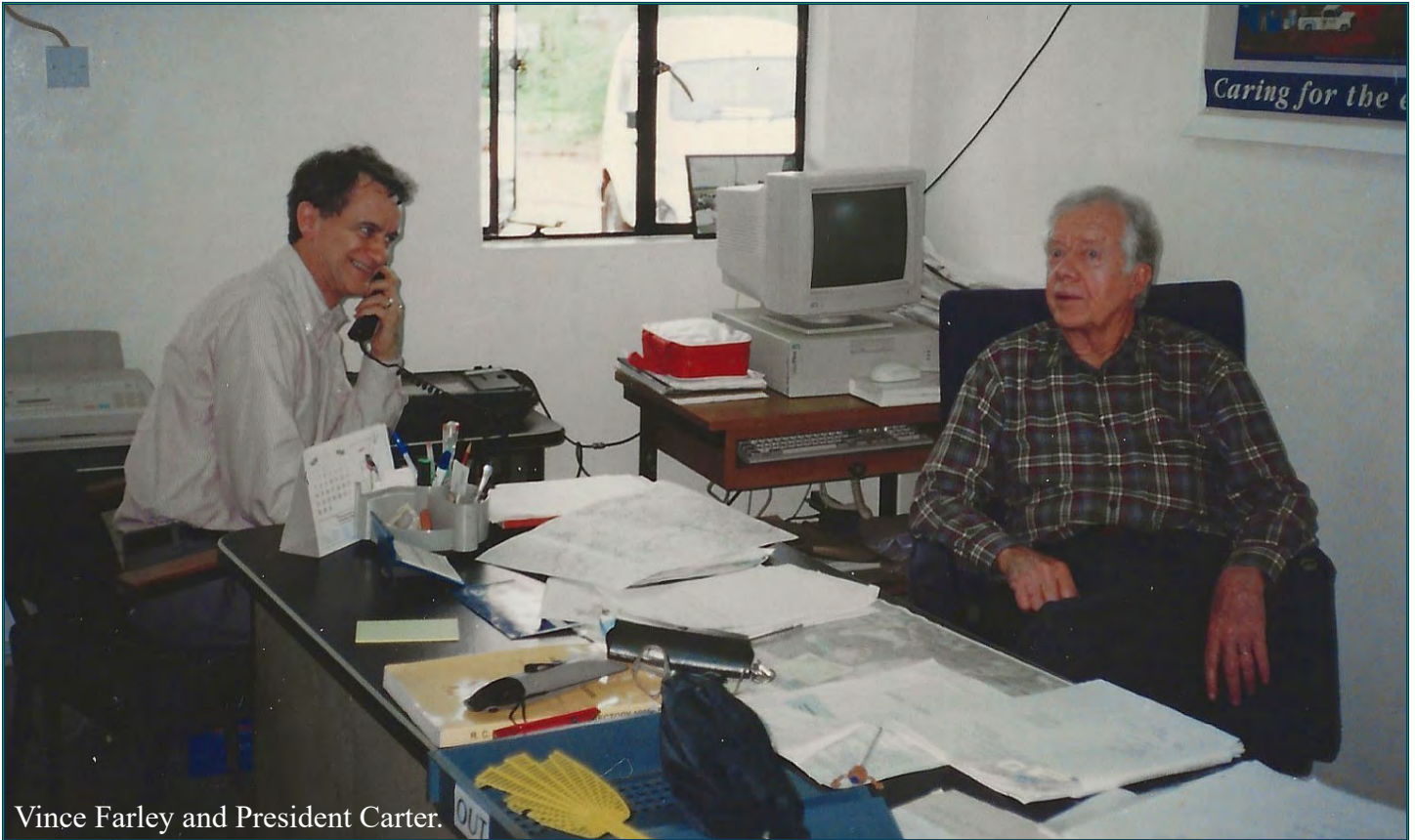




# Canterbury Tales

LXII: 8  
*Published by the Residents Council and Staff of Canterbury Court* October 2024



Vince Farley and President Carter.

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*Canterbury Tales*

Published by the Residents Council and the Staff of Canterbury Court

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*Canterbury Tales* is published monthly from September through June.

Canterbury Court is fortunate to have residents who generously volunteer to interview newcomers and prepare profiles, serve as chairs of committees and report on their activities, submit articles and items of interest, and share their photographic talents. These individuals are identified throughout the publication. If you see them around the campus, please be sure to thank them for their work. All these contributions make *Canterbury Tales* truly the voice of its residents.

All photographs from Canterbury’s garden are by Sandra Garber, unless otherwise noted.



*Photos: Laura Diachenko*



# October Birthdays

2	Rose Mary Kolpatzki	17	Bob Springer	25	Josh Taylor
2	Pat Russell	17	Joanna Adams	27	Gail Johnson
5	Gerry Dobrasz	18	Dorothy Herndon	27	Tom Friedrichs
6	Gwyneth Webb	20	Edward Daugherty	28	Pam Tisdale
8	Fontaine Draper	20	Eduardo Angel	29	Jim Groton
9	Jackie Waldrop	20	Ruth DeLoor	29	Mary Beth Garrecht
9	Tom Fullilove	21	Joan Holliday	29	Cathy Mitchell
10	Alice Brown	21	Vance Rankin	30	Frances Harrold
10	Mary Capka	21	Janet Stenson	30	Barbara Blender
11	Harry Pritchett	22	Mary Jensen	30	Claudia Wright
11	Llewellyn Bell	22	Estelle Hosch	31	John Huffard
11	Muriel Dollar	24	Marilyn Schwab	31	Gretchen Reese
13	Harriet Evans	24	Karen Evans		
13	Joyce Choplin	24	Carolyn Farley		
14	Noradel Wilson	24	Steven Darsey		



*Photo: Lu Anne Schwarz*

# In Memoriam

Lord, keep our friends in your loving care.

Joan Tyson, August 24  
Kay Marshall, August 30  
Nancy Smith, September 20



---

## Vespers

- |            |  |
|------------|--|
| 1 October  | The Reverend Monica Mainwaring, Rector<br>St. Martin in the Fields Episcopal Church  |
| 8 October  | Reverend Tony Johns, Executive Director<br>Crossroads Atlanta  |
| 15 October | Reverend Lyndsay Slocum, Lead Pastor<br>Kairos Church  |
| 22 October | Reverend Rebekah Le Mon, Senior Pastor<br>Trinity Presbyterian Church  |
| 29 October | The Reverend Dr. Andrew Barnett, Senior Associate Rector<br>All Saints' Episcopal Church<br>Returns for another Jazz Vespers |





# I Can Assure You That You Will Be Brought to Justice

Canterbury resident Vince Farley had a 30-year career in the Foreign Service, serving tours in U.S. embassies in Niger, South Korea, Mauritania, Yugoslavia, and Cote d'Ivoire, as well as in Washington, DC. His last posting was as Diplomat-in-Residence at the Carter Center, advising former President Carter on Africa. He accompanied President Carter on eight missions to Africa focused on conflict resolution, spending a total of 51 days flying in a small Challenger jet. Vince has enough stories from a ten-month (1995–1996) peace initiative to fill a book, but here in *Canterbury Tales* he recounts one day's experience in Goma, Zaire. This story highlights President Carter's fearless, risk-taking approach to the search for peace.

A November 1995 visit to Goma, eastern Zaire, was part of President and Mrs. Carter's seven-day visit to eastern Africa in preparation for the late November Great Lakes Summit in Cairo. The focus of the visit to Goma was one of the refugee camps of Rwandans who had fled Rwanda after the genocide, to meet with leaders of the exiled Rwanda community, and to meet with leaders and representatives of the Zairian community in Goma.

In September, President Carter had met with President Museveni in Entebbe, Uganda, and then with President Mobutu of Zaire in Faro, Portugal (at these meetings, Presidents Museveni and Mobutu each designated a close advisor to work with President Carter on this initiative, and President Carter designated me to be his personal representative). Subsequently, both presidents accepted President Carter's invitation to meet in New York in October—surprisingly, the two presidents had never met in person. At that October meeting, the two African presidents issued a joint press



Arriving in refugee camp, Zaire.

release asking President Carter to come to the region and chair a process to address the crisis created by the one million Rwandan refugees in Zaire and also work to resolve the underlying political issues between the nations in the Great Lakes region. President Carter accepted the request and issued a press release outlining the projected peace process.

After many discussions and exchanges of letters with the presidents of the Great Lakes countries and their key advisors, the presidents of Uganda, Zaire, Rwanda, Burundi, and Tanzania accepted President Carter's invitation to a summit of the presidents in Cairo in late November. President Carter invited former Tanzanian President Julius Nyerere and Bish-



Heads of state meeting in Cairo.



Heads of state, President Carter, and co-facilitator Bishop Desmond Tutu.

op Desmond Tutu of South Africa to be co-facilitators.

After meetings with the heads of state in their capitals, we flew to Goma, eastern Zaire. As we walked from the plane to the motorcade, the head Secret Service agent told me to stay tight inside the bubble the Secret Service would have around President and Mrs. Carter and also not to make any sudden moves, as the security situation was tense and there were many armed individuals in the area. We boarded several vans to visit one of the major refugee camps, which had several hundred thousand refugees encamped several kilometers from the Rwandan border. As President Carter's trip had been publicly announced about 10 days before the trip, I had been told that many leaders of the exiled Rwandan community, including some key leaders flying into Goma from Europe and elsewhere, would be attending President Carter's meeting.

Our motorcade to the refugee camp included perhaps 10 Secret Service agents, double the number at most stops in a visit of President Carter, and some Zairian military, perhaps a detachment in three or four vehicles. When we



President and Mrs. Carter flanked by President and Mrs. Mobutu.

arrived at the refugee camp, we were escorted into a tent set up for the meeting. At one end of the tent was a head table where President Carter, Mrs. Carter, and I sat. Directly in front of us were about three rows of folding chairs set up for the senior Rwandans—about 20 people—and behind these chairs another 15 or so rows of chairs. Secret Service agents stood at the entrance to the tent near the head table and at the entrance at the far end of the tent. I noted that some Zairian military had taken positions outside the tent.

President Carter opened the meeting by describing the Carter Center Great Lakes Initiative to address the crisis in Zaire and the Great Lakes region and mentioned his recent meetings with the presidents of Uganda, Zaire, Rwanda, and Burundi. He then described his visit to Rwanda, where he had visited the sites where hundreds of thousands of Rwandans who had been killed in the genocide were buried. He then leaned forward and said, "I know many of the leaders of this genocide are in this room, and I want to assure you that you will be brought to justice."

Realizing that with that statement, we could





President Carter greeting Rwandan President Pasteur Bizimungu; to President Carter's right is Vice President Paul Kagame, who is now president.

be in a precarious situation, out of the corner of my eye, I glanced at the Secret Service agent at the door near our table, wondering about the contingencies the Secret Service had set up to extricate us from a camp of several hundred thousand refugees, using the Secret Service detail of 10 and perhaps 25 Zairian soldiers. The leaders in the front row did not react to President Carter's statement and, stone-faced, sat in silence, not exhibiting any emotions. President Carter continued his comments, which were followed by questions from the Rwandans in the room. There were no comments on President Carter's statement regarding the "génocideurs" in that tent being brought to justice.

At the end of each day of a trip with President Carter, I usually met with the Secret Service agents, and President Carter's longtime scheduler, to review the day's activities and plans for the next day. Over cold beers, after a hot day, we discussed the meeting at the refugee camp. The agents noted that President Carter had made a provocative statement, and we agreed that we were a bit surprised by the lack of reaction from the Rwandan leaders at the



Vince Farley, Secret Service agents, and President Carter's longtime scheduler Nancy Konigsmark at day's end.

meeting. The head of the Secret Service detail said that he had made many contingency plans regarding security. He told me that he had hired a heavy tanker truck filled with water to drive in front of our motorcade to assure that there were no mines planted in the roadway. At the end of our discussion, one of the Secret Service agents, who happened to be Black, told me, in jest, that for a split second at the refugee meeting, he wondered if he would be forced to take off his jacket and blend in with the mass of hundreds of thousands of Africans at the camp.

The summit of five African heads of state in Cairo was historic and resulted in a seven-month period of peace. I came to know President Carter as a man of courage who would not hesitate to take on any challenge in the pursuit of peace even though there could be risks or threats involved in the mission. I can't think of any individual who was more deserving of the Nobel Peace Prize.

—Vince Farley

# From Debi's Desk

*Comments from the President of Canterbury Court*

As I'm writing this article in early September, it's been five weeks since my children went back to school in late July. Yes, you read correctly, I said July. Adjusting to school starting in July has been much simpler than the adjustment of having a child in middle school. Middle school is a unique animal, and, I think, one we generally choose to forget once it's over. Navigating this experience with my 12-year-old daughter has been interesting to say the least. Of course, there are the basics of transitioning from a single classroom and teacher to seven different rooms and teachers and ramping up from no homework to extensive nightly homework on day one. Beyond that though, tweens speak a completely separate language. I'll give you a quick summary of what I mean. Things that are good "slay," as in "Mommy slayed this weekend for getting my favorite takeout." Other things that embarrass kids are "cringe," as in "Mommy, it's so cringe when you talk to my friends." Something mediocre might be described as "mid." A story that doesn't sound quite right may be "sus," short for suspicious. Getting the "tea" is getting gossip. I had a rare moment this last weekend with two of my daughter's besties—outside of the presence of my daughter—and I asked them for the tea. They were so impressed with my use of tween lingo that they quickly shared about some fights that had happened at school and different friend groups. But then I flew too close to the sun and asked for the romantic tea. They sniffed me out, and I was quickly

informed that I don't have that level of security clearance. You can't blame a parent for trying, though I suppose by their standards that probably made me a bit sus too. It's important not to use "sus" when you mean "sussy baka," which is someone acting foolish, because—well, that would just be cringe.



