

SEPTEMBER 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO SEPTEMBER



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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)

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own..

—*Matthew 6:34*



LIVING WELL TOGETHER

Musings from the Executive Director

SEPTEMBER 2021

Year in Reflection

It is hard to believe that I have already been with you at Shalem for a year!

The months have gone by quickly as we have worked to implement safe COVID protocols, hire new staff, build up Resident activities following, review and adjust financial models, understand and begin to adjust building needs and priorities, and most importantly engage with each of you to better understand what is important to you in making Shalem a place to call home.

As I reflect on the year, I am overwhelmed with gratitude. Gratitude for...

...all of you, the **Residents** of Shalem, who have made me feel welcome and brighten up each day in my interactions with you. As I have come to know some of your life journey's I am humbled and grateful for the depth of wisdom, insights, beauty, and care for each other that each of you bring that makes the Shalem community special.

...our **staff**, who continue to work so diligently for the safety and wellbeing of our Residents. I am so thankful for the incredible efforts our staff make each day to ensure Shalem is a place where Residents are thoughtfully cared for.

...our **home care workers**, who enter our building each day and help many of you in areas you need. I see the compassion, care, and commitment each of them demonstrates and their desire to ensure you receive the care you need.

...our **Board**, who am I privileged to work with as we seek to achieve Shalem's mission in enhancing the care of seniors as God has called us. I am grateful for their leadership, insights, expertise, compassion, and love for Shalem and each of you.

...our **Volunteers**, who so faithfully give of their time and expertise to spend time with our Residents and allow us to provide more opportunities such as social events, one-on-one companionship, learning sessions, grounds clean-up and more. We would not be able to offer the breadth of activities without the engagement and commitment of our volunteers!

...our **donors and members**, who have generously contributed financial gifts allowing us to pursue various projects and activities that we trust will bless our Resident's and help contribute to Shalem being a community where Resident's thrive, experience joy, and find peace.

And above all, I am grateful for to **God** for His faithfulness to each of us. In the midst of COVID-19, the isolation and separation from family and friends that created, our personal losses and struggles, God provides hope and joy. In that we can always find strength and peace. Thank you to each of you for bringing joy and inspiration to this community!

The faithful love of the Lord never ends!
His mercies never cease.
Great is his faithfulness;
his mercies begin afresh each
morning.

Lamentations 3:22-23

Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

Please join us in welcoming our newest staff members to Shalem...

- Chiqui Gamboa joined the Dining Services team in the middle of August as a server.
- Sharon Froese has joined Shalem in the Business Manager role, while Wilma is on a health leave.
- Susan Pellan joined Shalem in the role of Residential Life Administrator, taking on many of the responsibilities that Dorothy Ryzebol had as well as providing overall administrative support to Shalem.

Praise & Prayer ...

- We continue to pray for God's comfort to be with George and Elsie Van Dyk as George remains in hospital.
- We ask for God's healing touch to be upon Lucie Hoefman as she is receiving care at Rockyview Hospital.
- We are celebrating the return of Britt Barabas. Welcome home Britt!
- We pray for Janny Brander and her family as she transitions into another care facility.
- Hennie Wagenaar is still undergoing tests and assessments at Rockyview Hospital. We pray for her and her family, that they feel God's love during these times.



"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus"

1 Thessalonians 5:16-18 (NIV)



Worship Service
emmanuel church

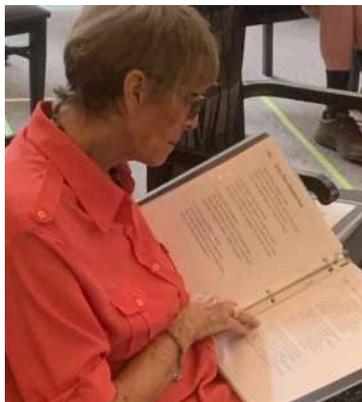
Worship Services
Every Sunday at 10:00am

www.emmanuelcrc.org

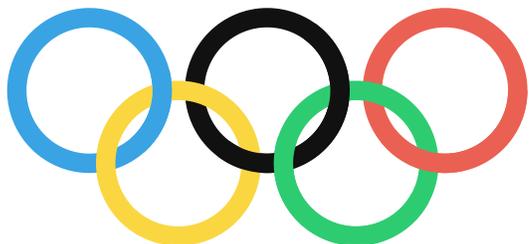
Tune into Channel 398 on your TV for Emmanuel Church Service

WHAT HAPPENED LAST MONTH? *Life at Shalem*

Hymn Sing



Shalem Olympics



WHAT HAPPENED LAST MONTH?

