

DECEMBER 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO NOVEMBER



INSIDE THIS ISSUE:

Musings from the Executive Director
What Happened Last Month?
Shalem Prayer & Praise
December Celebrations
Resident Notices
Monthly Events at Shalem



Shalem
Society for Senior Citizens Care

SHALEM MISSION STATEMENT

MISSION:

Shalem, meaning wholeness, was formed with the mission and communal desire to provide a Christian setting that enhances the well-being of seniors.

VISION:

A caring community to call home.

VALUES:

At the heart of Shalem is a Christian community where God is at work and we care, share and celebrate.

We value:

- Respect and acceptance
- Justice
- Compassion
- Stewardship of resources
- Community



"To act justly and to love mercy and to walk humbly with your God."
(Micah 6:8 NIV)



O Holy Night

O holy night, the stars are brightly shining,
It is the night of the dear Saviour's birth;
Long lay the world in sin and error pining,
'Till he appeared and the soul felt its worth.

A thrill of hope the weary world rejoices,
For yonder breaks a new and glorious morn;

Fall on your knees,
Oh hear the angel voices!
O night divine!
O night when Christ was born.
O night, O holy night, O night divine.

LIVING WELL TOGETHER

Musings from the Executive Director

DECEMBER 2021

God's Promises Fulfilled

*For unto us a Child is born,
Unto us a Son is given;
And the government will be upon His shoulder.
And His name will be called
Wonderful, Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6*



I sometimes wonder what it would have been like to live in Old Testament times. For centuries, people relied on the rituals and laws of the tabernacle – the church of the day – to demonstrate their obedience to God. They lived in hope of the promise given to Adam, Abraham, and many other Biblical leaders and prophets over the years. God had been promising to send the Messiah for centuries, and many of the Jews probably doubted if it would ever really happen.

Perhaps that is what makes Christmas so meaningful and important. It is a reminder of the fulfillment of God's promise – to all. We no longer live in the hope of that promise. We get to live in the reality of that promise. We get to live in grace rather than penance. We get to live in mercy rather than punishment. What a beautiful place to be able to live. That is Christmas!

God's gift of His Son is a reminder that God always keeps His promises. There are thousands of promises in the Bible that God gave throughout the generations. Here are just a few.

1. **God is always with me.** Joshua 1:9 "This is my command-be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."
2. **God is faithful.** Hebrews 10:23 "Let us hold unswervingly to the hope we profess, for he who promised is faithful."
3. **God is kind and compassionate.** Isaiah 54:10 "Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed, says the Lord, who has compassion on you."
4. **God designed me for a purpose.** Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Continued...

LIVING WELL TOGETHER

God's Promises Fulfilled

5. **God loves me deeply, no matter what.** Romans 8:38-39 "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

6. **God gives me power for my life.** 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

7. **God's presence brings joy.** Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."

8. **God will fill me to overflowing with hope.** Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

9. **God will strengthen and help me.** Isaiah 41:10 "So do not fear, for I am with you, do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

10. **God will give me wisdom.** James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

As you focus and reflect of the birth of Jesus and the fulfilment of that promise, I pray the reminder of these promises will be an encouragement and comfort to you. God's timing is perfect, and He always keeps His promises. Then and now.

May each of you experience a grace and promise-filled Christmas!

Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

Let's pray for each resident listed, and those that are not, may they feel God's love and peace.

- We continue to pray for God's comfort to be with George and Elsie Van Dyk, as George has moved to other care.
- Let us pray for Bert Zabels' health and for his family in this time of transition.
- Pray for strength and healing for Betty Cragg, prayers for her family as she moves other care.
- We think of Madeleine Mills and her family as she is needing further care and will be moving from Shalem.
- Edna Robson is recovering in Carewest, may she feel God's presence and return to Shalem soon.
- We pray for Carrie Latinka and her family as she requires more care and has moved from Shalem.
- We pray for Eva Vissner, that she may feel God's love and presence in her transition this month.



Welcome

In the Court, we welcome Gerda Weening, and son Eddy, as well as Bert & Anne Jonker. In the Manor we welcome Karen Karperien and in the Haven we welcome Bruno Kurz.

