

Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LVIII No. 9

November 2020



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READY FOR THANKSGIVING

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Published by the Residents Council and the Staff of Canterbury Court

Council PresidentFay Pearce	President & CEO.....Debi McNeil
Vice PresidentMargaret Shirley	Chief Operating Officer.....Julie Parker
SecretaryMaryEarle Scovil	Chief Finance Officer..Noel Barnes
Treasurer...Tom Tredway	Marketing Director.....Nicole Burke
Assistant Treasurer.....John Gay	Resident Services Director...Rebecca Oleson
Editor.....Nancy Fukushima	
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Staff Writers...Barbara Cheshire, Peggy Heinisch, Margaret Langford	
Proofreader.....Ann Pearce	
Production.....Rebecca Oleson	
Photos.....Clyde May, Jean Ellen Jones, Greg Fukushima	
Website.....TBD	

Canterbury Tales is published monthly from September through June.

Summary of Residents Council Position Through September 30, 2020

In US Dollars	Actual September	Actual Year-to-Date	Budget Year-to-Date
Appreciation Fund			
Income	6,608.27	155,261.27	172,500.03
Expense	<u>4,227.07</u>	<u>137,214.57</u>	<u>171,000.00</u>
	2,381.20	18,046.70	1,500.03
General Fund			
Income	0.00	13,769.31	18,749.97
Expense	<u>1,445.55</u>	<u>9,103.68</u>	<u>19,942.74</u>
	-1,445.55	4,665.63	1,192.77
Chapel Account			
Income	0.00	96.00	
Expense	<u>0.00</u>	<u>207.63</u>	
	0.00	-111.63	
Foxhole Fund			
Income	0.00	340.00	
Expense	<u>0.00</u>	<u>281.40</u>	
	27.06	58.60	
Total Income	6,608.27	169,466.58	191,250.00
Total Expense	<u>5,672.62</u>	<u>146,807.28</u>	190,942.74
Net Income	935.65	22,659.30	307.26
		<i>Tom Tredway,</i>	<i>Treasurer #802</i>

In Memoriam

Charlotte Jenkins
September 27, 2020

**Lord, keep our friends
in your loving care.**

Joan Stratton
October 3, 2020

Janice Broadhurst
September 29, 2020



Adrienne Susong
October 6, 2020

NOVEMBER BIRTHDAYS

01 Fay Pearce
02 Lilie Shelton
02 Anne-Marie Sparrow
03 Elizabeth Allan
05 Lucy Perry
06 Clyde May
07 Helen Goode
07 Dorothy MacFarlane
08 Patricia Davis
09 Elizabeth Fennel



09 Barbara Furbish
10 Peggy Heinisch
10 Jane Huffard
10 Nancy Stewart
14 Jim Cowie
17 Dolores Atherton
17 Patty Cowie
17 Bill Solano
18 Katherine Lord
30 Ruby Jones

CHAPEL SERVICE

Good news, we are again having services in our chapel. At this time we are saying Morning Prayer at 10:00 every Wednesday. Social distancing must be observed. When it is safe to do so, we will resume Holy Communion.

Gail Johnson, Altar Guild Chair #778

VESPERS

No Vesper Services in November

*We shall walk together on this path
of life, for all things are part of the
universe and are connected with
each other to form one whole unity.*

-Maria Montessori



Vespers are normally held September through May on Tuesdays at 7:30 p.m. in the Chapel.

Noradel Wilson, Vespers Chair #555



FROM DEBI'S DESK

Comments from the President of Canterbury Court

One of my favorite TED Talks is *Simon Sinek's* "How Great Leaders Inspire Action." The talk highlights concepts from his book, *Start with the Why*, and focuses on great leaders inspiring action by explaining **WHY** an organization does what it does.

Last month in our quarterly town hall, Peggy Heinisch asked a very important question – "WHY are we embarking on the Enrichment Project?" Given the number of nodding heads I saw on the zoom screen, it was clear that we need to take a step back and spend more time communicating **why** we are moving forward with this massive undertaking and **why** this project is necessary for Canterbury's future success.

Founded by All Saints' and St. Luke's Episcopal Churches, Canterbury Court opened in 1965 as Atlanta's *first* Life Plan Community pioneering a wide range of independent living options plus a continuum of care that would evolve to include personal care and skilled nursing all on one campus.

The Enrichment Project began in 2016 as part of a strategic planning process initiated by the Board of Trustees and led by Senior Management with input from residents, industry experts and staff. As part of that process, Canterbury engaged healthcare consulting firm **Leaderstat** to conduct focus groups with residents regarding short and long term goals. The results of those conversations revealed that residents feel strongly about 1) enhancing memory care support throughout the community, with a focus on creating secure accommodations for those with later stages of dementia, and 2) creating private accommodations in the skilled nursing home as opposed to shared rooms and bathrooms. Additionally, the rapidly growing demographic of older adults in Atlanta as well as the increasing number of individuals affected by dementia has created a surge in development by for-profit providers providing luxury Assisted Living apartments and Memory Care support, leaving Canterbury lagging behind in the competitive landscape.

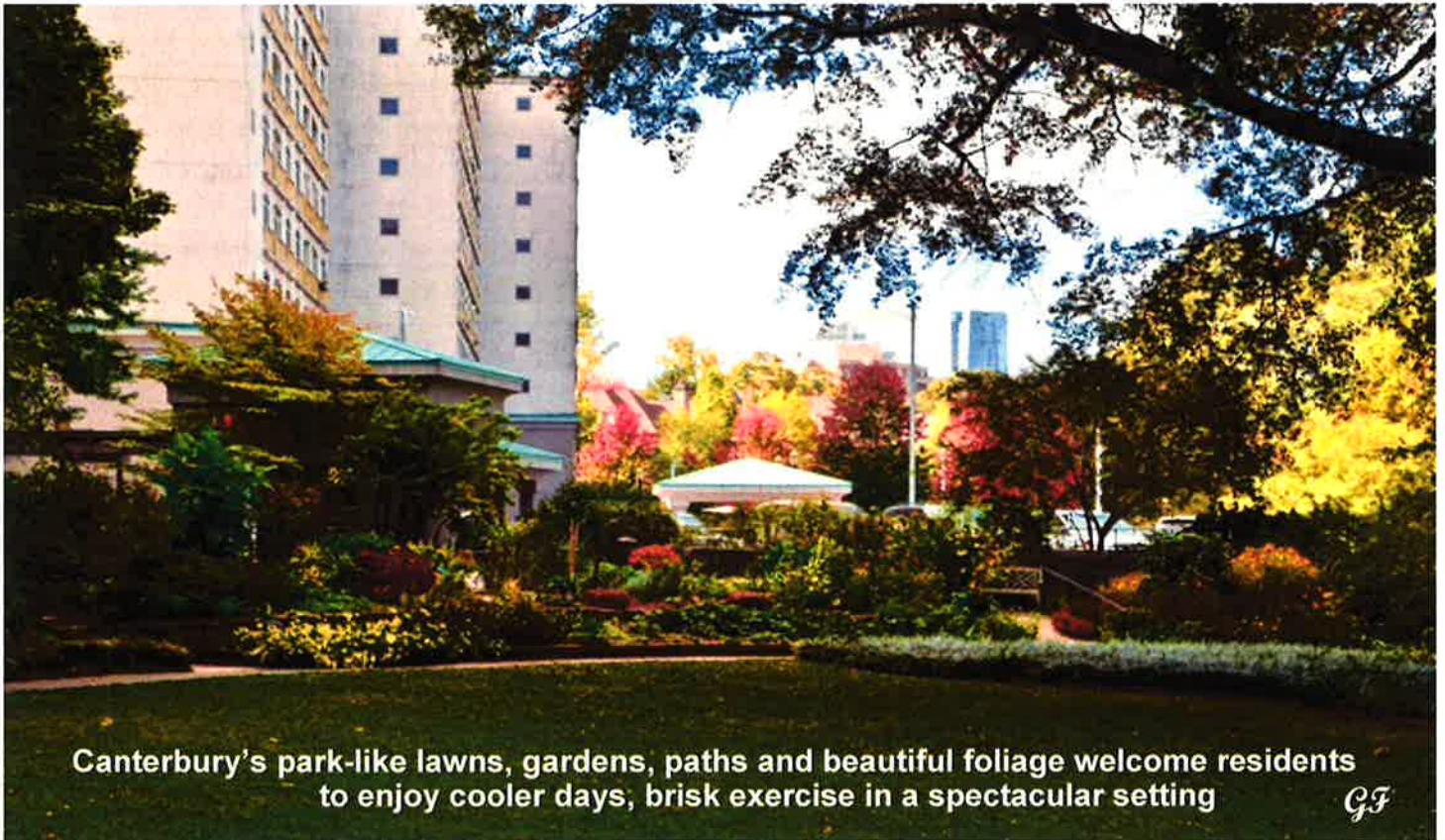
Through a 24 month planning process, a Master Plan evolved to improve the quality of life for our current residents, attract future residents, and ensure the future stability of Canterbury Court. The plan addressed resident needs identified in the focus groups and addressed the preferences of future residents for larger Assisted Living licensed apartments with kitchens and laundry as well as dedicated Memory Care support.

