face to face with a video chat app like Zoom or Face-time. Bottom line keep in touch, let them feel cared about, that they aren't alone, and haven't been forgotten.



Images taken pre-covid

Winter Warnings!

The glint of the morning sun off the frost encrusted blades of grass. Your breath hanging, flowing through the air. Winter is the season of cold and beauty, but within that beauty lies a lot of dangers to watch out for.

Watch out for Ice!

The number one thing to watch out during these colder months is the ice. Sidewalks and walkways build up that treacherous slick layer. It's far too easy to slip on that ice, and unlike as little kids, older adults don't quite bounce back as much from a spill. It is best if possible, to stay inside, nice and warm with maybe an extra cup of coffee or tea, and wait for the walkways to get cleared and thaw. Canterbury will be laying down de-icer and clearing the walkways, but it is a good idea to be careful still. If you must go outside when it is icy out, remember to wear proper footwear. This means boots or shoes with good traction soles on them. No slippers, flip flops, or heels. Especially for our elderly, if you are using a cane or walker, make sure the feet/tip is well maintained with a good grip-y tip on it. When you get back inside, wipe your shoes of any excess snow or ice. With the warmth of inside it will melt to slush making it rather dangerous inside as well.



Images taken pre-covid

Dress warm!

Way too easy to get hypothermia with the cold and wet during the winter. Thick socks, heavy outer layers, gloves, hats, the works. Everything to keep you nice and warm. Don't leave soaked clothing on when you get back inside either, you'll dry out and be warmer without than with.

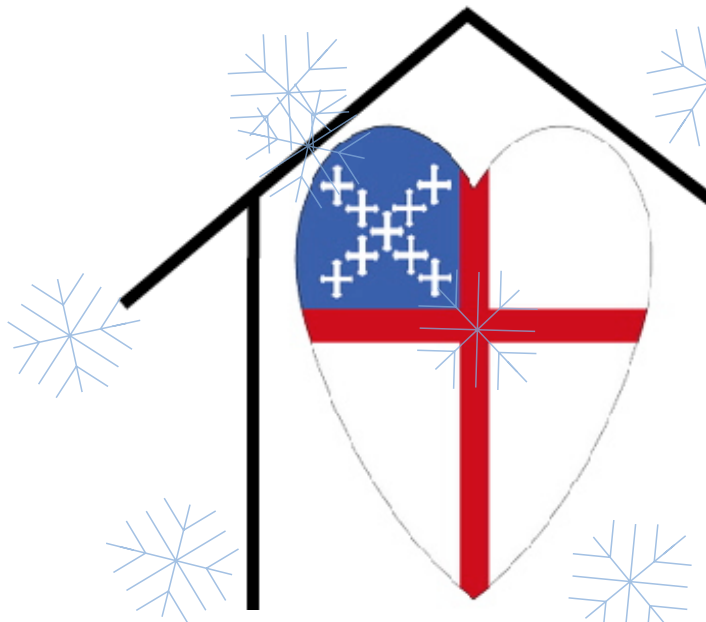
Going for a Drive?

If you are planning to go out for a drive, whether to get groceries, go to an appointment, or others, know the conditions of the road, and the weather projections. It is not super common in our area, but nonetheless you don't want to get caught in a sudden snowstorm. Also don't forget to check the condition of your car, tire pressure drops in the cold making driving all that more potentially dangerous.

Above all, we want you to stay safe in these winter months. So when you can, stay home and cozy, and sit back with a nice warm drink.

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