Please join us in welcoming them to our Shalem Family!



This Christmas season, we pray that you may be filled with the wonder of Mary, the obedience of Joseph, the joy of the angels, the eagerness of the shepherds, the determination of the magi, and the peace of the Christ child.

May the Almighty God, Father, Son and Holy Spirit bless you now and forever.



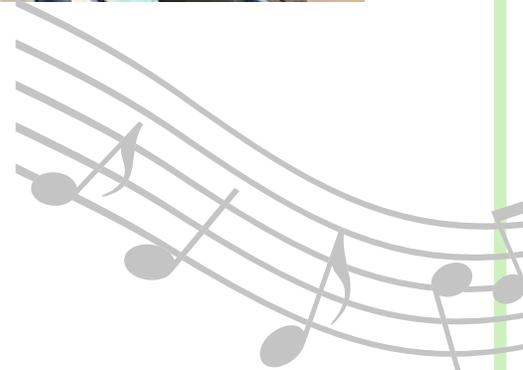
Worship Service
emmanuel church

Worship Services
Every Sunday at 10:00am

Tune into Channel 398 on your TV for Emmanuel Church Service

WHAT HAPPENED LAST MONTH? *Life at Shalem*

Pub Night, Music by Romeo



WHAT HAPPENED LAST MONTH?

November Birthday Party, Music by The Harmonica Tableau



WHAT HAPPENED LAST MONTH?

Bus Trip to the Field of Crosses Memorial



Remembrance Day Service



WHAT HAPPENED LAST MONTH?

Paint N'Sip with Carol



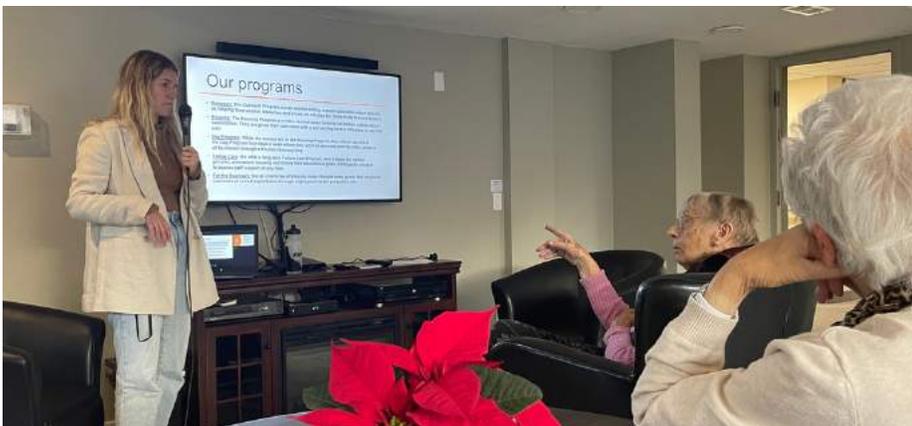
WHAT HAPPENED LAST MONTH?

Learning Sessions

Pharmacist Boon from Richmond Square Pharmacy



Kirstie from Next Step Ministries



WHAT HAPPENED LAST MONTH?

Cappuccino & Colour



WHAT HAPPENED LAST MONTH?

Favourite Recipes with Shallon (SaltFoodPhoto.com)
Thank You to Shallon & Jill for the photos!



WHAT HAPPENED LAST MONTH?

Happy Hour



WHAT HAPPENED LAST MONTH?

Manor Lunch Social



Christmas Decorating



Names Given to the Christmas Trees from Resident Britt. Take a tour and see them all.
The Dining Room "Majestic" The Cafe "Heavenly" The Haven Entrance "Joyful"

WHAT HAPPENED LAST MONTH?

