

Newsletter

COMMUNITY CONNECTION

APRIL 2024

In This Issue

Musings from the
Executive Director

Shalem Prayer
& Praise

April Celebrations

Resident Notices

Monthly Events
at Shalem

*"That person is like a tree planted by
streams of water, which yields its fruit in
season and whose leaf does not wither—
whatever they do prospers." Psalm 1:3*

Spring is a season of growth, both in nature and in our spiritual lives. Just as plants thrive with sunlight and water, our faith flourishes with time spent in God's word and in fellowship with other believers. May the arrival of spring renew your faith and inspire you to celebrate this season of transformation.

5 Tips for Staying Safe Online

1. Use unique passwords
2. Log out from services when done
3. Keep your software up to date
4. Beware of suspicious emails
5. Make back-ups on the cloud or drive

In Spring's Embrace

"Spring whispers life's renewal,
In every bud, a universe unfolds,
Hope dances in the breeze,
And in each heart, warmth
outgrows the cold."

- Emily Verse



PRAYER AND PRAISE

May the challenges of failing health be met with strength, resilience, and the comforting embrace of Your love. May we enjoy the renewal that spring welcomes and celebrate all Your glory this season.

WELCOME...

Please welcome Irene Johansen, who is moving into the Manor on April 1!

PRAY FOR...

Let's send our heartfelt thoughts to those dealing with health challenges. May our prayers uplift them, and may they feel surrounded by our support and encouragement during this time.

We think specifically of:

Dennis Green
Leonard Joad
Patricia Jackson
Oveen Kaner
and Roger Haynes as he moves to Wentworth Manor

We lift up Ozzie in prayer as he mourns the passing of his son, Roy, on March 12. Our hearts also go out to Norm, who lost his younger brother in March. May God's comforting presence surround them, bringing peace to their hearts.

MONTHLY VERSE

Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.

- 1 Peter 1:3

PRAYER

Bless us with Your comforting presence and unwavering love. Grant us strength in body, mind, and spirit as we navigate each day with grace and dignity.

May we find joy in each moment, peace every day, and warmth in the community around us. May You surround us with Your healing light and fill our lives with abundant blessings.
Amen



LIVING WELL TOGETHER

Musings from the Executive Director Lessons from the Cross

Perhaps outside of the Christmas story, Easter is the most well-known story in the Bible. No matter what your familiarity with the Bible, the account of the cross provides an amazing story that we can learn and relearn from every year with new wonder.

Here are just a few things to reflect on and wonder anew!

1. **Jesus remains true, no matter what.** Holy Week was filled with ups and downs for Jesus, from riding triumphantly into Jerusalem to the disappointment of being betrayed by one of his own disciples. But Jesus knew God's plan and was obedient to it. None of us are Jesus, but we can strive to be like him by staying the course and keeping our eyes on the things of God. No matter how many (or few) people are cheering you on or what struggles you might face, know that God has a plan for you.
2. **Everyone else falls short.** Aside from Jesus, everyone else in the Easter story falls short. Judas betrayed Him. The disciples closest to Him fall asleep on prayer watch. Peter denies Him. The disciples flee and scatter in fear. We all fall short. That's why God sent Jesus in the first place. We are not called to be perfect. We are called to follow Jesus.
3. **Jesus prays when He faces struggles.** Jesus prays numerous times during the stories surrounding Holy Week as He struggles with what lies ahead. Prayer was His first response and should be our first response when we face struggles. God listens and will respond—even though He might not take the burden of what we pray about from us.
4. **Joy invades our hearts when we least expect it.** Only a week had passed since the triumphant entrance into Jerusalem, but the day that changed human history was not a public occasion but a private one. It was a day that began not with celebration but with tears. Mary Magdalene was grieving that Sunday morning as she came to prepare the body of Jesus with spices. But then she heard a voice... 'Mary.' Jesus called her name and filled her heart with joy when she least expected it. Jesus also calls each of us so personally that, like Mary, we can't help but cry out in glad recognition and experience true joy and peace that He is with us.

The Easter message loses no power whatsoever, no matter how many times we celebrate it. Jesus remained true then and remains true today. He is alive. He is with you always.