Happy Hour



Chapel



WHAT HAPPENED LAST MONTH?

Pet Pals



Eating Healthy for Seniors



HEALTHY EATING FOR 1

Things to think about when it comes to nutrition and aging



WHAT HAPPENED LAST MONTH?

Saskatoon Farm



WHAT HAPPENED LAST MONTH?

Saskatoon Farm Continued...



WHAT HAPPENED LAST MONTH?

The Good Timers Outdoor Concert



WHAT HAPPENED LAST MONTH?

Outdoor Concert Continued...



WHAT HAPPENED LAST MONTH?

Life at Shalem



Arthritis Presentation



HEALTH INFORMATION

ARTHRITIS



Canada's most prevalent chronic health condition - for which there is no cure

Where does arthritis pain come from?

While we continue to study the mechanisms of pain in the body, we know that most arthritis pain typically arises from one or more of these sources:

Inflammation - pressure on nerves in and around joints due to swelling

Joint damage - damage to tissues in and around joints, nerves and/or surrounding tissues due to injury or prolonged inflammation

Pain sensitization - prolonged pain can lead the body to send pain signals to the brain, even in the absence of a specific ongoing pain source

Some of the factors that can contribute to your experience of arthritis pain - how it feels to you - include:

Physical activity - joint strain from either excessive or insufficient physical activity

Muscle tension - muscles may be tense because of stress, insufficient physical activity or poor posture

Fatigue - exhaustion from managing chronic pain, lack of mobility or poor sleep due to pain can erode coping skills

Anxiety and/or depression - stress and low mood can increase the perception of pain and decrease your capacity to cope

Too much focus on pain - strong body-mind connection means that focusing on your pain can increase pain sensitivity and reduce coping skills

Attitude and belief system - your outlook on life can directly impact the level of pain you experience, and your ability to cope with it

Social environment and support - people who feel the support and understanding of strong family and social networks feel less overwhelmed and better able to cope with their pain than people without that support

Are You at Risk for Arthritis?

There are over 100 types of arthritis, characterized by inflammation and pain in the joints. Certain factors may increase your risk of developing arthritis. There are a set of questions designed to evaluate these factors to determine whether you are at an increased risk of developing arthritis.

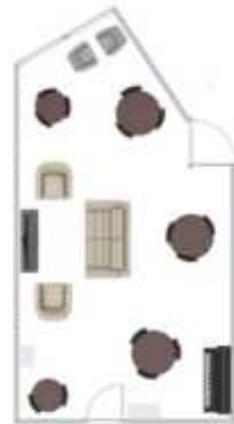
Find the assessment at: <https://arthritis.ca/riskassessment>



RESIDENT NOTICES

SHALEM ATRIUM PROJECT

Planning sometimes takes longer than expected. We continue to allow for adequate time for resident input. Due to industry demand and COVID delays, contractors and furniture manufactures are experiencing significant backlog. We appreciate your patience. We anticipate the updates to the Atrium should get underway in earnest this month. Hopefully you have all had a chance to see the layout board near the Residential Life Administrators office. We will keep you updated as the project progresses. Please watch for possible changes to event and activity locations. Input on the project can be dropped off at the Haven reception desk. This project is funded by the Government of Canada's New Horizons for Seniors Program and supporter donations.



About the New Horizons for Seniors Program

The New Horizons for Seniors Program (NHSP) provides grants and contributions for projects that help improve the well-being of seniors and foster their social inclusion.



We are working towards having elections Canada come on site with regards to the upcoming **Federal Election on Monday, September 20th**. Please watch for information posted on information boards and the TV in the main hallway.



We are also looking at having another COVID-19 clinic with regards to the booster that is available. As of September 1st, a booster or additional dose of the COVID-19 vaccine is available for eligible groups, including residents of seniors' supportive living facilities, available five months after their second dose.

We plan to have the flu vaccination clinic again this fall, although not sure of the timing. Further details will be posted as they are available.

STAFF UPDATES:

Please welcome Sharon Froese who will be filling in as Business Manager while Wilma is away on leave. Sharon will be working Monday-Thursday with Business Office hours on those days.

Please also welcome Susan Pellan who has joined the Shalem team as Residential Life Administrator.

Both Sharon and Susan are looking forward to getting to know Residents, so please stop by and introduce yourself!



Sharon Froese
Interim Business
Manager



Susan Pellan
Residential Life
Administrator

RESIDENT NOTICES

COVID-19 UPDATE

If you are watching the news, as many of us are, you will be aware the COVID-19 cases are once again on the rise.