The Enrichment Project will create a **brand new healthcare center located on adjacent land towards Club Drive**. This new healthcare center will feature 42 one and two-bedroom assisted living licensed apartments that are larger and more home-like than our current personal care apartments, an additional 21 assisted living licensed apartments that will be part of a new dedicated memory care neighborhood that will include almost 14,000 SF of therapeutic memory care gardens, and 40 private skilled nursing apartments with private bathrooms. The project will also add 105 new inde-

pendent living apartments with the addition of the Garden Tower and the Verandas (7 garden level apartments with private terraces on the first floor of the new healthcare building) plus 28 additional independent living apartments that will be converted from our existing healthcare floors. These new apartments are necessary to bring in additional entrance fees and monthly service fees to support the cost of building the new healthcare center. Additionally, the project will include a new dining venue with a 7,000 SF outdoor amenity deck, along with renovations to common areas including the dining rooms, main entrance, and wellness center.

So, to return to Peggy's very important question, Canterbury is embarking on the Enrichment Project to ensure that we continue to be the pioneering community our Founders envisioned, one that provides a joyous lifestyle for older adults with a continuum of care to meet their **changing needs**. Over the last six decades, Canterbury has developed a reputation of excellence built on engaged residents, valued associates, and a person-centered approach to care. Through this project, Canterbury has the opportunity to once again play a critical role in shaping the landscape for what aging can look like in our community and to evolve alongside the shifting demographic of Metro Atlanta.

Debi McNeil, CPA, CEO



ADMINISTRATION



Julie Parker

Last month I announced the promotion of **Rebecca Oleson to Director of Resident Services**. Rebecca and I are happy to announce that **Natalie Johnson will be joining us to fill the role of Assistant Director of Resident**

Services. Natalie is one semester away from obtaining her master's degree in social work and has been employed by Calvin Court as their Director of Resident Services. We can't wait for you to meet her when she starts on November 4th. It will be nice to have a social worker to assist independent living residents.

The holidays are certainly going to be different from years past and it is time for everyone to start making plans. We will still be providing our traditional holiday meals, except we will not yet have communal dining, so let's make the best of it and find safe ways to celebrate. This will be the first time in my lengthy tenure that our annual Christmas party will not go on as normal. Our staff Christmas party will also be modified this year, so it's time for all of us to put on our creative hats and figure it out! If you have suggestions, please bring them forth for consideration.

As I write this article, I am still awaiting word if I will be able to travel to Michigan for Christmas. I have spent every year of my life with my mom on Christmas day and I don't want Covid-19 to rob us of this annual tradition. As you know, each state is "opening up" at their own pace and my mom lives in a community similar to Canterbury, but they have yet to allow inside visitors to independent living apartments

and their Covid cases are a fraction of what we are seeing in Atlanta. Outside visits in the middle of December in Michigan are not feasible, so I am trying to keep the faith and have a positive outlook that things will change in the next few weeks.

Regardless of how much Covid has altered our lives over the last 7 months we are still very blessed. There is no doubt that we miss many things that we didn't think twice about that we will definitely appreciate more once we get them back. We have remained safe and this is "priceless" as they say in the Mastercard commercials. But for some, the holidays are not happy times, so if you find that you need a little extra encouragement, please feel free to reach out to that person that you feel comfortable talking with. There are many people in our community that are gifted listeners and care about you. You are never alone.

Many Blessings,

Julie Parker,
Chief Operating Officer-LNHA



RESIDENT COUNCIL PRESIDENT'S CORNER



Fay Pearce

“This little light of mine, I’m gonna let it shine!”*

There is so much talent among the residents of Canterbury Court and that talent is accompanied by wisdom born of many years. As your Residents Council prepares for operations in 2021, we take the roll of the 25 Standing Committees that carry out the work of the Council. I am always heartened by the willingness of our residents to take on committee obligations, especially the Chair positions of leadership. They find serving is a way to “let their little light shine”.

I’d like to give a shout out here to the residents who have served as Chairs for the following committees for 2020, many of whom have served multiple years.

These committee Chairs and their members are responsible for delivering the many services that enrich our lives here at Canterbury. So give them a word of appreciation when you see them and consider volunteering your “little light” to a Committee that speaks to your talents. We thank them for the thoughtful time they spend day by day tending to the myriad of details necessary to deliver on their mission. Their “little lights” brighten our lives “Every day. Every day. Every day!”

Accumulation Sales – Martha Solano
Activities – Rebecca Oleson
Altar Flowers – Bobbie Schneidewind
Altar Guild – Gail Johnson
Arts– Babette Tipping
Book Club—Gloria Davis
Budget & Finance – Margaret Shirley
Canterbury Tales – Nancy Fukushima
Choristers – Peggy Heinisch
Dining Services – Mary James
Floor Monitors – Norman Currey
Flower Arranging – Llewellyn Bell,
Bebe Cheshire
Four C’s Shop – Anne Haltiwanger

Foxhole – Wayne James
Friends Helping Friends – Loyd Kinnett
Wheelchair Brigade – Tom Adams
Gardens – Margaret Langford
Hospitality – Brenda Broun
Library – LuAnne Schwarz
Marketing – Eleanor Beckman
Movies – Charlie Wright
Recycling – Walda Lavroff
Health Care Advisory – Ruth Ann Foote
Scholarship – Tom Adams, Charlie Wright
Space Utilization – Sue Mobley
Vespers – Noradel Wilson
Wellness – Andrew Wiltz

Your Nominating Committee is working on the slate of officers to be presented for a vote of the residents at the Quarterly Meeting December 14th. This year’s Vice President, Margaret Shirley, will assume the presidency following our traditional succession plan. Who the new Vice President nominee will be will remain a secret until December 14th. Mary Earle will be stepping down as Secretary having served faithfully for the past two years. The new Secretary nominee will be announced December 14th. We are so pleased to announce that Tom Tredway has agreed to serve another year as Treasurer. Tom’s very capable service to the Council has been reassuring to the

residents for the past five years. Tom has been a pleasure for me to work with for the past two years, giving me much comfort in knowing his informed, good counsel was always available. He has guided the Finance and Budget Committee and the Council through several significant changes in our finance policies such as investing in an interest-bearing account and adopting a new employee gift allocation policy. He is always ready to accommodate special opportunities such as key retirements and an Operating Committee need outside the planned budget. So, special thanks to Tom for “letting his little light shine every day” for another year.

Fay Pearce, President #655

*** Gospel song by Unknown, popular in 1920s**

NOTEWORTHY



Two patio heaters are being tested out to add warmth while enjoying two of our many patios in the chilly autumn days.

Janet Dawson caught this female Cooper's Hawk as it was patiently waiting for a meal opportunity. Our gardens are a designated Audubon Society location and we are graced with the visit or nesting of diverse varieties of birds enhancing song and color in our lives.



WELCOME MAT



Dara Matthews

Hello Canterbury! By the time you read this I may already have a new baby on my hands. I am expecting a son, any day, to give daughter Mikah, age 3, some healthy competition for attention. Wish us all

luck!