May the joy of God's love for you invade your heart!

Dorothy de Vuyst
Executive Director

He isn't here!
For He has
risen, just as He
said would
happen.

MATTHEW 28:6



OUR COMMUNITY

March Birthday Celebrations



RESIDENT NOTICES

Court Social/ Library Room

The Health Clinic is now full and busy, and we love that! To accommodate Nurse Izel and the HCAs, we have moved counselling and prayer sessions to the Court's 3rd-floor social/library room. This room will continue to serve as a library/social space and is undergoing changes with new furniture and books. However, when the "do not disturb" sign is on the door, we kindly request that residents and staff refrain from entering the room. Privacy and confidentiality during these sessions are crucial. Thank you for your understanding and cooperation.

Hair Salon Updates

There will be an increase in salon services beginning June 1st. For updated prices, see information boards or the salon.

Please note both Teresa and Deenie will be away during the month of May.

Teresa will be away from May 2 - June 2

Deenie will be away from May 4 - 20

Book ahead if you need a Salon visit before the ladies take some time off.

Bible Study Moved to Thursdays

Bible study will be held on Thursdays at 10 am in the Manor Social room. All residents are welcome to join Pastor Allan as he explores the Beatitudes.

Missing Keys

We are looking for missing staff keys with a plastic coil wrist bracelet and 2 or 3 small keys on it. If found, please return to Reception.

TAX Clinics

See the last page of the newsletter for information on tax clinics at Shalem. Appointment times are available.



Jesus Christ is
the same
yesterday and
today and
forever.

Hebrews 13:8

OUR COMMUNITY

Shamrocks & Smiles St. Paddy's Day Fun



LONGEVITY SECRETS 101-YEAR-OLD'S ADVICE

Excerpt from
businessinsider.com

When Roy Cohen was born in 1922, his parents' farmhouse had no running water or electricity. A wood stove in the kitchen heated the entire property, and there was an outhouse toilet.



"It was tough from day to day," Cohen, a second-generation immigrant to New York, told Business Insider. But his upbringing motivated him to aim high. "I remember carrying buckets of water to the chicken coops, one in each hand," he said. "It was cold. 'I'm not going to live this way all my life,' I said to myself."

Now 101 years old and still in his home, he's in good health. He manages his finances, oversees renovations, and is interested in philosophy. "I keep in shape, mentally and physically," he said.

His longevity lessons over the decades:

Be Ambitious

Cohen said he "came from zero" to become a CEO. The centenarian took risks in his career, such as pivoting from research to a role in advertising at his first drug company, despite having no experience in the latter. Cohen spent his 55-year career at three companies, culminating in his role as CEO.

Cohen with his wife, Joan, at a work function in the 1960s. He travelled the world—for business and pleasure—before retiring at 81. "The idea of early retirement is horrible to me," he said, working for almost six decades. It's stultifying."

He said the secret to a fulfilling career — and longevity in general — included stepping out of your comfort zone. "If you want something badly enough if you feel something's not right and you need a change, you'll find a way," he added.

Work at Relationships

Cohen, who had seven brothers and sisters, said he learned to "get along with other people," often out of necessity. His childhood revolved around relationships with his siblings.

"You have no choice but to figure out how to stay stable," he said. "If you live with a whole bunch of other people, you can't carry on wildly and selfishly as if you're the only person in the family."



His first marriage was annulled after less than a year, but the experience helped him reconsider the idea of a life partner. "I was cautious about making that commitment again," he said, adding that he found "the right woman" in his second wife, Joan, a teacher, who died six years ago at 83. They had three children and six grandchildren together.

"It's all about communicating properly, keeping an open mind and listening to the other person's point of view."