Debi McNeil

Then there is "bruh," and apparently everyone is bruh these days. I've come to accept most any request I make to be answered with, "Bruh, seriously?" or "nar" (a fancy way of saying no), or she may just roll her eyes and start "mewing," which is when they put their tongue to the roof of their mouth to make their jawline look bigger because... I really have no idea why. Why on Earth would anyone want to do that?

But the most all-time ridiculous term that I just can't quite wrap my head around and elicits an "ok, boomer" response (their way of telling me I'm out of touch) is the term "skibidi toilet," which apparently is a reference to a video of a spinning head that pops out of a toilet and sings a dance remix of a Bulgarian song.

Confused from reading this? Join the club, and if I'm looking sussy bakka or saying something cringe in the next few weeks, be nice to me. I'm learning a new language, and my teachers are "mid" at best.



# From the Residents Council

## *Canterbury Culture*

As the Residents Council Vice President last year and President this year, I have been a member of the Canterbury Board of Trustees. In that role, I have been privileged to get to know our Trustees and work on special projects relating to our future strategies.

Currently, we are working on a project to consider what makes Canterbury different from other life plan communities (LPCs). Keeping Canterbury a vibrant and full community is what will make us successful for many years to come. As we approach our 60th anniversary, it is a good time to remind ourselves of the traditions and culture that have made Canterbury a unique community through many years of growth, expansion, and changes in our world.

The first step was to come up with the words that describe Canterbury—particularly those that distinguish us from other Atlanta LPCs. Words like *friendly*, *welcoming*, *inclusive*, *active*, *fun*, and *caring* come to mind.

Most people who come to Canterbury to visit or work comment on the fact that you can't walk more than a few feet without someone smiling and saying "hello." We observe residents giving directions to new people or guests, and sometimes breaking their routines to take them to the place they are going.

This warmth extends to our staff. Residents have formed strong bonds with many of the staff who take care of us. We know about their families and provide scholarship assistance for them to continue their education and improve their lives. And we collect funds so that we can give a regular gift to staff to thank them for their service to us.

Canterbury Court comprises a community of diverse personalities, backgrounds, and experiences. Having an interesting conversation over a meal is the norm given the range of professions, travels, and interests of our residents. The biweekly forum, Civil Conversations, provides an opportunity for residents to discuss current issues in an environment that encourages an open exchange of ideas and opinions. Getting old can be difficult, but that doesn't mean it can't be active and fun. There is always something going on at Canterbury, whether it is a water-ball competition between residents and staff, a lecture on art or immigration, bocce ball contests, dances, or relaxing at the fire pit with a glass of wine and some friends. We love to laugh and enjoy the wonderful life we have here.

If you do a search of LPCs in the area, you will see a lot of the same amenities—in some cases, they may be perceived as better than ours. But not one of them in the Atlanta metropolitan area has 6+ acres of park as their backyard. A park that includes a beautiful legacy garden, greenhouse, private gardens, and soon a woodlands area. You can walk your dog or just get your exercise outside your back door without ever leaving the property. Or you can find a quiet place to sit and visit with a friend or read and enjoy the sounds of nature.

In short, there is no place I'd rather live at this time of my life, and no people I would rather live with than the Canterbury community. We are truly blessed.

—Martha Solano, President #475

# Treasurer's Report

<b>Residents Council Financial Report</b>		
	<b>8/31/2024</b>	<b>Aug YTD</b>
<b>Employee Apprec, Donations</b>	12,200	142,430
<b>Gifts to Employees</b>	-	(58,150)
<b>Scholarship to Employees</b>	(12,797)	(38,502)
<b>EA Expenses</b>		(1,733)
<b>Net Surplus EA</b>	<b>(597)</b>	<b>44,045</b>
<p>Donations from Canterbury residents allow us to give employees gifts to show them our appreciation. In addition, employees may qualify for educational scholarships.</p>		
	<b>8/31/2024</b>	<b>Aug YTD</b>
<b>General Operations, Income</b>	3,009	20,721
<b>Interest Income</b>	1,090	6,759
<b>GO Expenses</b>	(1,025)	(13,250)
<b>Net Surplus GO</b>	<b>3,074</b>	<b>14,230</b>
<p>Accumulation sales generate income from the sale of furniture, clothing, housewares, jewelry, and books. Expenses are from committees, events, library and general office costs.</p>		
<p><i>Jean Schick, Treasurer</i></p>		



# Community News

## *More Than Regularly Scheduled Activities*



Residents helping those in Azalea View with absentee ballots.



Canterbury's CEO takes a break from her duties to treat residents to her bartending skills!



Entertained by the Bitsyland Band, residents enjoy an ice cream social with artisanal ice cream by Leaping Cow.

*Photos: Nancy Fukushima*







Sofia Timashev, a student at the Merzlyakov Musical College in Moscow, entertained Canterbury residents with renditions of operatic arias and a selection of popular songs. Sofia is the granddaughter of Shirley and Slava Timashev.



Summer Accumulation Sale



## Community News

Interfaith Atlanta seeks to promote understanding of and respect among the diverse faiths in the Atlanta region and to advance the influence of faith communities for the common good. Three speakers from its Interfaith Network recently spoke to residents. They highlighted the central tenets of their respective faith traditions and took questions from the audience. Their presentations and interaction with residents revealed and underscored commonalities, leading to further discussion among residents.



Pictured L to R: Valerie Morvan, a teacher in the Shambala Buddhist tradition and member of Atlanta's Shambala Meditation Center; Parminder Singh, a leader in the Sikh community and founding trustee of Atlanta's Guru Nanak Mission Society; Bindu Balakrishnan, an avid student of Sanatana Dharma (known widely as Hinduism), and head of Every Child Counts, a nonprofit that works extensively in Kenya; and facilitator David Schoenberg, a leader in his Reform Jewish Synagogue Temple Sinai, board member of Interfaith Atlanta, and chair of Interfaith Speakers Network.

# Welcome Mat

Al and Joanna Adams were born in the same hospital, delivered by the same doctor. But they did not know that at the time. They each then moved from Atlanta: Joanna grew up in Meridian, Mississippi, and Al grew up in Birmingham, Alabama. Unknown to each other, they both went to Emory University the same year and met as Freshmen. In December of their Senior year, they married. Rejoined after their similar birth origins, they will have their 59th wedding anniversary this year.

After graduating from Emory, Al continued at Emory in the law school. He then began a practice of law in Atlanta that continued for 46 years. Al was a litigation lawyer. He had a wide variety of cases, centering around business and products liability law.

Joanna attended Columbia Theological School, graduated in 1979, and was one of the early women ordained in the Presbyterian Church. Her ministry has focused on service to “the least of these.” During her first pastorate at Central Presbyterian Church, she started the Atlanta Homeless Task Force. While serving at North Decatur Presbyterian Church, she founded Our House for homeless children and families. She was inspired to begin this nonprofit when she saw a mother and young child walking along the street in the rain with nowhere to find shelter. When she became the senior pastor at Trinity Presbyterian church, she began the Agape Center in Atlanta for children needing tutoring and seniors. Over her 45 years of ministry, she has focused on social justice issues, community welfare, Presbyterian initiatives, and interfaith relationships. She has preached in many settings, including the National Cathedral and as chaplain at Chautauqua.

And ... they raised two children, a daughter



Al and Joanna Adams  
Apt: 1804 Garden Tower  
Move-in: July 1, 2024

Al Adams

Birthplace: Atlanta

Birthday: September

15

Joanna Adams

Birthplace: Atlanta

Birthday: October 17

who is now a dean at California State University and a son who is a professor of Old Testament at Union Presbyterian Seminary in Richmond, Virginia. They see their son and daughter, and two grandchildren, often, including a recent visit here at Canterbury Court.

During the eight years since Al retired from his litigation practice, in addition to serving as a mediator, he has been active with pro bono work. He participates in the Georgia Justice Project, getting records sealed for those eligible so that they can obtain employment. Al also works with KIND, an acronym for “kids in need of defense” – a part of this is helping immigrant children who are here without parents. Al is a lifelong stamp collector.

Al and Joanna have served the Atlanta community and beyond. They now share their lives



with Katie, an adorable 18-month-old black French bulldog. We welcome all three of them to Canterbury Court.

—Maggie and Tom Harney, 1502

## Welcome Mat

When you enter Joanne's apartment, the first thing she proudly points out is her most treasured possession, a photograph made by a professional photographer who took her first baby picture and was a friend of her family. The photograph is of a shoe repair kit salesman who visited her home. The photo, entitled "Grace," has since been reproduced many times and is well known among photo collectors.

Joanne grew up near the Canadian border in Minnesota, and at ten years old was already an accomplished skier and skilled mink trapper. Her father taught her how to ski to the traps, and clean and dry the pelts. He would then take them to a furrier to sell, and she would receive the proceeds of the sale.

Always fascinated with science, at a young age Joanne gathered frogs, made an incision to pretend to remove their appendixes, stitched them up, and then let them go. It was no surprise that she attended nursing school, receiving her RN degree from the University of Minnesota School of Nursing. She eventually ended up working at a private hospital on Nob Hill in San Francisco, where she became good friends with Willie Mays while he was a long-term patient in her hospital.

Unfortunately, her mother got ill, and she felt she should move back to Minnesota to help care for her. There she worked at the local hospital which hosted a Christmas party that was dubbed the "party of the year." She was asked to serve on the committee and, even though she had been too busy to have an active



Joanne Aschmeyer  
Apt: 2301 AV  
Move-in: November 2, 2023  
Birthplace: Bovey, MN  
Birthday: December 5

social life, she decided she needed a date for the party. She invited someone whom she had met casually in her apartment building, and he agreed to accompany her. The next day Roger sent her a dozen roses, and three months later they were engaged.

They lived in many places including Duluth, MN, Oklahoma City, and St. Louis, as he was a civil engineer with U.S. Steel.

Joanne finally ended up in Atlanta and lived in East Cobb for 25 years with her three children, all of whom have settled in Atlanta.

Joanne worked as a nurse wherever she lived. In Atlanta she met a woman who happened to own a medical staffing agency, and she

and those at other agencies kept Joanne very busy with contract work and home care. She remembers coming to Canterbury many years ago to teach exercises to some of the residents. When Joanne decided to downsize, she moved to Mt. Vernon Towers, a senior community

## Welcome Mat

In the 1950s, aerospace engineers tested air and spacecraft designs using a Hypersonic Wind Tunnel at NASA's Langley Research Center, Hampton, Virginia. The air velocity, dynamic and static pressure, air flow temperature rise, and other results would often be handed to computer-based mathematician Maria Bernot to make sense out of the raw data. If you know your movies, you know she worked at the aerospace research center featured in the 2016 movie *Hidden Figures*.

This remarkable space pioneer was not from a math and science family. Maria's paternal grandmother, her father and three of his sisters were all artists. One of her grandmother's paintings from a century ago hangs on her Canterbury Court wall. Some "art" rubbed off. Maria says today that she "did not paint a whole lot," meaning she painted more than most people, except for her family members.

Maria grew up in Oxford, NC, population 8,000. She loved the small-town environment where she walked to elementary and high school and ate her lunches at home. She majored in math at UNC-Greensboro in the days before women were allowed to attend UNC-Chapel Hill. Undaunted by that gender insult, upon graduation Maria applied to NASA's predecessor, NACA (National Advisory Committee for Aeronautics), was accepted within two weeks, and reported to Langley Research Center.

in Sandy Springs. After living there for nine years, she decided to move to Canterbury where she could receive more care, and she is happily settled in an apartment in the Monarch Tower.

—Gayle Mitchell, 1309 GT



Maria Bernot  
Apt: 2308AV  
Move-in: January 19, 2024  
Birthplace: Oxford, NC  
Birthday: December 4

NASA provided a list of suggested living places; Maria did not care for the first one. She stopped next at Ma Fuller's, walked into the dining room full of men awaiting dinner, and decided Ma Fuller's was the place for her. She dated two of the men in the dining room and married one of them, Pete Bernot, a fellow NASA employee. Ma Fuller's was a good choice for Maria.

After ten years of wind tunnel higher math, she took time off to raise her and Pete's son and two daughters and vacation often at Nags Head. Maria next sold designer fabrics and



managed a dress store. Last, she managed a Williamsburg women's store, Out on a Limb, that specialized in custom made Ultrasuede clothing.

After Pete developed some health problems, the Bernots moved to Roswell to be near their son. Since Pete passed, Maria has lived in several retirement facilities in the Atlanta area. Then her son visited Canterbury Court, and

## Welcome Mat

You may have noticed that both Sandy and Rankin were born in Greeneville, TN—Greeneville with an “e.” Logically, you figure somebody Greene was important in the town naming, and yes, it was General Nathaniel Greene. Both Sandy and Rankin are real Sports enthusiasts; the Tennessee Vols are their team.