I found out I was pregnant about a week before COVID came to town, which certainly had its effect on my experience of pregnancy. For starters, my husband was not permitted to join me for any of my medical appointments. He missed out on the meeting of doctors, the asking of questions, the viewing of sonograms, and the going out to lunch afterwards to process it all. Going out to lunch? What is that anymore?

Instead of browsing around stores, touching baby clothes and testing equipment, I ordered all my baby supplies online. For me, online shopping leads to too many choices, hours wasted comparing options, reading reviews, and self-induced headaches. It also has a way of making me feel disconnected from the physical world, something that is good to feel grounded in. I had a virtual baby shower on zoom with girlfriends, which while it did allow for my out-of-town friends to participate, did not allow for those much needed hugs, hand squeezes and that knowing/comforting eye contact amongst women that is so needed in preparation for all of this baby stuff.

However, here at Canterbury, I was surrounded by caring co-workers who constantly checked in to see how I was doing. I was made to feel safe and understood by

an incredible leadership team helmed by a baby-loving CEO and mom, an unwaveringly supportive supervisor, and an endlessly thoughtful COO. Staff members, whom I'd never had the chance to chat with before, lit up at the sight of my ever-expanding belly. And most remarkably, I heard from many of you about your experiences of birth and raising a family and what it has meant to you. I want to thank so many of you for offering your support and guidance throughout this pregnancy and challenging time in history.

But that's the thing about pregnancy, it's an obvious "cry" for attention and support. There is an external aspect that only gets bigger as the need for internal reassurance and assistance grows. The belly is a signal to the world that help and love and community are needed. But isn't that something we are all in need of right now?

How about you? What are you in need of and how are you signaling that need to the world? What signs are you looking for from your friends and neighbors that they might be in need of help? For many people, asking for help is the hardest part and there isn't some external sign that alerts others to their need for care. I know we have an amazing community at Canterbury Court, one that has certainly been tested this year, perhaps, more than ever. But I believe, as our mission statement mentions, that our lives are woven together, thereby giving us the power to have an incredible impact on each other. You have the power to brighten someone's day by checking in on them, making them feel safe and looked after, asking if there is anything you can do to help or just providing it, no questions asked. You can also make a difference by letting someone else know if you are concerned about a friend or

neighbor but are unsure what to do about it. You are the eyes and ears of this community, especially while family and friends may not be able to visit as often as before. Let's help each other get through the day, and by doing so, help ourselves feel a little more purposeful and connected.

or just offer an empathetic ear and heartfelt understanding. Liz can be reached at lizwoltzen@canterburycrc.org or 404-231-8269.

Take good care of yourselves and each other!

I wish you all well while I am away. I plan to return in February 2021. In the meantime, if you are in need of professional mental health services please reach out to **Liz Woltzen (my amazing supervisor, Licensed Clinical Social Worker, and Administrator of the healthcare floors)**. She can refer you to a licensed therapist,

Dara Matthews, LMSW



TREASURER'S REPORT



Tom Tredway

Contributions for the year to the Appreciation Fund as of September 30 were **\$155,261.27**. Expenses from the fund were \$137,214.57 of which \$98,445.22 were gifts to the employees and \$38,769.35 were scholarship payments.

In October gift checks from the Residents Council to the employees were given out. The total of these checks was over \$28,000. Your contributions to the Appreciation Fund make these checks possible.



Tom Tredway # 802

As of the end of September the General Fund had received **\$13,769.31** due to pop-up sales and continuing furniture sales. Expenses from the fund were \$9,103.68.



A Brown Thrasher is the only thrasher found east of the Rockies and Eastern Texas. It is one of the denizens that grace our garden with beautiful song.



WELCOME MAT

Harvey and Ann both grew up in Andalusia, AL and met first in the church where Ann's father was pastor, but they refer to 8th grade at Andalusia High School as where they really met. Harvey became Senior class president, foretelling the super full life to come for Ann and Harvey

Ann went on to Samford University in Birmingham for two years and transferred to the University of Alabama. After graduation, she worked for the Auburn Extension Service as a home economist. Harvey was at the University of Alabama earning a Bachelor of Science degree as well as a master's degree in Industrial Engineering. Harvey was listed in the **1966-67 edition of *Who's Who Among Students in American Colleges and Universities.***

In 1967 they were married, first lived in Mobile, AL, and moved to Washington, DC. They lived in suburban northern Virginia for 28 years where daughter Heather and son Maury were born and reared. Later, Ann earned a Master of Science in Education from Virginia Tech and, in 1987, Harvey earned a master's degree in management from Massachusetts Institute of Technology as a Sloan Fellow. So many honors and positions that this page will not hold them.

While in the Washington, DC area, Harvey held a variety of executive positions with the US Postal Service. In 1998, they moved to Atlanta where he began a fourteen-year academic career at Georgia Tech. He served in many positions including Associate Chair for International and Industry Programs and Managing Director of the Georgia Tech Supply Chain and Logistics Institute. Meanwhile, Ann taught high school economics and middle school classes while continuing her graduate studies.

Heather is now married to Matt O'Donnell and



Harvey & Ann Donaldson
Birthplaces: Harvey—Andalusia, AL
Ann—Foley, AL
Birthdays: Harvey—Dec. 5
Ann—Sept 29
Apartment 375
Move In: October 1, 2020

is active in senior service activities. They live in Doylestown, PA and have three teenagers—Jake, Nick, and Skye. Maury and his wife Miriam live in Basel, Switzerland with 14-year-old Bennett and 12-year-old Elsa. Both are studying multiple languages and enjoying the Swiss culture.

Harvey and Ann are active in Trinity Presbyterian Church. Ann enjoys the Georgia Tech Faculty Women's Club where in 2001 she served as their 40th president. She has volunteered at the Atlanta Symphony Designer Showhouse, the Atlanta Flower Show, and the Atlanta Day Shelter for Women and Children. She and Harvey both look forward, as we all do, to Christmas and birthday celebrations with family.

Harvey smiles when he talks about spending many weekends in Coffee County, AL where for 22 years he has managed his family's 1,000-acre cotton and peanut farm. He proudly adds that farmers in that section of Southern Alabama did not have slaves. Since retiring from Georgia Tech, Harvey has continued an active professional career in industrial engineering, logistics technology, and corporate finance, as well as still running the farm. Seems like retiring is not on his agenda. We need your energy and Ann's patience at Canterbury. A big welcome to you both!



Barbara Cheshire #177

WELCOME MAT

Bob's family moved to South Carolina when Bob was eleven and his Dad died. After WWII, Navy veteran Bob Kesterton graduated from the University of Miami with a BS in Industrial Engineering. In 1951, he joined Carrier Atlanta Corporation & Contractor in the up-and-coming air conditioning industry. He was transferred to Macon and lived in a strict, well-run boardinghouse—men on one floor, women on another. Mary Lillard had attended Georgia Southern, came to Macon working in a bank, and lived on the women's floor. They reminisce about how much fun they all had in the boardinghouse, even with strict rules. Bob and Mary married and moved to Atlanta in 1955.

Bob began a career in 1958 with Mingledorff's, Inc. that created a partnership with the Mingledorff family. Bob ran the business for 25 years; Bud Mingledorff succeeded him; and son David Kesterton has been President & CEO since 2008. Both families now have six sons and grandsons with the company.

Mary and Bob have two daughters and two sons. Rebecca is married to Charles Genoar who is in air conditioning contracting in Atlanta. They made Mom and Dad happy by moving from Chicago to Atlanta 3 years ago. They have two sons; Charles lives in Hinsdale, IL and Carter lives in Denver, CO. Second daughter, Terri, has three sons: Harrison in Raleigh, NC, and Lucas and Tanner in Savannah.