LONGEVITY SECRETS

101-YEAR-OLD'S ADVICE *Continued.*

Follow the Mediterranean Diet and Walk

Cohen thinks his longevity has a genetic element. His father and mother died at 86 and 90, respectively. Still, he said he'd followed some simple rules throughout his life. The 101-year-old, who said his only health issues were prostate-related, is a devotee of the Mediterranean diet, popular among wealthy executives. Cohen avoids processed foods and meat in favor of fresh fish, vegetables, and olive oil. "If I want a snack, I'll munch on a piece of cauliflower, a carrot, or a red pepper," Cohen said. "I eat a lot of cabbage and salad." He's long incorporated fitness into his life, starting with his work on the farm. These days, his exercise regimen involves 20 minutes of leg exercises, while sitting on the bed every morning and walking "circuits" around his open-plan kitchen and living room. "I do at least 60 every day."

Keep Your Brain Agile

Cohen keeps track of his finances and all details as they come up. "It keeps my mind in shape." He constantly has a project on the go, and "being busy keeps me happy," Cohen said. He feels it's important to nurture a positive attitude with age. "People allow things that are not that important to drag them down," he said. "But you can't allow yourself to be angry or jealous all the time." He also said **spirituality** helped steer him through life. "It's important to figure out what makes the world tick."



The Health Clinic is on the Haven 1st Floor

Contact the Nurse

Monday - Friday 8:30am- 4:30pm **403-629-6762**

Email : nursing@shalem.ca

Contact the Health Care Aides

After hours and weekends **368-887-3087**

Use your SARA Pendant or dial 911 if it is an emergency.

APRIL IS IRRITABLE BOWEL SYNDROME (IBS) AWARENESS MONTH

IBS Facts

- 13-20% of Canadians (approximately 5 – 7.5 million individuals) are living with IBS
- Only 40% seek medical help
- IBS is more common in women but still affects many men
- People of all ages have IBS, from young children to the elderly
- The economic burden of IBS is \$6.5 billion annually in Canada
- Canadians with IBS miss an average of 13 days of work per year
- Primary symptoms (ABCDs of IBS) – Abdominal pain, Bloating, Constipation and/or Diarrhea
- Symptoms can come and go, so you might feel well for a while only to have symptoms return

Irritable Bowel Syndrome Myths

Myth: IBS is similar to (or the same thing as) IBD/Crohn's/colitis.

Reality: Crohn's disease and ulcerative colitis are types of inflammatory bowel disease (IBD). While IBD sounds similar to IBS, they are very different from each other. IBD is an organic disease characterized by the presence of inflammation in the intestine. In IBS, there is no visible disease, and the symptoms result from an improperly functioning digestive tract.

Myth: This treatment works for someone I know and will also work for me.

Reality: Each individual with IBS has a unique experience. There are many different treatments available, and some of these will work perfectly for one person but might do nothing, or even cause unwanted side effects, for someone else.

Myth: Cutting out dairy and gluten can get rid of IBS symptoms.

Reality: Some individuals with IBS may have intolerances to the milk-sugar, lactose, and gluten intolerance as well. For some, removing these foods can reduce or eliminate symptoms. IBS is a distinct disorder with its own diagnostic criteria, and neither lactose intolerance nor gluten intolerance are on the list.

Myth: People with IBS can't eat [insert any food here].

Reality: Research shows there aren't any foods that are bad for all IBS patients. Some foods are more likely to create symptoms, but not for every IBS patient. It is recommended to try different foods and take notes about how these foods affect them, in order to find out what works for them. In some patients, no matter what they eat, or don't eat, they have symptoms, so medications or other alternatives are necessary.

**Wellness Session on IBS with Richmond Square Pharmacy
Tuesday, April 16th at 10am in the Atrium**

OUR COMMUNITY

Vibrant Voices- Youth Choir Wows Seniors with Performance



Chapel on Wednesdays





Move of the Month

One Leg Balance with Arm Extension

Continuing this Balance Sequence



Theresa de Walle

Fitness Instructor



1. Stand with your feet hip-width apart and your weight evenly distributed on both feet.
 2. Relax your hands at your sides. Safety is always first, so you can start holding a wall or a chair.
 3. Shift weight to the left side. Lift your right-hand overhead and then slowly lift the same foot off the floor, hold, then slowly lower both down.
 3. Shift weight onto your right side, then lift your left hand overhead, then slowly lift the left foot off the floor, hold, then slowly lower both down.
 4. Hold for 3-5 seconds, increasing as it gets easier.
- (Repeat three times on each side)

