



# Canterbury Tales

Published by the Residents Council and Staff of Canterbury Court

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January 2025



*Residents Council Board Officers, 2025*

*L to R: Keith Garrison (Treasurer), Ann Pearce (President), Shirley Timashev (Vice President), and Barbara Blender (Secretary)*

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*May the road rise to meet you as the new year unfolds.—Irish blessing*

## Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Council President..... Ann Pearce	President and CEO..... Debi McNeil
Vice President.....Shirley Timashev	Chief Operating Officer..... Julie Parker
Secretary..... Barbara Blender	VP, Revenue Growth.....Elaine Scheelk
Treasurer.....Keith Garrison	Chief Finance Officer..... Matt Kurumada
	Chief of Human Resources.....Lisa Bronstein
Editor.....	Seetha Srinivasan
Welcome Mat Editors.....	Carolyn Farley and Josh Taylor
Proofreader.....	Ann Pearce
Production.....	Resident Services

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.

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

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

## January Birthdays

2	Anita Liotta	8	Vicki Crawford	19	Rosalind Callaghan
2	Mary Helen Miller	8	Judy Bodner	21	Ellie Lee
4	Albert Woods	9	Sue Smith	21	Judy Reidinger
4	Barbara Ramsay	11	Barbara Lewis	21	Sandra Garber
4	John Rahiya	12	Mimi Baird	25	Bill Bentz
5	Anne Jones	14	Lynne Browne	27	John Garver
6	Joyce Vroon	16	Knox Massey	28	Clyde Herron
6	Doris Hewell	16	Joanne Cote	28	Jody Johnson
6	Rene Austin	16	Martha Solano	31	Dot Michaelis
7	Helen Smith	16	Gayle Mitchell	31	Aaron Johnson
7	David Foerster	19	Bunny Renkin		



## Vespers

Vespers at Canterbury is a resident-organized interfaith worship service, offering end-of-day prayers, music, and messages. It is usually held in the Vermont Chapel. On Tuesdays (September – May) from 7:30 – 8:00 PM, we welcome clergy from various faith traditions and denominations. Each worship leader designs his or her own service. All Canterbury residents and guests are welcome.



January 7      The Reverend Monica Mainwaring  
Rector, St. Martin in the Fields Episcopal Church

January 14      The Reverend Deacon Juan Sandoval  
Deacon, Hispanic Ministries and Pastoral Care,  
The Episcopal Cathedral of St. Philip

January 21      Stephen Frketic Music Director of St. Bartholomew's Episcopal Church and  
its Schola Cantorum choir singing the evening Compline service from the  
Book of Common Prayer.

January 28      The Reverend Dr. Phil Schroeder, Senior Pastor  
Dunwoody United Methodist Church

Judy Bodner, Chair  
Vespers Committee

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## In Memoriam

Lord, keep our friend in your loving care.

Hope McCollam, November 28, 2024



## Ann Pearce, Residents Council President

In Ann Pearce, the Residents Council of Canterbury Court has a president with deep roots in and awareness of the community. Ann and Fay Pearce moved into Canterbury Court in April 2018, hoping that their sound health would allow them the benefits of a safe community even as they continued their active lifestyles. Ann and Fay are members of All Saints' Episcopal Church (one of CC's founding entities), both served on the Vestry whose members are invited to CC's board meetings, and Ann was on the board of CC for eleven years, including one as chair.

So clearly, the late Noradel Wilson, chair of the 2023 nominating committee, tapped a leader with a deep commitment to CC's mission.

To her position as president, Ann brings her perspective of fostering a climate of goodwill and collegiality and doing what is to the benefit of most residents, rather than specific goals that she wants to accomplish. She is committed to strengthening the work of the committees of the RC, including three recently established standing committees.

If one had to sum up in one word Ann Pearce's approach to life, it would be connections, connections of every stripe and manner. For starters Ann and Fay Pearce are kin to about a dozen CC residents, and she can trace links to legions more. But even more importantly, connections mean establishing relationships, seeking common ground with people and building on it, putting people at ease, being warm and welcoming, and having an expansive worldview. Ann Pearce epitomizes connections in all these ways. I know because my husband Asoka and I experienced Ann's active interest in making

connections when we came to CC in September 2023, somewhat overwhelmed and ill at ease after our move from our home and community of fifty years. Making



*Ann Pearce and Family (Fay Pearce is on extreme right.)*

connections is a prime reason for Ann Pearce being well known and well respected at CC.

Ann is also eminently practical. When residents asked how she could be so calm about Peachtree Tower having a single working elevator for thirteen months, she asked what an alternative reaction might be. CC's Enhancement Project caused untold disruption to residents, but even at the most frustrating of times, Ann noted that the only way to deal with it was to consider the eventual outcome.

Ann Pearce is a skilled golfer; avid bridge, mahjong, bingo, and gin rummy player; nonfiction reader (*The Coming Wave: AI, Power, and Our Future* is on her shelf); *Canterbury Tales* proofreader without compare; finds crabbing therapeutic; and whose time with family trumps all.

Ann is a gambler, and she is betting that the RC and the community it serves will have a good 2025!

—Seetha Srinivasan, 1012 GT

## From Debi's Desk

### *Comments from the President of Canterbury Court*

As 2024 ends, I've started thinking about the resolutions I want to set for myself for 2025 that I really have zero intentions of accomplishing, such as catching up on making photo books from all of our family trips or taking up running so I can justify my daily carb loading.

But this last Saturday morning as I was getting breakfast ready for the kids, an odd, almost unrecognizable feeling came over me. I was being called to do something highly important. Something that would make a tremendous impact but would be difficult and uncomfortable. I tried to quash this feeling, ignoring it, distracting myself with other tasks. But there was no escaping it. It was clear to me; I was going to need to tackle cleaning out our walk-in pantry.

It may sound like I'm being a little dramatic in my description of this undertaking. But I assure you, I am not. I decided to grab the bull by the horns and rolled up my sleeves to get started. I grabbed a heavy-duty trash bag, and the first order of business was throwing out food with long expired "do not use after" dates. Wowzer. Filled up almost an entire bag with that alone. I think our record expiration date belonged to the dried black-eyed peas from 2020. I fear it may be a bad omen to discard a container of long expired food that was purchased to bring about good luck.

There were a few good finds in the

process, like discovering we had four unopened bottles of ketchup, five jars of marinara sauce, four years' worth of stashed away Halloween candy, and a confusingly large amount of takeout utensil packages. I saved those neatly packed utensils just in case. My grandmother was most certainly smiling down on me as I did that. Plus, I was able to rediscover the rolling cart I bought at an accumulation sale a few years back.

Once the expired food was taken care of, I decided to bring in the reinforcements and drag my husband into the mess. It was time to pull out the things on the floor and face the harsh reality of what happened to the dry goods that spilled and were never thoroughly cleaned up.