Son David is married to Helen. They have



Robert "Bob" & Mary Lillard Kesterton

Birthplace: Bob—New York City

Mary—near Vidalia, Georgia

Birthdays: Bob—May 5

Mary—August 18

Apartment 782

Move In: September 23, 2020

two sons: Will is in Carrier AC training in Syracuse, NY and Beau is a senior at Auburn University. Bob said be sure to mention that the family is not only in full GO with air conditioning but also with Auburn University! Second son Bill is married to Traci and is in AC sales with Mingledorffs. They are parents of the long-awaited granddaughters—Ellie and Molly, both in high school.

Mary and Bob are active members of Peachtree Presbyterian Church, belong to the Cherokee Country Club, and both enjoy their house on Lake Lanier. Mary belongs to the Cottage Garden Club and decades ago she introduced Bob to the Salvation Army. He tagged along to a conference when Billy Graham was keynote speaker. He was won over and, along with Mary, spends lots of time promoting their important work. He has served on the Metro Atlanta Board of Directors since 1994. We are so glad you moved to Canterbury Court.



Barbara Cheshire #177

DINING COMMITTEE



Mary James

As of October 14th our residents had enjoyed 211 consecutive days of having our meals delivered to our door. In addition, there had been 54 Tuesday and Thursday special afternoon treats delivered. Usually there is a knock at the door and a smiling

face in the hall. Thank all our associates in dining services for making this possible.

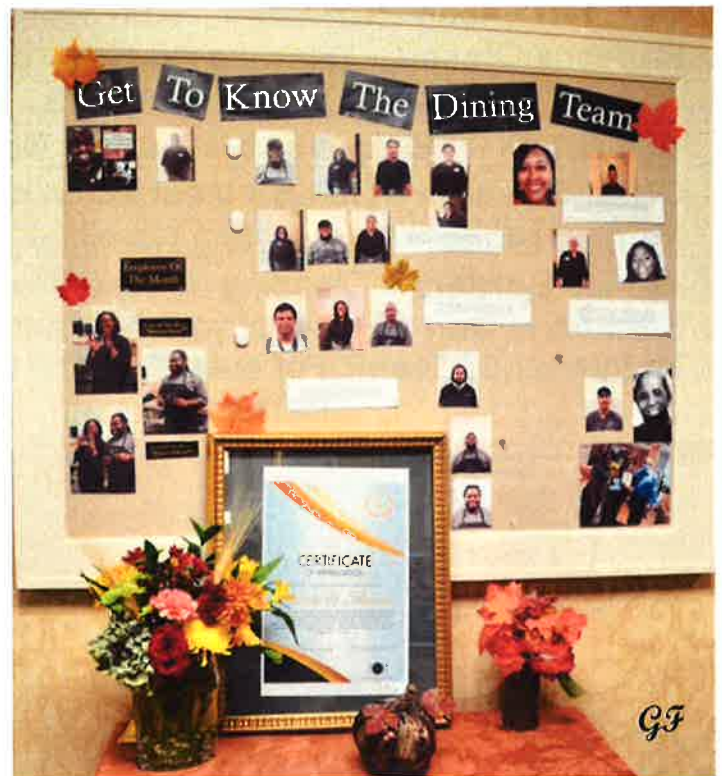
Canterbury is selecting the “**Employee of the Month**” from our dining staff. So far, **Edrom Williams and Brianna Dozier** have earned that honor. **CONGRATULATIONS!** If you see one of our associates on the dining staff do something extra special, please drop a note to George so he can take it into consideration for future employees of the month.

George Lancie, our Director of Hospitality, has heard our longing to return to our social times enjoyed at meals in the dining room and parties in the Community Room. He has gone beyond the call of duty in trying to respond to our desires for social contact and the necessity of meeting the requirements of social distancing that are in place only to protect us from the virus. **At the end of September, we had Luau in the Grill with deliberately staggered times for attendance based upon the location of our residences.** We had music on the Garden Room Terrace every Friday in October. The weather usually cooperated. We had Oktoberfest with a German Menu, on October 16th and coming up a pumpkin carving contest and Halloween celebration

with a costume contest.

George is continuing to seek a way to reopen the dining rooms in a safe way but Canterbury is not quite up to that yet. You may be able to encourage it by being careful about social distancing when we do have staggered group events like the Luau – folks were not always mindful of how close they were getting or how large the group was at that event.

The search for a new chef is ongoing. We hope to have good news about that soon. In the meantime, please continue to let George know about what you like on the menu and what you do not like – and, importantly, why. If you have a favorite menu from your family’s history, write it down and put it in the slot on George’s door. It just might appear on Canterbury’s menu one day.



Mary James, Chair #179

CHIEF TALENT OFFICER



Lisa Bronstein

On the Ground Floor, across from Ashaki's office, there is a "Shout Out Board." Residents and staff are welcome to "Shout Out" our fabulous Canterbury employees for their individual and collective contributions. At the end of each month, a staff winner is randomly selected from the nominations for a prize. Many thanks to everyone who has made nominations this month.

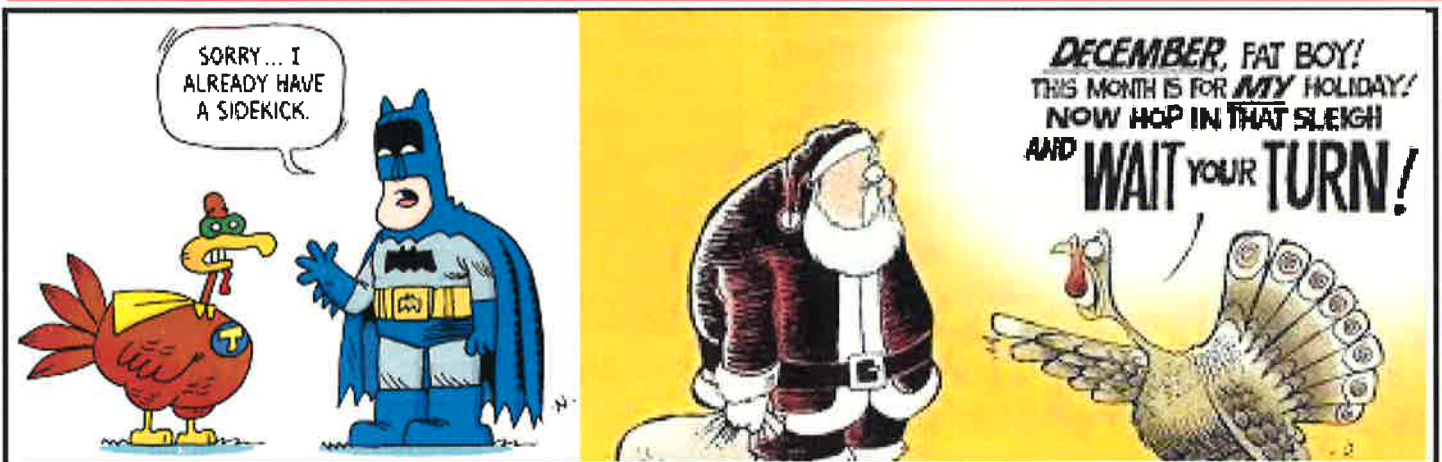
Congratulations to **Aubrey Kellogg** for being our winner for October. **Ashaki Borders' nomination for Aubrey Kellogg reads, "For always being willing to help – no questions asked."** **Brandon Fowler's nomination for Aubrey Kellogg reads, "For always volunteering and going out of his way to make things happen."**

If you have any questions, please contact **Lisa Bronstein at 770.329.4798** or lisabronstein@canterburyccrc.org.