Foot Massage & Stretch with a Ball

From RMT, Will Tanner

One simple exercise stretch that seniors can do with a ball is a foot massage and stretch. You can use a lacrosse ball, golf ball or tennis ball. Here's how to do it:

1. Sit comfortably on a chair or sofa with your feet flat on the floor.
2. Place a lacrosse ball under one foot, starting at the arch of the foot.
3. Roll the ball gently back and forth using the pressure of your foot. You can also roll it in circular motions to massage different areas of the foot.
4. Apply enough pressure to feel a comfortable stretch and release tension in the foot muscles.
5. Continue rolling the ball for about 1-2 minutes on each foot.
6. Switch to the other foot and repeat the massage/ stretching process.

This exercise helps improve circulation, relieves foot tension, and promotes relaxation. It's important to use gentle pressure and stop if you feel any discomfort or pain.



OUR COMMUNITY

EGG-stravagant Creativity Decorating & Basket Bonanza



LIVING BY FAITH

Every Moment Holy: A liturgy for the Feeling of Infirmities

Written by Douglas McKelvy

“Our souls are ever in their prime, so the faltering of our physical bodies repeatedly takes us by surprise. The aches, the frailties, the injuries, the impositions of vexing disease and worsening condition are unwelcome evidence of our long exile from the Garden. Even so, may the inescapable decline of our bodies here not be wasted. May it do its tutoring work, inclining our hearts and souls more vigorously toward your coming kingdom, O God. While we rightly pray for healing and relief and sometimes receive the respite of such blessings, give us patience for enduring whatever hardships our journeys entail. For what we endure here, in the deterioration of bone and joint, blood and marrow, muscle and ligament, vitality and mobility and clarity, is our small share of the malady common to a frayed creation, yet yearning for a promised restoration. Give us humility, therefore, in our infirmities, to ask and to receive, day by day, your mercies as our needs require. Where our dependence on others increases, let us receive their service as a grace rather than a shame. Let us trace in the hands of our caregivers the greater movement of your own hands, for you ever meet us and uphold us in our weakness. And in those moments when our bodies betray our trust, work in us through our own hard experiences a more active and Christlike compassion for the sufferings of others.

Give us also a sense of humor to wink at our weaknesses now, knowing that they are but the evidence of a perishable body that will at your beckoning rise again imperishable and that the greater joke is the one played upon death. By the inevitable dwindling of our strength, may the mettle of our true hope, at last, be proved, rising as the memory of a song stirring deep in the bones, a martial melody of which our difficulties are but the approaching drumbeat, reminding us that this flesh and blood are soon to be transformed, redeemed, remade. The infirmities we incur today are but the expected buffetings of a battle at which, victorious end, our birthright will be forever reclaimed. So may the decline of our bodies incline our hearts and souls ever more vigorously toward your coming kingdom, O God. Evermore vigorously.
Amen.”

Bible Study Moved to Thursdays

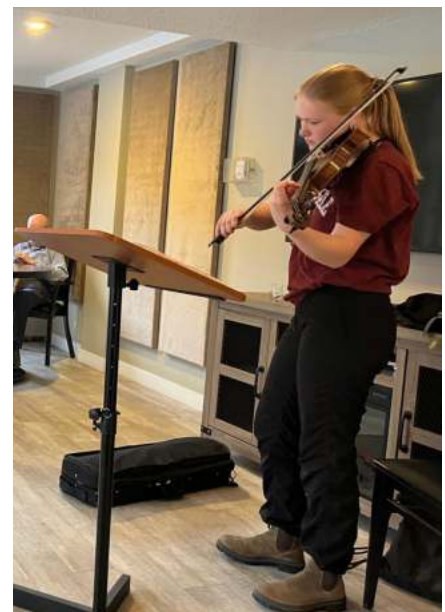
Thursdays at 10 am in the Manor Social room.

All residents are welcome to join Pastor Allan as he explores the Beatitudes.



