

JULY 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO JULY



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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:

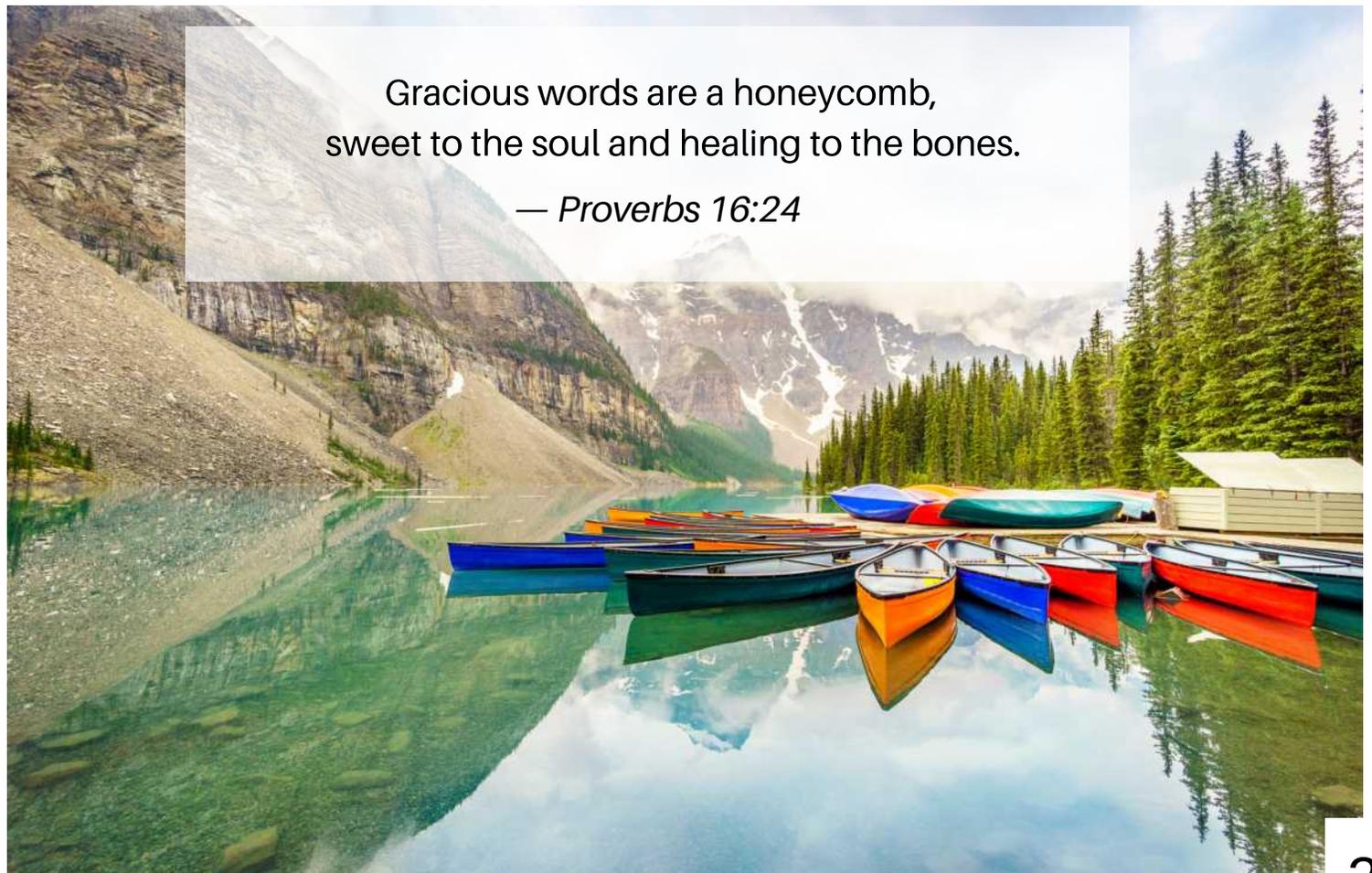
At the heart of Shalem is a Christian community where God is at work and we care, share and celebrate.

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)



Gracious words are a honeycomb,
sweet to the soul and healing to the bones.

— Proverbs 16:24

LIVING WELL TOGETHER

Musings from the Executive Director
JULY 2021

Overcoming Fear

I want to let you in on a little secret.