Congratulations to the following additional ten (10) staff members who also received "Shout Outs" on the Shout Out Board from mid-September through mid-October:

SHOUT OUT BOARD

1. **Chris Calhoun** – Excellent effort on the virtual Luau Event in the Grille
2. **Loury Lopez** – For help with broadcasting the Town Hall on Channel 1
3. **Malcolm Ansah** – Excellent job on floors
4. **Rebecca Oleson** – Handling PS Salon changes
5. **Rodney Dheel** – Special help with 213
6. **Gail Green** – Because she is "wonder woman"
7. **Orrett Edwards** – Doing a great job on cleaning the carpets
8. **Pauline Hinds** – For watering plants for 3 weeks while residents were on vacation
9. **Ashaki Borders** – Cleaning up West Tower Salon for new provider
10. **Shuntavia Carr** – For all of your help and guidance
11. **Maintenance Team** – For everything the team did to get a resident's new mattress installed



BOOK CLUB



Gloria Davis

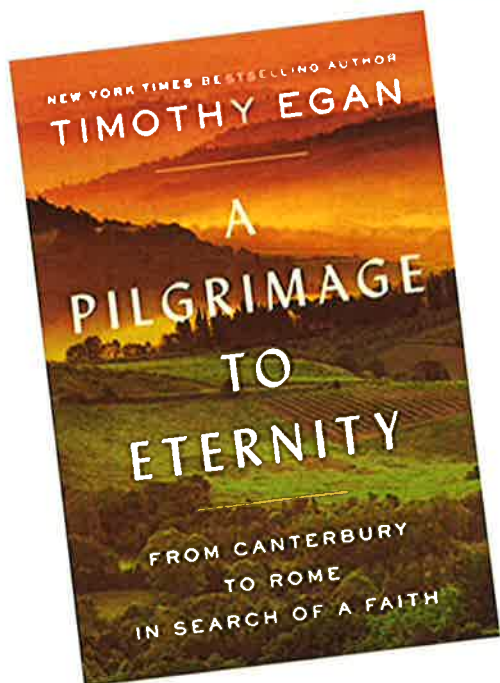
Hello Canterbury Readers. Our meeting date will be **Monday, November 23, 2020**: the Monday before Thanksgiving. Please remember that we do not meet in December.

DETAILS:

The Meeting: Monday, 23 November 2020, at 2:00 PM in the Community Room.

The Book: *A Pilgrimage to Eternity: From Canterbury to Rome in Search of a Faith*
by **Timothy Egan**

Discussion Leader: Gail Johnson



Timothy Egan is an acclaimed writer and veteran chronicler of the

American experience, whose interests range wide across history and landscape, and into the spiritual realm. He is a Pulitzer Prize-winning reporter, a popular columnist, and a National Book Award-winning author of nine books. His latest, the lively *A Pilgrimage to Eternity*, goes to the core questions of humanity, as Egan follows an ancient pilgrimage route a thousand miles from Canterbury to Rome. [Stephen Barclay Agency]

All residents are *automatic members* of the Book Club upon move-in. Our meetings are a lot of fun with the books as the star attractions. That means that over our eight meetings, we are led by many glistening stars to wonderful new places.

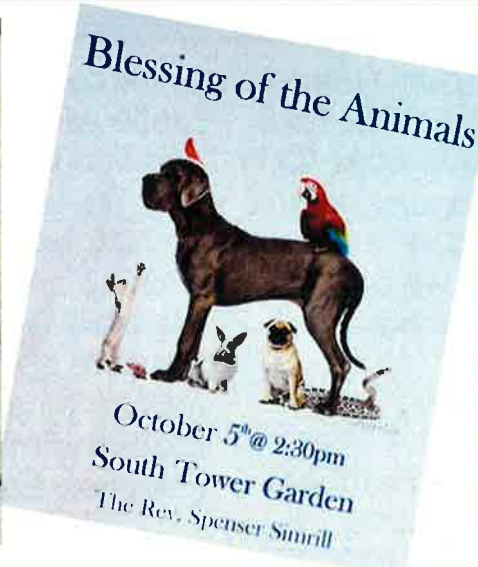
See you at the meeting.

Gloria Watts Davis, Chair #501



We need your relatively clean, non-political, positive, socially acceptable jokes and stories. E-mail attachments are preferred but hard copy is acceptable. Please put your name on all sheets of hard copy **submittals**. Sheets are easily separated in the chaos of the editor's desk. Send them to the editor, Nancy Fukushima, at 37ctails50@gmail.com.

EVENTS



PHOTOS: GREG FUKUSHIMA



Atwater-Donnelly Traditional Folk Music Concert
with Award-winning duo
Aubrey Atwater & Elwood Donnelly

Hope to see you.



On the October 6th Zoom presentation with this world-renown Folk Music and Clog Dancing team, fans from around the country and Canada enjoyed the intimate presentation of performance and conversation. They played requested songs from our early history as well as a beautiful one written by Elwood. Resident Jennifer Evans and Aubrey are old friends who met at the J.C. Campbell Folk School in

Brasstown, NC and dulcimer workshops in Unicoi. Aubrey also enjoyed renewing contact with old friend Lucille Griffin.

These artists are a favorite of our residents who enjoy their banter and the myriad stories of their travels to meet people who carry on the traditions of generations of folk song singers who relate the loves, worries and strife of earlier times. They are skilled on a great variety of traditional instruments.



EVENTS



On October 16th our CEO Debi McNeil and Director of Marketing Nicole Burke appeared on WSB TV's Channel 2 interviewed by newsperson Shannon Walsh about Canterbury Court's expansion plans. The architect's overhead view of the finished project was shown as well as renderings of sample apartments. Both executives emphasized the 10 acres of property and the important landscaping features specifically designed to enhance parkland and individual gardens.



CANTERBURY COURT PRESENTS

OKTOBERFEST

OCTOBER 16th, 2020

BEER MUSIC FOOD

JOIN US AND CELEBRATE WITH LOTS OF BEER AND SNACKS!

With KEITH WEST at 11am in the Gorden





PHOTOS: GREG FUKUSHIMA





PHOTOS: GREG FUKUSHIMA

Arts and Crafts Instructor Gillian Gussack held a *plein air* sketching gathering on October 16th for a group of both beginner and experienced fans who enjoyed the task of selecting suitable subjects in our gardens. The weather was perfect. And an interesting phenomenon—the color choice for the apparel of the day.

CAT NAP

Now and then during the week, I feel so tired that I just want to go back to bed. But then I feel guilty because I'm not being productive. It is hard to rest when you are mad at yourself.

But one afternoon I got back on the bed and called my cat. "Harry, cat nap, cat nap!" In no time my cat was on the bed curled up next to me. Now this was more like it! Now I wasn't just taking a nap—I was taking care of my cat.

Contributor: Elizabeth Severence #679



GARDEN COMMITTEE

Autumn



**Margaret
Langford**

**"The Goldenrod is yellow
The leaves are turning
brown.
The trees in apple
orchards
With fruit are bending
down."**

Anonymous (you can see why).

Our 7th grade teacher at E. Rivers School in 1945 made each student stand up before the class and recite this same poem. It went on for 5 verses. Very few made it through to the end. The boys wanted to drop through the floor.

Luckily, these days we can herald fall without having to recite a poem. We can just open the windows and balcony doors, breathe in cooler air and walk outside in our garden to admire our Goldenrod in the South Bog, the red Maples and the yellow Ginkgos. We also have some new lettuce

plants in the temporary vegetable frames near the Gazebo for all to enjoy. Soon we will clear all the Zinnias in front of the Gazebo and plant tulips, plenty of them with enough for our flower arranging ladies to bring some inside.

A reminder: Be sure to bring in your balcony plants before the first freeze. **If you need a "bin" in the greenhouse, call Lu Anne Schwarz at 3758.** If you need help lugging plants from your apartment to the greenhouse, call Wes Lucas at 678-522-6452 or email him at cbhopping-bird@yahoo.com.



Margaret Langford, Chair #872



*I'm
thankful
for
you*



ACCUMULATION SALE



Martha Solano

Total sales in September were \$1,254 with \$840 coming from the **September Pop-up Sale** in the A Room. October sales to date are \$1,322 with \$776 coming from an apartment sale.

During October, we delivered three pieces from our Library to Ahlers & Ogle-tree Auction House. Those items will be in an auction after the first of the year. The Residents Council will get 75% of the proceeds from that auction and we have made a valuable contact for the future.



One of my biggest helpers has been **Brenda Pinckney**. Brenda is a recently retired Delta employee who has been coming to our sales for more than 10 years. A few years ago, we began to work together to identify some of our more valuable items and price them accordingly. Brenda has been a part-time dealer/collector and is now doing it full time after her retirement this year. She has a booth at Scott's and other antique shows and

has helped by introducing other dealers to our sale and coordinating our arrangement with the auction house. She has also been one of our biggest customers, spending more than \$1,000 at Canterbury every year.