The process wasn't entirely traumatic though. After some initial gagging, it was cathartic to get rid of the things that we no longer needed and to clean up all the drips, leaks, and crumbs that had accumulated on the shelves. I think the call I heard that morning was just my inner voice encouraging me to let go of the clutter and mess of the past and to get ready for fresh new things in 2025. Wishing you all a happy, healthy, and bright new year!



*Debi McNeil*

## From Canterbury Court's Administration

Happy New Year!! I hope that everyone had a joyous holiday season and is looking forward to a healthy and prosperous new year!

One of my recent passions, carried over from 2024, is educating people on the uses and efficacy of medical cannabis, which is legal in the state of Georgia. My mother suffered her entire life with osteoarthritis and other health conditions, which resulted in chronic pain. Her treatment plan was to address the pain, so she resorted to NSAIDS and narcotics for relief. These drugs were helpful, but did not address the root cause of the pain. In the state of Michigan, where my mom lived, medical and recreational cannabis is legal, and at one point she visited a dispensary where they suggested that she try a "gummy" to help with her pain. As with any new drug, understanding how it will work, and the awareness of the proper dose are essential. My mom didn't have the confidence and oversight that she needed, so she only tried one time and gave up.

I just wish that I had the knowledge and experience that I have now, as I could have helped my mom. So, this is why this quest is important to me. I can speak from my own experience, as I have been using the topical cream and tincture now for over six months and have found them very effective for inflammation and for helping with sleep.

Late last year we had two presentations for residents to learn the science of medical

cannabis. One was by an MD from Emory Health Systems, who has used it very successfully in her practice for several years. We also hosted a discussion with Botanical Sciences, one of the approved medical cannabis dispensaries in the state.

Their purpose was to review the process and cost for obtaining a medical cannabis card. Since this meeting, we have had 20 residents file for their card.

We will continue to educate residents about medical cannabis, and our next meeting with Botanical Sciences will be on Tuesday, January 7, at 2pm in the Vermont Community Room. The team from Botanical Sciences will bring someone from Elevated Health and will be able to do assessments for any resident who wishes to get a card. Our medical director from Monarch Pavilion, Dr. Jesse Cannon, is also authorized to approve cards, and we will continue to advertise the dates that he will be taking appointments in the Clinic.

I will gladly sit down with anyone who would like more information about medical cannabis, so please reach out to me directly.

Many Blessings!

—Julie Parker  
Chief Operating Officer, LNHA



*Julie Parker*

## From the Residents Council

The nature of the relationship among the Board of Trustees, Canterbury Management, and the Residents Council of Canterbury Court is important but not always clear to residents, and hence it is the focus of my first column.

The Board of Trustees of Canterbury Court has six Trustees from All Saints', six Trustees from St. Luke's, a maximum of four Trustees at Large, and two CC Resident Trustees. These are voting members who serve three-year terms, except for the Resident Trustees who serve two-year terms. The Chairman of the Board is David Aldridge, a Trustee from All Saints'. The Board's primary responsibility is to provide governance and oversight of the community, set strategic mission and direction, ensure our financial accountability, and hire and evaluate a CEO who manages the day-to-day operations of the organization. Most of the work of the Board is done through Committees and Taskforces that ensure institutional excellence and the preservation of Canterbury's values.

The Senior Leadership of Canterbury Court (Management) comprises Debi McNeil (CEO), Julie Parker (COO), Lisa Bronstein (CHRO), Matt Kurumada (CFO) and Elaine Scheelk (VP of Revenue Growth). Working with them as Directors are George Lancie (Hospitality), Rebecca Oleson (Resident Services), Alan Allison (Security), Liz Woltzen (Licensed Nursing Home Administrator), Joann Brown (Health Services), Andrew Wiltz (Wellness), Johnathon Taft (Nursing), Frank Wooten (Plant Operations), Mary Beth Walker (Pastoral Care), Denis Omeranovic (IT), and

Christine Guerra (Director of Accounting). Many of these names will be familiar to Residents. These are the people, in addition to many others working alongside them, with whom we routinely interact.



*Ann Pearce*

The Board of the Residents Council consists of four officers, the immediate Past President and eight Members at Large, all of whom are voting members. In addition, there are currently two ex-officio members and eight Past Presidents who attend our meetings as non-voting members. All Residents are members of the Residents Council.

One of the board's purposes is to serve as a liaison between the management of Canterbury and its Residents. We do this by responding to suggestions from the Advisory committees of the Board and referring those suggestions to the appropriate person in Management. We have Service committees and Interest committees that are geared toward just that – service to the residents and addressing their special interests. Thanks to Accumulation Sales, we have been able to generate enough revenue to support these committees that continue to make Canterbury Court a very special place to live.

The Residents Council Board represents the concerns and interests of its membership in a variety of ways. We are a great team – all of us together – and we are glad that each resident is a part of it.

—Ann Pearce, President



## Treasurer's Report

<b>Residents Council Financial Report</b>		
	<b>11/30/2024</b>	<b>Nov YTD</b>
<b>Employee Apprec, Donations</b>	16,095	217,566
<b>Gifts to Employees</b>	-	(193,415)
<b>Scholarships to Employees</b>	(8,000)	(49,947)
<b>EA Expenses</b>		(1,493)
<b>Net Surplus EA</b>	<b>8,095</b>	<b>(27,289)</b>
Donations from Canterbury residents allow us to give employees gifts to show them our appreciation. In addition, employees may qualify for educational scholarships.		
	<b>11/30/2024</b>	<b>Nov YTD</b>
<b>General Operations, Income</b>	3,862	28,897
<b>Interest Income</b>	516	13,278
<b>GO Expenses</b>	(310)	(18,215)
<b>Net Surplus GO</b>	<b>4,068</b>	<b>23,960</b>
Accumulation sales generate income from the sale of furniture, clothing, housewares, jewelry, and books. Expenses are from committees, events, library and general office costs.		
<i>Jean Schick, Treasurer</i>		



*Emerging Butterfly*

# Community News

## Christmas at CC

Canterbury residents launched the Christmas season with festivities that included singing along with a capella group “Like the Dickens,” ‘ringing’ willing CC administrators, and decorating a tree in the Wellness Center.



## Community News

### Staff Party

Canterbury staff enjoyed a midday break with lunch prepared by George Lencie and his team, served by residents, in a room decorated by Chris Calhoun. All reports indicate that everyone had a joyful time!



*Servers: Martha Solano, Vince Capka, LuAnne Schwarz, Sandra Garber, Pat Miller, and Bill Newton*

## Community News

### Choristers Concert

A packed audience in the Vermont Community Room enjoyed the always anticipated annual Christmas concert presented by CC's Choristers, including an "appearance" by Santa Lucia as they sang a Neapolitan folk song celebrating her. Choristers is led by Music Director John King Carter, and accompanists for the evening were Candace Keach (flute), Martha Yasuda (violin), Paul Tate (piano), and Tom Elston (percussion and bells).





