

**AUGUST 2021**

# Shalem Showcase



Life at Shalem



## **LOOKING FORWARD TO JULY**



### **INSIDE THIS ISSUE:**

Musings from the Executive Director  
What Happened Last Month?  
Our Community  
August Celebrations  
Health & Safety Information  
August 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:

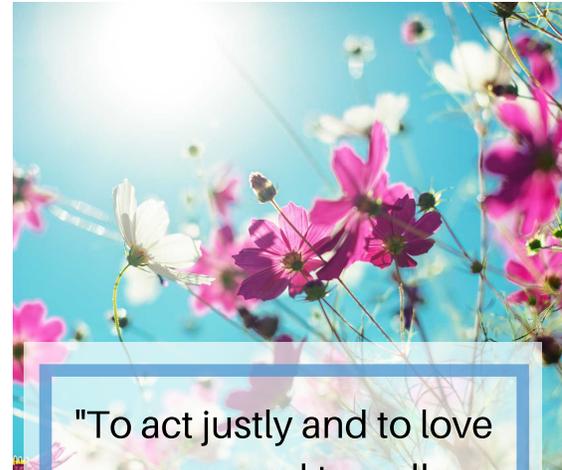
A caring community to call home.

## 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)

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

— *Colossians 3:12*



# LIVING WELL TOGETHER

Musings from the Executive Director  
AUGUST 2021

## The Beauty of Renewal

This past weekend I travelled to BC to spend a couple days camping with some of my family. The drive there took me on Highway 93 through some of the areas hit by forest fires several years back.

I recall driving the same route a couple of years ago and feeling sad over the devastation the fires had created. Where there had once been lush green trees, the tall, blackened, burnt out tree trunks seemed so desolate and bleak.

As I drove through this year, most of the burnt-out trunks were still standing, however, what I saw as well was the new, fresh, green undergrowth that was well underway. What was even more beautiful than the fresh undergrowth was the acres and acres of purple wildflowers that also were now growing. It was literally like the mountainside was covered in purple! I had never seen anything quite like it!

The purple wildflowers (called Fireweed) growing among the burnt-out trees reminded me of the beauty that can come out of pain and suffering. The beauty I saw would not have been possible if it wasn't for the fires that went through the area. Although it seemed like everything was destroyed, the seeds of renewal were there, waiting for the sun and rain to reach them.

The flowers also reminded to be grateful in times of adversity, disappointment or suffering. To be open to what God may be teaching me. To see things in a perspective I may not have seen before. To prioritize in my life the things I know that God values. To appreciate the people in my life or the circumstances in my life in ways I may not have seen before. Sometimes, only the purifying, the refining of fire - of difficulties and suffering - can do that.

Refiner's fire  
My heart's one desire  
Is to be holy  
Set apart for You, Lord  
I choose to be holy  
Set apart for You, my Master  
Ready to do Your will



Dorothy de Vuyst  
Executive Director

# SHALEM PRAYER AND PRAISE PAGE

## WELCOME.....

We have quite a few new faces at Shalem!

Welcome to new residents Esther Loftus, Sabine Boychuk, Susan Black and Betty Littlejohn. We pray you feel welcomed and enjoy your new home at Shalem.

## PRAY FOR....

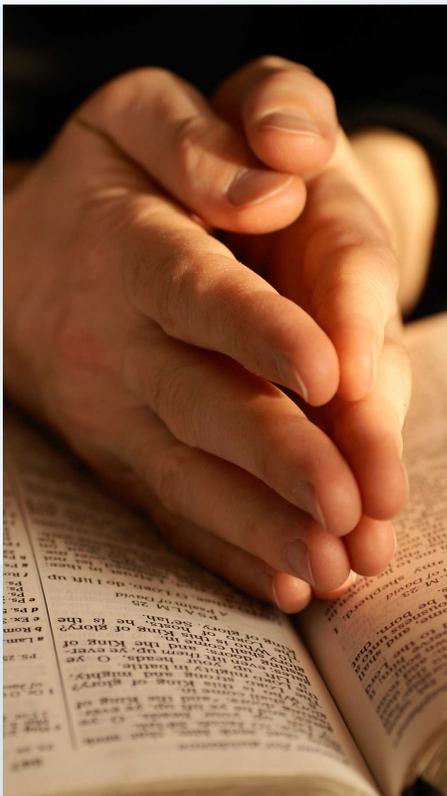
We pray for God's comfort and care to be with George and Elsie Van Dyk as George remains in hospital and continues to decline. We pray that God's peace that surpasses all understanding is known in real ways over the next days and weeks.