This month we decided to try another arrangement. Brenda has taken several items on consignment and has sold some at her booth. This is a win-win for both of us since she is able to get more money than we would with our clientele and also make some money for herself. We will continue this to see how it works but I am happy to have an outlet for special items of value.

As you are reading this, we will be nearing our preparation for our scaled-back **fall sale on November 5**. The sale will go from 11 am to 2 pm. We encourage residents to come in the 11:00 to 12:30 timeframe. From 12:30 to 2:00 we will allow residents to invite family and friends to shop. If you are inviting someone, please sign them up with Loury Lopez at the Wellness Desk. That way we will have an idea of how many outsiders will be attending so that we can staff accordingly.

We will be following our usual protocol for entry and monitoring to keep social distancing in place. This is one way to have visitors while maintaining a safe environment for our residents. When the sale is completed, everything that doesn't sell will be donated to the Salvation Army. They will be picking things up Friday afternoon, November 6.

To be honest, we have no idea how this will work and how much money we will make, but under current conditions, it is the best that we can do. Thanks to the residents who have volunteered to help with the sale during set-up (Wednesday, November 4), the sale (Thursday, November 5), and cleanup (Friday, November 6).

Martha Solano, Chair #475

KNOW YOUR STAFF

There's a new guy in the CFO desk as of November 2! His name is **Noel Barnes** and he comes to Canterbury with a string of CFO postings and multiple community leadership positions. We are in good hands with Noel Barnes.



Noel Barnes

Noel graduated with a B.A. in Economics from UGA and a Bachelor of Business Administration – Accounting from GSU. He is a CPA in Georgia. His wife Sherri studied at Alabama and UGA. They have a daughter Olivia, who is a Tulane freshman studying in Rome Italy this semester, and a son, Luke, who is a junior at the Mt. Vernon School. Noel and Sherri enjoy exercise, running and travel. Some of their favorite travel destinations have included a ski trip to Big Sky Montana and a **cata-maran trip down the Croatian coast.**

Another of Noel's favorite activities is his involvement with an organization named Christian Leadership Concepts. He greatly values their practice of helping individuals reach their personal spiritual goals.

Noel describes being a CFO as being the steward of the financial aspects of an organization, as the financials are always an important component of an organization's decision-making. As such, he will be highly involved in Canterbury's enrichment project.

Noel chose to come to Canterbury for the opportunity to network through building new relationships and because he believes in Canterbury's mission. It

looks like, with Noel on board, we will be able to say "Mission Accomplished!"



Peggy Heinisch #955



RECYCLING



Walda Lavroff

While the Recycling Committee cannot meet during the pandemic, the recycling activities which our group started for Canterbury in 2013 have continued.

Our **WestRock** recycling account representative sent the following report for the

time from August 1 to September 30, 2020:

“Cardboard & Paper: 7.90 tons; Single Stream Recycling: 3.67 tons; Total Tons

Recycled 11.57 tons. The Environmental impact of your recycling: **134 trees saved; 55,300 gallons of water saved; 3002 gallons of oil saved.**’

So please Canterbury residents and employees continue to recycle what you can. Recycling does make a positive difference for our planet.



Walda Lavroff, Chair #575



On October 2nd the wonderful voice of the distinguished Sam Hagan joined talented Judy Boehm, musician and vocalist, to entertain us in our garden-side patio. What a lovely time of beautiful music in a peaceful setting to inspire and gladden the audience.

COVER STORY



Mary Earle Scovil

Mr. Turkey makes an appearance at Canterbury every November. He has visited us so many times that when he came in through the front entrance, we wondered if he was considering taking up permanent residence and had come to request a tour. However, since he wasn't wearing a mask and refused to let the concierge take his temperature, he was whisked off to quarantine which will be over just in time for him to appear on a platter for **Thanksgiving** dinner!

FYI: This beautiful fowl is a gift from Llewellyn Bell's son who shot it and had it stuffed.



Mary Earle Scovil #672
Photo: Jean Ellen Jones



Rudy Boehm and Sam Hagan
as found..



Beth Michaels sings old favorites..



LIBRARY

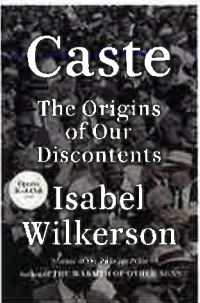
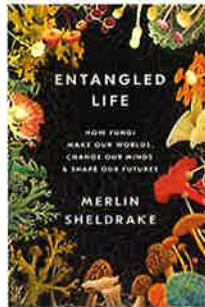


LuAnne Schwarz
shape our futures. 500

Due to large number of acquisitions this month, the notes will be omitted.

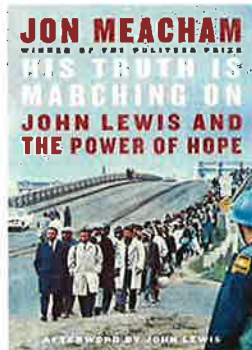
NON-FICTION:

Sheldrake, Merlin. ENTANGLED LIFE: How Fungi make our worlds, change our minds and shape our futures. 500

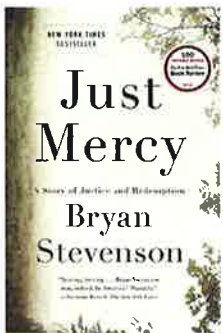


Wilkerson, Isabel. CASTE: the Origins of Our Discontents. 300

Jon. HIS TRUTH IS MARCHING ON: John Lewis and the Power of Hope. BIO

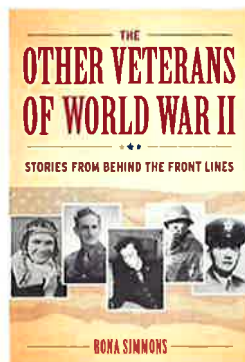


Meacham, Jon. HIS TRUTH IS MARCHING ON: John Lewis and the Power of Hope. BIO



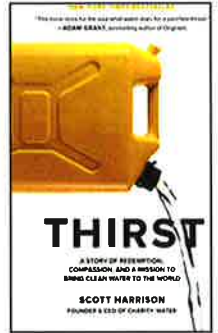
Stevenson, Bryan. JUST MERCY: A Story of Justice and Redemption. BIO

Simmons, Rona. THE OTHER VETERANS OF WORLD WAR II: Stories from Behind the Front Lines. 900

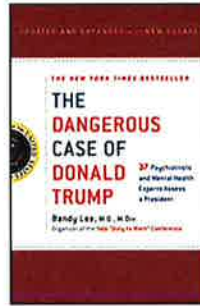


In memoriam to our own **Bill Schneidewind**, featured in Chapter One.

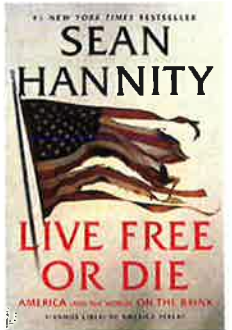
Harrison, Scott. THIRST: a Story of Redemption, Compassion, and a Mission to Bring Clean Water to the World. 300



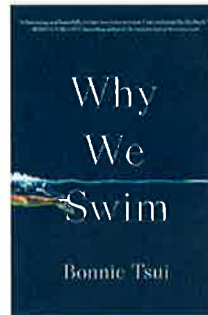
Lee, Bandy. THE DANGEROUS CASE OF DONALD TRUMP. 900



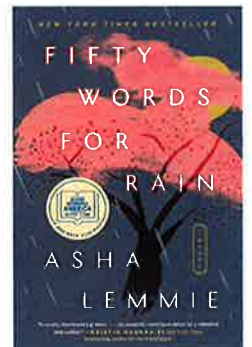
Hannity, Sean. LIVE FREE OR DIE: America (and the World) on the Brink. 300