*Canterbury Connections brought together a diverse group from the Midwest on December 4 for a reception hosted by Buck and Mary Pat Small, and a dinner organized by Julia Palmer.*

Last month Canterbury Connections brought together people who have golden retrievers, boxers, terriers, and even a collie or two. In January we're going to be bringing together Dawgs, specifically University of Georgia Dawgs. Bob Miller is going to be the host on January 8 for the wine reception in the Front Parlor, and dinner in Hancock Room. If you are a Dawg, call Bob and let him know. He'd love to hear from you! Please make your reservation for this date by calling him at 404-345-5744 by noon on January 7.

Canterbury Connections will bring together health professionals on January 22. Bill Mitchell will host the wine reception, and Maynard Wheeler will take the reservations. If you are a retired physician or Registered Nurse or other health professional, do sign up for this get together by calling Maynard at 404-217-1089 by noon on January 21.

To suggest topics for further Canterbury Connections, contact Haden Winborne at 404-275-5176, Jan Smith at 404-358-4462, or Shirley Timashev at 202-413-1119.

## Community News

### Canterbury Committee Expo 2025!

Introducing Our Canterbury Committees  
Thursday, January 30, 2025, 1-3 pm in the  
Vermont Community Room

Our first Canterbury Committee Expo in January was a great success! Our second Expo is planned for January 30. Come get acquainted with the 20+ committees that support our Canterbury community and see what appeals to you. Find out what goes on here, how things work, and explore your opportunities! The committees will have tables and displays to explain what they do, and in some cases invite you to sign up.

We need you! Our committees give basic support for a lot of things that make us what we are, from Gardens to Library

to Vespers to Hospitality committees. Committees are classed as Advisory (i.e. Healthcare Advisory, Dining), Interest (i.e. Book Club, Choristers), and Service (i.e. Scholarship, Accumulation Sale, Monarch Connections). Getting involved in Canterbury community committees and activities is a great way to meet people, have fun, help your own health and well-being (involvement and socialization is important to keep us "blossoming"!); try out new things, and also to really make a difference for yourself, our community and others.

Judy Reidinger

#856, rjreidinger@hotmail.com

### Parkinson's Support Group

The first meeting of the Canterbury Court Parkinson's Support Group will be at 1:00 pm on Monday, January 13, in the George Hightower Room.

Anyone who has Parkinson's Disease (PD), is a caregiver, care partner, spouse, friend or otherwise connected to someone with Parkinson's is welcome.

A PD support group is an informal, self-managed organization of persons with Parkinson's and their care partners and other supporters – sometimes together, sometimes separate – whose purpose is to educate about the disease, share

information, and offer mutual support in a spirit of self-acceptance.

The Canterbury Court Parkinson's Support Group will meet regularly on the second Monday of the month at 1:00 in the George Hightower Room.

If you cannot make the first meeting but would like to be added to the list of members or have any other questions about the group, please contact Kathy Solley (404-234-6019/erisamom@att.net) or Penny Prime (pbprime@gmail.com/404-644-5193).

## Community News

### What's Next in American Politics?

This is the question that George Brown addressed in a talk he recently gave at Canterbury Court. Professor Brown, whose background is in International Relations, was President of Friendship Force International and designed and led international travel programs. He is an active member of Senior University of Greater Atlanta, where he is also travel coordinator.

Brown spoke to several questions raised by the recent national elections:

What happened? Why did it happen? What's next for Trump and the Republican Party? For the Democrats? Is Democracy in the U.S. threatened?

Brown presented statistics and data that in an evenhanded analysis pointed to reasons for the outcome of the election. The country is almost evenly divided, and the Republican Party does not have a mandate to implement its agenda. He noted that if the Department of Justice and the military become politicized, Democracy as we now define it could be threatened. Brown concluded, not very reassuringly, that ultimately, actions not rhetoric will pave the way forward.



*Jessica Linden, former SUGA board chair, and George Brown*

Professor Brown's talk was a stark reminder of the established but often forgotten reality that elections have consequences.

## Community News

### A Twentieth Anniversary!



*Andrew's circuit training class marks his twentieth anniversary at Canterbury Court as a red t-shirt day.*

Exercise lover, exercise resistant, exercise reluctant—whatever a resident's wont, Andrew has a program for that person.

Andrew is Andrew Wiltz, Canterbury Court's director of wellness, who in early December marked the twentieth anniversary of service to residents.

Andrew has a master's degree in Human Performance and Health Promotion and, reflecting an early interest in the issue of fitness and aging, a Certificate in Gerontology from the University of New Orleans. Viewing the demographics in America, an insightful Andrew realized that there could be a niche for a professional in exercise physiology and fitness for older adults.

Andrew began his career at a CCRC in New Orleans, which didn't even have an exercise room! He moved to Atlanta in

2000 and came to CC in 2004, drawn by, not surprisingly, the warmth of the community and the garden. Andrew talks of the growth and change he has seen. While residents were always eager to follow fitness regimens, they have now become more competitive and open to such programs as yoga, strength training, and classes that address specific diagnoses like Parkinson's. He sees only growth for CC's wellness offerings.

There is hardly a resident who has not encountered Andrew's cheerful and encouraging presence and hardly a resident who is not appreciative of him and all he does for the community—including a daily dose of brain health with his history and vocabulary quiz!

Thank you, Andrew, for twenty good years and counting!



## Community News

### SELC of Georgia

Gil Rogers provided a clear picture of the nature and scope of the work of the SELC. Headquartered in Charlottesville, it has chapters in six southern states. Established in 1986, the SELC is a legal advocacy organization whose mission is to use all aspects of the law to protect environmental and public health. The nonprofit charges no fees to clients; it does not represent individuals. SELC tries to avoid going to court because it is resource intensive and works to resolve disputes by working with all branches of government, local, state, and federal.

The Georgia chapter opened in 1998 and focuses, among others, on its forests, coast, wetlands, clean air, energy, transportation, and land use. The organization prefers collaboration, regardless of party affiliations, over litigation. Rogers gave examples of specific issues that SELC is addressing: preventing a titanium mine that would harm the Okefenokee Wildlife Refuge, ensuring that Georgia Power provides clean energy, pushing it to use more renewables, and protecting Black and Hispanic communities from the impact of wood pellet production.

Rogers's talk made clear that the SELC has a practical and common-sense approach to protecting the environment and that



*Gil Rogers, head of the Georgia chapter of the Southern Environmental Law Center.*

*Resident Jim Gerding is a longtime friend of Rogers, whose talk was made possible by Rebecca Oleson, CC director of Resident Services.*

its focus on local concerns enables it to achieve results. His listeners left persuaded of the efficacy of the work the Southern Environmental Law Center and its Georgia chapter.

## Welcome Mat

### Renu Lonial

After Renu greeted me at her door and offered me tea and biscuits, I asked her how she met her husband, Subhash. She told me that the first time she ever boarded an airplane was when she flew from Calcutta, where she grew up, to Delhi to meet someone who had been chosen for her.

He was from Karachi, British India (now Pakistan), but had graduated from Carnegie Mellon in Pittsburgh, PA, and was working for General Electric in Louisville, KY. He had come home for two weeks to find a wife. On August 1, 1966, Renu met Subhash under the supervision of her aunt and his father and aunt, and they married on August 20. He then returned to his job in the States, and she joined him in Kentucky in November.