I have a fear of flying.

Over the years of my career with Samaritan' Purse I have literally been on thousands of flights, from large jets to tiny one-engine planes to helicopters, flying with airlines from all over the world. So thankfully the fear did not keep me from my job.

But on most flights, if someone were carefully observing me, they would notice that on most ascents I would often be holding tight to the arms of my seat, and more than a bit white knuckled. I would often not fully relax until we were at cruising altitude.

The fear is really not rationale. I know. I understand the general law of aerodynamics. I know that statistically it is safer to fly in an airplane than drive my car. And on all those flights (even on those airlines with less than reputable safety records) the worst experiences I have had is some bad turbulence and getting a flat tire upon landing on a dirt runway in South Sudan that gently landed us in the ditch. My own personal experiences should have eased the fear.

Thankfully, my love of travelling, of experiencing other cultures, of helping people and communities out of poverty, and the lure of the next adventure that awaited me was greater than the fear... but there was a fear, nonetheless.

I was reminded of this fear of mine as I was reflecting on the lifting of the COVID-19 restrictions. As much as we look forward to a post-COVID era of no masks, of no physical distancing, of freely interacting with each other and with friends and family, of travelling, and of going into public spaces, it is not without some apprehension.

This past year has been wrought with fear. Fear of contracting a virus. Fear of getting into close contact with someone who had COVID. Fear of getting physically close to anyone - even our own family and loved ones. Fear of disobeying health restrictions and the resulting implications. Fear of having to be in isolation. Fear of the negative impact on the economy. Fear of a next wave. And viruses are tricky things... Even as the province lifts the restrictions there are still active cases and a concern over variants.

Overcoming these fears is sometimes difficult. It is sometimes easy to hold back, to mistrust the information being provided. As much as we may have not liked the restrictions, there was also a safety in them. But we need to move forward, and we need to do so with confidence and trust. We need to trust in the knowledge and insights of the health officials as restrictions ease. But more importantly, even in times of unease, we know we can trust in God's love and care for us even in the midst of uncertainty.



LIVING WELL TOGETHER

Continued...

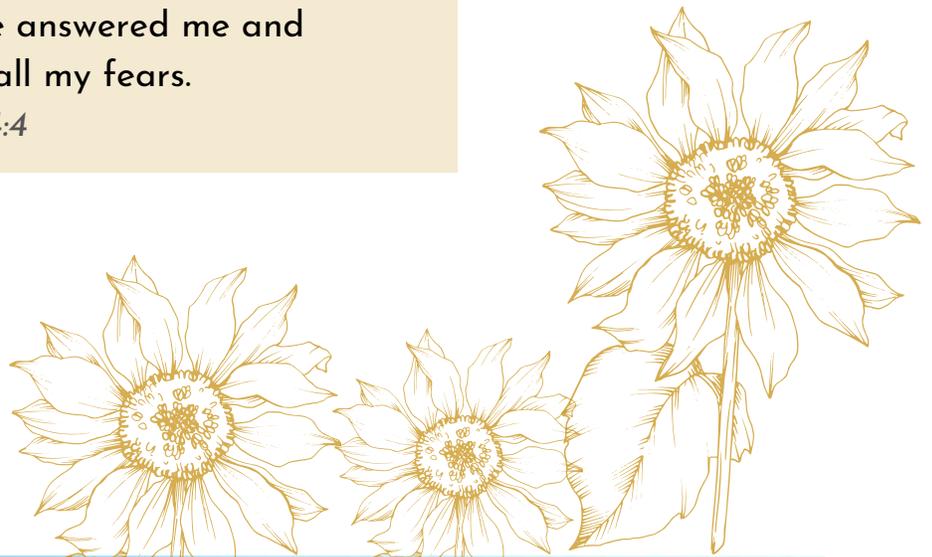
Each time I was in a plane during take-off I mentally prepared myself, knowing that this next flight and whatever would happen was in God's hands. Knowing that brings tremendous peace. And even though I preferred to be on the ground, being in the skies during a sunset or flying over the snow-covered arctic mountains on a clear sunny day is absolutely breathtaking! Not stepping forward in spite of my fear would have caused me to miss those and many other beautiful experiences.

As we move forward to easing the restrictions at Shalem and more openly interacting with each other and others once again, let's have patience with each other and our varying levels of comfort with the changes and together move forward with grace and anticipation!