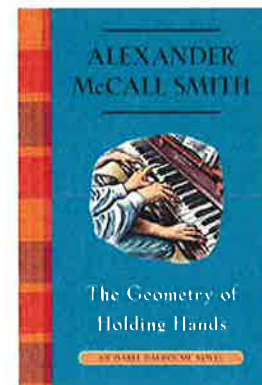
Tsui, Bonnie. WHY WE SWIM. 700



Lemmie, Asha. FIFTY WORDS FOR RAIN. 800

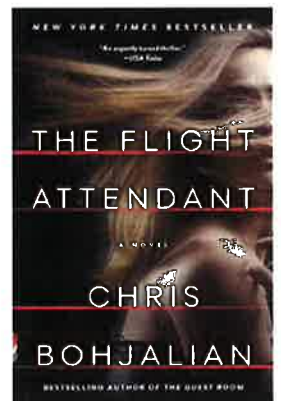


FICTION:

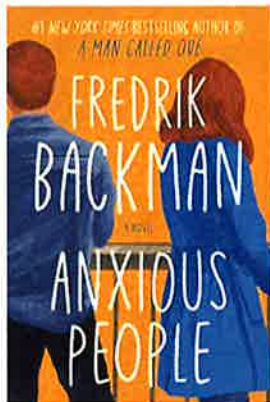


Smith, Alexander McCall. THE GEOMETRY OF HOLDING HANDS. F

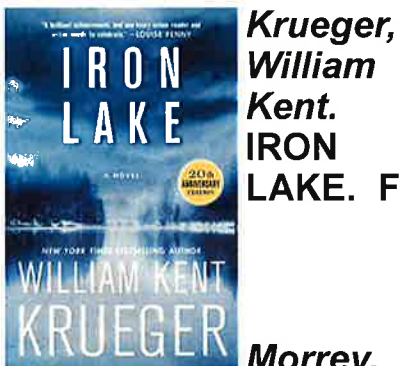
Bohjalian, Chris. THE FLIGHT ATENDANT. F



Backman, Fredrik.
ANXIOUS PEOPLE. F

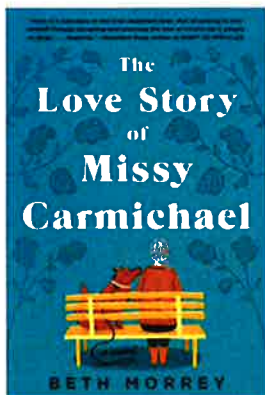


- **THE LUMINOUS WEB** by *Barbara Brown Taylor* 200
- **THE FIRM** by *John Grisham* F
- **PLANTATION** by *Dorothea Benton Frank* F
- **MORNING IN THE BURNED HOUSE** by *Margaret Atwood* 800
 Note: this poet inspired our beloved Louise Penny!
- **THE WAR IN LETTERS: DIETER SCHOELLER 1938-1949** by our own resident author *Karin Gunnemann-Schoeller* 900



Krueger, William Kent.
IRON LAKE. F

Morrey, Beth. **THE LOVE STORY OF MISSY CARMICHAEL. F**
 2copies, 1=LP



- New audio books include:
- **AMERICAN DIRT** by *Jeanine Cummins* F
 - **ALEX TREBEK: the Answer is...** BIO

In addition to the above new titles we have added the following older books:

Happy reading,

Lu Anne Schwarz , Chair #758



Some of the members of our Choristers group, along with the fans of the lauded Michael O'Neal Singers, enjoyed a film of the acclaimed choral group. The theater atmosphere was enhanced by the typical movie snacks available to movie crowds.

North Atlanta's Premier Choral Ensemble

The Michael O'Neal Singers is a north metro Atlanta choir committee to choral presentations of artistic excellence and programmatic variety. The 140-voice MOS chorus with Timothy Miller, tenor; the Tyrone Jackson Trio; Tom Alderman, keyboard; and Michael O'Neal, conductor, present a concert from the big screen. Including songs featured in Casablanca, Guys and Dolls, La La Land, Lion King, Coco, Selma, and Lord of the Rings, among others.

Friday October 23
 2:00 pm
 Community Room

Seating is limited to 20. Please call Loury Lopez at ext. 3062 to reserve your seat.
 Wear your mask and social distance



it's not about
 being the **BEST**,
it is about
 being **better** than
you were
YESTERDAY

ART GALLERY

Stuart Simrill Wife of Chaplain Spencer Simrill

While Stuart is not a resident of Canterbury, she is certainly a part of our Canterbury family. We are honored to be able to share her creative spirit.

She was born in Richmond, VA. Her father was the minister during the war to the community of Oakridge, TN and then moved to Louisville KY. It is there she calls home. Her mother and her brother were also artists, her mother having taught at the Art Students' League in NYC, and her brother becoming the President of the Kentucky School of Art. They had an unconventional home life spending the summers camping in the woods. They would take onions and potatoes to go with the fish they would catch—and they would paint.

Stuart went to Sweet Briar College in Virginia and studied Art History. She took painting classes throughout her life. Camped a lot—painted a lot. She used acrylics out in nature. In the studio, oils. She also plays the cello, another gift. Her mother's friends taught her many valuable skills such as sewing, knitting, embroidery, quilting and new painting techniques. She has always been inspired by the people she was with. Artists she was inspired by were Mary Cassatt, Edward Hopper and her mother.

The Simrills moved frequently and her teaching career took many turns including being the Director of the Preschool at the University of Louisville, teaching in Graduate School, switching to Media and computers she finished her career as a school Media Specialist

She wants to share her memories in her art—when God is speaking to me—landscapes and prayers.....



Stuart Simrill

Photo and article by Jeann Blankenship #817

Some of Margaret Westerman's beautiful oils and watercolors of birds that became familiar to her in her extensive travels were on display in October. This amazing self-taught artist captured so well the detail of an array of fowl, from delicate small songbirds, colorful varieties of parrots, a majestic eagle and a magnificent owl in flight.



THE FOUR C'S STORE



Norman Currey

We are about to enter the season of gastronomic excess! Thanksgiving and Christmas provide wonderful meals, and 4Cs has a few items to add to that enjoyment – and also some items for the after-effects: Pepto Bismol, Dulcolax, Aspirin and so on. So come on down and see what we have.

Something to stir your memory cells and get you talking – your memories of the **October 1938 Orson Welles** broadcast (or what your parents told you). Welles sought to bring some life to his 8 pm **radio** show, so just after his *Mercury Theatre* started, he had CBS interrupt with an announcement that said Martians had landed on a farm near Grovers Mill, New Jersey, and that they were incinerating state troopers with ray guns.



Now you can imagine what happened next. Listeners who'd been happily enjoy-

ing the *Edgar Bergen/Charlie McCarthy* shows on a different station on their floor-model radios were alerted by their friends and neighbors that "the end was near!" They heard about people praying in the streets, and there was general disruption as people told about bear-size creatures destroying everything in their path.



There are photos of old men with their shotguns, standing by to protect their families, and I got to wondering how we would react today if our TV program was interrupted by a similar announcement. We did have a smaller-scale scare announcement a few years ago when local talk-show host Neil Boortz announced on WRNG radio that Navy-trained Dolphins had jumped aboard a fishing boat off San Diego and had swept the crew overboard.

I know that Halloween is over, but I just had to include these vents to get you talking about what you remember – it's quite a surprise to discover what memories you still have locked up in your brain. Why not try a few more brain exercises such as where were you on VE day? What were the happiest days of your life? What was your first car and where did you travel with it?

Norm Currey #760
Anne Haltiwanger, Chair

WELLNESS



Andrew Wiltz

We have the latitude to make choices in life. We can choose to act or feel a certain way at any given moment, meanwhile some things are out of our control. **No one goes through life making all the right decisions; we can learn and**

grow from them, good or bad. Sometimes, life can be hard, and how we cope with life's difficulties can go a long way in determining how our story will be told.

The coronavirus pandemic has changed a lot of things, but **one thing that hasn't changed is that falling is not a part of normal aging.** It can have serious consequences for those who don't act to reduce the risk. Some individuals will isolate themselves due to a fall or fear of falling which makes matters worse physically and mentally. This can be changed by deciding to take matters into your own hands.