OUR COMMUNITY

Visiting Violinist



CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

April 2	Randall Clark
April 4	Monique Carnegie
April 4	Marten Kruisenga
April 6	Beatrix Dalstra
April 8	Elsie Van Dyk
April 10	Anne de Vuyst
April 15	Sonia Abramyk
April 15	Dennis Green
April 18	Ann DeKlerk
April 19	Carolyn Donnan
April 20	Hes Roorda
April 29	John Stronks
April 30	Roger Haynes

MILESTONE BIRTHDAYS

We have many milestone birthdays this month!
Sonia turns 70. Elsie, John and Roger turn 90. Hes turns 95.

HAPPY ANNIVERSARY

Bert & Anne Jonker celebrate their 56th Wedding Anniversary on April 13th and Norm Ross & Anne de Vuyst celebrate their 2nd anniversary April 23rd.

Throwback: Reliving the Memories of 1954

Sonia, born in 1954, turns 70 this month. Let's look back at the 'nifty fifties.'

- Life expectancy for males was 66.7 yrs and 72.8 yrs for females.
- Supreme Court ruled "racial segregation of children in public schools was unconstitutional."
- RCA began production of the CT-100, its first color TV for consumers. The color set sold for \$1,000, a 17-inch black & white at the time was \$189.
- \$100 in 1954 is equivalent in purchasing power to about \$1,125.58 today.
- Average costs of a new house was \$22,000.00,
- Average income per year was \$4,137.00.
- The #1 song was Mister Sandman.
- The top movie was Gone with the Wind.

BIRTHDAY PARTY

Tuesday

April 9

2:00PM

Dining Room

Entertainment
Wild Rose Duo

OUR COMMUNITY

Sip & Savor: A Journey Through South African and Portuguese Wines



'Ebonie Hugs'- Crocheted Gifts Spread Warmth to Staff



OUR COMMUNITY

Joyful Jamboree





Source: Glenbow Archives - Deane Residence, 1906 at Fort Calgary

MEMORY LANE

DEANE HOUSE: AT THE CONFLUENCE OF THEN AND NOW

Named for Captain Richard Burton Deane, the last superintendent of Calgary, Deane House is the only remaining North West Mounted Police (NWMP) building in Calgary.

Captain Deane built the house in 1906 upon his wife's refusal to live in the barracks. Martha Deane fell ill and was sent to the West Coast for treatment. Deane ordered the new commanding officer's residence to be constructed for Christmas. Sadly, Martha Deane died on December 23rd and never lived in her new home.

In 1914, the Deane House was purchased by the Grand Trunk Railway and moved to a new location to serve as the office and Station Master's house, sparing it from demolition – the fate of all the other Fort buildings.

The retired Captain Deane published his book, *Mounted Police Life In Canada: A Record of Thirty-one Years' Service*, in 1916.

In 1929, it was moved once more, across the Elbow River where it is today along 9th Avenue in Inglewood. Pulled across by a steam tractor on temporary pilings, the move was such an astonishing feat of engineering that it was made famous in *Popular Mechanics* magazine. It was used as a boarding and rooming house, art gallery space, and a restaurant, which closed in 2012.

Deane House garden, grounds and historic house were redeveloped in 2015 by the Fort Calgary Historic Preservation Society. The restaurant opened in 2016. Turning 118 years old, it's a proud part of Calgary's storied heritage.





Self-Massage Techniques





CREATIVE CORNER

A monthly showcase where residents, staff, or volunteers share their artistic flair, through poetry, short stories, artwork, crafts, favorite jokes, anecdotes, or recipes. *Contact Pam or Michelle to submit your work or email communications@shalem.ca.*

Irish Blessings: Expressions of good wishes associated with Irish culture Haven residents crafted their own at last month's Brain Teasers

May the Lord help you have a good day may the Lord give us rain.
May you have a good day, and may the Lord guard you throughout the day.
May the Lord give us a great summer.

May the future bring you happiness.
Don't let your shadow fool you!
Trust in the Lord and treat others as you like to be treated.
Don't believe everything you hear, and don't let your past get you down.

May you always have good friends to keep you happy, and may you always keep God first in your life.

May you always find joy in all you do and may happiness follow you all your life.

May you always be nice.

May you always be healthy, happy and have a long life.