Please continue to pray for Britt Barabas who remains in hospital due to injuries from a car accident. We ask for God's comfort, strength, encouragement, and healing to be with her in abundance during this challenging time.

Pray for Anna Christensen, as she is back in hospital. We pray for healing and comfort during this difficult time.

Please continue to pray for John Jager as he has been moved into palliative care. May John and his family feel God's comfort and peace at this time.

We pray for Janny Brander who is still receiving care and rehabilitation at Glenmore Carewest. We ask for God's healing touch to be upon her and for God's strength to be with her family as they care for her during this difficult time.



**Dear Lord, I trust in you. I put my  
FAITH in you. I put my HOPE in you.  
Thank you for breathing new life into  
me each and every day.**

**- Amen**

**But I trust in your unfailing love. I will rejoice  
because you have rescued me.**

*Psalm 13:5*

# WHAT HAPPENED LAST MONTH? *Life at Shalem*

## Canada Day



# WHAT HAPPENED LAST MONTH?

## Happy Hour



# WHAT HAPPENED LAST MONTH?

## Brain Teasers



## Fitness Class



## Chapel



# WHAT HAPPENED LAST MONTH?

## Stampede Breakfast



# WHAT HAPPENED LAST MONTH?

Stampede Breakfast Continued...

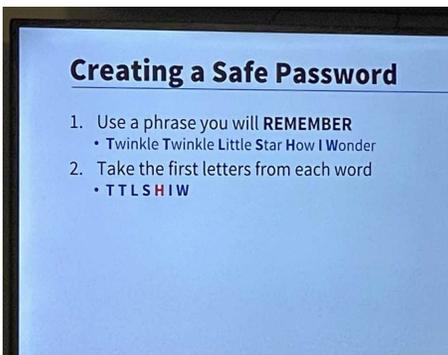


# WHAT HAPPENED LAST MONTH?

## Evening in the Pergola - Mashmallow & S'more Roast



## Learning Session - Cyber Crimes



# WHAT HAPPENED LAST MONTH?

## Paint N' Sip



# WHAT HAPPENED LAST MONTH?

## Men's Pub Social



## Bus Trip to Bragg Creek



# WHAT HAPPENED LAST MONTH?

## Ice cream & Courtyard Games



# CYBER SAFETY FOR SENIORS



## How to Create a Safe and Secure Password

There are many different methods you can employ to make your passwords safe and secure. This is a method YouthLink recommends!

1. Use a phrase you will **REMEMBER**

Twinkle Twinkle Little Star How I Wonder

2. Take the first letters from each word

**T T L S H I W**

3. Replace some letters with lowercase, special characters or numbers.

**T t 1 \$ H ! W**

4. Add the first and last letter of the website to make each one unique.

For Facebook:  
**F T t L \$ H ! W k**

For Instagram:  
**i T t L \$ H ! W M**

### IF YOU RECEIVE A SUSPICIOUS EMAIL, PHONE CALL OR TEXT (EVEN IF IT SEEMS LIKE IT'S FROM A FAMILIAR COMPANY OR A FRIEND) HERE'S WHAT TO DO:

**BREATHE.** Phishing messages often pressure or threaten you to respond quickly. If an email needs you to “act now”, it’s probably a scam.