The Junior/Senior Prom (though both were Seniors) was their first date. Not sure how they kept away from each other growing up, but the prom was the important date! The next important date was their August wedding in Tennessee after both their graduations with undergraduate degrees from Carson/Newman College (now University) in Jefferson City, TN.

Sandy went on to get her master's at Western Kentucky and then another master's at Georgia State. Her professional career at Westminster includes 19 years teaching in lower school (grades 3–6) and then another 19 years as Director of Lower School Admissions. Many of her uncles and aunts had been teachers, so teaching was natural for her.

Rankin taught at the University of Maryland while getting his Ph.D. in Physiology and Exercise Science. Another teaching job was at Western Kentucky University. In 1973, he was recruited by Georgia State to start the Exercise

that was that. Maria's favorite activity at Canterbury Court is walking the gardens.

Welcome Mat does not reveal ages, but this aerospace mathematician has lived through 17 presidents—from Coolidge to Biden. Welcome to our grounded spaceship, Maria!

—Bob Miller, GT1409



Sandy and Rankin Cooter  
Apt: 1904 GT  
Move-in: February 26, 2024

<u>Sandy Cooter</u>	<u>Rankin Cooter</u>
Birthplace: Greeneville, Tennessee	Birthplace: Greeneville, Tennessee
Birthday: August, 15	Birthday: February 27

Science program, which focuses on the physiological aspects of the body and training. While teaching there, Rankin was also a consultant to several Atlanta sports teams. Ten years with the Falcons and then ten years with the Hawks basketball team, followed by the Braves baseball team (several Ted Turner stories) and then the Flames (our ice hockey team lured away by Canada). Rankin helped the teams with

sports injury prevention and rehab. Besides the sports teams, City of Atlanta Police and fire departments and many other organizations took advantage of Rankin's expertise. A life of playing many sports as a child grew into years of training with his final profession of consulting and education. At Georgia State, where he is a Professor Emeritus, the sports administration laboratory is named the G. Rankin Cooter Office for Sports Business. He is a Fellow in the American College of Sports Medicine and was President of the Southeast College.

Rankin and Sandy's daughter lives in New

York City and travels all over with her non-profit, Narrative4, to focus on empathy, listening, stories, and civic engagement. Moving from Vinings to Canterbury the day before Rankin's birthday worked partially because their daughter was there, and they were able to have his birthday dinner at their longtime favorite Blue Ribbon Grill in Vinings. Canterbury is their home now, just not constantly, though that time will come soon—once their Vinings home of forty-three years is sold.

—Jessica Linden, GT 1111

## Welcome Mat

Jane's roots spread out from Northern Alabama to Port Washington, NY, which she describes as a bedroom community on Long Island outside of NYC. Her dad died when she was four; her mother remarried. She spent summers attending and working in Girl Scout camps and visiting relatives in the South.

Tom grew up in the mountains of Boone, North Carolina, working in the family restaurant business. He spent his high school summers working as a bit actor and singer at Tweetsie Railroad, an amusement attraction near Blowing Rock, North Carolina.

In the 1960s, Tom and Jane graduated from the University of Tennessee only one year apart, yet they did not meet one another until several years later when they went on a blind date in Greeneville, TN. A year later, they eloped and moved to Alexandria, Virginia. What a wonderful time they had during their eleven-year stay in the DC area—bike rides, museums, concerts, horse races, and countryside sight-seeing.

Tom taught for a couple of years at Northern Virginia Community College in Alexandria.



Jane and Tom Creed  
Apt: 575 VT  
Move-in: April 23, 2024

Jane Creed

Birthplace: Cullman,  
AL

Birthday: May 30

Tom Creed

Birthplace: Win-  
ston-Salem, NC

Birthday: December 8

Jane began working as an insurance claims adjuster. Most of her working career was in the insurance industry, where she started in claims and subsequently spent over 25 years as a



commercial lines underwriter (CPCU).

Talk about those missed moments in life! Tom was in Navy OCS and then on an aircraft carrier during 1967, 1968, 1969—“missing it all, for better or worse, those turbulent years here in the US.”

In 1975, Tom joined the General Accounting Office (GAO), auditing federal government programs including Navy weapons systems. From there, he moved to the Department of Veterans Affairs, where he remained for the rest of his career.

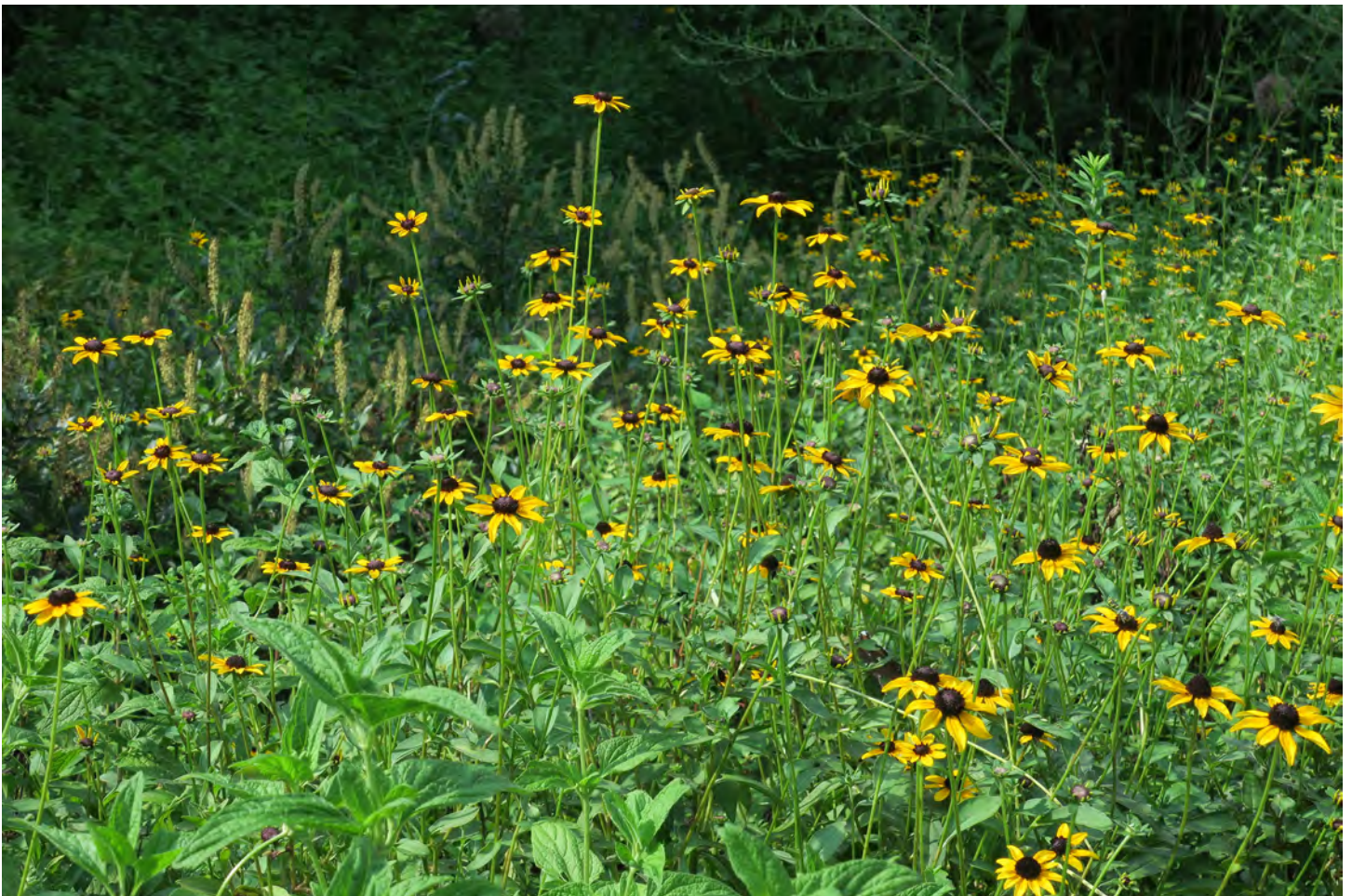
In 1983, they decided to move to Atlanta to be close to family living here and transferred with their respective employers to Atlanta. They lived in the Garden Hills area for ten years and then Lenox Park in Brookhaven for 33 years. Tom and Jane knew people living here at Canterbury Court; they had been very involved in

the Buckhead Christian Ministry, a social service agency supported by Buckhead churches, including Peachtree Road Methodist Church, where they are members. So they signed up and moved into Canterbury this past April.

Tom and Jane have participated in and enjoyed our Civil Conversations as well as exercise classes. They like walking their dog, Honey, taking their “8,000 daily steps” around our fine campus and surrounding neighborhood, making new friends, and learning the names of all the dogs they meet in the garden. They have fashioned a truly lovely apartment overlooking what will be the new wooded area.

These are gracious, lovely people. Get to know them. They smile a lot and will make you smile too.

—Van Waddy, GT 1511



# Welcome Mat

William Allison Palmer, Sr., Jr., and III (a.k.a. Pop, Bill, and Billy) are the father-in-law, husband, and son of Rosemary Palmer, who along with Bill, moved to Canterbury Court after her February 2024 stroke.

Residents of Brookhaven, UVA Law School alumni Billy and his wife, Anna, serve as general counsel for Atlanta-based businesses. They have children William (20), Graham (14), and Caroline (17). Billy's office is less than a mile away from Piedmont Hospital ER, which was a Godsend as he and Bill consulted with the ER neurologist to determine the best treatments going forward for Rosemary's neurological conditions.

Son of a Naval Chief Petty Officer, Bill was born in Los Angeles but settled with his parents and sister in Norfolk when his father was assigned to duty there. In Norfolk, Bill started and continued his formal education until graduating from Old Dominion with a Bachelor of Arts. He majored in German because there was not enough demand for Spanish, his first choice at the time.

Commissioned as an ensign upon graduation from ODC, Bill's assignments were to ships homeported in San Diego and Naples, Italy, before he was sent to Vietnam as the solo Naval advisor to the captain of a VNN river patrol boat on the Mekong River.

After his tour in Vietnam, Bill found himself training at Naval Air Station Glynco where he met a delightful young Southern belle named Rosemary Jones. They wed, after a whirlwind courtship, before heading to his next assignment, Hawaii. Rosemary, a graduate of GA Southern, went from being a successful first grade schoolteacher for five years to being the successful Naval Officer's wife for twenty-six.



Rosemary and Bill Palmer  
Apt: Rosemary: SG 320; Bill: CT 922  
Move-in: May 15, 2024

<u>Rosemary Palmer</u>	<u>Bill Palmer</u>
Birthplace: Savannah, GA	Birthplace: Los Angeles, CA
Birthday: August 1	Birthday: September 1

After retiring from the Navy as the Asst. Dean of the Department of Joint Planning at the Armed Forces Staff College in Norfolk, Bill earned his Master's in Spanish at UNC, Chapel Hill, and taught Spanish there before teaching it at North Carolina Central University durante siete años.

Combining his Naval leadership and his multiple language skills of academia/experience, US Naval Commander (Ret.) Bill Palmer went on to become manager of the Latin American business operations for the International Society of Automation, which frequently took him and Rosemary (her passport shown in photo) to exotic Latin American locations.

Their other son, Robert, is a software architect with Northrop Grumman, a DOD contractor, in their San Diego location. Robert's computer skills came in handy when he recently set up



Bill's new computer remotely.

After living in Chapel Hill for 38 years, Rosemary and Bill were "Piped Aboard" Canterbury in May. Here Bill has quickly met many fellow residents, and with a twinkle in his eye, enjoys speaking with the many multilingual

## Welcome Mat

Education has been the lodestar for Zelma Payne throughout her life—learning and teaching. As a schoolgirl in Montgomery in the late 1930s, she rode to school on the same city bus as Rosa Parks (when they got on the bus, the driver would tell the Black children to "pack on back"). Zelma got off at a different stop from Rosa Parks, because Zelma attended the Alabama State Laboratory School, where aspiring teachers learned to teach, a high-quality school that her parents (a second-grade schoolteacher and artisan tile layer) sacrificed to afford because they valued education.

She earned BS and MS degrees in nutrition from Tuskegee Institute (now Tuskegee University). Her research included studying the effects of nutrition on the organs of white rats. Her work was directed toward adults who were undernourished or had health problems, usually because of the disparity of health-care services and limited access to good food in the Jim Crow South. Zelma taught nutrition, first at what is now Alcorn State University in Mississippi and then at South Carolina State College (now University) in Orangeburg, SC. She went on to become the Director of the Graduate Dietetics Program in Allied Health at the Emory School of Medicine and the Director of Nutrition at Spelman College. On top of all that, in the 1970s she studied at Cornell University and then earned a doctoral degree from Michigan State University.

servers in their native languages. ¡Gracias!  
Merci!

Anchors aweigh, Palmers! Navigating uncharted waters together!

—Jim Wylie CT 522



Zelma Payne  
Apt: 2305 Azalea View  
Move-in: February 15, 2024  
Birthplace: Montgomery, Alabama  
Birthday: November 17

Upon retiring from Spelman in 1993, Zelma participated in the Atlanta public school lunch program as a nutrition coordinator. The program relied too heavily on surplus foods: lots of peanut butter, cheese, and butter. As the nutrition coordinator, she integrated more nutritious foods into the program—and cut back on the sugar. She got the manufacturers involved. When Michelle Obama began the Let's Move! program to improve children's health, Zelma wrote her a letter about schoolchildren's need for more nutritious food. Ms. Obama's reply letter is framed and hanging in Zelma's apartment.

