

AUGUST 2022

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO AUGUST



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SHALEM MISSION STATEMENT

In the Strategic Plan developed June 2022 the Mission and Vision statements were revised. At Shalem we passionately serve our community with grace and integrity.

MISSION:

To be a community where older adults are celebrated and experience wholeness in being, in health and in relationship to God, and find contentment and belonging.

VISION:

To be Calgary's most desirable Christian senior living community.

VALUES:

We serve our community and are accountable by showing:

Passion – We have a calling to understand each community members' needs that will enrich their well-being.

Grace – We show love to each other through respect, acceptance, and compassion.

Integrity – We strive to do the right thing by being honest, trustworthy and stewardly with our resources and each other.

A SUMMER NIGHT

About us lies the summer night;
The darkling earth is dusk below;
But high above, the sky is bright
Between the eve and morning glow.

Clear white of dawn, and apple green,
Sole lingering of the evening's hue,
Behind the clustered trees are seen,
Across dark meadows drencht in dew.

So glow above the dusk of sin,
Remembrance of Redemption vast,
And future hope of joy therein
That shall be shed on us at last.

1869, Robert Louis Stevenson



LIVING WELL TOGETHER

Musings from the Executive Director

And He is Faithful

AUGUST 2022

“Now faith is the substance of things hoped for, the evidence of things not seen.”

Hebrews 11:1

Last weekend I attended a baby gender reveal picnic where the excited parents-to-be revealed to their family and friends the gender of their expected baby. All babies are to be celebrated but this one was extra special.

I hired Sarah, the mom-to-be, 15 years ago when she applied for a position at Samaritan's Purse, and we worked together until I left to come to Shalem. As long I knew Sarah, she wanted to be a mom. Even as a single woman in her 20's she adopted a 16-year-old homeless girl and gave her a chance at a normal life when no one else did. When she got married five years ago, she thought she would now get the chance to have her own child, but what followed was years of doctor's visits, medical tests, disappointments, and tears.

This past December, the doctor's told Sarah and her husband they had less than a 4% chance of conceiving. Sarah writes, "As tears streamed down my face, I heard the words 'Science speaks to science, faith speaks to faith.' And though the tears streamed down my face, hope rose in my heart."

She relayed how she was reminded of the verse in Hebrews 11:6 that says, 'And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him.' And so, in the midst of her disappointment, she chose to change her focus from what God could do for her to learning more about God's character.

Her journey over the next several months led her to study women in the Bible who experienced disappointment and long periods of waiting and she came to the conclusion that God is faithful. Period. He doesn't always answer in our timing or in the way we expect, but He is faithful. Even when we don't know the how or when - or if ever - God was and continues to be faithful.

In March they learned, against all human and science odds, she was pregnant!!

Sarah's journey of faith is not over as she still struggles with anxiety and fear of being an older mother as her child grows within her. It is sometimes an hourly choice to choose faith over fear, to choose faith over statistics.

I tell Sarah's story because it is a story of hope for all of us. We all have our own stories of hope and longing for ourselves or perhaps a child or grandchild. Perhaps it is for reconciled relationships. Perhaps you have grandchildren on their own infertility journey. Perhaps it is for healing from a cancer or another disease that seems to be taking a loved one away too soon.

If you are believing God for something or someone in your life, go to His word, see and discover, and be curious of who God was then and know who He is to you today. God may not answer you the way He answered Sarah, but we can be confident that the God who was faithful then will continue to be faithful today!

And by the way, it's a girl!

Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

(Philippians 4: 6-7)



The Lord promises His continued love and concern for Older Adults. "I will be your God throughout your lifetime -- until your hair is white with age. I made you, and I will care for you. I will carry you along and save you" (Isaiah 46:4)

WE PRAY FOR...

- Phyll Bruckshaw, as she continues to receive care in hospital.
- Dorothy Rosenau, who remains in Carewest.

There are no new faces to Shalem this month, but we look forward to welcoming the following residents in September...