This was to be expected as people expanded their social groups, spent more time with each other, and returned to normal routines. Thankfully, the significant protection from vaccinations continues, and cases in senior congregate care facilities is 92% lower than it was at the end of December, 2020.

We continue to follow Alberta Health Services in establishing our protocols at Shalem, which allows us to expand our activities for Residents and opens the door to visitors of all ages. We will continue to monitor the situation as we go into the fall. For the time being, Residents are encouraged to welcome friends and family to Shalem.

However, we should not let our guard down. We, Residents and staff, should 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.
- 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, in order to minimize the risk of exposure.
- Reminder that all guests & visitors are to enter the building through the Haven entrance to sign in.

Thank you for your continued efforts to keep Shalem safe and COVID-free!

Dorothy de Vuyst
Executive Director



Community Coffee

with Dorothy de Vuyst

Coffee: Monday, September 13 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 and meet the new staff. Everyone is welcome. For September, the first Monday is a holiday so it will be held on September 13th.

SEPTEMBER CELEBRATIONS AT SHALEM

Happy Birthday!

- September 6 Steve Brandsma
- September 9 Janny Brander
- September 13 Ali Pasveer
- September 18 Marj Nieuwenhuis
Alida VanderVeen
- September 19 Harvey Scheuchner
- September 21 Lucie Hoefman
- September 28 Lois Niven
- September 29 Tom Downe



May God bless you with a life that continues to be full of joy and happiness. And may you always find favor in His eyes.



Happy Anniversary!

Congratulations to Len & Helen Keeler as they celebrate their 71st Wedding Anniversary on September 8th

Many Blessings to you!

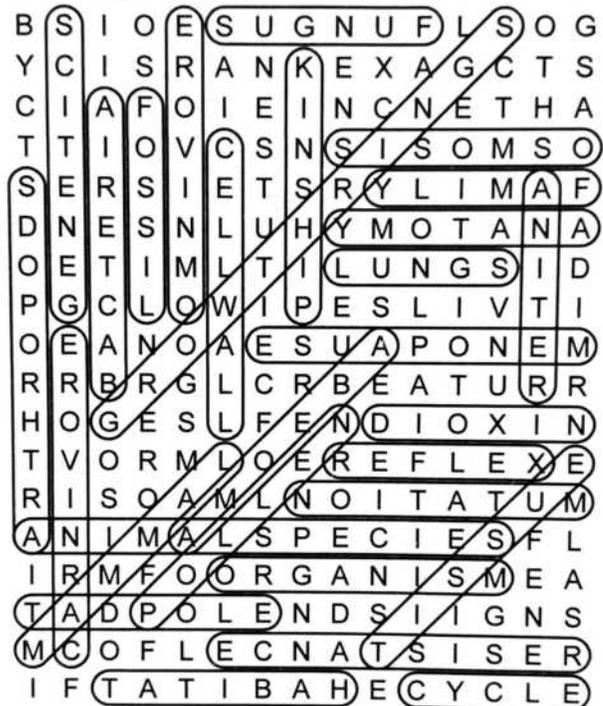
Answers for Games & Fun, Page 21



CAN YOU SPOT 10 DIFFERENCES? DUOLIF.COM



Biology



RESIDENT CONTRIBUTIONS



Many years ago resident Peter Black saw this statue gifted by his good friend to his parents. The image of the statue remained over the years and he knew that it would be a great addition to Shalem. It took some time to locate the supplier but they were successful. We would like to thank Peter Black and Peggy Chiu-Black for the generous gift to Shalem. This statue titled "Old Couple Under a Street Lamp" is a great addition to the Shalem Courtyard, a reminder of the simple things in life and enjoying companionship as we age.



Thank You

Poem by: Deborah Ann Belka

Life once over the hill,
is not an unproblematic one
for the older you get . . .
the more into things you run.