May you be blessed with a sunny day on this special occasion.
May the Lord bless you and your family.



OUR COMMUNITY

Life at Shalem



And Now It's Spring

The grass is green across the hill,
But yellow blooms the daffodil.
It's sunshine on a little stalk,
A friendly flower, I bet they talk...

Of little kids, too long inside
They burst outdoors to play and hide.
Tracking mud and bringing bugs.
Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,
They skin their knees while riding bikes.
They rip and roar, they're running wild!
What fun it is to be a child.

It grows warmer every day.
Shoo the children out to play!
Pick the flowers, play in mud.
Too much rain, here comes a flood!

My snowy, winter days are gone.
I mourn them, but I hear a song
Of birds in trees; wind chimes ring.
I guess it might as well be spring!

- Lhtheaker



A photo from Ina & Neil DeBree of sweet little Harper reading the book of poems written by past resident Florence Lowry.

"Hi Oma and Opa! Here is that photo of Harper with her new book."

-Jeff

UPCOMING EVENTS

SATURDAYS

Main Hallway
2:00PM

Saturday Strides

Step into wellness with our walking club every Saturday afternoon. This is a Health Care Aide supported activity. Please arrive on time.

THURSDAY, APRIL 11

Meet at Reception
9:30AM

Bus Trip: Walmart/ Westbrook Mall

Join us for a shopping trip to Walmart to pick up anything you might need.

THURSDAY, APRIL 11

Manor Social Room
10:00AM

Beatitudes Bible Study

Join us for an enriching Bible Study led by Pastor Allan, exploring the timeless wisdom of the Beatitudes. Don't miss this opportunity to grow in faith and understanding. The series begins Thursday, April 11. Everyone welcome!

FRIDAY, APRIL 12

Shalem Atrium
10:00AM-2:00PM

Clothing Sale - Personal Touch Fashions

Specializing in seniors styles, shop without leaving the building! Affordable, easy care, comfortable clothing & more.

FRIDAY, APRIL 12

Dining Room
2:00PM

Youth Piano Concert

Experience the joy of music and support young talent! Hosted by homeschooling families from our community. A Showcase of skills and a visit with residents.

MONDAY, APRIL 15

Shalem Atrium
11:00AM

Health Matters- Wellness Session with Nurse Izel

Do you know what a "Green Sleeve" is? It's not something you wear, and more than a cute name. It's a vital plastic pocket you should have in your suite. A 'Green Sleeve' contains essential planning documents and other forms detailing your health care goals. Nurse Izel will tell us more about it, what it holds, and why you need it!

UPCOMING EVENTS

TUESDAY, APRIL 16

Shalem Atrium
10:00AM

Wellness Session Irritable Bowl Syndrome

April is IBS Awareness month! Learn more about IBS with Richmond Square Pharmacy. Did you know there is a link between IBS and stress? Find out more at this session.

FRIDAY, APRIL 19

Meet at Reception
1:00PM

Bus Trip - Fort Calgary

An immersive indoor experience with a 30-minute theatre presentation, followed by a guided 30-minute walk through the exhibits, all designed to delve into Calgary's fascinating history.

THURSDAY, APRIL 25

Meet at Reception
9:00AM

Bus Trip - High River Tour

Discover High River's rich history on a scenic bus tour with a museum interpreter. Delve into the stories behind the town's most iconic buildings and sites. Bus tour is followed by a bagged lunch and museum visit.

TUESDAY, APRIL 30

Haven 3rd Floor
9:00AM

Spring Craft

Express your creative side and add some spring colour to your life with our seasonal craft! Everyone welcome!



TAX CLINIC - Get help with your taxes!

Appointment times available on event sign-up board
April 5, 6, 12 & 13 Starting at 1:00pm until 4:45pm



Residents will be required to bring:

- Photo Identification
- CRA "My Account" login credentials, if available
- Copy of last year's (2022) income tax return
- Last year (2022) Notice of Assessment
- Information slips, T4's, T5's, etc.
- Medical receipts. (Only deductible if the total exceeds 3% of income)
- Donation receipts
- Any other tax receipts or information