- Cathy Colquhoun in the Haven
- Lori Lehnert in the Manor
- Bob Ide in the Court


Worship Service
emmanuel church

www.emmanuelcrc.org

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*

Picnic Lunch at Bowness Park



WHAT HAPPENED LAST MONTH?

Paint N' Sip - Stampede Style



WHAT HAPPENED LAST MONTH?

July Birthday Party Celebration with Rob Mann



LIFE AT SHALEM



Volunteers support Shalem activities, including Massage Evenings, Happy Hour, Espresso Cafe & Brainteasers.



WHAT HAPPENED LAST MONTH?

Stampede BBQ Lunch



WHAT HAPPENED LAST MONTH?

Stampede BBQ Lunch



WHAT HAPPENED LAST MONTH?

Espresso Café



WHAT HAPPENED LAST MONTH?

Bus Trip to the Chinook Honey Company & Chinook Arch Meadery



RESIDENT NOTICES



Upgrades to the Café

The Café has become a central part of Shalem where residents gather for morning coffee, Happy Hour and other social activities. You will have noticed some green tape and notes on the walls of the café. We have been planning a few updates to make the café more functional and cozy for our residents. This includes finishing the sound boards, creating shelving for books, games or decor items, racks for mugs and glasses, a new espresso machine, and a dishwasher. We trust the sound issue will continually be improved, and you will enjoy the upgrades to the space.



Building & Grounds - Tree Pruning and Care

We hope you will agree that many of our trees are looking much better! We were glad to have Total Tree Solutions on site to prune our trees and improve the clearance from the buildings. In most cases we raised the canopies of the trees to allow more light and clearance to walk under the trees. There are some tree species that need to be pruned in cooler weather in order to limit the risk of disease, namely the Ash and Schubert or May Day trees. These trees will be pruned in the fall.



Building & Grounds - Dining Room Roof

The Dining Room roof is finally being repaired! As you walk through the Dining Room or the hallways nearby, you will have heard the banging and scraping going on. Our roof is being fixed! As you know we have been experiencing water leaks in many areas resulting in damages walls and stained ceiling tiles. Once the roof is repaired, we will be working to replace the inside walls and the ceiling tiles. We expect the crew to be onsite for about two weeks.

Prayer Wall

Prayer is an important part of our Christian faith, not only praying for ourselves but praying for others. And we know we have many prayer warriors among us! We will be creating a prayer wall outside of Susan's office, where residents and staff will be able to request prayer from the Shalem community. Residents are encouraged to go by the Prayer Wall to see how they can be praying for each other, and to request prayer. We encourage you to bring physical, emotional or spiritual concerns to the prayer wall, as well as share things you are grateful for. In the Fall, we will also be starting a bi-weekly Bible Study/Prayer time, where these requests can also be prayed for. We hope this will become a focal feature at Shalem, and contribute to the God-centered community we seek to be.



Building Specific Meeting - The Haven

We will be doing quarterly meetings with each building on a rotation basis. This month, we will hold a meeting for Haven residents on **Monday, August 8th at 2:00 in the Dining Room.**

SHALEM TUCK SHOP

The Tuck Shop will remain closed until September. If you are in need of something during the month of August and are not able to go shopping, please let Michelle or Pam know and they can look into getting it.



RESIDENT NOTICES

COVID-19 UPDATE - AUGUST 1, 2022

We are seeing a few cases of COVID among us once again, as this next wave moves through our city and province. At this time we are not implementing any additional protocols. However, we want to remind residents and their guests to be mindful of good sanitization and hygiene habits. As well, if you are concerned about getting COVID, please protect yourself by wearing a mask in common spaces and maintaining physical distancing. We are in preliminary discussions with Alberta Health Services regarding the next booster shot and anticipate that this may be offered this fall. Stay tuned for details!



Coffee Connection
with Dorothy de Vuyst

**No Coffee Connection in August,
it will resume in September.**

Garbage/ Recycling/ Compost - PLEASE DO YOUR PART!

The garbage rooms within Shalem continue to be an issue. Do your part in helping to keep things clean.

Please do NOT leave large waste items in garbage rooms.