When Renu arrived in the U.S., she already had her degree in Nutrition. In India, the degree was titled “Home Science,” and her new husband assumed it meant she had learned to “keep house” and care for children, but he soon realized that that was not the case!

Subhash ultimately became Professor of Marketing and Engineering at the University of Louisville. Renu earned a Master of Arts in Teaching at the University of Louisville, with a major in nutrition and a minor in teaching and management. She taught nurses at Spalding University and assisted other dietitians in getting registered. Eventually she served as the Therapeutic Dietician and then the Food Service Director at a 350-bed hospital in Louisville. She also had a



#### **Renu Lonial**

Birthplace: Lahore, British  
India (now Pakistan)  
Apartment: 1003 GT  
Move-in Date: October 3, 2024

consulting business for patients who had been referred by their doctors, as well as for those who were undergoing kidney dialysis.

The couple lived in Louisville for over forty years. They had two sons, one who is an oncologist at Emory and another who lives in Brooklyn and is an Associate Dean of Engineering at NYU.

In 2013 Renu needed to make a move because she had a condition that caused her to be extremely sensitive to cold. They visited St. Petersburg, FL, and fell in love with it, deciding to retire there. Subhash commuted between Kentucky and Florida for two years, and then lived full time in St. Petersburg. Sadly, he died of cancer in 2019. Renu’s health issues became a little more troublesome, so her son here in Atlanta wanted her to move nearer to him. She chose Canterbury as the perfect place for her.

—Gayle Mitchell, 1309 GT

## Welcome Mat

### Roger and Edie Palmer

Roger Palmer is in the Hodag Hall of Fame in Rhinelander, Wisconsin. The Hodag, a fierce, mythical creature dwelling in the Northwoods of Wisconsin and Minnesota, is mascot of the Rhinelander High School football team, and was voted the #1 high school mascot in the United States. A basketball star and a football all-stater, Roger attended the University of Wisconsin on a football scholarship. The Hodag had morphed into a Badger.

Edie Palmer grew up 1,296 miles almost due south of Rhinelander in Waycross, Georgia, hard by the Okefenokee Swamp. Edie was an all-stater in basketball for the Ware County High School Gators and is in the Waycross-Ware County Hall of Fame.

She followed that with Jacksonville University, a master's in education from North Florida University, and seven years as a schoolteacher. Later, she led classes in English as a second language at a local church. Remarkably, Edie has a granddaughter who is an Army plebe at West Point and a grandson who is a Navy plebe at Annapolis.

Roger had a 40-year career in accounting, finance, and operations. He was CFO of Pettibone Corporation, CEO of Jacksonville Shipyards, and CEO of Super Steel Products. Roger capped his career as CFO of Fleet Landing, a Life Plan Community in Atlantic Beach, Florida. Roger helped widen the retired-Naval-officer focus of Fleet Landing to improve its financial footing.

Edie and Roger met playing tennis in Jacksonville, where Roger had been sent to close Jacksonville Shipyards. Instead, he brought it back to life as a successful business. Edie clearly



### Roger and Edie Palmer

Roger: Birthplace: Rhinelander, WI

Edie: Birthplace: Waycross, GA

Move-in Date: Sept 13, 2024

Apartment: 1011 GT

remembers that she let him win. This led to a wedding 8 years later and their 28-year marriage.

Edie's and Roger's athletic prowess continued for years. In golf, Edie got a hole-in-one in 2020, and Roger got one in 2022. For his golf talents, Roger was named the Super Sonic Senior at San Jose Country Club in Jacksonville.

Edie, who lived in Salamanca, Spain, for six years, says what they like most in travel is surprise. Surprise in Iceland and Croatia was in the landscapes and natural scenery. Surprise in 2018 came in Sancti Spiritus, Cuba, a settlement founded in 1514, where they visited a church that was packed for Mass. With spirited hymn singing, the joyous sounds filled the surrounding streets. More: a teacher there invited Edie to his school to teach a class.

The Okefenokee Swamp and the Wisconsin Northwoods have arrived in Atlanta to add to the rich geographical diversity of Canterbury Court.

—Bob Miller, 1409 GT

## Welcome Mat

Ora and Jerome Poole

Should I be at the Rapture, I could easily  
imagine hearing Ora Poole singing  
*Some glad morning, when this life is over  
I'll fly away...  
I'll fly away, oh glory  
I'll fly away  
When I die, Hallelujah, by and by  
I'll fly away*

This Gospel is reflective of Ora's singing gifts and reminiscent of Ora's and Jerome's aviation careers-- Ora's as an international and Spanish route flight attendant with Delta, originally based out of New Orleans, then Atlanta; and Jerome as a baggage handler with Eastern, also out of Atlanta.

Jerome's experience with meeting the constant demands of tight aviation schedules served him well in his next career which was working with behavior disorder students in the Atlanta School System.

Ora and Jerome first met on a tennis court at the end of a workday and married sometime after. To their marriage, Jerome brought three daughters (two are twins).

After retiring, the Pooles moved to a Fifty-five Plus facility in SC and then to Canton, GA, for 12 years. There they met Sandra Garber and Jim Satterfield who were moving to Canterbury Court, and the rest is history. Soon after moving to Canterbury, it became apparent that Jerome's needs could best be met if he resides in the Pavilion. However, residing there does not prevent him from frequently socializing with us in Independent Living.

At Vespers, keyboardists Mary Patton Higgins and Joyce Johnson accompany Ora with just the right number of notes, volume, and frequency to enhance Ora's special soprano voice. One of my favorites is Ora's



### Ora and Jerome Poole

Birthplaces: Ora, New Orleans;  
Jerome, St. Simons Island, GA  
Apartments: Ora: GT 811,  
Jerome : WP 3202  
Move-in Date: 31 August 2023

rendition of "Sweet Little Jesus Boy," sung at Christmas.

Ora was born in New Orleans and lived in a project, called Desire, with her four brothers and four sisters raised by their mother with a steel fist and a warm heart. At 12, Ora began singing in public--in church choirs, and for weddings, funerals, birthdays, and other special occasions.

Ora's close-knit family helped her and Jerome move to Canterbury. Since the family would not accept money for payment, the Pooles thanked them with tickets to "Hamilton."

Thank you, Jerome and Ora, for your infectious smiles - "You make us happy when skies are grey!"

We sing because we're happy, we sing because we're free,

For His eye is on the sparrow, and we know He watches o'er we.

—Jim Wylie, 522 CT

## Welcome Mat

Rachel Rautenstrauch

Rachel, a longtime resident of Winter Park, Florida, came from there to Canterbury. Her smooth transition was arranged by her daughter-in-law, Tabitha. The first thing you see when entering Rachel's apartment on the third floor of Azalea is her piano, which has been a very important part of her life.