Zelma wrote a book titled *Adelaide Had a Dream and She Lived It* about her Aunt Addie, who founded the Oak Street General Hospital in Montgomery. Living in Montgomery in the early 1900s, Aunt Addie, as well as Zelma and her parents, knew firsthand about the difficulties African Americans had obtaining health care, and Zelma wrote this book to honor her aunt's accomplishments in improving health-care for that population.

## Welcome Mat

Atlanta has provided a brilliant musical environment for Suzanne Shull's life. She moved here at age six months from San Francisco, with only a short period of time spent away in Cartersville. Suzanne believes she experienced Atlanta during the "golden age." The notes that set the stage of life for her were first sounded at Druid Hills Presbyterian Church when she encountered a children's choir director at the age of five and realized the direction her life would take. Suzanne's father was a tenor in the church choir and made "music" a glorious realm in which to dwell. That strong family influence produced some other chords that would ring out through Suzanne's life—a passion for other cultures, and a lifelong interest in civil rights. She found those days in Atlanta a sublime time to be a child in a community that taught her, "We are all equal." One day Suzanne's third grade teacher left the room and left Suzanne in charge. That experience evoked a yearning desire to teach, culminating in Suzanne receiving a master's degree from Georgia State in Music Education.

The gift of a piano from her grandmother, and lifelong encouragement from a close relationship with her grandfather, encouraged Suzanne to become a prominent teacher of choral and general music in metro public schools. Her

This year, Zelma decided to leave the house in Atlanta where she had lived for 43 years and come to Canterbury Court, recommended to her by her friend Joyce Johnson. Zelma Payne certainly used her education to benefit many people through her teaching, her research, and her work with nutrition programs. She summed up our interview saying, "Life has been full. I'm not a sitter."

—Maggie and Tom Harney 1502



Suzanne Shull  
Apt: 576 VT  
Move-in: April 30, 2024  
Birthplace: San Francisco  
Birthday: September 28

special interest in teaching children of middle-school age led her to opportunities for joining other professionals at the state and national levels to collaborate on projects and contribute to publications by the National Association for Music Education. She sang in the Atlanta Symphony chorus, established by Robert Shaw, from 1970 until 2005. Backstage at a rehearsal with the orchestra for the 1971 Christmas Festival Concert, she connected



with Willard Shull, Assistant Concertmaster. The two made beautiful music together during a 40-year marriage.

Willard bought his first motorcycle when he turned 49, and they took off to Nova Scotia with a puppy in Suzanne's lap. That trip was followed by many more (without a puppy) across the US and in Europe. Then one day Suzanne found a catalog for Overseas Adventure Travel, and they had great experiences with OAT until Willard's untimely death in 2010. The Shulls had moved to a mountain community in Jasper, GA, but Suzanne missed Atlanta after Willard's death and moved back

to a condo in Buckhead and joined the First Presbyterian Church choir.

Fourteen years ago, Suzanne began spending summers teaching music classes in Special Studies at the Chautauqua Institution, NY. For the last seven years, she led the growth of the Chautauqua Symphony Orchestra League organization of patrons, drawing upon a theme of "teamwork makes the dream work," a philosophy of optimism she believes in passionately. This summer she happily passed the baton to a younger optimist.

—Harriett Smith, GT 1104

## Welcome Mat

Bennie told me that before her wedding, her future mother-in-law offered to give the couple a shower. When Mrs. Smith suggested a time for the shower to begin, both Bennie's grandmother and her mother exclaimed, "But that's milking time!" Needless to say, the time was adjusted to suit everyone.

Bennie is from Alamance County, NC, a rural farming and dairy-farming community near Chapel Hill, and her husband was from the "big city," Knoxville, TN. Her father, and his father before him, owned a general store that featured fresh eggs, home-churned butter, and fresh vegetables from the surrounding farms. Paris's Store also had a game table in the back where many of the farmers met frequently to gossip, play board games, and talk politics. One of the state's US senators lived nearby, as did many other local dignitaries, and they were all frequent visitors to the store.

Bennie attended NC State in Raleigh, where she met her husband, Keller. Bennie says that there weren't very many girls at NC State at that time. One day her father called her to ask



Bennie Smith  
Apt: 360 A PT  
Move-in: June 19, 2024  
Birthplace: Alamance County, NC  
Birthday: August 25

her to gather some of her friends because he and then governor of NC, Terry Sanford, were coming to ask the girls' opinion about a proposed name change for NC State. None of the girls were in support of the new name, and it was not changed.

Bennie got a teaching degree and Keller an architectural degree, and they married in August after graduating in May. They immediately moved to Houston, where Keller attended Rice University and earned a master's degree in architecture.

In Chicago, Keller had an architectural internship with Skidmore, Owings & Merrill, which allowed him to stand for the architectural exam. They then moved to Atlanta, where he joined that firm and eventually advanced to principal. Bennie taught middle school at Our Lady of Assumption and after several years became Vice Principal. They later moved to Singapore so that Keller could establish a new international office for his firm. Bennie, always the teacher, was a permanent substitute

at both the American School and the British School. One of the fascinating things about the British School was that there were many international students attending, especially children of the upper-class Chinese, who wanted their children to have a "BBC" English accent.

Bennie and Keller retired to Atlanta, where their son, daughter, and five grandchildren live. They lived in Chamblee and also built a house in Highlands, NC, which Keller designed. After Keller's death, Bennie still enjoys her house in Highlands but decided she no longer wanted to take care of an older home here in Atlanta. She and her children chose Canterbury Court, and she is pleased with her decision and is happily settled here.

—Gayle Mitchell 1309 GT

## Welcome Mat

When you meet 97-year-old Charles Turner, be ready for a very strong handshake. You'll see the weights on the floor that he works out with. His workout, however, does not include the five or so miles he walked until he had a bad fall and broke many bones. This is what led to his coming to Canterbury Court earlier this year. So, he no longer runs the Peachtree Road Race, which he began running at age 80.

At the age of 18, upon finishing high school, Charles was drafted into the Army and sent to Germany, just after World War II ended there. Serving from 1945 to 1946, he ended up a sergeant major working with ten POW camps where Germans were incarcerated.

After two years in the Army, Charles returned to Atlanta and enrolled at Georgia Tech on the GI Bill, where he got a BS in electrical engineering. That got him a job at Lockheed. But he soon took a leave of absence and went back to Georgia Tech to get his master's degree in



Charles Turner

Apt: 2314 Azalea View

Move-in: February 8, 2024

Birthplace: Atlanta

Birthday: February 11

electrical engineering, graduating in 1956. He returned to Lockheed and worked there for 33 more years as a design engineer for aircraft



and aircraft components.

As a boy, Charles began collecting artifacts from the US Civil War. This is an interest he has pursued all his life. After his retirement from Lockheed, he was able to expand his Civil War–related activities; for example, he explored Civil War battlefields with a metal detector. He contributed his collection of artifacts to the Atlanta History Center and expects the Center to be expanding its buildings to be able to display them. The relics include 33,000 Minié balls and some uniforms, plus his collection of guns from the Civil War. Related to collecting, another hobby is target shooting.

He has shot modern guns, but his favorite was shooting the old ones.

Charles has immersed himself in the history of the Civil War and become an expert on the subject. He read extensively about that war and owns 250 books about it, some of which line his bookshelf. His walls display maps of the battlefields of Kennesaw and Kolb Farm and an 1884 map of Atlanta.

We welcome Charles Turner, with his many years of experience and knowledge, to Canterbury Court.

—Maggie and Tom Harney, 1502



# Civil Conversations

On alternate Fridays, residents of Canterbury Court gather for an hour of Civil Conversations. The program, begun in April 2023 and adeptly moderated by Barbara Blender, is an opportunity for residents to share observations about current events. Barbara facilitates by posing questions and asks those present for responses. Steering with Barbara are Margaret Jones, who brings all her political experience, and Jim Coomer, who brings his experience as a leading educator in Georgia. Prior to each meeting, the three of them consult on which issues to raise. Margaret and Jim are spotters and take mics to residents who have raised their hands, and, if needed, ensure that the tone always remains civil. Barbara notes that, in all these months, only a handful of responses have crossed the line of civility.

The format for Civil Conversations (so named by Martha Solano) is “Jesus on the Front Page,” a weekly program that began in 1992 at All Saints’ Episcopal Church. The genesis of Barbara’s adroit leadership is in what she learned from her father, a news anchor for television stations in Massachusetts and Rhode Island. From him she knew the importance of impartiality, the need to be balanced and even-keeled. And Barbara says that she can still hear her mother’s voice saying, “stand up straight.”

In the early days of Civil Conversations, about thirty to forty residents attended. Over time, the numbers have grown, and at recent meetings there have been about a hundred people, the upcoming national elections doubtless being a driver. Of course, interest in sharing opinions and hearing the reactions of fellow residents to issues of the day may not diminish



as our world seems to be in a permanent state of crisis! And Barbara does not shy away from sensitive subjects; at a recent meeting, attendees candidly discussed a new test for Alzheimer’s.

Another possible reason why this bimonthly gathering has taken firm hold is the large number of residents who have begun to call Canterbury Court home in the last year. Civil Conversations is another good way to meet people, another way to feel a sense of camaraderie. An additional appeal is that it is the only program of its kind at CC. A couple who moved here in April said that they are mindful of the schedule for Civil Conversations when they plan trips to their lake house. And on a personal note: among the many things my husband and I were sorry to leave behind in Jackson, MS, was our discussion group. Civil Conversations was a most welcome activity and provided us a sense of belonging.

So, thank you, Barbara, Margaret, and Jim, for keeping residents of Canterbury Court engaged in enjoyable and Civil Conversations.

—Seetha Srinivasan



# High Holy Days

This year, while families are getting ready for an October full of spooky things in preparation for Halloween, my family and I are preparing for the Jewish New Year and two other important holidays (collectively called High Holy Days). Rosh Hashanah, the Jewish New Year, begins the holiday season for us with prayers, joyful meals, and the beginning of the spiritual awakening in preparation for the Day of Atonement, Yom Kippur. We spend the 10 days between Rosh Hashanah and Yom Kippur in a state of heightened spirituality. It is a time to reflect and ask for forgiveness from others we have wronged. I use this time not only to forgive others but also to forgive myself for my shortcomings from the past year.

Yom Kippur is a 25-hour fast day that is spent in the synagogue with community, publicly taking responsibility and asking for forgiveness from God. It is the holiest day of the year for the Jewish people. We believe that the book of life is opened at Rosh Hashanah and closes at the end of Yom Kippur. Our tradition teaches us that a person's fate for the year is sealed at the end of Yom Kippur and that if it is our time to leave this existence God has made that decree on this day. We typically break the fast with family and friends.

The third holiday that is part of this season is called Sukkot, sometimes known as the festival of booths. You may have seen these small

structures that we build with branches making the roof and often fabric sides. The Sukkah is meant to be temporary and remind us of both the temporary dwellings the Israelites built in the desert after they fled Egypt and the dwellings the ancient farmers built during harvest time. Sukkot is considered a harvest festival. We eat and spend time in the Sukkah; some people even sleep in it. Sukkot is an 8-day holiday that culminates in a celebration of receiving the Torah, or Old Testament, from God. It is a holiday full of joy and is considered one of the happiest times of year.

These holidays bring community, family, and the Jewish people together. We have a saying in Hebrew: "L'dor v'dor" ("From generation to generation"). We believe strongly in the power of passing down traditions, and this year is no exception.

As we say to one another during this season, may you have a happy, healthy, and sweet new year, and may we all be inscribed in the book of life!

—Alexandra Kofinas  
Canterbury Court Executive Assistant



# Art Gallery

## Babette Tipping

As Canterbury's Artist of the month, I offer paintings from 25 years of work. I now have arthritis in both hands, and I can no longer hold a brush or squeeze a tube of paint. Therefore, this is my last hurrah!

I graduated from Carleton College with a BA in Art History and Fine Art. I have worked in all mediums, even sculptures, but I prefer acrylics now that I live in Canterbury because of the water base.

After my first husband died at 52, I started a new career in faux finishes, studying in New York, San Francisco, and London. I worked for my own company, Faux Art Design, in Annapolis, MD, for decorators from Washington, D.C., and Baltimore.

In 1989, I married Bill Tipping, and we moved to Atlanta. I returned to painting and did most of my work based on photographs from our travels. Landscapes and buildings fascinate me, so that is the basis of these acrylic paintings.



Babette Tipping







# Scholar's Corner

E'lexis Brewer

Well before E'lexis Brewer came to work at Canterbury Court with Interiors Project Manager Kristen Hecksher, she knew about the place and its mission.

As a student at the Savannah College of Art and Design, E'lexis and her team created a design for the living space of Peachtree Tower for the unit focusing on Health Care. So, when she saw Kristen's posting for an assistant, she applied and now has the satisfaction of combining her education with practical experience.

When E'lexis graduates from SCAD in spring 2025 with a bachelor's degree in interior design, her goal is to find a position that will allow her to pursue her goal of designing aesthetically appealing spaces where people can come together. For E'lexis, someone seeking to build a coffee shop should not think of it as just a place to sell coffee; the question for her is how a particular location will serve the larger purpose of creating a hospitable environment. What are all the factors that must be considered in any built space so that it is inviting and encourages people to linger and have a sense of community?