Please ask Grant if you need assistance or have questions. We need your help to keep Shalem clean & smell free, without price increases for waste.



Cats at Shalem!

Yes, you read that right...! Shalem will become home to two cats in the coming weeks!

There are many documented benefits animals have to our well-being, and we know many of our residents enjoy the interaction and companionship cats can offer.

We are in the process of fostering two cats from Alberta Animal Rescue Crew Society (AARCS) by creating a cat room at Shalem, where residents will be able to interact and spend time with the furry felines.

Cats will be confined to a cat room with ample space to play and climb, and with furniture for residents to relax as they spend time with the cats. It will also be a place you can take visitors. I'm sure your grandchildren will love it!

Not all of us are pet lovers for a variety of reasons, including allergies. We want to be sensitive to those with allergies and those that would prefer to keep some distance from the cats, that is why the cats will be confined to the cat room - with the exception of being on a harness or leash for outdoor exposure.

We will be fostering the cats for an initial trial period of 3 months, with the goal of keeping the cats until they are adopted out. Through this program, AARCS covers primary expenses including food, veterinary care, and other basic items. Our responsibility is to create a safe, loving environment until a permanent home is found.

Our initial Cat Room will be located in Haven Suite #104. Anyone who wants to visit the cats will be required to sign a one-time waiver, acknowledging the risk of allergies, scratches, or bites. Details on this and how you can help care for the cats to follow.

We hope residents will enjoy the cats and that this will be one more reason Shalem is a great place to call home!



HEALTH INFORMATION

Growth through Grief by Alberta Health Services

As we move away from pandemic life and return to a 'new' normal, it is important to focus on our strengths while still acknowledging all that we have lost. Everyone has experienced some type of loss during the past two years. Some losses are easier to see, like the loss of a loved one, a job, or a relationship. Others are harder to see and so are sometimes ignored, like the loss of our normal routine, our freedom, or our energy. Despite their impact, these types of losses are viewed as less important by our brain and are often overlooked when it comes to our coping behavior.

Grief is the difficult process of coping with loss, which affects feelings, thoughts, and behaviors. We feel grief socially, spiritually, emotionally, and physically. Losses over the past year have led to several different types of grief. These include:

- **Anticipatory:** Grief related to fear or uncertainty before a loss occurs.
- **Complicated:** Grief that is strong and on-going, making the process of healing more difficult.
- **Ambiguous:** Grief from loss that lacks closure or clear understanding, often resulting in unresolved feelings.
- **Bereavement:** Grief resulting from sadness after the loss of a loved one.
- **Disenfranchised:** Grief not understood or accepted by others.

Everyone's grief is different. 'Doers' (instrumental grievers) focus more on thinking than feeling. They share their grief out loud, ask questions, and keep busy. 'Feelers' (intuitive grievers) need to explore and express feelings in order to move towards healing.

There is no 'right' way to grieve. Many of us land somewhere in middle. As individuals and communities, we can do some activities that help us move through grief. Here are some examples!

1. Take a pen and paper to create a Personal Support System Map. Think of the people you feel comfortable reaching out to in times of sadness. Think of the physical spaces outside or in your home that give you peace. Map this all out and extend gratitude to the strong connections you have in your life.
2. Enjoy the outdoors and connect with nature and others through a Community Grief Tree. Provide ribbons and invite others to write down something they are grieving. Tie the ribbons to a tree branch to recognize that loss. Remember to have someone look after the tree to clean up ribbons after a set time.

It is important to respect and embrace each person's and community's way of grieving as we move forward. 'A Toolkit for Grief' can help individuals and communities think, act, and change through grief in a meaningful way. To see more, please visit www.calgarycdli.ca/grieffoolkit.

LIVING BY FAITH

ROUTE 66

Rick Apperson, Pastor & Author



Built in 1926, Route 66 originally went from Chicago, Illinois to Santa Monica, California. It went through many small towns and past unique shops and businesses. Then the Interstate Highway Act was created by Dwight D. Eisenhower in 1956 and it began the death knell for Route 66. It took some time but the highway was officially decommissioned in 1985.