Men's Pub Social



Armchair Travel with Guest Tara Weening



Indescribable



RESIDENT NOTICES



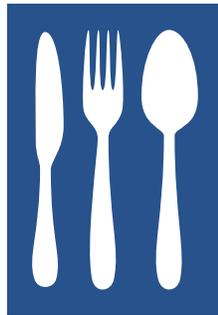
Shalem Atrium Project Update

As most of you have seen the Shalem Atrium is looking fantastic and is almost complete. We hope to have the sound system and TV in place the first week of December and we are still waiting on the last of the furniture. Thank you for your flexibility and patience throughout this project, you will see most activities moving back into this room for the month of December. Future presenters and Pastors will be positioned at the wall with the TV and fireplace to allow greater visibility throughout the room. We ask that you please leave tables where they are located and turn the chairs as needed to avoid wear and tear on the new carpet. Please note the remotes for the Atrium blinds and fans will be accessible by staff. If you require assistance for either of these please ask a staff member or ask at the Haven front desk. Thank you for your help in taking care of the room and keeping it ready for other uses! We hope you enjoy our updated space!

This project is funded by supporter donation and by the Government of Canada's New Horizons for Seniors Program (NHSP). This program provides grants and contributions for projects that help improve the well-being of seniors and foster their social inclusion.

Dining Room Service

We now welcome you to invite guests to the Dining Room for Lunch or Dinner Service. Please give the Dining Room **24 hours notice** for reservations if you would like a guest to join you. Private seating will be arranged and visitors must follow our current covid protocols.



Current Dining Times:
Lunch served at 12:00noon
Dinner served at 5:00pm

Lunch is \$12.00
Dinner is \$15.75

As of last month, meal delivery is provided at a fee of **\$5.00 per delivery**. Charges will be invoiced and automatically charged to Residents via our CAFT system.

If you have arranged a meal for Pick Up the times are as follows:

Lunch Pick Up: 11:30am
Dinner Pick Up: 4:30pm



Reminder for Residents that regularly use our Dining Services, Haven Residents as well as Court and Manor Residents on meal plans, to let either Dining Room or Front Desk staff know as soon as possible if they will be away over the Christmas season so that staff can plan accordingly.

Photo Directory and FOIP Update!

Thank You to all that have returned their FOIP forms and that came to have their photo taken to be used in the Shalem Community Directory. We will be contacting some of you that were not able to get a photo to arrange a time. We continue to work on finishing the directory with a goal of having it printed in the beginning of the New Year.

SHALEM
COMMUNITY
DIRECTORY

Winter Conditions

We have been blessed with some very warm weather so far but as we know, the winter season usually provides ice and snow buildup which makes for icy conditions and potential for slips and falling. Building & Grounds continues to monitor these conditions and has provided deicing salt at all the entrances. Please be aware of you conditions and if you see any areas that need attention please let Grant know.



RESIDENT NOTICES

COVID-19 UPDATE

Shalem is under the directive of Alberta Health Services (AHS) rather than the Province of Alberta. That means that we must follow the protocols set out by AHS.

Our goal is to keep Shalem safe and respond to the pandemic as needed. We have implemented a COVID vaccination policy requiring staff, volunteers, contracted workers and visitors to be vaccinated to come onto Shalem's facility.

We should all continue to be vigilant and make good choices. This includes:

- Asking visitors and guests who feel unwell or are at risk of being exposed to COVID to stay not enter our facility (even if it is not COVID related).
- Ensuring visitors and guests continue to wear masks in all common areas.
- All visitors to the Haven must wear masks continuously, including visiting in a Resident's room.
- All visitors over 12 years of age will be required to show proof of vaccination, along with valid Identification prior to entering Shalems' facility. Only those with a medical exemption will be exempt.
- Continued enhanced sanitization, both by our housekeeping and other staff, but also for each of us as we make use of the hand sanitizers located throughout the facility.
- Making wise choices about where we go and who we see when not at Shalem to minimize exposure.
- All guests & visitors are to continue to enter through the Haven entrance to sign in.
- If you are concerned about transmission of the virus, please continue to wear your mask and physical distance from other Residents.

For the most updated information please refer to the letter delivered to all residents dated October 29, 2021. Thank you for your continued efforts to keep Shalem safe and COVID-free!

Tis the Season for Giving!