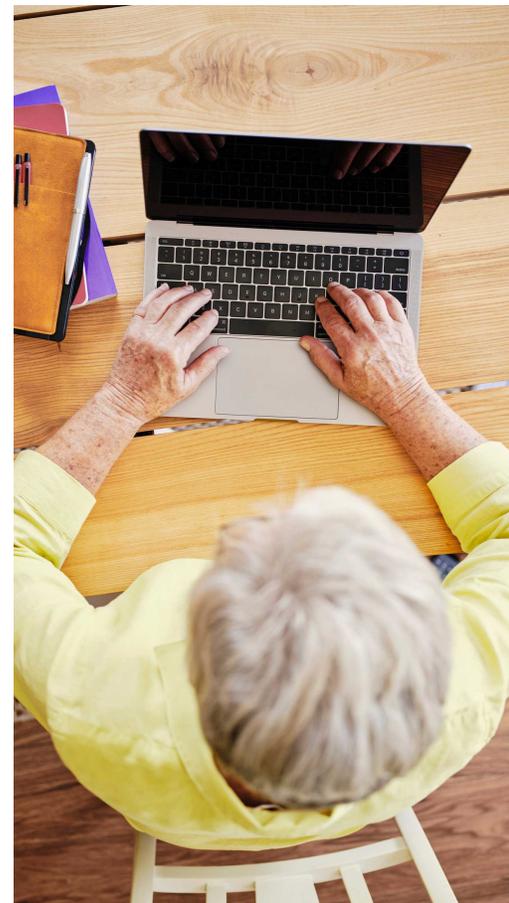
**DON'T OPEN ANY LINKS OR ATTACHMENTS** you're unsure of. Reach out to the sender in a different way, like by phone, to confirm.

**CONSIDER YOUR INTERNET HISTORY.** Unless you requested it, any message asking you to reset your password or update your account info is likely fake.

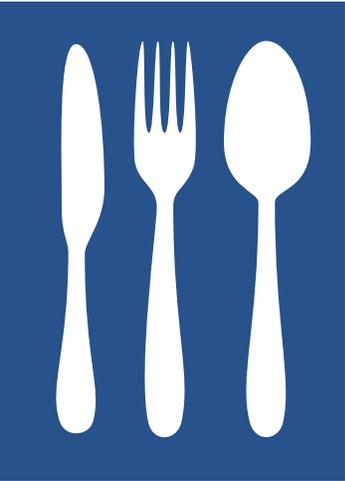
**DELETE ANY MESSAGES THAT SEEM TOO GOOD TO BE TRUE,** like winning a contest you didn't enter.



Thank you to Michael with the Calgary Police for his informative presentation about Cyber Crimes and providing some tips to keep seniors safe.



# RESIDENT NOTICES



## DINING ROOM NOW OPEN TO ALL RESIDENTS!

Court and Manor Residents are now welcome to make reservations to eat in the Dining Room!

Please call the Dining Room to reserve and indicate your meal choice at least 24 hours prior.

Dining times will remain the same for now with lunch served at 12:00 and dinner served at 5:00.

Space is limited and will be first come, first serve so reserve early!



## SHALEM ATRIUM PROJECT

The Shalem Atrium renovation is moving forward! Thank you to those residents who have participated in the information sessions and have already provided feedback and suggestions. Your input helps us create an effective and beautiful space for group activities, as well as other social activities. We are working through some design elements and will be sharing these with residents through a visual display that will be available soon near the Resident Manager’s Office. Please provide any additional comments or suggestions in the space provided below. Remove this bottom portion and leave it with staff at the Haven front desk.

## Shalem Atrium Proposal

We would love your comments, suggestions, and feedback in regards to the design planning of the Shalem Atrium. The enhancement of this space is for the residents, so we welcome your input. On the visual display you will see the proposed layout, furniture style and fabric samples, flooring sample, paint colour as well as the proposed audio & video enhancements.