There are many conditions that can lead to a fall. **The CDC lists the following: lower leg weakness, difficulties with gait and balance, foot pain and poor foot wear, use of medications, and some over-the-counter medications can affect balance and how steady you are on your feet, vision problems, and home hazards and dangers.** Most of the time, falls occur due to a combination of these risk factors. The more that you have, the greater the chances of falling. **The Canterbury Team can address these risks!**

You can prevent falls from happening by simply reaching out to us or your doctor to

evaluate your risks. You should ask your doctor or pharmacist to review your medicines to see if any make you dizzy or sleepy and ask about Vitamin D supplements and calcium. If you have a fall, don't be afraid to report it even if you were not injured! Remember, if you have fallen once, your chances double and the second one could be debilitating.

You have our Medical Director, Dr. Bryan Hooker, Genesis Rehabilitation, and Wellness Programming located a few minutes away from your apartment. We will work together to provide an action plan to address strength, balance, and gait. There are resources in the Wellness Center where you can use both land and water exercises on a weekly basis to maintain your independence and steady feet.

All of us fall at one time or another, and they can be serious. However, those that address the reasons for falling by being proactive, determined, and disciplined can have successful outcomes. You can live with fear of falling, or you can take charge of the situation to live your life to the fullest. **You have a choice. Let's make it a good one!**

Andrew Wiltz, Wellness Director



RESIDENT SERVICES



November Musical Events

- ♪ Keith West returns on Friday, November 6th at 4pm
- ♪ Join our very own Judy Reidinger on Thursday, November 12th at 4pm
- ♪ Beth Michaels returns on Friday, November 20th at 4pm
- ♪ Welcome back Susan Marie on Friday, November 27th at 4pm

These performances are weather dependent and will take place in either the Community Room or ST/Peachtree Tower Gardenside Patio. Please see your weekly calendars and notices in elevators for the latest and up to date information.

November Activities

Celebration of Life, November 2

Please join us in remembering and honoring those residents who have passed from this life into eternal life this past year. There will be two ceremonies with limited seating of 25 in order to maintain safe social distancing. **The first ceremony will be at 2:00 p.m. and the second will immediately follow at 3:00 p.m. in the Community Room.**

Transportation to Vote, November 3

For residents who were not able to vote by absentee ballot or early vote, we will offer transportation to the voting polls on Tuesday, November 3rd. **Please call Transportation Coordinator Edith O'Neal at (678)536-7217 to schedule this trip.** Seniors 75 years and older can move to the front of the line. If you have an absentee ballot but did not mail it, you must bring it with you to surrender it to a poll worker. Voting on this day will be held at Sarah Smith Intermediate School at 4141 Wieuca Rd. NE, Atlanta, 30342. A valid ID and mask will be required.

Caregiver Support Group, November 3

The Caregiver Support Group will meet via Zoom this month on Tuesday, November 3rd at 2:30 pm with the Rev. Dr. Spenser Simrill. Please check your email for Zoom log in information.

Administrative Update with Residents, November 4

Join CEO Debi McNeil as she discusses current Canterbury events via Zoom on Wednesday, November 4th at 4:00 pm. Join with the following information:
Meeting ID: 861 8683 2683 Passcode: 361033



Accumulation Sale, November 5

This year's sale will be a little different in that this will be the first big sale during COVID and social distancing and mask wearing will be a must. The sale will be Thursday, November 5th from 11:00am to 2:00 pm. We are encouraging residents to attend between 11:00am and 12:30pm. Invited friends and family are welcome between the hours of 12:30 and 2:00pm. Please call Loury Lopez at x3062 to add these names to the list. Family and friends will only be allowed to enter the sale through the Ground Floor South/Peachtree Tower entrance, where they will get temperature checked. This will enhance our mask and social distancing requirements. For further information or questions, please call Accumulation Sale Chair Martha Solano at x3475.

Mercer University Pharmacy Students, November 10

The Mercer University Pharmacy students will return to Canterbury to provide their medication review program. Do you have questions about your medications? Concerned about cost, possible side effects, or interactions? 3rd year pharmacy students will meet with residents individually to ensure privacy via Zoom. The session will begin at **1:30pm on Tuesday, November 10th** and last about 30 minutes.

To sign up and for more information contact Rebecca Oleson at x3262.

Michael O'Neal Singers "I Hear America Singing", November 10

Drawing inspiration from American poet Walt Whitman, *I Hear America Singing* celebrates the vitality, variety, and optimism of America reflected through the creative endeavor of all its people. Join us for this special viewing on **Tuesday, November 10th at 2:00pm in the Community Room**. Seating is limited to 20.

Hearing Aid Clinic with Monica Walker, November 10 & 24

Do you need new batteries for your hearing aids? Need the sound level checked? Do your hearing aids need to be cleaned? Audiologist Monica Walker will be at the **Canterbury Clinic on Tuesday, November 10th and Tuesday, November 24th**.

Call (404)791-9004 to schedule your appointment.

Veteran's Day Salute, November 11

In honor of Veteran's Day, **Dr. Paul Levensgood** will present an illustrated lecture, *George C. Marshall: Leader of Men*. Dr. Levensgood is president of the George C. Marshall Foundation in Lexington, Virginia.

George C. Marshall was one of the towering figures of the twentieth century, a man described as having won the war- for his role as architect of Allied victory in WWII- and won the peace- for his role as rebuilder of Europe through the Marshall Plan. But what about this quiet, unassuming man allowed him to accomplish such great deeds?

In short, George C. Marshall was an instinctive judge of talent and a conscientious leader of men. From the circle of general officers nicknamed "Marshall's Men" whom he trained and trusted with command, to the humble G.I. in a foxhole, Marshall gave his subordinates what they wanted and needed. His story goes from the battlefields of Europe to the halls of Washington and touches on every significant figure of the 1940s and 50s.

Join us via **Zoom on Wednesday, November 11th at 4:00pm.**

Meeting ID: 854 8026 0049 Passcode: 585515

A direct link will also be sent to your email before this lecture.

Wall of Honor, November 9-13

Each year Canterbury has celebrated and honored our Veterans by displaying pictures and recognizing the residents who have served in the U.S. Armed Forces. Again this year, pictures will be displayed on the West Tower/Vermont Tower Bridge beginning Monday, November 9th and running through Friday, November 13th. If you are a Veteran and have not submitted your service picture, please do so soon! See Loury Lopez at the Wellness Center desk or call her at x3062 so she can make a copy of your picture for display.

Flower Arranging Class, November 13

Join resident Gail Johnson for a flower arranging class. No experience is necessary and all materials will be provided. Come join in the fun and take home a beautiful arrangement you can proudly display! Class size is limited to 8 participants. Please call Loury Lopez at x3062 to reserve your spot. **This class will meet in the Hobby Room/Art Room on Friday, November 13th at 2:00pm.**

Into to Drawing with Gillian Gussack, November 20

Gillian returns to Canterbury with an intro to drawing class on Friday, November 20th at 2:00pm. No experience is necessary and all supplies for this class are provided. Class size is limited to 8 participants and will meet in the Art Room on the Ground Floor of the South/ Peachtree Tower. Call Loury Lopez at x3062 to sign up.

Art Talk with John Tilford, November 23

Frida Kahlo met Diego Rivera when Kahlo was a young art student looking for advice from an older, more accomplished painter. Her search led her to Rivera, a highly accomplished artist 20 years her senior. The two would eventually marry and their tumultuous relationship would endure despite constant internal and external challenges Today, both are considered two of the greatest artists of the twentieth century expanding beyond their native Mexico.


Join us via **Zoom on Monday, November 23rd at 3:00pm** for this month's Art Talk.

Meeting ID: 605 296 6187 Passcode: 099328. Look for a meeting invite in your email.

Coming in December

On Mondays in December, we will be showing the Canterbury Choristers Christmas Concert video in the Community Room. Seating will be limited to 20 for each viewing. Please join us to celebrate the season and the hard work our Choristers and Director John Carter have done to bring us this special program on **Monday, December 7th, 14th and 21st at 4:00 pm.**





Canterbury Court

Where lives blossom

NOVEMBER 2020