We want to remind Resident's that it is the policy of Shalem that staff do not accept gifts or gratuities from Residents. This is for the purpose of ensuring our Residents and their families receive service that is in no way influenced by gift giving. This policy is not intended to stop Residents or their family from giving a small token of appreciation to staff such as chocolates or other inexpensive gift. As well, if you would like to extend your appreciation to staff consider a gift that can be enjoyed by all staff. It is the pleasure and joy of all our staff to serve our Residents!



Coffee Connection

with Dorothy de Vuyst

Coffee: Monday, December 6th at 1:30PM

Join Dorothy in the Dining Room for coffee and treats. It's a time to connect, share and ask questions you may have. Everyone is welcome.

HEALTH INFORMATION

Get to know our Pharmacist



Since 2007, Richmond Square Pharmacy has been operating within Richmond Medical Centre and serving the local neighborhood as a fully independent pharmacy. We work closely with local physicians and extended health professionals to provide quality clinical and pharmaceutical care. We provide to our clients on a regular basis: medication use reviews, compliance packaging, routine immunizations and injections, prescription renewals and free city-wide prescription delivery.

LEANNE OLSON, PHARMACIST

Leanne has been with Richmond Square Pharmacy since 2014. Leanne attended the University of Alberta where she received her Bachelor of Science in Pharmacy and also went on to complete her Certification as a Respiratory Educator. Leanne is the proud mother to a 4 year old daughter and 1 year old son and when she is not at the pharmacy, she enjoys spending time with her family.



Richmond Square Pharmacy

Located at: #142-3715 51st Street SW

Phone: 403-249-4346

www.richmondsquare.ca

ASK A PHARMACIST...

Thursday
December 16th
10:00AM-12:00PM

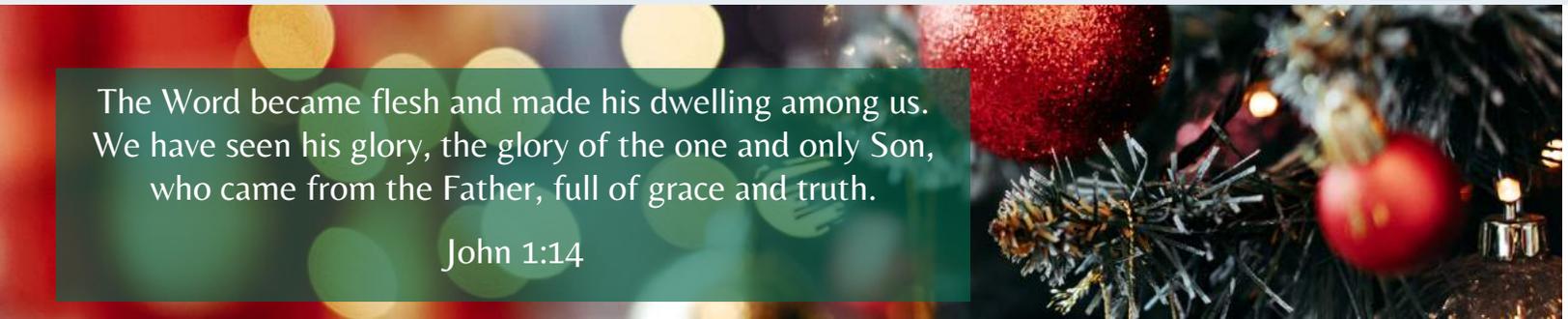
Each month a Prescribing Pharmacist will be at Shalem to meet with you one on one, to answer your questions about any health topics you wish to discuss.

A confidential sign-up sheet is located at the Haven reception desk. Each resident will have 20 minutes of private time to meet with the pharmacist.



The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

John 1:14



DECEMBER CELEBRATIONS AT SHALEM

Happy Birthday!

- December 1 Herb Vleeming
- December 2 Doris Haynes
Trudy Leyenaar
- December 8 Thomas Ferguson
Lorraine Neuman
- December 15 Ebonie Allen
- December 23 Joanie Grecko
- December 25 Denny Post
- December 26 Isobel Mackay
- December 28 Gloria Zembic
- December 29 Mary Morrison



May God guide your path and always be with you. Wishing you a very Happy Birthday!