E'lexis's goal of being an interior designer is a realization of her long-held interest in art, sparked and encouraged by her paternal grandfather, who was an engineer but also an artist. It has been a somewhat circuitous journey to this point, however. E'lexis has lived in Atlanta since she was an infant and is a graduate of



E'lexis Brewer

McEachern High School in Powder Springs. She graduated from North Carolina State with a degree in sociology and then earned a master's in criminology from Florida State University, all leading to a five-year career as a parole and probation officer.

E'lexis moved back to Atlanta so that she could help her mother, who worked full-time and provided care for her parents. E'lexis also assists other relatives with health needs. As busy as she is, E'lexis makes time to pursue her hobbies of painting landscapes, creating collages, and gardening.

This focused young woman will no doubt realize her goals, and Canterbury Court residents are pleased to have played a small role in her doing so.

—Asoka and Seetha Srinivasan, GT 1012



# The Transformative Nature of Music

Last fall my voice was not cooperating the way it should for singing in my church choir, so I signed up for voice lessons after a 30-year hiatus. After only four lessons I began finding my voice again, and that experience propelled me to follow a dream that I've entertained all my adult life. I've always looked forward to a time when I could make music with my peers who have lived through the same eras of music as I. The dream became reality in January when I offered singing and ukulele classes here at Canterbury. Despite the challenges of scheduling among all the other activities at Canterbury and the busy lives of the residents there was interest, and I believe we learned something about ourselves and our possibilities.

In July at the Chautauqua Institution, where I teach music classes, one of the weekly themes was "Exploring the Transformative Power of Music." The week began with a concert and lecture by renowned performer Renée Fleming. Ms. Fleming has been studying the brain's response to music for a long time and has become an international spokesperson on how music heals and transforms our lives. Her new book, *Music and Mind*, is an amazing collection of stories and essays from noted scientists, leaders in the areas of music instruction and therapy, and many others. The messaging that

week left me feeling so validated as a lifelong music teacher and learner. I've watched how music can bring people together, heal broken hearts, inspire hope, and my goodness, the list is endless!

This fall I would like to invite those of you who would like to engage or reengage with music to visit the music classes to learn about what we are doing. If you are feeling reluctant, the feeling will go away once you see what this is all about.

## Playing

Our ukulele class will always be evolving. This is the nature of any fretted strings class. We will be able to start beginners while challenging the players who are advancing.

## Singing

The singing class will include finding your voice you think you might be losing, singing songs of various styles, and giving "informances" designed to help listeners and singers gain a deeper understanding of the music. Opportunities for solos and small ensembles will be based on requests from the singers. Check the weekly schedule for classes on Thursday afternoons, usually held in the Vermont Community Room.

—Suzanne Shull, VT 576

# Nutrition Notes: #1 Seven Straight Years for a Reason

The Mediterranean “diet” has ranked #1 in the *US News and World Report* diet rating every year since 2018. The reason? It has been proven to reduce the risks for many chronic diseases while encouraging eating a wide variety of healthy, delicious foods and being easy to follow. The American Heart Association, the American Diabetes Association, the Alzheimer’s Association, and other scientific and medical organizations all agree on its #1 status.

Research demonstrates that the Mediterranean plan benefits cardiovascular health, diabetes control, and bone health, and decreases risks for other conditions, as well, including Parkinson’s Disease, breast cancer, and Alzheimer’s and other dementias. These are conditions many in the Canterbury community want to manage or prevent.

To enhance healthy food options, Canterbury Dining Services is offering menu choices that fit Mediterranean guidelines. These Mediterranean FAQs can help you fine-tune your knowledge and make smart food choices.

## **Q. Should the Mediterranean “diet” be re-branded?**

A. Yes. The Mediterranean eating plan offers broad food choices that are more flexible than a “diet.” It does not include a rigid list of “must eat” or “must eliminate” foods or mandate daily menu plans. Let’s rebrand Mediterranean as a “cuisine” or “eating style” that features simply prepared fresh and minimally processed plant-based foods:

Daily: vegetables, fruits, whole grains, legumes, with spices and herbs for flavor and olive oil as principal fat.

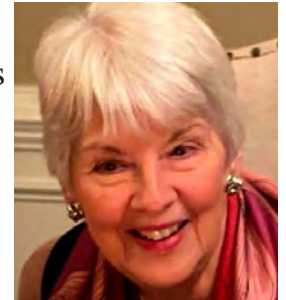
During the week: salmon, other fatty fish like tuna, sardines, along with moderate portions of

fat-free dairy, eggs, poultry.

Occasionally: small amounts of red meat.

Limit: Sweets, ultra-processed foods, foods with added sugar, and alcohol.

Delve deeper into the Mediterranean-style eating plan by checking the chart on your Canterbury app in the Dining Services section.



Judy Bodner

## **Q. Does this cuisine only use foods grown around the Mediterranean Sea?**

A. Emphatically, NO. Healthy foods are produced in other parts of the world with different climates. For example, quinoa grows in high elevations in South America. Basic principles of Mediterranean cuisine can be applied in other regions.

## **Q. How is Canterbury highlighting the #1 ranked Mediterranean cuisine?**

A. Dining Services dinner menus once a week offer Mediterranean choices marked with a “Smart for your Heart” Green Heart. Daily options include fresh fruit at fruit stations and on the dinner dessert table. Watch for notices about expanded Mediterranean offerings by Dining Services. Pick up information flyers prepared by the Health Advisory Committee in the dining room and other key locations. And enjoy meals in the company of others, a healthy lifestyle measure the Mediterranean eating plan promotes.

Are you interested in more information about this highly rated and beneficial cuisine? If so, visit: <https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/mediterranean-diet/>

—Judy Bodner, RDN, Vermont 781



# Health News: Dementia, What You Should Know

Few over age 60 haven't had a moment of hesitation after forgetting the name of a close friend, losing focus while working on a project, or searching for errant keys or glasses. Just as concerning is seeing similar behaviors in a loved one. Is it normal aging, or something more potentially sinister? Many in our community face these dilemmas, but they don't have to face them alone.

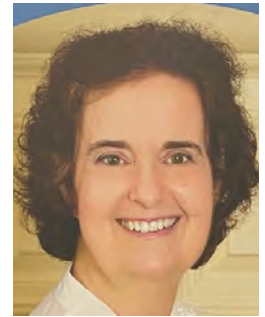
Dementia is the overarching name for a condition where at least two brain functions such as memory and judgment show impairment. There are a wide variety of causes, each with specific characteristics, treatments, and prognoses. Alzheimer's disease is the most common cause. Recent Alzheimer's Association statistics reflect that 12% of Georgians over age 65 have an Alzheimer's diagnosis and that family/friends provide nearly 375,000 hours of unpaid care totaling nearly \$11.5 billion. It is the 7th leading cause of death, with an average lifespan of 4-8 years from diagnosis.

It is beyond the scope of this article to delve into the full spectrum of dementia causes. From vascular causes, to the plaques and tangles associated with Alzheimer's disease, to frontotemporal etiologies, specifics may vary, but certain elements of recognition and management apply to nearly all cases. Some suggestions follow:

**Know your risk factors:** Some dementias show genetic or familial pre-disposition, including race, ethnicity and gender. Others show no patterning.

**Lower your dementia risk:** Practice healthy lifestyle habits including regular exercise, healthy eating, adequate sleep, stress reduc-

tion, and regular medical checkups. Early and conscientious management of chronic health conditions like diabetes, high blood pressure and cardiac disease lower the risk of early cognitive decline. What's good for the heart is typically good for the brain.



Mary Capka

If you suspect a problem, be proactive: Journal worrisome behaviors, especially if seen in a loved one. Seek out reputable sources like the Alzheimer's Association to help differentiate casual aging changes from more serious cognitive symptoms. Consult a doctor early. Qualified practitioners have a battery of cognitive tests and other diagnostics available. With dementia, knowledge is power, and time essential to effective symptom management.

While there is no cure yet for Alzheimer's, many promising drug and non-drug therapies to extend both the length and quality of life exist. Research is ongoing, including many clinical trials in the Atlanta area.

**As a caregiver:** Be mindful that three basic principles may significantly help with communication and symptom management. Try not to ask complex questions, rather try to listen and learn. Do not contradict or argue. Most importantly, deal with feelings before facts. Confusion, pain, and fear often trigger negative behaviors. Support groups can help decompress frustrations and hone your communication skills. Excellent free resources exist, including many here at Canterbury Court. Use them.

—Mary Capka, #77

# Wellness Letter

Recent presentations on cognition created much interest in the community. Resident Dave Ewert, who is a volunteer community educator for the Alzheimer's Association, discussed the "10 Warning Signs of Alzheimer's," and I gave one on "Brain Health as We Age." At both, there was a lively discussion afterwards. A common theme was the importance of lifestyle and health.

You can influence brain health as you age. According to the National Institute on Aging, genes, environment, and lifestyle choices are important factors for aging well. If one has the resources and educational tools to actively engage in cognitively stimulating activities on a regular basis, the chances of having a healthy aging brain are better. Though you may find some age-related changes that occur in memory and learning, you can still learn new things, improve your vocabulary and language skills, and create new memories.

It is important to know some of the threats to brain health. The risks include the following: some medicines (or improper use of them), smoking, excessive use of alcohol, heart disease, diabetes, poor diet, insufficient sleep, lack of physical activity, and lack of social activity. Depression can affect cognition and is common among those who do not have much interaction with others.

Diet and exercise are extremely important in keeping a sharp mind. A balanced diet is recommended, including plenty of fruits and vegetables, fatty fish, low-fat dairy, and whole

grains. Also, coffee, tea, and walnuts are known to be good brainpower sources. You should get 150 minutes of physical activity for the week. With our resources, you can accomplish this goal. Research has shown that moderate to vigorous aerobic activity increases production of brain-derived neurotrophic factor (BDNF), which is like a fertilizer for the brain that promotes survival and growth of neurons (brain cells).

Social interactions with family, friends, neighbors, and chosen peer groups are valuable for society as well as yourself. Personal contact is beneficial for everyone involved and forms the fabric that holds our community together. You can make a difference in a person's day with a phone call or visit to let them know that you are thinking about them. Explore opportunities to engage with others.

What can you do? What can Canterbury do? You have tools at your disposal to make a difference in your brain health. You can find many purposeful things to do here if you choose to. Research has shown that older adults with purposeful lives are less likely to develop cognitive impairment. You can have a sense of control, satisfaction, and general contentment with purpose.

—Andrew Wiltz



Andrew Wiltz



# Breast Cancer Awareness

I think most people associate breast cancer with women under the age of 65, and it is true that many women in that age range are diagnosed with the disease. Research shows the average age of American women diagnosed with breast cancer is 62 years. Still, it is crucial for both men and women over 65 to regularly examine themselves and be aware of their risk of breast cancer. In fact, a sizable number of men and women are receiving breast cancer diagnoses; in 2024, it is projected that 2,800 men and 310,720 women will be diagnosed with invasive breast cancer.

Indeed, even though it is uncommon in men, breast cancer nonetheless can occur. Although males can develop breast cancer at any age, it usually manifests between the ages of 60 and 70. Women 70 years of age and older have 1 chance in 24 of being diagnosed with breast cancer at some point, according to the National Cancer Institute. Invasive Lobular Carcinoma (ILC) is the second most prevalent malignancy diagnosed in this age group, after Invasive Ductal Carcinoma (IDC). Although these tumors originate in different breast tissues, they are treated in a similar manner.

The following are some risk factors to be aware of:

- Age: two out of three women with invasive cancer are diagnosed after the age of 55
- Race: Caucasian women are diagnosed more frequently than women of other races
- Personal health history: if you have been diagnosed with cancer in one breast, the likelihood of developing the disease in the other breast increases
- Late menopause: onset after the age of 55



Joann Brown

Therapy is consistently shown to be more effective with early diagnosis. It is important to maintain your routine mammograms and breast self-exams. If you notice any questionable lumps, get in touch with your provider.

## References

<https://www.nationalbreastcancer.org/breast-cancer-facts/>

<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/treating-breast-cancer-in-people-age-70-and-up>

—Joann Brown

## Four C's

“Thank heavens for the 4 C's” was the cheery greeting from one of our long-time fans as she came into the store this morning. That got me thinking of the many similar comments we get on a daily basis. So I started jotting them down in the remaining 45 minutes until the store closed. “You have everything. It's crazy,” said the daughter of a resident. “Awesome!” We've had a lot of kudos lately about the fact that we have everything a person needs and carry preferred brands. We thrive on positive feedback! 4 C's is one of the happiest places at Canterbury!

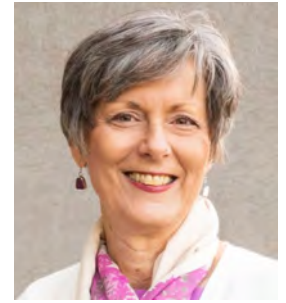
But we also like to give positive feedback. Anne Haltiwanger, T Taylor, Helen Mary McClellan, and I fêted all our wonderful volunteers at an appreciation event in the Monarch Community Room last month. We had food and drink and a thank you gift for all 30. But just because everyone enjoys working in the store doesn't mean that we're not grateful for their efforts! It's fun but not always easy, especially when many excited customers cluster around wanting to chat. We want to chat too!

Notice, I said “chat,” not gossip. No gossiping happens, of course!