I sought the Lord, and He answered me and
delivered me from all my fears.

Psalms 34:4

Dorothy de Vuyst
Executive Director



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.

Isaiah 41:10



FAREWELL FROM DOROTHY RYZEBOL

Dear Shalem Family,

Three years ago God gifted me with what I can sincerely describe as my 'dream job'.

This step started with God's prompting, my dearest friend's encouragement, and Shalem entrusting me with building this amazing position.

The meaningful work intermingled with gaining your trust, and growing beautiful and meaningful friendships, has been a blessing beyond what I could have imagined!



However it is with deep sadness and equally deep peace that I have realized it is time to step away. God has His purposes for each of us and He is leading me into new territory of retirement, however that may look. He knows this new unknown future ahead and I will trust.

Thank you from the bottom of my heart to each of you, our precious Residents, your supportive families, our caring Home Care team, and our amazing, dedicated and hardworking staff and team members! You have impacted my heart and my life more than you will ever know!

Being a part of Shalem has truly been an immeasurable blessing.

May God bless each of you as we all continue our journeys and press forward to our eternal prize!

I will leave you with the song I read at the beautiful farewell you provided for me.

*Now it's time to say goodbye for just a little while.
So until we meet again may God's love make you smile!
We'll be friends forever and while we are apart,
I will pray for you and always keep you in my heart.
We'll be friends forever, Jesus and you and me.
He binds our hearts together
And friends we'll always be.*

Thank you from the bottom of my heart!
Dorothy Ryzebol



SHALEM PRAYER AND PRAISE PAGE

This month we said good-bye to Dorothy & Corrien. We congratulate them on their retirement and lift them up in prayers as they enter a new and exciting chapter in their lives. While they will both be missed, we sincerely hope retirement is wonderful and they will enjoy plenty of joyous time with family and friends.

Welcome to our new staff:

- Chai Phommaket joined the Dining Room staff in May and Zara Boldt in June
- In July, Julie Diallo, will begin at Front Desk, taking on a couple of night shifts each week and covering for vacation and other absences of staff.

Welcome to new resident Richard Bell. We pray you feel welcomed and enjoy your new home at Shalem.

We give thanks and praise for all our wonderful volunteers who generously give of their time and talents to bless us. Without their support, many activities would not be able to proceed. We praise God for our faithful, supportive and dedicated volunteers.

Many of our residents continue to struggle with health issues. May God provide comfort, healing and peace.

Let us pray for Janny Brander, John Jager and George Van Dyk who are in hospital. We pray for Bertha Russell, who is now recovering with family, and for Victor Sinclair, who has now returned home to Shalem.

Heavenly Father, we lift up all the needs we have spoken out loud and those we have not. May you draw near to each and every resident at Shalem. This summer season, we are thankful for the easing of COVID-19 restrictions. We pray that we may enjoy each other's company and the company of friends and family. Lord, enable us to see the face of Christ in everyone of our neighbours. As we look outward, may we be reminded that everything is in YOUR sovereign control. Be with people making the decisions that affect the lives and futures of our families, communities, and countries. May we cast all our anxieties on you Jesus and may we always be reminded there is so much to be thankful for.

-Amen

GOD WILL...

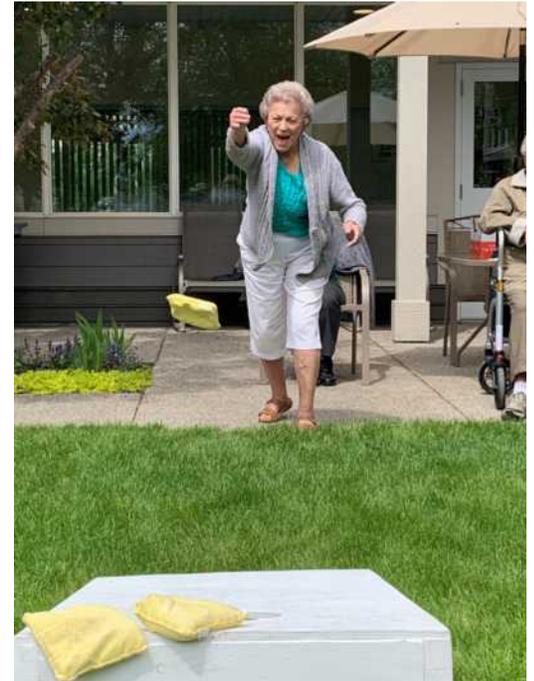
Go Before You
Walk Beside You
Stand Behind You

"And be sure of this: I am with you always,
even to the end of the age."