---

---

---

---

---

---

---

---

### 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.

Funded by the Government of Canada’s New Horizons for Seniors Program



# RESIDENT NOTICES

## COVID-19 UPDATE

Although the provincial government is further easing COVID-19 restrictions and protocols, as a seniors' congregate living facility, Shalem is required to follow guidelines set out by Alberta Health Services. There are no further changes or easing of restrictions for Shalem since our previous communication the middle of July.

There are no longer restrictions on visiting including; the number of visits, visits by children or overnight guests, however, please remember:

- All visitors must continue to enter through the Haven to receive a verbal health screening.
- All visitors must continue to wear masks in all common spaces.
- Visits from family, friends and non-Residents is limited to within a Resident's suite or outdoors. This includes the Dining Room, Haven Snack Room, café and other common spaces. The Haven 3rd floor activity room may be booked through the front desk for larger social gatherings.

Thank you for your continued adherence to these remaining protocols and for ensuring your visitors and guests also comply. We anticipate these protocols will be reevaluated in September.



## *Community Coffee*

with Dorothy de Vuyst

### **Coffee: Monday, August 9 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. For August, the first Monday is a holiday so it will be held on August 9th.

Isaiah 46:4 (NIV)

Even to your old age and gray hairs  
I am He, I am He who will sustain you.  
I have made you and I will carry you;  
I will sustain you and I will rescue you.



# AUGUST CELEBRATIONS AT SHALEM

## Happy Birthday!

- August 3 Rudy Muller
- August 18 Carrie Latinka  
Ruth Hargrove
- August 22 Len Joad
- August 25 Margaret Kehler
- August 28 Florence Lowry  
Eileen Smith
- August 29 Bernice Chase
- August 31 Keith Davidson



*We pray that on your birthday and everyday after, you feel His presence working in your life and that you are filled with God's unfailing love for you.*



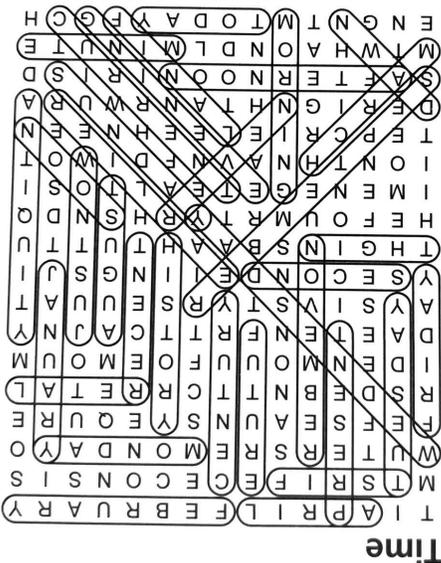
## Happy Anniversary!

Congratulations to Neil & Ina De Bree as they celebrate their 60th Wedding Anniversary on August 26th.

Keith and Maribelle Davidson will celebrate 59 years of marriage on August 28th.

*Many Blessings to both couples!*

## Answers for Games & Fun, Page



7. ROC stands for the Russian Olympic Committee. Russia was banned for a doping scheme. Russian athletes found not to be involved in the doping scheme are still allowed to compete, but as neutrals in ROC.
8. Clara Hughes - Cycling & Speed Skating
9. c) 1896
10. Swimmer Penny Oleksiak is Canada's most decorated Olympian of all time. The 21-year-old from Toronto won her seventh Olympic medal Sunday, August 1, 2021.
1. c) Every 4 years
2. c) 370 athletes in the 2021 Summer Games
3. b) London 2012, 1908 and 1948
4. b) USA-83 gold medals at the 1984 Games held in LA
5. c) 1912 - Summer Olympic Games in Stockholm.
6. b) Golf in 1900. The event was won by US golfer Margaret Abbott and her mother Mary Abbott finished 7th.