*Congratulations John & Sylvia Marshall
Celebrating their 62nd Wedding Anniversary.
May you continue to be blessed by God's love
as you celebrate your day.*



December Birthday Party!

Join in the celebration those that have their Birthdays this month!

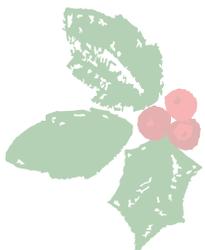
Tuesday, December 14th, at 2:00PM

Entertainment: The Good Timers Band

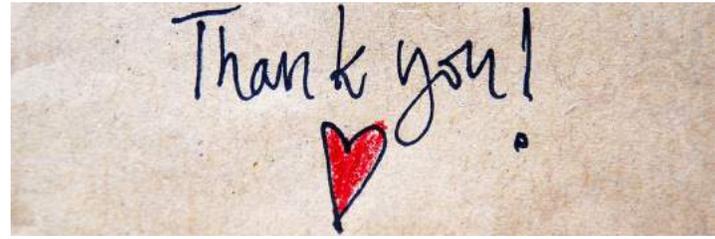
Answers for Games & Fun, Page 21

Christmas Quiz

1. c. "White Christmas"
2. a. "Have Yourself a Merry Little Christmas"
3. c. "The Christmas Song"
4. b. "I Saw Mommy Kissing Santa Claus"
5. b. "Santa Baby"
6. a. "Jingle Bell Rock"
7. c. "Blue Christmas"
8. b. "Rockin' Around the Christmas Tree"



VOLUNTEERING



Thank you to everyone that helped decorate the Christmas trees at Shalem. We weren't able to get a photo of everyone but we truly appreciate your help in getting ready for Christmas.



We are blessed to have volunteers lead our Chapel, Thanks to Sharon & Tolu as well as Harry and Kevin this month. Thanks to Pastor David for our Remembrance Day Service.



Thank you to George for the cappuccino machine and helping with our first service. We always appreciate Maarten and Willem volunteering for Happy Hour!

Thanks to CTA West Basketball for the Fall Clean-up!



CHRISTMAS MESSAGE

GUEST PASTOR - JACQUI MIGNAULT



A Prayer for the Stubbornly Hopeful

Advent is the season leading up to Christmas and this year I can't help but think, "Advent sure is stubborn."

Now stubbornness is not usually considered a virtue but this year I am glad for it. Because Advent stubbornly keeps coming back year after year with this ridiculous claim – that Jesus is coming, and is even now being born, even in me, in you. No matter what this year has held for you, no matter how much loss and disappointment there was, Advent still stubbornly



calls each of us to this very specific hope that God is and will always be present, incarnated, and make His dwelling among us here and now. Advent calls us to look for this presence. In the people who provide for us. In the faithfulness of promises made and kept. In the way forgiveness truly heals us. In how the sky and our children's voices are still beautiful and give us a lump in our throats even after all this time. Advent is stubborn in its proclamation that there is reason to hope in the assurance that resides in our hearts that we are God's beloved, saved and drawn close to his heart. No matter how dark it gets.

That's Good news.

My prayer for you is that this year, even in such a year as this one, you would be given a spirit of hope to stubbornly hold onto the beauty of Advent and the Incarnation of the Living God of Love among us.

- Jacqui



About Jacqui:

Jacqui Mignault is a pastor and spiritual director at The Road Church, a community built by merging two communities (New Hope Church and Hillside Church). Jacqui is also a campus Minister at Mount Royal University and has a blog This Incarnate Faith where she shares her walk in faith.
www.jacquimignault.com



GAMES & FUN



WORD Search Christmas

- | | |
|-----------|-----------|
| MARY | MANGER |
| JOSEPH | SHEPHERDS |
| ANGEL | CHRIST |
| JESUS | WISE MEN |
| BETHLEHEM | STAR |
| ANIMALS | CHRISTMAS |