Rachel was born in northwest Alabama, educated in local schools, and attended college at the University of Alabama in Tuscaloosa, where she earned a Bachelor of Music degree. It was there that she met and married Peter Rautenstrauch in 1959. After Peter earned his master's degree in mathematics, they moved to Auburn University, where Peter earned his PhD. They then moved to Texas, where Peter taught mathematics at the University of Texas in Austin. Colleges in Florida were creating more teaching opportunities, and Peter was one of the first to be hired at the University of Central Florida in Orlando, where he taught mathematics until retirement. After Peter's passing in February 2024, Rachel wanted to be nearer to her son Christopher and his family in Atlanta, and it was arranged that Rachel should move to Canterbury Court in August 2024.

During their fifty-six years in Florida, Rachel continued to give private piano lessons and care for her two sons. When the boys were approaching their teenage years, she and Peter purchased twelve acres with a house and barn, and the family moved to the country outside Winter Park, an Orlando suburb. The land, barn, and pasture were perfect for horses, and horse owners were



### **Rachel Rautenstrauch**

Birthplace: Jasper, Alabama

Apartment: Azalea 2302

Move-in Date: August 22, 2024

pleased to board their horses and have them cared for—groomed, fed, and exercised daily. Karl, the older son, especially enjoyed feeding the horses. Unfortunately, Karl died a few years ago. The younger son, Christopher, earned a degree in dentistry and presently has his practice in Woodstock, Georgia. The older grandson, Will, is studying dentistry at the Medical College of Georgia. The younger grandson, Nathan, is studying Entrepreneurship at the University of Mississippi.

While Rachel initially was a reluctant Canterbury resident, she now concedes that she is extremely happy with the choice made by her daughter-in-law Tabitha. Everyone has been friendly and welcoming, and Rachel looks forward to future participation in various activities.

She enthusiastically added, "There is so much love here."

—Jim Hoover, 1313 GT

## Welcome Mat

Zelma Schacher

Zelma married and emigrated from Budapest, Hungary, to Atlanta, Georgia, in 1975. She and her husband settled in Ansley Park, here, in Atlanta. With her expert education as a couturier and tailor, she established her fashion business over time. Designing high fashion elegant wear for her clientele, she became very successful in the world of Atlanta's haute couture. Her meticulous eye and her European training promoted her name throughout the city. Although her name is Zelma, she prefers to be called Zelmi.

As a young adult in Budapest, Zelmi's high energy and inquisitive mind encouraged her to pursue a variety of interests outside of the fashion world. Always athletic, she's enjoyed tennis, dancing, singing, and studied the martial arts, so she could protect herself as a young woman in an urban environment. In addition, she's an avid reader, liking both fiction and nonfiction. Her passion for music and opera has continued throughout her life. When she lived in Ansley Park, she loved walking to the Atlanta Symphony concerts.

Zelmi moved into Canterbury Court this September. She's still settling into her lovely home. When she visited Canterbury Court for the first time, she knew immediately that Canterbury was the ideal choice for



### Zelma Schacher

Birthplace: Budapest, Hungary  
Apartment: 1809 Garden Tower  
Move-in Date: September 2024

her. She relishes her views from her windows and cherishes the natural lighting. Presently, she's dealing with computer and communication issues, as many are.

Zelmi has spent her life appreciating and creating beautiful things both in nature and in artistic creativity. She's a fascinating lady who adds elegance to Canterbury Court.

—Janice Carter, 1212 GT

## Welcome Mat

### Sandy and Maynard Wheeler

Sandy and Maynard met when she asked him, because of his height, to put a star on top of a Christmas tree for patients at Columbia's Presbyterian Hospital. Maynard was a student at Columbia Medical School, doing a rotation on the ward where Sandy was a nurse. They married, and after Maynard completed his internship, they lived for two years in Peru while in the Public Health Service assigned to the Peace Corps. He completed his residency in Ophthalmology at Columbia and a year of Fellowship in Philadelphia, after which he became the first Pediatric Ophthalmologist in Connecticut. After raising their two daughters in the Hartford area, where they lived for 33 years, they semi-retired to New Hampshire in 2002. Canterbury Court makes the seventeenth home they've lived in during their marriage. Sandy and Maynard were drawn to Atlanta by their two daughters and three grandchildren, who live in Midtown.

Sandy's B.S. in nursing from Columbia was followed by an M.A. in Medical Anthropology and an M.A. in American History. The director of a local house museum sent her to the National Archives to learn how to archive papers found in the attic, and so began another career: making old documents accessible to researchers. She now volunteers for the New Hampshire Historical Society transcribing handwritten documents difficult for many researchers to read. She organized a mass of old letters and photographs from Maynard's family, and he scanned the images and used the information to create books about ancestors to share with relatives. Sandy also had a studio where she taught basketmaking and sold her work. Her



#### **Maynard and Sandy Wheeler**

Birthplaces: Sandy, Holyoke, MA  
Maynard, New York, NY  
Apartment: 819 CT  
Move-in Date: October 11, 2024

beautiful baskets from large to tiny ones are displayed throughout their apartment.

Maynard's medical specialty was pediatric ophthalmology. He discovered he liked having children for patients and fixing their "lazy eye" so they would have perfect vision. Maynard has a large CD collection of classical music and a huge stamp collection that is a never-ending work-in-progress. Maynard is an avid mycologist (mushrooms) and enjoys photographing them, which he can do in abundance when he and Sandy are at their home in New Hampshire from May to October.

Here at Canterbury Court they like going to the Atlanta Symphony, exercise classes, the pool, and the Foxhole. With all the Wheelers do and have done, one might ask whether there is anything they don't do. The answer is yes: they don't watch television.

—Maggie and Tom Harney, 1502 GT

## Art Gallery

Four ladies, over the years, have found peace, solitude, and happiness in stitching on needlepoint canvas. Making angels, Santas, ornaments, pillows, etc., has brought them “comfort and joy.”

Julia has stitched in the car, at meetings and at home.

Pat stitches all the time. She uses many different stitches and loves color.

Haden has been stitching for years, making many happy with her gifts and skill. Janice is a sometime stitcher—usually picking up a needle to make a gift for someone else.

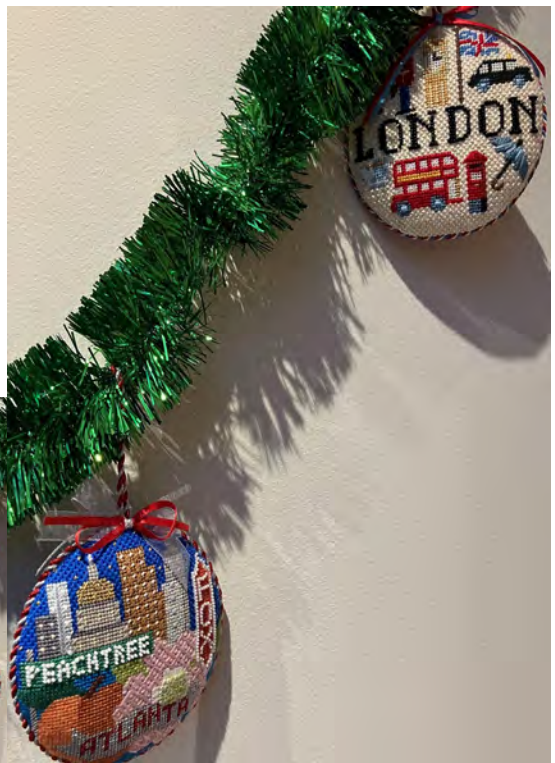


*L to R: Janice Cook, Haden Winborne, Pat Henry, and Julia Palmer*





# Art Gallery



## Wellness Letter

### Toward Happiness

How do we define happiness? A Google search provides the following: It is a mental or emotional state of well-being defined by positive or pleasant emotions, ranging from contentment to intense joy. A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources. An individual's definition of happiness provides insight into that person's character and interests. On a community level, it can connect us in a harmonious way to others in sharing positive intentions. We should strive to create a culture of happiness at Canterbury. Life will have its ups and downs, but let's find sources that bring us joy.