-Matthew 28:20, New Living Translation

WHAT HAPPENED LAST MONTH? *Life at Shalem*

Game Time - Corn Hole

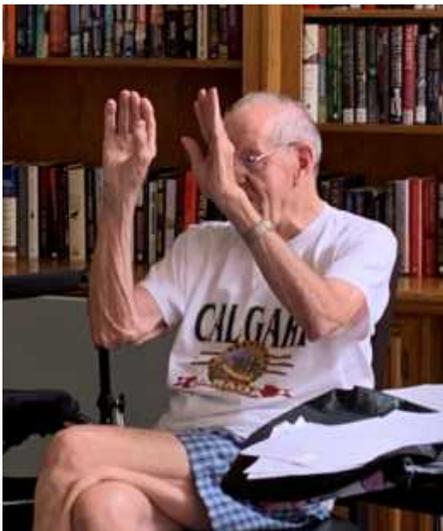


WHAT HAPPENED LAST MONTH?

Happy Hour



Chapel



WHAT HAPPENED LAST MONTH?

Paint N'Sip



WHAT HAPPENED LAST MONTH?

Learning Session: Elder Abuse with guest from the Kerby Centre



Milestone Birthday, Marion turned 99!



*Happy
Birthday!*



WHAT HAPPENED LAST MONTH?

Bus Trip: Climbing High Farms



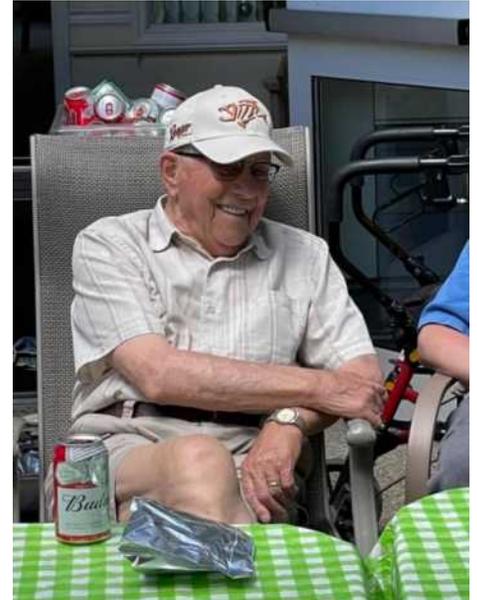
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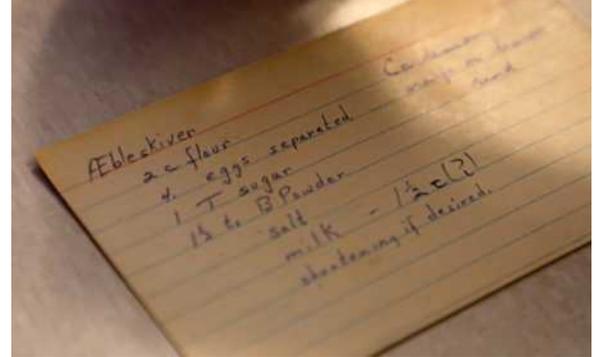
WHAT HAPPENED LAST MONTH?

Father's Day Celebration



WHAT HAPPENED LAST MONTH?

The Art of Food Photography & Recipe Reminiscing



WHAT HAPPENED LAST MONTH?

Virtual Sharing with Calgary Christian Grade 5 Class



WHAT HAPPENED LAST MONTH?

Armchair Travel With Guest Tara Weening Egypt & Surrounding Area



WHAT HAPPENED LAST MONTH?

Pizza Fundraiser



WHAT HAPPENED LAST MONTH?

Pop-up Music in the Café



Brain Teasers



OUR COMMUNITY

Shalem has been growing our community to support you when you need it! We are so blessed to have our Shalem Chaplain, David Swinney, as well as access to counseling services with Liz Kahle.