We do strive to have the things that you want and need, so we occasionally add new products to try out. Our newest items are Belvita Breakfast Wafers, Earth Breeze laundry detergent sheets (on the shelf with the other laundry detergents), and cocktail napkins—not exactly a new item but back after a long hiatus. We also have reusable bento boxes in two sizes to use for dining room takeout. If you have an idea of something you like that you think others might like as well (and that is readily available at grocery stores), let us know, and we'll give it a try. And, as always, Halloween cards.

And one last comment from this morning: “Time to load up on junk!” Junk food, that is. We have that too.

—Gail Rogers



Gail Rogers



The setting—many thanks to Rebecca Oleson, George Lencie, Chris Calhoun, and dining staff for arrangements and food and to Gail Johnson and Beadie Cambardella for the flowers.



Lilie Shelton and Fontaine Draper, two of our exemplary volunteers.



# Hospitality at Canterbury

Canterbury Court has always been a welcoming environment. About 3 years ago, Anne Marie Sparrow organized a defined committee structure whose goals were to welcome new residents, ensure their comfort, acquaint them with services, and inform them of opportunities to become engaged with the community. We continue this approach.

The committee consists of Mary Lou Berres and me as co-chairs, plus 7 Tower Leaders. In addition, there are 47 mentors, of whom 19 are Garden tower residents. Mary Lou felt her transition into our community was made smooth by her mentor and wants to pay it forward by doing the same for others. All our mentors also want to do the same. We share ideas and strive to maintain a consistent approach to accomplish our goals.

Following Anne Marie's initiative, we continue to give new residents a Welcome Bag, prepared by the 4 C's Store. It is filled with items that may be necessary but not yet found in unpacking! We have added the following new ways to help residents make the transition to Canterbury Court.

First, Marketing gives us the opportunity to contact new residents before their arrival by sharing their emails, mobile numbers, and New Resident Questionnaires as soon as that information is available.

Second, we added dining locations and times to the information card, which originally listed just contact numbers for Service Providers. This card is placed with a magnetic clip onto the new resident's refrigerator.



Sandy Pagano and Mary Lou Berres

Third, we added a Welcome Page to the Handbook that outlines how new residents' mentors can assist them. Resident Services prepares the Handbook, and when needed writes updates in the weekly Canterbury Current. We work closely with Resident Services. For example, we designed a voting information flyer to be put in the Welcome Bag. The flyer directs new residents to Emma Bourne's desk in Resident Services, where they can find an extensive voter info packet.

Fourth, Canterbury Connections had a successful launch in September. Every two weeks, themed dinners will bring together residents with geographic connections, similar professional experiences, or shared hobbies and interests. At the first event, people with Florida connections gathered, and at the second cat owners. If you want to suggest a topic and perhaps host a table, contact Shirley Timashev at 202-423-1119.

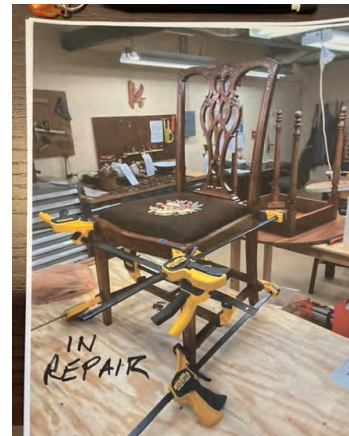
—Sandy Pagano

**Join the Welcoming Committee!** There will be many more new friends to be welcomed here at Canterbury Court! If you would like to join us by mentoring, please contact one of the following: Mary Lou Berres at 240-505-5667 or Sandy Pagano at 770-617-0782.

# About Canterbury's Foxhole

The Foxhole, Canterbury's woodworking shop, is located on the Parking Level of Vermont Tower. The Foxhole's mission is to repair residents' furniture, lamps, and other items. We also sharpen knives and scissors. We occasionally tackle other items when requested and do special projects on occasion. For example, the new podium in the Vermont Community Room was designed and built by Foxhole members from lumber harvested from trees that had to be removed for our expansion project. It is a nice addition. Several Foxhole members built, installed, and removed the stage extension for the play produced by the Choristers. It was quite an extensive project and was built so it can be re-used in the future.

So, just how busy is the Foxhole? Some numbers: In 2022 we completed 125 repair jobs for our residents. In 2023 that number increased to 157 jobs. As of the end of July 2024 we have done 124 repair jobs. If we continue at that same rate through December 2024 we will have completed approximately 212 jobs for our residents—a 35% increase over 2023. When you consider the fact that Canterbury has just about doubled its population those numbers



make sense.

Safety is the Foxhole's #1 priority, and in recent memory there have been no injuries, cuts, or bruises. Closely following safety is improving the quality of our equipment so we can produce a better result in the work we do.

The Foxhole is self-sustaining through contributions from residents for work completed. So, how much does it actually cost for us to do this amount of work?

We spend about \$250 per month for materials, upkeep of the machines, and the occasional upgrading of hand tools, as the technology of woodworking equipment improves. And inflation has certainly affected the cost of materials, tools, and machinery parts. We have a couple of machines that are no longer in production, so parts are not available, which means purchasing new or used machines can reach into four figures. Since the Foxhole depends on contributions, that can be a problem.

The Foxhole has 14 members. However, only about 6 or 7 are really active. So, if you or someone you know is a woodworker, or wants to be, we would love to have you join us. To do so, please contact Ernest Ramsay: [ernest.ramsay@icloud.com](mailto:ernest.ramsay@icloud.com)

If you need a repair, call the Foxhole at 3083.  
—Ernest Ramsay, VT 371



# Reduce, Reuse, and Recycle

You will note that the column “Recycling” has a new heading. At the Recycling Committee meeting last month, we confronted the issue that our committee members want to do more than promote recycling, that is, to help residents understand what items are recyclable and what ones are not. We featured recycling at the Residents Council meeting on September 9, and we appreciated the interest shown by people who came to our display. But we also want to promote conservation by reusing materials as appropriate and reducing pollution by cutting down on the use of plastics. Most importantly we want to promote reduction in single-use plastics. As the Environmental Protection Agency (EPA) uncomfortably tells us, “Every bit of plastic ever made still exists.”

Is environmental trash what we want to leave as inheritance for younger generations?

Members of the Reduce, Reuse, and Recycle Committee recognize a broad mandate to work on sustainability issues. The most often quoted definition of sustainability comes from the UN World Commission on Environment and Development: “Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”



A project we’re highlighting this month is composting, which will enrich the soil of Canterbury gardens by using kitchen scraps and mulched leaves that decompose into organic humus over time. There is a bin labeled for kitchen scraps on the pathway to the Dog Park, and residents can deposit fruit and vegetable peels, eggshells, and coffee grounds in the covered container when they go for a walk in the garden.



Shirley Timashev

If you are particularly committed to the goals of Reduce, Reuse, and Recycle, we would like to invite you to join our committee. We usually have monthly meetings to deal with new initiatives and track progress on continuing projects. We also ask members to assess needs of the recycling/trash room on their own floors; for example, seeing if new signage is needed. There is no particular expectation of committee members; some are very active, and others are more like cheerleaders on the sidelines. We welcome anyone who shares our goals.

To join the Reduce, Reuse, and Recycle Committee and get on our email list, please call or email me (202-413-1119; [shirleytimashev@gmail.com](mailto:shirleytimashev@gmail.com)).

—Shirley Timashev

# Resident Services

## October Happy Hour Entertainment

Happy hours this month are held in the Front Parlor and begin at 5:00 p.m., unless otherwise noted. The location may change if weather conditions are nice enough for us to hold these on the Club Tower Patio and Garden. Look to your weekly calendar and emails for the most up-to-date information.

- ⌘ October 4: Beth Waller
- ⌘ October 11: Welcome newcomer duo Tom and Joni Illi in the Vermont Tower Community Room. Refreshments by Personal Care, Inc.
- ⌘ October 18: Jeff Bianchi returns with acoustic guitar
- ⌘ October 25: Oktoberfest Happy Hour, Vermont Tower Community Room

## October Activities and Events

### *Regularly Scheduled Events*

#### Chat and Stitch Sundays

Come join other residents for friendly conversation and any kind of handiwork project you are working on each Sunday in October beginning at 3:00 p.m. in the Vermont Tower Game Room, located on the Ground Floor. For more information, please call Haden Winborne at Ext. 3810 or (404)352-1151.

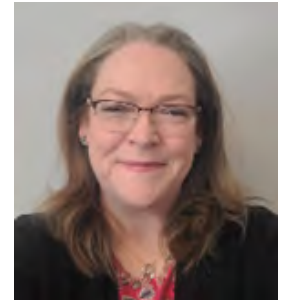
#### Choristers Rehearsal, Mondays

If you sang in your high school chorus, college glee club, or in the church choir or if you just love to sing, consider joining the Canterbury Choristers. They meet each Monday at 4:00 p.m. in the Vermont Tower Community Room. The exception to this schedule will be moving rehearsal to Tuesday, October 29th, due to the

Annual Halloween party on Monday.

#### Singing and Ukulele Classes with Suzanne Shull, Thursdays

Suzanne Shull returns with singing and ukulele classes this month. The singing class (Life-Long Singing) will include finding your voice, breathing techniques, singing songs of various styles, and giving “informances” to help listeners and singers gain a deeper understanding of the music. Suzanne also invites residents to learn or continue with ukulele lessons (Play Ukulele!). Learn basic chords and strumming on the instrument meant to be played in a group. You do not need to currently own a ukulele to participate. These classes are held each Thursday beginning with singing at 2:45 p.m. followed by ukulele at 4:00 p.m. in the Vermont Tower Community Room. The only exception to this will be October 3rd, when classes will move to the Monarch Community Room due to the resident vaccination clinic. For more information, you may contact Suzanne at (404)281-0790 or [suzanneshull@gmail.com](mailto:suzanneshull@gmail.com).



Rebecca Oleson

#### “Keep in Mind” with Fini Shell Fridays

Join Fini for an entertaining hour of fun-filled word games that help to keep your mind sharp each Friday at 1:30 p.m. in the Art Room, located on the Ground Floor of Peachtree Tower.

#### Mah Jongg Saturdays

Each Saturday at 2:00 p.m. in the George Hightower Room in Peachtree Tower. For more information, please contact Ann Pearce at Ext. 3655 or (404)313-2123.



# Resident Services

## Game Night Saturdays

Looking for something fun to do? Join your fellow residents for Game Night each Saturday in the George Hightower Room at 7:00 p.m.

Learn how to play Rummikub, an easy game to learn but also challenging. We will also play Bananagrams, a fun, fast-paced, word tile game. Contact Mary Nell McLaughlin at (678)333-8931 to reserve your seat at the table.

## Bingo, October 2, 16, & 30

Join us for an afternoon of fun and play your hand at luck when we play classic Bingo games and a cover-all finale game with a jackpot winner. Each card is \$2 to play. Games will be held beginning at 4:00 p.m. in the Administrative Dining Room, located on the Ground Floor of Peachtree Tower, on the following Wednesdays: October 2nd, 16th, and 30th.

## Global Jewelry Repairs and Sales, October 3

Locksley with Global Jewelry returns to take care of your jewelry repair and watch battery needs. He also has a good selection of jewelry

for sale. Visit him this month in the Monarch Community Room on Thursday, October 3rd, from 10:30 a.m. to 2:30 p.m.

## Civil Conversations, October 11 & 25

Stay up to date on the latest world news and share your opinion among fellow residents in this roundtable discussion. All residents are welcome to attend this current events discussion at 4:00 p.m. on Friday, October 11th, and Friday, October 25th, in the Vermont Tower Community Room.

## Care Partner Support Group, October 17

Being a care partner can be stressful, and thankfully there is a space created to be an outlet for your stress. The Care Partner Support Group is designed to be a place where caregivers can gather to talk and share emotional support. This group is led monthly by Rev. James Hicks, Manager of Chaplain and Bereavement Services of Hospice Atlanta, and will take place on Thursday, October 17th, at 2:30 p.m. in the Club Tower 7th Floor Lounge. All are welcome!

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## October Events and Trips

\*Please remember to sign up for all trips and events as noted below. Sign up at the Wellness Center desk, by calling Emma Bourne at Ext. 3062 or (470)381-6762, or via the Canterbury app.

### “Supreme Court Changes” with Jeff Milsteen, October 1

The Supreme Court, once the most trusted and popular of the three branches of our federal government, now struggles to assure the public that its decisions are based on the law, not pol-

itics, and that its members adhere to the highest ethical standards. Can the Supreme Court’s once-vaunted reputation for impartiality and integrity be restored? Join Jeff Milsteen, a former District Attorney, for a lively discussion of recent and ongoing efforts to reform the Court on Tuesday, October 1st, at 2:30 p.m. in the Vermont Tower Community Room.

### Jewelry Class with Gillian Gussack, October 2

Gillian returns with another fun jewelry-making class. Create necklaces, bracelets, and

# Resident Services

earrings with a wide selection of beads and baubles or learn how to re-string or add pieces to your current jewelry. No experience is necessary, and all materials are supplied. Join this fun class on Wednesday, October 2nd, at 10:00 a.m. in the Art Room.

## Interfaith Panel Discussion, October 2

Please make plans to join Pastoral Care to learn more about Islamic, Unitarian Universalist, and Mormon religions and beliefs on Wednesday, October 2nd, at 7:30 p.m. in the Vermont Tower Community Room. All are welcome!