There are dimensions of wellness that move the definition of health and well-being away from a mindset based on management of disease and into prevention strategies. I'm sharing with you seven that have been the model for the International Council of Active Aging. They are: Emotional, Intellectual/Cognitive, Physical, Professional/Vocational, Social, Spiritual, and Environmental. If you are actively engaged in these dimensions in life, there is a good chance that you have balanced mind and body. Even with limitations, you can have happiness in your life, and you can cope better when things aren't so great.

We are experiencing generational changes at Canterbury. There are some of you who have moved in recently who had parents that lived here. We have the WW II generation, the Silent Generation, and Baby Boomers. This is an exciting opportunity to weave

collective wisdom. With the diversity of people and interests, there is a plethora of ideas that can cultivate geniality. There are successful professionals in the spectrum of business, arts, and humanities. The Residents Council and various Committees are tapping into this wealth of experiences to make connections with those within and outside of our community. This creates an opportunity to build relationships that can bring fulfillment and joy. There are many examples of this happening. The Resident Wellness Committee has collaborated with Wellness Staff to host the Canterbury Olympics over the summer. Recently, they co-hosted a Christmas Kickoff party with the Activities Committee. Both events were fun and celebrated community.

We have a community that enjoys sharing values in meaningful and joyous ways. If we nourish our intentions, attitudes, and beliefs to promote positivity, we have fostered a culture of happiness. It may be a challenge to maintain it, so we must not forget how good it feels when we have it. By staying connected and striving for that next opportunity for joy, we can celebrate the fulfillment it brings for us all.

—Andrew Wiltz, Director  
Wellness Center



*Andrew Wiltz*

## Nutrition Notes

“I’ve Always Wondered”. . . Some Food Questions, Answered

Arlene, a Registered Dietitian Nutritionist (RDN), conducts grocery store tours with groups of her clients to answer common questions and offer guidance in making smart food choices. Arlene is beginning this tour in the produce section, so let’s join. One of her clients has already asked,

**Q. “My mother said a healthy meal had to include a green vegetable. Is that true?”**

A. Arlene, thinking ‘myths are hard to banish’, responded, “No, a healthy meal does not have to include a green vegetable. There are so many veggies of other colors, like carrots, red, yellow or orange peppers, beets, cauliflower, squashes and sweet potatoes. These vegetables each contribute different vitamins, minerals, and other substances like flavonoids. Mom is usually right, but she may not have had the full story about vegetables. The best strategy for a healthy meal is to serve two or more veggies of varied colors.”

**Q. At the dairy case, another client asked, “Can I substitute almond milk for cow’s milk?”**

A. “Yes and no.” Arlene explained the nuance, “cow’s milk naturally is a good source of complete protein and calcium. Almond milk has less than fifteen percent of the protein in cow’s milk and needs supplementation to offer calcium. It is lactose free and lower in calories if unsweetened. Unlike cow’s milk, stabilizers and preservatives may be added to almond milk for flavor and texture. Added sugar increases calories. Almond milk can be used as a milk-like beverage if you know its contents and get protein elsewhere.”

**Q. Spotting a favorite granola snack bar on a grocery shelf, a client asked, “It’s a healthy choice, right?”**

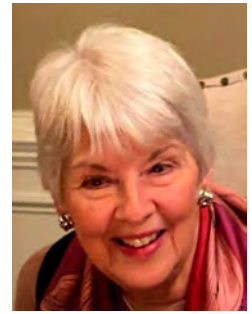
A. Demonstrating use of food labels, Arlene showed ‘high in fiber and whole grains’ printed on the front of the package. “These statements make splashy advertising, but the real nutritional value is shown in the regulated Nutrition Facts table on the package.”

Arlene pointed out, “there are no unfamiliar additives in the ingredients list, and the Nutrition Facts table validates fiber claims. However, ingredients include tapioca syrup, molasses, brown rice syrup (sugar has a lot of “aliases”), amounting to a whopping 9 grams of added sugars, more than a third of the recommended daily maximum for women. Your granola bar,” Arlene explained, “has some healthful benefits, but some downsides, so it may be OK occasionally but not every day.”

Arlene sent her clients home with guidelines for purchasing healthy foods at the grocery store.

1. Study labels to know what you are buying and eating.
2. Buy a wide variety of healthy foods. That is especially true with vegetables.
3. Read sources that offer accurate science based nutrition information to banish food misinformation and make healthy choices. One resource is <https://www.nutrition.gov>.

—Judy Bodner, RDN  
781 VT



*Judy Bodner*

## Health News

### Be Aware and Take Care!

While still working, and before COVID was in our world, for about a week, I felt sluggish, was coughing, and had to go to bed earlier than usual. Each day became a struggle. I focused on seeing my people and avoiding rescheduling--or more simply--stubborn me kept on working. My long-time nurse and an older partner insisted I get a chest X-ray. It showed pneumonia--on both sides. The same day I saw a pulmonologist who prescribed antibiotics, sent me home to rest with fluids, and promised that I was not infectious. So, life happens. We can quickly be sicker than we realize. I was fortunate to stay out of the hospital.

With winter, viruses swoop in--or float in on winter weather systems. One of our jobs at Canterbury is to avoid seasonal illnesses, optimize our health, and enjoy our unique community. We best monitor ourselves for clues that we may be coming down with something. We need to respond early and reach out to our PCP or the Medical Clinic. It's easy to ignore progressive cold symptoms as we push on. It happened to me. It does not have to happen to you. Get checked out.

Commonly, one can “catch” Community Acquired Pneumonia that's silent. That was me! Then, with delay, a cluster of other problems might follow such as swollen feet, a faster and irregular heartbeat, fatigue, cough, and shortness of breath. Soon, you feel weaker and become more aware of your symptoms. You feel worse and

unknowingly don't drink as much water. This is hospital time. Don't wait for a “convenient” time to call! When presenting for screening, these are the very problems your practitioner is looking for.