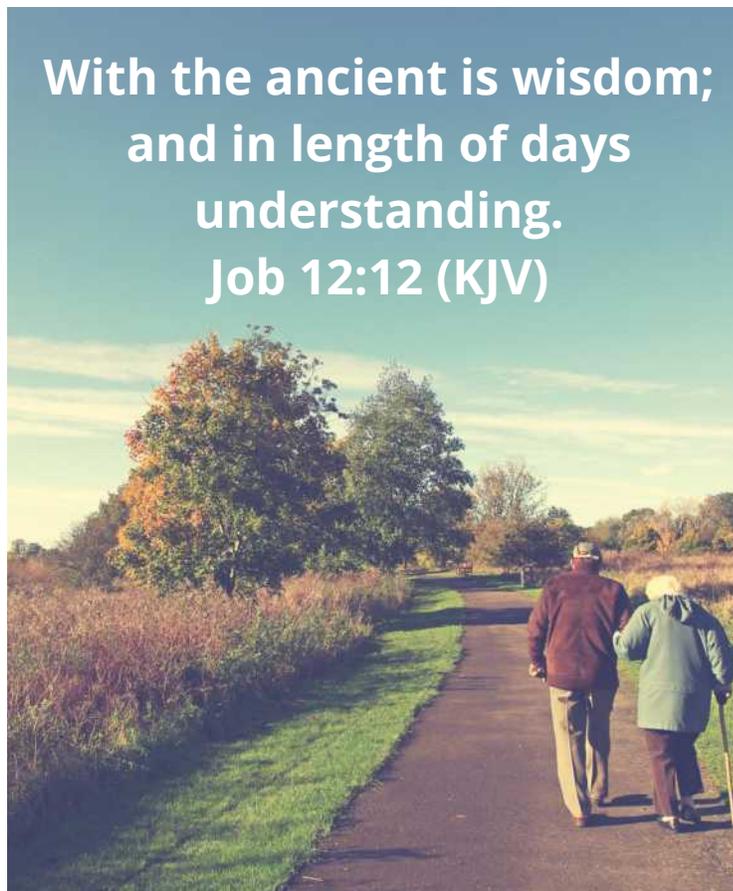
Your eyesight begins to fade,
your hearing not so good
plus you forget the things
you once knew you could.

There are many obstacle,
you need to get around
and it is harder than ever
to rise up and rebound.

But, there is one thing,
that isn't too doddering
for the older you get . . .
you can do more pondering.

For, with age comes wisdom,
like you never had before
plus all the time you need
for your Bible to explore.

Life once over the hill, isn't easy physically . . .
but oh, what a boost it brings to you spiritually!



RESIDENT CONTRIBUTIONS

Submitted by resident Helen Friesen for you to enjoy

How to Stay Young

1. Disregard all non-essential numbers; age, weight, height.
2. Keep only cheerful friends. The grouches pull you down. If you really need a grouch, there's probably a family member to fill that need.
3. Keep learning. Learn more about computers, crafts, gardening, whatever. Just never let the brain idle.
4. Enjoy the simple things. Remember - when you were young, that's all you could afford. When you were in college, that's all you could afford. When you are in retirement, that is all that you can afford.
5. Laugh often, long and loud. Laugh so much that you can be tracked anywhere by your distinctive laughter.
6. The tears happen. Endure, grieve, and move on. The only person who is with us all our life is ourselves. (Read John 15:4)
7. Surround yourself with what you love - family, pets, keepsakes, plants, hobbies. Your home is your refuge.
8. Cherish your health. If good, preserve it. If unstable, improve it. If beyond your power to improve, get help.
9. Don't take guilt trips. Take trips to the mall, the next county, a foreign country but forget the guilt trips.
10. At every opportunity, tell the people you love that you love them.

Remember:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

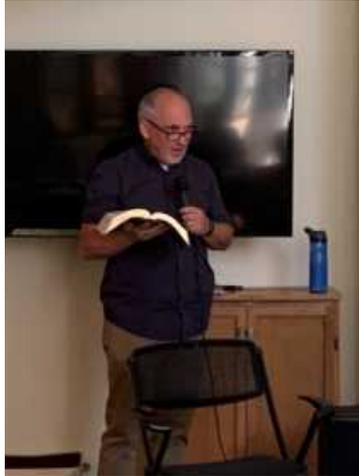
- Source Unknown

The Dieter's Psalm

Strict is my diet, I must not want,
 It maketh me to lie down at night hungry,
 It leadeth me past concessions, it trieth my will-power.
 It Leadeth me in the path of starvation
 for my figure's sake;
 Yea, tho I walk through the aisles of the pastry department,
 I will buy no sweet rolls, for thy is fattening;
 The cakes and pies they tempt me.
 Before me is set a table with green beans and lettuce -
 I filled my stomach with liquids -
 My day's quota runneth over
 Surely calories and weight charts will follow me all the days of my life
 And I will swell in the fear of the scales forever.
 So - if God hadn't meant us to be fat or thin
 He wouldn't have made us with stretchable skin.