## Resident Vaccine Clinic, October 3

Kroger will be holding a vaccine clinic for residents in the Vermont Tower Community Room. An array of vaccines will be offered, to include: COVID-19, flu, and RSV. You must complete a consent form and have a copy of your picture ID and insurance cards. Either the Canterbury Clinic or Resident Services has this form and can assist you with copies. Vaccinations will take place by tower:

Thursday, October 3

9–11:30 a.m., Vermont & Peachtree Towers

12:30–3 p.m., Garden & Club Towers, Verandas

For more vaccine information, please contact Health Services Clinic Director Joann Brown at (470)381-6784 or Ext. 6784.

## “Let’s Talk” with Residents Council, October 3

Let the Residents Council Board know what is on your mind and what is important to you. We will be there to listen, not give information or explanations. Topics can include Canterbury amenities and facilities, Residents Council activities, and issues that have an impact on many residents. We ask that you keep your comments to under a few minutes to allow for

others to add to the conversation. This session will be held in Peachtree 1 & 2 on Thursday, October 3rd, at 2:00 p.m.

## Trip to Monastery of the Holy Spirit, October 4

Please join the chaplains on their next adventure to the Monastery of the Holy Spirit. If you haven’t been to the monastery in a while, much has changed. Join us for a brief history and tour of the new visitors center. You are also invited to attend a short noon prayer service and then tour the chapel. Lunch will be shared on the grounds with boxed lunches from Canterbury Dining. There will also be time to browse the extensive bookstore and enjoy the beautiful gardens. The bus will leave promptly from the front entrance at 10:00 a.m. on Friday, October 4th. There will be a \$25 ticket and trip fee added to your monthly account. Sign up for transportation to reserve your seat. Deadline to sign up for this trip is Wednesday, October 2nd.

## Book Club, October 7

All residents are invited to the October meeting of the Canterbury Book Club on Monday, October 7th, at 2:00 p.m. in the Vermont Tower Community Room, where guest Jim Dietrich will lead the discussion for the book *The Marriage Portrait*.

## “Ouch! That Stereotype Hurts” Presentation, October 7

This presentation is an educational opportunity for residents and staff to learn about bias awareness and will focus on stereotypical comments and statements. We will discuss the impact of such statements, identify common reasons why people do not speak up when they hear these statements, and provide you with the techniques for speaking up against stereotypes without blame or guilt. There are



# Resident Services

openings for 50 participants at each session, to be held in the Monarch Tower Community Room. The first session will be held Monday, October 7th, 2:30–3:30 p.m., and the second right afterward, 4:00–5:00 p.m. Please sign up at the Wellness Center desk, by calling Emma Bourne at Ext. 3062 or (470)381-6762, or via the Canterbury app.

## Blessing of the Animals, October 8

Canterbury and the birthday of St. Francis, patron saint of animals, invite us once again to celebrate our beloved pets. This is a joyous occasion that highlights our love, care, and thanksgiving for our pets. All pets, their people, friends, and neighbors are welcome to join us. In the spirit of “blessing,” Pastoral Care is collecting pet supplies for Lifeline Animal Project. They will be collecting dog and cat food (canned and dry), pet toys, kitty litter, and collars and leashes (new or gently used) as well as any used towels, sheets, or blankets. This event will take place on the Club Tower Patio and Garden area at 3:30 p.m. on Tuesday, October 8th. If your pet is shy or uncomfortable in a crowd, please feel free to bring a picture of your pet to the service instead.

## Administrative and Enrichment Project Update with Residents October 9

Join CEO Debi McNeil for updates regarding everything Canterbury! All residents are invited and encouraged to attend to learn the latest information and to ask questions. Join us in person in the Vermont Tower Community Room or online via Zoom on Wednesday, October 9th, at 4:00 p.m. A direct Zoom link will be sent to your email the morning of the 9th or look to your weekly calendar.

## Trip to Zoo Atlanta: Panda Bear Farewell, October 10

The date is inching closer and closer to when the Zoo Atlanta panda bears will return to China. This venture between the zoo and China has been very successful considering that since 2006, seven giant pandas have been born. Our first pandas came to us in 1999 with Lun Lun and Yang Yang but the agreement has now ended and it is time to bid them farewell. Join us on Thursday, October 10th, for a last look at the panda bears. There will also be some time to visit other animals and have lunch on the grounds. The bus will load from the front entrance on Thursday, October 10th, at 9:45 a.m. and leave promptly at 10:00 a.m. A \$30 fee will be charged to your monthly account. Boxed lunches will be provided.

## Grief Support Group, October 10, 17, 24, 31

Life can be hard and filled with occasions and events that cause us to grieve. If you are mourning an event in your life, recent or past, such as the death of a loved one, a major life transition, end of a relationship, or any number of other events that may have left you with a feeling of grief, Pastoral Care chaplains encourage you to join a new grief support group. This group will meet for seven weeks beginning on Thursday, October 10th, and ending November 21st. They will meet in the George Hightower Room at 11:00 a.m.

## *I Married a Witch* Movie Showing with Alexa Foreman, October 11

Turner Classic Movie alum Alexa Foreman invites you to this 1947 comedy starring Veronica Lake and Frederic March. Jennifer (Lake) is about to be burned at the stake for witchcraft

# Resident Services

in the 17th century, but beforehand she casts a curse on the family of her accuser, dooming all the men of future generations to marry the wrong woman. Freed from her ethereal prison 250 years later, Jennifer decides to make the most recent descendant of her accuser (March) even more miserable by using a love potion that will make him fall in love with her! Nominated for an Oscar for Best Music, this film as well as *Bell, Book and Candle* inspired the creation of the popular television show *Bewitched*. Join Alexa for this comedy on Friday, October 11th, at 1:00 p.m. in the Vermont Tower Theater. Light refreshments will be served.

## “Ask Me Anything” Technology Class, October 11

Let technology instructor Mark Richman take you through your smartphone or tablet from A to Z. Participants are invited to ask whatever they would like more clarification on, such as useful applications and techniques designed to make your life easier. If time permits, Mark will also show you important gestures on your phone or take you through the MyChart app used by many local hospitals and medical providers. Mark will be available to answer your questions on Friday, October 11th, at 3:00 p.m. in the Admin Dining Room, ground floor of Peachtree Tower. This class is geared more toward those who are just starting out with their phones, need basic instruction, or who may have forgotten how to do a task they once did, not those who are well versed in its use.

## All Saints’ Episcopal Church Jazz Concert Series, October 11

The first Jazz at All Saints’ concert will feature the Gary Motley Quartet, led by pianist

Motley, whose exceptional skills as a performer, composer, and arranger have made him an indispensable leader in the nation’s jazz community. Well-known to music audiences internationally and locally as a headliner, Gary is also a beloved Emory University professor and the founding director of the University’s Jazz Studies program. Come hear this special performance being held on Friday, October 11th, at 7:00 p.m., followed by a reception for the artists after the performance at 8:30 p.m. in Ellis Hall. Tickets may be purchased at the door or online at [www.allsaintsatlanta.org](http://www.allsaintsatlanta.org). The bus will load from the front entrance at 6:00 p.m. and leave promptly at 6:15 p.m.

## Cassical Piano Concert with Kati Arikoski-Johnson, October 14

Finnish pianist Kati Eriikka Arikoski-Johnson has all her life been closely linked to music. As a 3-year-old, her very first hobby was Finnish folk dancing, which she complemented with piano studies at the Kuopio Conservatory beginning at 6 years old. Kati also played clarinet and saxophone for ten years. She studied piano at the Turku Art Academy in Finland and later graduated with a master’s degree from the Royal Danish Academy of Music in Copenhagen. She continued her studies in two advanced postgraduate diploma programs, both as a soloist and as a chamber musician. This extremely accomplished pianist has performed all over the world but has chosen to call Atlanta home, where she also teaches swing dance and piano. Kati will bring a classical concert to Canterbury, including works from Schubert, Sibelius, and Palmgren, on Monday, October 14th, at 7:30 p.m. in the Vermont Tower Community Room—a performance you won’t want to miss!



# Resident Services

## Croquet Court Ribbon Cutting, October 15

Join us as we celebrate the “grand opening” of the official Canterbury Croquet Court, located behind the Vermont Tower Gazebo. Tammy Clark and Frank Wooten have been working hard to bring you an official-grade court. Katie Coyne will be on hand to give instruction, and light refreshments will be served. This fun event takes place on Tuesday, October 15th, at 10:30 a.m. All are welcome!

## Color Exploration in Oil Painting Class with Gillian Gussack, October 16

Gillian returns with another class in this series focusing on water-soluble oil painting. This class is for everyone: novice to intermediate to advanced. Unless you have personal supplies you would like to bring, all materials will be supplied. This class is limited to 12 participants and will take place on Wednesday, October 16th, at 10:00 a.m. in the Art Room.

## ASO, Series #3, October 17

Join the Atlanta Symphony Orchestra for Mendelssohn’s zesty Italian Symphony, inspired by the 22-year-old composer’s grand tour of Europe. A Haydn symphony opens the concert, a piece inspired by a trip to London. Closing out the program is principal oboist Elizabeth Tiscione.

Canterbury will provide transportation for three or more participants signed up. The bus will load from the front entrance on Thursday, October 17th, at 6:45 p.m. and leave promptly at 7:00 p.m. You may purchase tickets at [www.aso.org](http://www.aso.org).

## Quarterly Health Care Forum, October 18

Residents are invited to this informative meeting with guest speaker Dr. Kimberly Curseen, part of the palliative care team at Emory Hos-

pital, as she discusses the topic of medical cannabis as an effective pharmacological intervention on Friday, October 18th, at 2:00 p.m. in the Vermont Tower Community Room.

## Research Study Opportunity, October 18

Smartphones, smartwatches, and smart glucose monitors! Everything is smart these days, but with so many of the things we use every day connected to the Internet, how safe is your health data? These technological advances have legitimate, valuable health benefits, such as improved wellness tracking, diagnostic capabilities, and access to care. However, frequent cyber attacks and data breaches have left some people hesitant to use such applications. If people are unwilling to use devices that could benefit their health due to security concerns, these very real potential benefits could be lost. You can help! Research is being done to help understand what consumers need to know and understand to feel comfortable sharing their health data. The research will be conducted between October 18th and November 1st at Canterbury Court. Participants will be asked to complete one anonymous survey that will include watching 5 short (1-minute) videos. Your time commitment is expected to take 15–20 minutes total. The student researcher, Herb Edgecomb, is completing a Masters of Cybersecurity at Georgia Tech. His career has included positions with Ernst & Young, IBM, and Elevance Health supporting companies such as Novartis Pharmaceuticals and Anthem BC&BS, among others. More information will be posted in the October 11 Current. In the meantime, please let Rebecca Oleson know if you would like to participate in this important research by calling (404)231-8262 or Ext. 3262.

# Resident Services

## Lunch trip to the General Muir, October 18

The General Muir, established in January 2013 at Emory Point, is a modern American restaurant inspired by classic New York Jewish Delis, returning it to its hand-crafted roots. Traditional favorites are honored, as the pastrami is cured and smoked in house, bagels are hand rolled and kettle boiled, and both are joined by dishes going beyond tradition, focusing on fresh ingredients and simple preparations. This restaurant is named for the refugee transport ship that brought co-owner Jennifer Johnson's mother and grandparents, Holocaust survivors, to New York in 1949. Join us to experience this Michelin awarded restaurant for lunch on Friday, October 18th. The bus will load from the front entrance at 10:45 a.m. and leave promptly at 11:00 a.m.

## Art Talk with John Tilford, October 21

This month, Oglethorpe University Museum of Art's Curator of Collections, John Tilford, will discuss and examine the life and work of two of the most influential figures in 20th-century American design and architecture: Frank Lloyd Wright and George Nakashima. The former revolutionized architecture in America, while the latter created a remarkable new aesthetic in American craft furniture design. Learn more on Monday, October 21st, at 2:30 p.m. in the Vermont Tower Community Room.

## Scarf-Tying Class with Mary Capka, October 22

Do you have a drawer of beautiful scarves but are not sure how to wear them? Join resident Mary Capka and see how, with a few easy steps, you can create a beautiful fashion statement. Bring your favorite scarves (square or triangle) and a scarf pin if you have it, or use the ones provided in class. "Tying one

on" has never been more fun! Pre-registration is required as this class is limited to 12 participants. This class will take place Tuesday, October 22nd, at 10:00 a.m. in the Vermont Tower Community Room.

## Easy Ordering with the Kroger Desktop App, October 22

Mark Richman returns with another technology class for those who would like to know how to order and have groceries delivered and even assist with in-store shopping. Using the Kroger website is much easier than using the Kroger phone app. Mark will show you how to find the store bargains and share an easy way to add items to your shopping cart or list. This informative class will take place on Tuesday, October 22nd, at 2:00 p.m. in the Vermont Tower Community Room.

## Interfaith Panel Discussion, October 23

Join the Pastoral Care team in this last session highlighting various religious organizations and beliefs. This session will include leaders from the Native American, Quaker, and Bahai religious traditions. All are welcome on Wednesday, October 23rd, at 7:30 p.m. in the Vermont Tower Community Room.

## Harvest Celebration at Jaemor Farms, October 24

Jaemor's annual Harvest Celebration has become a fall tradition in North Georgia, offering a whole farm experience that includes a corn maze, hayrides, a pumpkin patch, and more. Top off your fun with fresh farm food from the Eatery and a visit to the market for home-grown produce and homemade cakes and ice cream along with their famous fried pies. This is the perfect time to enjoy the beautiful colors of the season as well. Join us on Thursday, Oc-



# Resident Services

tober 24th, loading from the front entrance at 10:00 a.m. and leaving promptly at 10:15 a.m.