David Swinney, Shalem Chaplain

David is available for individual care in the Shalem private Meeting Space. If you would like more information, please contact him at pastor@highrivercrc.ca

Liz Kahle, Associate Professional Counselor, MA

Liz is available for counseling services to Shalem residents. Subsidization options are available, if needed. For a referral or more information, contact Liz at hello@lizkahlecounseling.ca

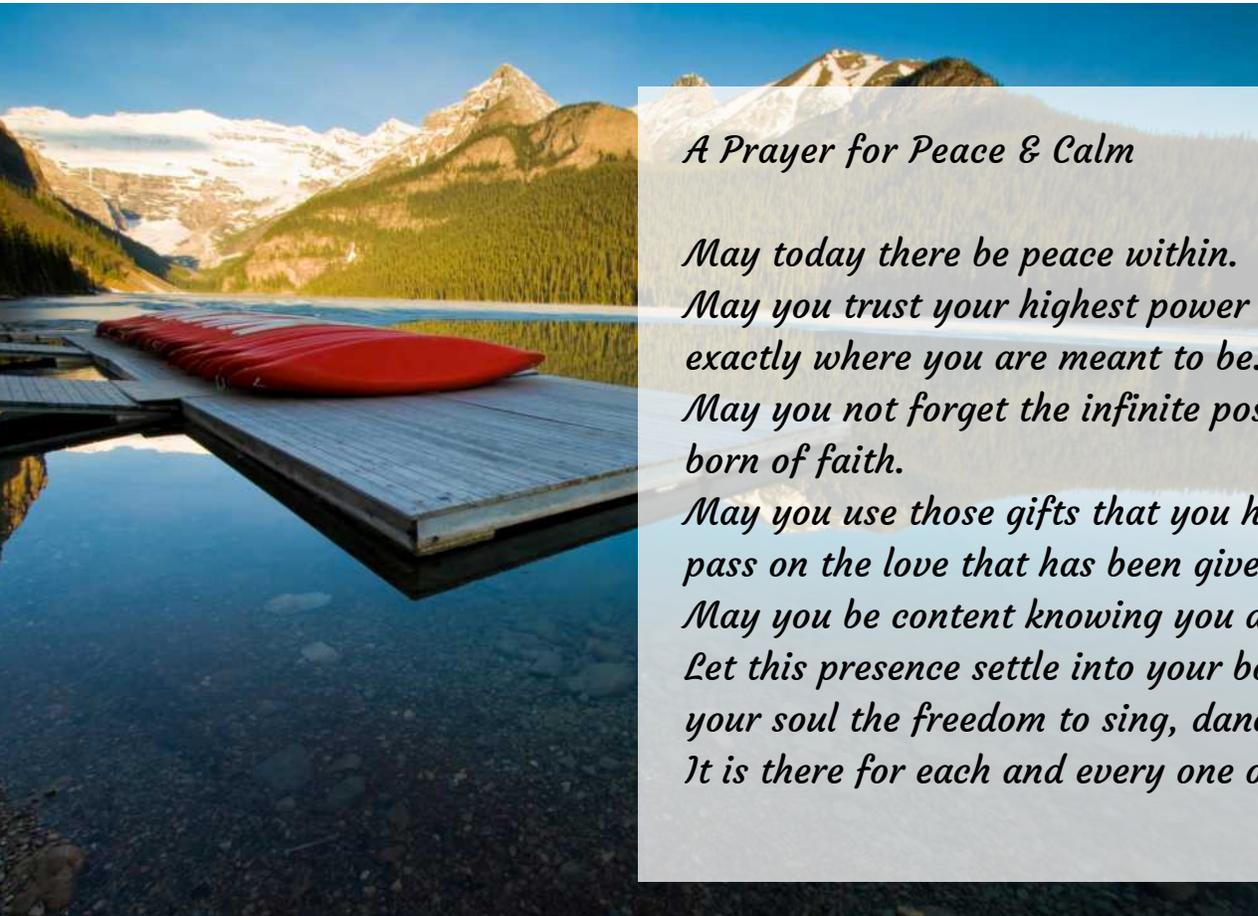



Worship Service
emmanuel church

Worship Services
Every Sunday at 10:00am

Tune into Channel 398 on your TV for Emmanuel Church Service

www.emmanuelcrc.org



A Prayer for Peace & Calm

May today there be peace within.

May you trust your highest power that you are exactly where you are meant to be.