*Jack Dawson*

Now you may have the whole cluster of pneumonia, atrial fibrillation, congestive heart failure, and dehydration at once. Your kidney labs worsen—termed “kidney failure.” You're hospitalized until all is better. Even more is at risk if there is diabetes and other underlying diseases. It's just better to seek help, even if it may not seem needed, to avoid the genuine struggles of the ordeal and the necessary recovery.

My story occurs too often. We each should just swallow our pride and ask for and accept help. Be more aware, take care, and be your independent self. Our systems are unknowingly sensitive. Many underlying diseases cluster together and may worsen simultaneously. It's always better to act early. Everyone on your team needs your help. What I want is a meaningful life worth living by supporting my health and well-being. I am on a new path now and diligently practice more prevention.

—Jack Dawson, Chair  
Health Advisory Committee

## Program Director of Wisteria Memory Care

Minutes after meeting Keonna McKinney, Program Director of Wisteria Memory Care, I knew she was approachable, compassionate, and highly experienced with a delightful self-revealing sense of humor. A natural teaser, she uses herself as a model as she engages with individual Wisteria Residents. Encountering a distressed Resident, her first thought is, “What need is not being met?” Keonna exemplifies the culture fostered by the Eden Principles of compassionate concern and a commitment to understand.

With Wisteria Residents who experience heightened emotions and cognitive decline, the staff needs teachers like Keonna with her constant attention on their need for belonging, being heard, understood, and valued, leading to a sense of contentment and well-being.

When Keonna encountered a Resident who was atypically reluctant to stand to walk to dinner, she was puzzled by the CNA’s unsuccessful encouragement. Keonna joined the CNA’s efforts to understand, asking if this or that hurt. With no response, she turned to touch. Recognizing the Resident’s facial wince as she touched one ankle, both she and the CNA realized the problem. The Resident wasn’t resistant but had physical pain that required appropriate attention.

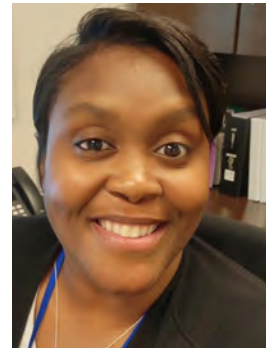
Sometimes what seems like a problem to be solved turns out to be a misunderstanding. Feeling deserted by her CNA, a Resident, distraught over her messy towels on the bathroom floor, marched into the hall yelling, “Where is she?” alarming Residents and staff alike. Keonna calmly found the busy CNA who in turn rushed to explain she

was in the laundry room washing towels to bring to the Resident. Embarrassed by her outburst the Resident apologized, restoring her connection with her CNA.

These examples illustrate the Eden Principles that emphasize a person-centered approach, where respect for and understanding of the needs of both the individual Resident and the care-giving staff lead to a more vibrant and caring environment. The staff functions as a team where the perspective of each member is respected. When this is the prevailing ethos, as it is at Canterbury’s Wisteria Memory care unit, teachable moments occur naturally. Historically drugs were used to quiet a distraught resident in memory care, but using Eden principles, the first response of Canterbury’s staff is to gain insight into a Resident’s unmet need that might be precipitating a particular behavior or actions. Drugs are prescribed only if staff determine that anxiety, depression, or delusions can be alleviated or self-regulation enhanced.

Keonna McKinney with her compassionate, collegial nature, and her years of experience embodies an innate regard for Wisteria Residents and the staff serving them. Learning together, supervisors and staff strive to create a culture focused on the individual that offers a meaningful life and a sense of wellbeing.

—Eleanor “Ellie” Lee  
Member, Health Advisory Committee



*Keonna McKinney*

## Canterbury's Garden

Sandra Garber, chair of the garden committee, has asked me to continue writing these articles, and I am delighted to do so. This past autumn was not a stellar season for fall color, but Canterbury had its own display. Did you see the golden glory of our Ginkgo trees? We have three of them that have been showstoppers.

The oldest is in the Legacy Garden, and it's also the latest to turn yellow, but Sandra sent me a picture of it with its circle of leaves all of which dropped to the ground at the same time. The tree behind the new greenhouse was a surprise. It had been hidden in the woods until our construction project necessitated cutting down some trees near it. Lo and behold! Here was this tall Ginkgo in blinding bright yellow. Then there is Hazel's tiny tree in the Secret Garden. She and her husband found the seedling by the side of the road, dug it up, and cared for it until it was thriving by the side of the old greenhouse. Was it worth nearly \$1,000 to

have it moved to safety from the bulldozers? The Garden Committee voted yes, and it is now doing well in its new location in the Secret Garden.

The Ginkgo tree, with its fan-like leaves, is the oldest tree on earth. It has been here for over 200 million years, but it became extinct in North America for 7 million years. The trees survived the ice age in the mountains of China, cared for by Buddhist monks who later took them to Japan. In 1785 three of the trees were brought to Philadelphia, and at present Ginkgoes are prolific and can be easily purchased in plant nurseries.

Come out and enjoy the wonder of the Gardens in every season.

—Margaret Langford  
For the Garden Committee



*Sandra Garber*



## Tales From the Library

So, You Want to Write a Book (Part 2)  
*Are We Related to Anybody Famous?*

Last month, we followed Josh Taylor on his journey to write a book, from his inspiration through his research. This month we will continue that journey with his writing and publishing process.

Josh's goal was to provide a family history and stories for his family, with stories short enough to be read by younger grandchildren. He wanted it to be an example of a family history "somewhere between a memoir and a data dump presentation of family trees." He learned a lot about the book publishing process from his prior book *Love Letters Over the Pacific*, correspondence between his parents during World War II, which was a four-year process.

### Assembling Information

Josh's source information was abundant and included family trees with 2,550 names (9-12 generations), 200 pages of notes and stories, many letters, and hundreds of family pictures. Selecting the details to include was a challenge. He chose to focus on the most interesting stories, meaning a lot was left on the "cutting room floor."

### Writing the Narrative

Josh says that in writing the narrative he tried to narrow the focus and select stories of interest with a first-person perspective. The first draft in a third person "just the facts" was quite boring! Finally, he created a narrative that was a combination of his writing and the editing of notes, comments, and letters that had been transcribed by cousins. Again, came more research and fact checking.

### Designing the Book

The final production includes 48 chapters that are informally divided into chapter groups that included introduction, family trees, sources of names, specific family stories and history, poetry, short stories and letters, questions that remain, appendix, and finally acknowledgements for a total of 193 pages.

### The Publishing Process

Josh selected a copy editor, Susan Soper, who provided a general book design as well as content editing guidance. He had used BookLogix as a publisher before, which was helpful in considering options on book length and budget. Chapter design was like solving a jigsaw puzzle and included where to place the 95 pictures.

Creating the design involved a long list of decisions that included everything from front and back cover design to font and paper weight. Details on binding and media options were just a few of the other tasks that helped produce the finished book.

After four years *Are We Related to Anybody Famous?* came off the press. It can be found in the Canterbury Library in the CC Authors Section. Please enjoy reading it and then take the opportunity to get more details from Josh about his experience.