# VOLUNTEERING



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

## Thank you to:

- Calgary Fiddlers for the Canada Day entertainment
- Jen for helping at the Paint n'Sip.
- Willem & Martin for volunteering at Happy Hour
- Michael with the Calgary Police for his very informative presentation about Cyber Crimes
- Wilma, David, Kevin & Cari for leading Chapel. After 18 months, it was especially nice to see Pastor Cari back!
- Friendship Partners, Ann & Kim. They continue to faithfully connect one-on-one with some of our residents
- Kim for assisting with Brainteasers
- Teresa for calling at Fun Bingo
- Judy for helping to decorate for Stampede
- Wendy and Sharon for visiting at the "Evening in the Pergola"



# GAMES & FUN

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

## WORD Search TIME

- AFTERNOON
- ANTIQUITY
- APRIL
- AUGUST
- CENTURY
- CURRENT
- DAWN
- EARLIER
- EVENING
- FEBRUARY
- FINAL
- FIRST
- FRIDAY
- FUTURE
- HISTORY
- JANUARY
- JUST NOW
- LATER
- MARCH
- MINUTE
- MONDAY
- MORNING
- NEVER
- NIGHT
- NOVEMBER
- PRESENT
- RECENT
- SECOND
- SEPTEMBER
- SOON
- SUNDAY
- TODAY
- TUESDAY
- WEDNESDAY

1. How often are the Olympic summer games held?  
 a) Every 8 years    b) Every 2 years    c) Every 4 years
2. How many athletes are representing Canada in 2021?  
 a) 226    b) 314    c) 370
3. What city is the only city to have hosted the Olympics three times?  
 a) Athens    b) London    c) Paris
4. Who holds the world record for the most gold medals won at an Olympic Games by a single country?  
 a) Russia    b) USA    c) Australia
5. When was the last time Olympic medals of solid gold were awarded?  
 a) 1968    b) 1932    c) 1912



## OLMPIC GAMES TRIVIA

6. What sport was the first Olympic event in which a mother and daughter competed together?  
 a) Synchronized swimming    b) Golf    c) Cycling
7. What does the ROC stand for in the 2021 Olympics?
8. Which Canadian Olympian is a dual-season athlete that has won multiple medals at both the summer and winter Olympic Games?
9. When was the first modern Olympic Games?  
 a) 1902    b) 1884    c) 1896
10. Who is Canada's most decorated Olympian of all time?

## 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 August 3	9:30AM Bus Trip	North Hill Centre Sign-up Required
Wednesday August 4	2:00PM Shalem Atrium	Hymn Sing with Piano
	7:00PM Dining Room	<b>BINGO with Lauren</b> We welcome volunteer Lauren back at Shalem!
Friday August 13	2:00PM Shalem Atrium	<b>Paint N' Sip</b> (Sign-up Required) Enjoy a drink while painting with Carol
Tuesday August 17	3:00PM Games Room/ Courtyard	<b>Men's Pub Social</b> (Sign-up Required) Pub food & drinks available
Wednesday August 18	10:30AM Shalem Café	<b>Presentation: Healthy Eating for One</b> With Pam, Holistic Nutrition Consultant
	7:00PM Dining Room	<b>BINGO with Lauren</b>
Tuesday August 24	1:30-4:30PM Bus Trip	<b>Bus Trip to Saskatoon Farm</b> (Sign-up required)
Thursday August 26	10:00AM-2:00PM Shalem Atrium	<b>Clothing Sale</b> Personal Touch Fashions
	10:30AM Shalem Café	<b>Presentation: Understanding Arthritis</b> Volunteer from the Arthritis Society
Friday August 27	6:00PM Emmanuel Pergola	<b>Evening in the Pergola - Hot dog roast</b> Meet in the Courtyard and walk over
Tuesday August 31	10:30AM Courtyard	<b>Music: The Good Timers</b> Live music in the Courtyard



**Worship Service**  
emmanuel church

*Worship Services*  
*Every Sunday at 10:00am*

[www.emmanuelcrc.org](http://www.emmanuelcrc.org)

Tune into Channel 398 on your TV for Emmanuel Church Service