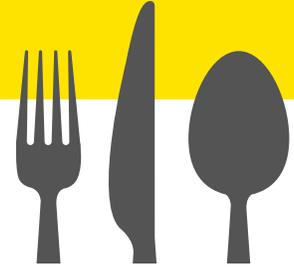
May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance.

It is there for each and every one of you.

-Amen.



RESIDENT NOTICES

DINING ROOM SERVICE UPDATE

Some of you may have heard rumors of changes to the Dining Room. As you are aware, during this past year, we have limited the dine-in service to the Haven Residents and those Residents on meal plans. However, as we near the end of COVID-19 we have been looking at how we can again make the Dining Room more accessible to more Residents and eventually family and other guests.

To do that we are exploring a number of different possibilities. This includes adding a second seating time for those that prefer to eat their meals later, or even allowing people to come at any time during a time period and they will be seated and served when they come (somewhat like a restaurant). Either of these options require some changes to our processes to ensure that we are able to provide great service and great food to you. We continue to brainstorm the viability of these options.

In the meantime, we will take a phased approach and will be rearranging the Dining Room to once again add more tables and chairs and allow dine-in service for all Residents at the current meal times. We had hoped that we would be able to offer this beginning July 1, however, Alberta Health Services will not be lifting its current restrictions as early as the province, so we will need to delay this for a bit. We will let Residents know as soon as we can make this change. Once we have the Dining Room open to all Residents we will work towards also opening the dine-in service to guests.

Thank you for your continued patience and grace as we navigate these changes. As well, thank you to the Dining and Kitchen staff who continuously work so hard to provide you with delicious and nutritious meals!



Community Coffee

with Dorothy de Vuyst

Coffee: Monday, July 5 at 1:30PM

On the first Monday of every month join Dorothy in the Dining Room (or in the Courtyard, weather permitting) for coffee and treats. It's a time to connect, share and ask questions you may have. Everyone is welcome.

COVID-19 INFORMATION

As there are changes in the province with **COVID-19 "Alberta's Open for Summer Plan,"** information will be updated with details from Alberta Health Services, in regards to protocols here at Shalem.

Please watch bulletin boards, as well as handouts with updates as changes occur.

THANK YOU

JULY CELEBRATIONS AT SHALEM

Happy Birthday!

- July 5 Henrietta Fisher
- July 7 Frances Pisco
- July 14 Norah Graham
- July 17 Betty Roorda
- July 18 Norma Sinclair
- July 19 Richard Bell
- July 20 Lou Dampousse
- July 22 Trudi Wiechula
- July 24 Ruth Matthews
- Bertha Russell
- Anna Kroontje
- July 27 Gary De Graaff
- July 30 Madeleine Mills
- July 31 Carol Henderson

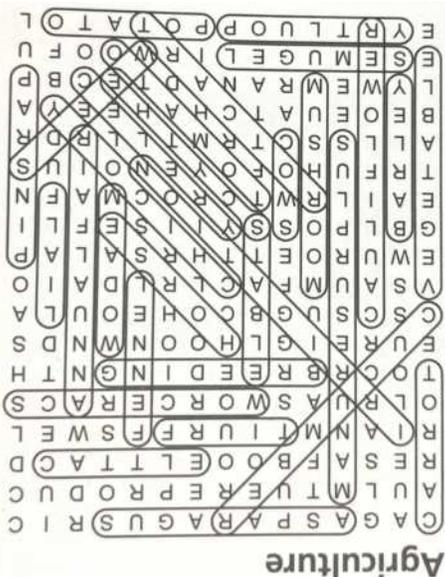


Many blessings to each one of you on your birthday. May God continue to keep you in His care.



Happy Anniversary!

Congratulations to Hes & Betty Roorda as they celebrate their 20th Wedding Anniversary on July 28th.



Answers for Games & Fun, Page

- slack
- smooth
- wealth
- straight
- cheap
- guilt
- demanding
- absence
- strong
- bitter
- above

Antonyms

- awake
- far
- sharp
- wise
- under
- come
- bright
- joy
- large
- long
- love

VOLUNTEERING

Residents Meeting
Shalem Atrium Update

July 7th
3:00PM
Shalem Atrium



We appreciate the volunteers that have already given their time for the planning of the Shalem Atrium. We welcome everyone to join us for updates and planning. We would love your feedback on plans for the bookshelf, programs to date and welcome suggestions for future programs.