- Written in 1942, it made the Billboard 100 every year until 1963.
 - "I'll Be Home for Christmas"
 - "Silver Bells"
 - "White Christmas"
- This 1944 song was deemed too sad until the singer helped to rewrite it.
 - "Have Yourself a Merry Little Christmas"
 - "(There's No Place Like) Home for the Holidays"
 - "The Holly and the Ivy"
- Cowritten by crooner Mel Torme, this was a hit for another beloved crooner.
 - "Sleigh Ride"
 - "Frosty the Snowman"
 - "The Christmas Song"
- This novelty hit in 1952 was by a 13-year-old singer.
 - "I Want a Hippopotamus for Christmas"
 - "I Saw Mommy Kissing Santa Claus"
 - "Grandma Got Run Over by a Reindeer"
- This jazzy 1953 hit was from the singer who later played Catwoman.
 - "Here Comes Santa Claus"
 - "Santa Baby"
 - "Must Be Santa"
- This is considered the first rock 'n' roll holiday hit.
 - "Jingle Bell Rock"
 - "Baby, It's Cold Outside"
 - "Let It Snow"
- It was on Elvis's first Christmas album in 1957.
 - "Jingle Bells"
 - "Winter Wonderland"
 - "Blue Christmas"
- It didn't chart until two years after Brenda Lee recorded it.
 - "Santa Claus Is Coming to Town"
 - "Rockin' Around the Christmas Tree"
 - "Deck the Halls"

SPECIAL EVENTS

PLEASE NOTE

HIGHLIGHTED ACTIVITIES FOR THIS MONTH:

Please see monthly calendar for all activities!

Bulletin Boards and the Information TV will have the most up-to-date information.

Tuesday, December 7
10:45am - Shalem Atrium

Learning Session Managing Medications
Richmond Co-op Pharmacy



**BUS TRIP
DEVONIAN GARDENS**

Thursday, December 9
1:00pm - 4:00pm
Sign-up Required

**PUB
NIGHT!**



MENU:

Entertainment
Food \$10/ Drinks \$5 (alcoholic)

Everyone Welcome
Friday, December 10th
6:30pm - Dining Room



Friday, December 17
10:30am - Shalem Cafe

Cappuccino & Cookie Exchange

Have a cappuccino, bring a dozen of one cookie and go home with a variety!

**MOVIE &
POPCORN**

Saturday, December 18th
6:30pm in the Shalem Atrium



It's A Wonderful Life

Monday, December 20
2:00PM - Dining Room



Christmas Concert by Musician Dean Jarvey

**BUS TRIP
Christmas Lights Tour**

Monday, December 20
6:30pm (Sign-up Required)



Shalem Christmas Dinner

Wednesday, December 22 - Dining Room



First Seating - 4:30pm
Second Seating - 6:30pm
RSVP Required

Thursday, Decemebr 23
7:00PM - Dining Room



Christmas Concert Mount Royal Kantoei Choral



The Manger of My Heart

This Christmas, Lord, come to the manger of my heart.
Fill me with Your presence from the very start.
As I prepare for the holidays and gifts to be given,
Remind me of the gift You gave when You sent Your Son from Heaven.
The first Christmas gift, it was the greatest gift ever.
You came as a baby born in a manger.
Wrapped like the gifts I find under my tree,
Waiting to be opened, to reveal Your love to me.

Restore to me the wonder that came with Jesus' birth,
when He left the riches of Heaven and wrapped Himself in rags of earth.
Immanuel, God with us, Your presence came that night.
And angels announced, "Into your darkness, God brings His Light."
"Do not be afraid," they said, to shepherds in the field.
Speak to my heart today, Lord, and help me to yield.
Make me like those shepherd boys, obedient to Your call.
Setting distractions and worries aside, to You I surrender them all.
Surround me with Your presence, Lord, I long to hear Your voice.
Clear my mind of countless concerns and all the holiday noise.
Slow me down this Christmas, let me not be in a rush.
In the midst of parties and planning, I want to feel Your hush.
This Christmas, Jesus, come to the manger of my heart.
Invade my soul like Bethlehem, bringing peace to every part.
Dwell within and around me, as I unwrap Your presence each day.
Keep me close to You, Lord. It's in Your wonderful Name I pray.