Anne Jones

—Anne Jones, Chair  
Library Committee

## Four C's

“We are saving the environment. We don't have to jump in our cars to get these items.” So said a recent customer. We're certainly glad to do our part to Reduce, Reuse, and Recycle! We have recently added Earth Breeze laundry sheets, for instance. If you have a favorite environmentally friendly product, let us know and we can give it a try. We all wish we could get rid of plastic bags, but at least we can give them a second life by reusing them in the store! We also have reusable food containers (bento boxes) to use when taking food out of the dining room.

The new Tuesday afternoon hours are going well, with no noticeable reduction in business on the other days. Please be sure to welcome new store manager Donna Fullilove, who typically works Wednesday mornings. Our new schedule is:

Monday, Wednesday, Friday: 9:30 a.m.-11:30 a.m.

**Tuesday: 1:30 p.m.-3:30 p.m.**



In case you're wondering how all of our products get to the store, here is a recent photo of a typical weekly Kroger delivery. I also shop at Publix for things that can only be found there. Plus they have great BOGO sales! Anne Haltiwanger shops at Sam's and Walmart, and we both go to Dollar Tree, home of the wonderful, inexpensive greeting cards and Christmas items. Helen Mary McClellan buys stamps. It takes a village of shoppers!



*Gail Rogers*

For all the new residents who may not have found us yet, 4 C's is a convenience store with all sorts of things you need. You can pay with cash or charge to your apartment. We can be found on the ground floor of the Vermont Tower, behind the Wellness Center desk and down the hall to the right. Come see us. And Happy New Year!

—Gail Rogers, Manager  
Four C's Store

*Kroger delivery!*



## Recycling Committee

### Recycling at Canterbury Court

Recycle PLUS is the Reduce, Reuse, Recycle group here in Canterbury. We hope all our residents recycle their paper, magazines, newspapers, books, rinsed/flattened cardboard milk cartons, flattened cardboard boxes, and rinsed plastic containers (numbers 1 and 2). Put these items that can be recycled in the appropriate receptacle in the trash/recycle room on your floor, but NOT IN A PLASTIC bag. Why does it matter that they are not in a plastic bag? CONEX (which is the recycling business Canterbury contracts with), may refuse a WHOLE container worth of recycled material if it is POLLUTED with trash and/or plastic bags. If your housekeeper puts out your material to be recycled, make sure she knows NOT to put them in a plastic bag. Since housekeepers can change, Ashaki Borders, to whom our individual housekeepers report, recommends that we remind them about our recycling practices. Batteries to be recycled can be placed in the labeled container in the trash/recycle room. Call the IT department at extension 3201 or 470-381-6744 for pickup when the battery container gets full.

A recent *Washington Post* article titled “Can Plastic Fit in the Palm of Your Hand?” warned that most small plastics do not get recycled. Condiment pouches, pill packaging, or contact lenses and cases can fall through the sorting equipment at sorting facilities or get mixed up with other recyclables, further complicating the recycling process. Generally recycling facilities don’t take plastic items that are

roughly 3 inches or smaller in diameter—plastic straws and utensils are “no go’s.”

Judith Enck, a former Senior Environmental Protection Agency official in the Obama administration, now heads up Beyond Plastics, an advocacy organization. She warns these small items are frequently made of different types of plastic or a combination of material, which cannot be recycled since items of the same type are compiled into truckload quantities at sorting facilities before being moved along to be recycled.

In the mail room, as you want to get rid of junk mail, just deposit it in the box with a wide slit in the rightmost area of the mail room labelled “RECYCLE HERE, Junk Mail Only.” Use the white trash can with the liner for real trash like drink cups and small litter.

If you have any actual pumpkin rinds/shells to dispose of, compost it in the same place where you compost your eggshells, banana peels, and coffee grounds. A trash container with a foot-operated lid is available in our wonderful garden area near the dog park.

Come to the Canterbury Committee Expo on January 30 to find out more about what you could do as a committee member or a floor monitor with Recycle PLUS.

—Jessica Linden, Chair  
Recycling Committee



*Jessica Linden*



## Christmas in the Foxhole

Mary Capka kept busy using the Foxhole's new wood lathe to make Christmas gifts. She made pens turning special wood parts for them using the newly purchased carbide turning tools. Making the pens requires several steps, and Mary and her husband, Vince Capka, mastered these steps that resulted in very special Christmas gifts.

The Foxhole is pleased to have this new advanced wood lathe which made Mary's work easier and faster with excellent results. The Foxhole replaced its outdated wood lathes earlier this year. The new lathe is electronically speed controlled so adjusting the turning speed is effortless.

In January the Foxhole will have a presentation of a CNC (computer numeric controlled) router. The system is made by Shaper Origin and will be demonstrated by Justin Smith, Foxhole Coordinator Mike Smith's son. He will make an irregular shaped bowl using the computer-controlled router. To be familiar with this machine enter "Shaper Origin" in your search screen window. The date for the demonstration is January 18, 2025, at 10am in the Foxhole. A preview of the capability of this machine will be shown with the construction of a new Lazy Susan for the Hancock Dining Room. The center of the lazy Susan will have an inlaid profile of a Fox made by the CNC.

At a later date, members of the Foxhole will present an informational and familiarization session on the new lathe



using the new carbide turning tools. These new tools allow a novice to achieve good results making beads and coves. In the future, other information sessions will be held on the miter saw, band saw, and other equipment.

The Foxhole would like to hear from any new resident who enjoys woodworking. If you are interested in becoming a member of the Foxhole contact Ernest Ramsay (770-312-3688) or Mike Smith (864-710-1531).

The focus of the Foxhole is to make repairs to Residents' furniture. It also repairs lamps and sharpens knives.

—Ernest Ramsay  
For Members of the Foxhole

## A Meditation

We have come here to dream...  
what my life was like  
what my future may be.

We have come here to wonder...  
what my children remember  
what my grandchildren imagine.

We have come here to pray...  
And forgive us our...  
As we forgive those who....

We have come here in awe...  
A lifetime blink  
A future into a past.

We have come here with others...  
A Canterbury Court of passengers  
On a Canterbury trip of faith.

—Jim Coomer, 903 CT



## Resident Services

### Save the Date

#### January Events & Trips:

- January 3rd: Clyde May's Canterbury Art Tour (floors 5-8) with Sandra Garber
- January 6th: Trip to Episcopal Church of the Holy Family for "Three Kings Musical" with John Carter
- January 8th: Lunch at Rumi's Kitchen, Sandy Springs
- January 10th: Clyde May's Canterbury Art Tour (ground floor to 4th) with Sandra Garber
- January 12th: Trip to ASO with David Coucheron "The Four Seasons"
- January 16th: Trip to the Atlanta Black History Tour with Jim Howe, lunch at Six Feet Under
- January 22nd: Dinner at Nino's Italian Restaurant
- January 23rd: Trip to Georgia O'Keeffe's "My New Yorks" at the High Museum
- January 30th: Residents Council Committee Expo, VTCRm





January 2025

*Photo: Lu Anne Schwarz*