Please contact:
Michelle Vanderwerff
volunteering@shalem.ca
403-240-2800 Ext 4

June was one of the busiest months we've had for volunteers in a long time. We are so grateful we can welcome volunteers back to Shalem. We love having them here and able to participate in events and activities.

Thank you to:



- Tara for her excellent presentation, which took us to Egypt and surrounding areas from the comfort of our armchairs. Stay tuned in the Fall for another Armchair travel with Tara!
- Ellie and Jen for helping at the Pizza Fundraiser. We could not have done it without them!
- Willem for volunteering at Happy Hour and treating us to a magic show. Willem will be back again soon.
- Shallon, for sharing her passion for Food Photography, and providing a space for residents to share and reminisce some of their favorite recipes.
- Florence and Lou for sharing their hobbies during our virtual connection with a CCS Grade 5 class.
- Rich for his 'pop up music' performance in the Café
- The Kerby Centre for their presentation on Elder Abuse
- Christina, at Climbing High Farms, for showing us their wonderful farm and teaching us all about pack goats!
- Wilma for sharing her love of Jesus and His word at Chapel. We look forward to Wilma leading more chapels.



Thank you to the volunteers all over Calgary who donated plants to help beautify Shalem. We also thank the volunteers who helped with the dirt and mulch in our flowers beds so that Janice could put all the plants in.

GAMES & FUN

WORD Search

C A G A S P A R A G U S R I C
 A U L M T U E R E P R O D U C
 R E S A F B O O E L T T A C D
 R I A N M T I U R F F S W E L
 O L R U A S W O R C E R A C S
 T O C R B R E E D I N G N T H
 E U R E I G L H O O N W N D S
 C S C S U G B C O H E O U L A
 V S A U M F A C L R L D A I O
 E W U R O E T T H R S A L A P
 G B L P O S S Y I I S E F L I
 E A I L R W T C R O C M A F N
 T R F U H O F O Y E N O I U S
 A L L S S C T R M T L L R D R
 B E O E U A T C H A H E E Y A
 L Y W E M R A N A D T E C B P
 E S E M U G E L I R W O O F U
 E Y R T L U O P P O T A T O L

- ANNUAL FAIR
- ASPARAGUS
- BARLEY
- BREEDING
- CARROT
- CATTLE
- CAULIFLOWER
- CELERY
- CHICORY
- COWS
- CUCUMBER
- FENNEL
- FLAIL
- FRUIT
- HORSE
- IRRIGATION
- LEGUMES
- MANURE SURPLUS
- MEADOW
- MUSHROOM
- PARSNIP
- POTATO
- POULTRY
- SCARECROW
- SCYTHE
- STABLE
- TOMATO
- TRACTOR
- VEGETABLE
- WEEDS

Write as many antonyms (opposites) as you can.

WORD Antonyms

love _____

long _____

large _____

joy _____

bright _____

come _____

under _____

wise _____

sharp _____

far _____

awake _____

above _____

bitter _____

strong _____

absence _____

demanding _____

guilt _____

cheap _____

straight _____

wealth _____

smooth _____

slack _____

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.

DATE	TIME/ LOCATION	ACTIVITY
Thursday July 1	Courtyard 3:00PM - Everyone	Canada Day Celebration Calgary Fiddlers
Monday July 5	Courtyard *weather permitting 1:30PM - Everyone	Community Coffee with Dorothy de Vuyst A time for conversation and community
Wednesday July 7	Bus Trip 9:30AM	North Hill Centre Sign-up Required
Wednesday July 14	Dining Room 7:30AM Courtyard 8:30AM-9:30	Stampede Breakfast Haven Residents Stampede Breakfast Court & Manor Residents
Friday July 16	Emmanuel Pergola 7:00PM	Evening Goodies in the Pergola Mashmellow & S'more Roast
Thursday July 20	Shalem Café 10:30AM	Learning Session: Cyber Crimes Calgary Police Presentation
Thursday July 20	Courtyard 2:00PM	Ice Cream & Ladder Golf Everyone welcome
Thursday July 22	Shalem Atrium 2:00PM	Paint N' Sip Enjoy a drink while painting with Carol
Friday July 23	Games Room 3:00PM	Men's Pub Social Pub food & drinks available
Tuesday July 27	Bus Trip 11:00AM-1:00PM	Bus trip to Bragg Creek Bag lunch available (Sign-up required)