There are several levels of accessibility depending on what you would like to participate in. The market and Eatery are easily accessible with assistive devices (walkers, wheelchairs), but for the corn maze and pumpkin patch you will need to be able to walk on uneven or soft ground.

## Foot Solutions Informative Presentation, October 24

Join Gary Falcon with the Brookhaven Foot Solutions location as he discusses the complex machines that are your feet, common foot ailments and symptoms, as well as solutions for pain and balance. Gary will also show you how to select healthy footwear and will have samples on hand so you can view them up close. Don't miss this opportunity to step into better foot health on Thursday, October 24th, at 11:00 a.m. in the Vermont Tower Community Room.

## ASO Series #1, October 24

Georgia native Roderick Cox returns to the Atlanta Symphony Orchestra after wowing critics as a last-minute replacement in 2023. This time, he digs into the rich sounds of the ASO string section for Barber's Adagio and follows with music from John Adams's opera Doctor Atomic, which tells the story of J. Robert Oppenheimer's nuclear testing in New Mexico. The concert concludes with Rachmaninoff's Symphonic Dances.

Canterbury will provide transportation for three or more participants signed up. The bus will load from the front entrance on Thursday, October 24th, at 6:45 p.m. and leave promptly at 7:00 p.m. You may purchase tickets at [www.aso.org](http://www.aso.org).

## *The Return of Doctor X* Movie Showing with Alexa Foreman, October 25

When news reporter Walter Garrett (Wayne Morris) arrives at the hotel room of actress Angela Merrova (Lya Lys) to conduct an interview, he finds her dead. When he returns with police, the body has vanished. Garrett writes about the incident in the newspaper but is fired when Merrova, alive and well, goes to the paper to complain. Now his only chance to get his job back is to find the truth, which involves the grisly scheme of a madman (Humphrey Bogart).

This is one of the pictures that made Humphrey Bogart march back into Warner Bros. studio chief Jack Warner and ask for more money because he felt this was a part that someone like Bela Lugosi should have played. Learn more trivia and movie facts about this 1939 horror flick with Turner Classic Movie alum Alexa Foreman on Friday, October 25th, at 1:00 p.m. in the Vermont Tower Theater.

## Trip to The Fabulous Fox Theatre for Hillary Clinton's Book Talk, October 27

Former First Lady Hillary Clinton talks about her new book, *Something Lost, Something Gained*, with insightful discussions on politics, democracy, personal growth, and the shared path to a brighter future. Tickets are still available but limited. Go to [www.foxtheatre.org](http://www.foxtheatre.org) to purchase yours. The bus will load from the front entrance at 3:00 p.m. and leave promptly at 3:15 p.m. on Sunday, October 27th.

## Croquet Lessons with Katie Coyne, October 28

In a follow-up to our official-grade croquet court ribbon cutting, Katie returns to teach you the basics of this fun game, played for centuries. This lawn game involves using mallets to

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knock heavy, colored balls through a course of metal arches (known as wickets and stakes) in a set pattern. It can be played with as few as two people or as many as six. Canterbury has two croquet sets, so there is plenty of equipment for players. This game can also be played individually or in teams. Traditionally, players wear all white, but you can wear whatever you like as long as you have fun! Join Katie on Monday, October 28th, at 10:00 a.m. on the court, located behind the Vermont Tower gazebo, to learn more.

## Annual Halloween Party and Costume Contest, October 28

It's time again for the annual Canterbury Halloween party with a musical performance by the Bostons and scary-good food and drink by Dining Services. There will also be a costume contest, so get your costumes ready! Join this fun annual event on Monday, October 28th, from 6:00 to 8:00 p.m. in the Community Room.

## Dinner Trip to Surin of Thailand, October 30

Since 1990, Surin has been serving authentic Thai cuisine to diners in the Virginia Highlands area. With a focus on excellence and the highest level of customer satisfaction, they have professionally trained Japanese sushi and sashimi chefs along with master Thai chefs, who combine the freshest local vegetables and meats with authentic Thai spices. Join us to experience this food phenomenon on Wednesday, October 30th. The bus will load from the front entrance at 5:00 and leave promptly at 5:15 p.m.

## Fundamentals of Caring Support Group, October 31

Canterbury wants to offer a welcoming space for caregivers to share experiences, gain ad-

vice, and connect with others both from inside and outside the building. Residents, family members, and friends from outside of the community are welcome to join this new support group that meets one Thursday a month, facilitated by a social worker from the Jewish Family & Career Services of Atlanta (JF&CS). The next meeting will be October 31st from 11:00 a.m. to noon in the 3rd floor Sage Glen Activity Room. Please come and bring a friend.

## Voting 2024

Do you have questions about your voting status? Resident Services can help! We can assist with finding out your voting information and confirming that you are registered to vote in the state system. Would you like to receive an absentee ballot? You have until October 25th to request an absentee ballot. If you have already requested one, the Elections Office will begin sending these out on Monday, October 7th. See Resident Services staff members Rebecca Oleson, Lisa Cage, or Emma Bourne in the Wellness Center on the Ground Floor of Vermont Tower to assist you with the voting process! The Fulton County Elections Office can also assist with registration questions at (404)612-3816 or absentee ballot questions at (404)612-7060. You can also visit [www.mvp.sos.ga.gov](http://www.mvp.sos.ga.gov) or [www.ballotpedia.org](http://www.ballotpedia.org). A comprehensive voting guide can be found at the Wellness Center desk.

The last day to change your voter registration address to reflect your Canterbury Court address is Monday, October 7th. Your address must match your driver's license/state ID for you to vote. It is best to start this process online. Please see Resident Services if you would like assistance.



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The early voting period begins October 15th and ends November 1st.

Canterbury will provide transportation to vote early at the Buckhead Library on:

Monday, October 21st, at 10:30 a.m.

Tuesday, October 29th, at 2:00 p.m.

You also may email [readytovote2024@gmail.com](mailto:readytovote2024@gmail.com) to schedule transportation with a fellow resident to vote early, update your information, or register to vote.

## October Wellness Events

⌘ Hearing Aid Clinic with Audiologist Monica Walker, Saturdays, October 5th and 12th  
Call (404)777-5252 to schedule an appointment. This month, residents will be seen in the first floor Monarch Tower Salon.

⌘ Blood Pressure and Diabetes Check with Personal Care, Inc., on Tuesday, October 8th, from 10:30 to 11:00 a.m. in the Wellness Center.

⌘ Dermatology Consultants will visit Canterbury Tuesday, October 8th, from 1:00 to 3:00 p.m. to offer a variety of services. Book your appointment by calling (404)351-7546. Residents will be seen in the Health Care Clinic.

⌘ Podiatrist Dr. Jeanine Jones will see residents on Tuesday, October 15th.

Call the Healthcare Clinic at Ext. 3159 to schedule an appointment.



# Resident Services

## October Movies

In the Vermont Tower Theater, daily at 3:15 and 7:30 p.m., two films alternate between afternoon and evening with movie specials on Sunday and Thursday. Please see your morning emails for the most current information. Every effort is made to show the scheduled movie, but it may be necessary at times to substitute. This month, movie themes continue with the Power of Film series, the Trail of Tears, and holidays Yom Kippur, Columbus Day and Indigenous Peoples Day, and Halloween.



### Through October 3

Movie # 1: *We Are Marshall* (2006) 2h 10min

When a plane crash claims the lives of members of the Marshall University football team and some of its fans, the team's new coach (Matthew McConaughey) and his surviving players try to keep the football program alive and heal a grieving community in the process. Based on a true story. Genre: Sport/Drama

Movie #2: *3 Godfathers* (1948) 1h 45min

Thieves and rustlers Robert (John Wayne), Pete (Pedro Armendariz) and the Abilene Kid (Harry Carey, Jr.) rob a bank in a small Arizona town. Pursued by sheriff Buck Sweet (Ward Bond), the trio come across a woman who is dying while giving birth. Promising to carry the newborn to safety, the repentant criminals struggle to reach the village of New Jerusalem.

Trivia: Pedro Armendariz was discovered by director Miguel Zacarias when he was a tour guide reciting Hamlet's monologue (to be or not to be) to an American tourist in a cafeteria. After this, Armendariz began a brilliant career and was considered the prototype of masculinity and male beauty, which led to many movie roles. Genre: Action/Western

### September 29 & October 3

Movie Special

*The Right to Read* (2023) 1h 20min

This documentary follows the stories of a courageous activist, a teacher, and two American families who fight to provide our youngest generation with the most fundamental indicator of life-long success: the ability to read.

### October 4–10

Movie # 1: *Keeping the Faith* (2000) 2h 8min

Lifelong best friends Rabbi Jacob Schram (Ben Stiller) and Father Brian Finn (Edward Norton) are popular young men living in New York when grade school friend Anna Reilly (Jenna Elfman) returns to the city. She has grown into a beautiful corporate executive and re-enters Jake and Brian's lives and hearts with a vengeance. Sparks fly and an unusual and complicated love triangle ensues. Genre: Comedy/Romance

Movie # 2: *Everything Is Illuminated* (2005) 1h 45min

This quirky and emotional film is about a young Jewish-American man (Elijah Wood) obsessed with his family history and journeys to the Ukraine to find out more about the life



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of his grandfather. Guided by Alex (Eugene Hutz), Jonathan ventures into the heartland with Alex's grandfather (Boris Leskin) and a dog named Sammy Davis Jr. Genre: Comedy/Adventure

October 6 & 10

Movie Special

*The Power of Film: The Power of Character Relationships* (2024) 40min

The structure of memorable stories often focuses on one central character. The drama stems from their relationships and interactions with others. This documentary is part three in the series.

October 11–17

Movie#1: *Thelma* (2024) 1h 38min

Thelma Post (June Squibb) is a 93-year-old grandmother who loses \$10,000 to a con artist who pretends to be her grandson on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her. Genre:Comedy/Action

Movie #2: *Master and Commander: The Far Side of the World* (2003) 2h 18 min

During the Napoleonic Wars, a brash British captain (Russell Crowe) pushes his ship and crew to their limits in pursuit of a formidable French war vessel around South America.

Genre: Adventure/War

October 13 & 17

Movie Special

*Trail of Tears: Cherokee Legacy, Parts 1 & 2* (2024) 1h 45 min

Native Americans have experienced a history full of oppression and racism. British and

American governments have disregarded Native Americans as the owners of the territory they occupied and used aggressive force to take their lands and destroy their people. In the first part of this three part series, this documentary will explore one of the greatest tragedies of America's aboriginal people with narration by James Earl Jones and James Garner.

October 18–24

Movie #1

*Bell, Book and Candle* (1958) 1h 45min

In the late 1950s, Gillian (Kim Novak) is a modern-day witch living in New York's Greenwich Village. When she encounters charming publisher Shepherd (James Stewart), she decides to cast a love spell on him but he is engaged to her old college rival (Janice Rule). However, Gillian finds herself actually falling for Shepherd, which poses a problem: She will lose her powers if she falls in love  
Genre: Comedy/Romance

Movie #2

*The Nightmare Before Christmas* (1993) 1h 16 min

This film follows the misadventures of Jack Skellington, Halloweentown's beloved pumpkin king, who has become bored with the same annual routine of frightening people in the "real world." When he accidentally stumbles upon Christmastown, he gets a new lease on life. He plots to bring Christmas under his control by kidnapping Santa Claus and taking over the role. But Jack soon discovers even the best laid plans can go seriously awry. Genre: Family/Musical

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October 20 & 24

Movie Special

*The Power of Film: Heroes and Villains*  
(2022) 38min

In part four of this series, this documentary looks at film dramas that often portray central characters as heroes or villains, but the two are frequently quite similar. Memorable films tend to compensate for the real world's lack of justice, commitment and altruism.

October 25–31

Movie #1

*The Little Shop of Horrors* (1986) 1h 34min

Meek flower shop assistant Seymour (Rick Moranis) pines for co-worker Audrey (Ellen Greene). The nerdy florist finds his chance for success and romance with the help of a giant man-eating plant who demands to be fed.  
Genre: Musical/Comedy/Horror

Movie #2

*The Last Hurrah* (1958) 2h

Based on the novel by Edwin O'Connor, this movie focuses on Frank Skeffington (Spencer

Tracy), an aging mayor who is embarking on his final campaign for re-election. Aided by his nephew, Adam (Jeffrey Hunter, and strategist (Pat O'Brien), Skeffington faces considerable challenges as the political landscape that he knows slowly crumbles away, but, undaunted, he is determined to stay in the game a bit longer. Genre: Political Drama

October 27 & 31

Movie Special

*Trail of Tears: Cherokee Legacy, Parts 3 & 4*  
(2024) 1h 45 min

Sharing a common past, many African Americans and Native Americans have combined to create a unique culture that has meshed the traditions and find heritage of both. Little known and little documented, this group has become all but invisible at the dawn of the new millennium. In part four, there is a comprehensive look at the ancient health and healing methods of American aboriginals that uncovers the invaluable contributions that Native Americans have made to early frontier living. Some have been maintained to this day.



Canterbury Court

*Where lives blossom*

3750

October 2024

*Photo: Lu Anne Schwarz*