- Author Unknown

VOLUNTEERING



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



Thank you to:

- Don, Maarten & Willem for volunteering to host Happy Hour
- Lauren for running our evening Bingo
- Youth that set up the Olympic Games
- Shalem residents for helping to organize Sunday evening Hymn Sings
- Kim for leading Brainteasers in the Haven
- The Pastors who graciously lead weekly chapel services
- Maya for helping with Paint n'Sip
- Theresa for faithfully donating her time once a month to lead exercise class
- Many more volunteers working behind the scenes to bless our community



VOLUNTEERING

PERSONAL PROFILE SPOTLIGHT



Hi. My name is Theresa de Walle. I have been a fitness instructor at Shalem for about two years. I teach Tuesday and Thursday mornings and I absolutely love it!

I wanted to take this opportunity to share a little bit about myself...

I have lived in Calgary for over 12 years. I met my husband, Fraser, while studying at Dordt College in Iowa. We married young and started our lives together in Southern Ontario, where our first two daughters were born. After moving to Calgary to be closer to family, we had two more daughters. Four girls definitely keep us busy! I had been a stay-at-home mom since our oldest was born, however I wanted to get back into work as my girls grew older. I love fitness and nutrition, so once our youngest was entering kindergarten, I took courses to be a certified fitness instructor. I specialized in water aerobics and older adult fitness. Since then, I have taken many courses in group exercise, injury prevention, nutrition, and arthritis. I love learning about how God has designed our bodies and applying that knowledge to help others feel better.

In my spare time I enjoy staying active by running, biking, partaking in Pilates, hiking and I try to incorporate my family into those activities whenever possible. I also enjoy gardening, volunteering at church, watching my kids play school and community sports, and spending time with my husband. God is my Saviour and the foundation of my life. I grew up in the Christian Reformed Church and I'm an active member at Emmanuel - the church next door to Shalem. I feel so blessed that God has allowed me to work in the field of exercise, in particular with seniors. I look forward to the years ahead and where this journey will take me.

I would love to connect with more residents at Shalem. Consider trying one of my classes!



**Fitness Classes with Theresa are
Tuesdays and Thursdays in the Haven
3rd floor Activity Room.
There are 2 classes 9:30 & 10:15**

For private fitness consultation:
Phone: 587-435-6854
Email: theresadewalle@hotmail.com

GAMES & FUN

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

WORD Search Biology

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|----------------|------------|
| AMOEBA | HABITAT |
| ANATOMY | KINSHIP |
| ANIMAL SPECIES | LUNGS |
| ARTHROPODS | MAMMAL |
| BACTERIA | MENOPAUSE |
| CARNIVORE | MUTATION |
| CELL WALL | OMNIVORE |
| CYCLE | ORGANISM |
| DIOXIN | OSMOSIS |
| FAMILY | POLLEN |
| FOSSIL | REFLEX |
| FUNGUS | RESISTANCE |
| GENETICS | RETINA |
| GROWTH RINGS | TADPOLE |
| | TISSUE |



SPOT the Difference

CAN YOU SPOT
10 DIFFERENCES?

Source: www.dudolf.com



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
Tuesday September 7	9:30AM Bus Trip	Walmart - Westbrook Mall Sign-up Required *Leave from Haven Entrance
Wednesday September 8	7:00PM Dining Room	BINGO with Lauren All Welcome
Friday September 10	6:00PM Emmanuel Pergola	Evening in the Pergola - Hot dog roast Meet in the Courtyard and walk over
Monday September 13	10:30AM - Haven 3rd Floor 3:00PM - Manor Social Rm 1:30PM Dinning Room	Fall Craft Decorative Scented Pine Cones Community Coffee with Dorothy de Vuyst A time for conversation and community
Tuesday September 14	2:00PM Dining Room	September Birthday Party music by Dwayne Fettig
Thursday September 16	2:00PM Shalem Atrium	Pet Pals Visit with the pet therapy dogs
Friday September 17	2:30PM *New Time & Location* Shalem Café	Men's Pub Social Pub food & drinks available (sign-up in Café)
Monday September 20	2:00PM Shalem Atrium	Paint N' Sip (Sign -up required) Enjoy a drink while painting with Carol
Tuesday September 21	11:30 - 1:30PM Bus Trip (Sign-Up Required)	Robinson Outreach At Rivercross Ranch ROARR - Lunch & visit with therapy horses.
Wednesday September 22	7:00PM Dining Room	BINGO with Lauren All Welcome
Friday September 24	7:00PM Dining Room	Evening Concert Justine Vandergrift - All Welcome
Tuesday September 28	2:00PM Shalem Café	Fall Social Everyone Welcome
Thursday September 30	2:00PM Shalem Café	Happy Hour - Oktoberfest Themed Everyone Welcome