The highway is still there. The Interstate system incorporated some of it when new roads were being laid.

Other sections have fallen into disrepair. You can no longer drive from beginning to end. You can still however find Route 66 if you are looking for it.

Many years ago, my wife and I drove across the US and I was determined to ride on Route 66. Every now and then I got off the interstate and traveled down this lost highway. We saw abandoned buildings and the occasional still operating business. This journey was like taking a step back in time.

This forgotten way wasn't so bad. There was still life there. With all of the hoopla dispersed by the new way of traveling the old way was called antiquated, useless, worthless. Life still exists on Route 66 though. People make a living and are happy! Today many new travelers dip their toes in the old way, the joy spreads across their face and they know they have found a simpler way. Something resonates within them, calling them to travel the road less taken.

I was thinking about Route 66 while contemplating my faith journey. It started off so simple. Just me and Jesus. Read my Bible, attend church spend some time in prayer. Then things got crazy. I pushed in and pulled away many times as I got distracted by life. The older I got the more often I forgot the simple times of the early days. Just me and Jesus. I let too many voices in...the cynics, those who walked away from faith, or never fully believed. I never gave up but I got distracted.

My faith was built on the substance of things hoped for and the evidence not seen. (Hebrews 11:1) Yet in that, I saw God move in mighty ways. The sick, even deathly sick, were healed. Miracles happened. God provided in amazing ways.

I miss those days. I am endeavoring to not go backwards in my faith journey but to remember the simpler days. To return to a time where all I needed was Jesus, my Bible, a healthy prayer life and fellowship with other believers. I want to fully immerse myself again into the waters of a life found in Jesus Christ.

Now faith is the substance of things hoped
for, the evidence of things not seen.

Hebrews 11:1

MEET OUR TEAM

STAFF FEATURE Q&A

1. What's your role at Shalem and how long have you been working here?

Building & Grounds Manager , for 17 months.

2. What do you enjoy about working at Shalem?

The challenges each building presents on a daily basis, ensuring the residents enjoy their space.

3. Tell us a little bit about your family?

I've been married 31 years. My wife Gloria is a piano teacher, our son Davin is 21, studying Psychology at Western University, and our daughter Yena is 19 and looking at studying 2D Character Animation at Vancouver Film Art School. We also have a dog named Komi.

4. Where did you grow up?

Suburb of Vancouver called Surrey

5. What three words would your friends use to describe you?

Humble, Gracious, Understanding

6. What's your most hated household chore?

Cleaning windows, can't seem to reach the upper floor ones.

7. If you had to pick one age to be permanently, which age would you chose?

45 mature enough, but still young enough to do everything.

8. What's your favorite Bible verse and why?

Colossians 3: 23-24 "And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ." Even though there are many days that can be challenging, It's important we understand and keep the focus on who we serve!

9. If you could snap your fingers and become an expert at something, what would it be?

I don't need to, there is not much I don't know already (but I would still love to become a pilot)

10. What do you like to do when you are not working?

Golf, disc golf, biking, hiking, camping (the usual outdoor stuff)

Grant



Building Maintenance Manager



AUGUST CELEBRATIONS AT SHALEM

Happy Birthday!

August 3	Rudy Muller
August 9	Karen Karperien
August 18	Ruth Hargrove
August 22	Len Joad
August 28	Florence Lowry
	Eileen Smith
August 29	Bernice Chase



To all Residents celebrating Birthdays this month, we wish them many blessings and congratulations!



*Congratulations to Neil & Ina De Bree
Celebrating their
61st Wedding Anniversary
August 26th*

May God bless you with love and happiness.

Answer to Games on Page: 21

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

August Birthday Party

Join us in celebrating
Shalem Birthdays
Tuesday, August 9th
at 2:00PM
Cake & Entertainment
Dean Jarvey



VOLUNTEERING



Contact Michelle
403-240-2800 ext 4
Email: Recreation@shalem.ca

Want Squeaky Clean Windows!

Did you miss having the inside of your windows cleaned this Spring? Youth volunteers from local churches are coming back.

August 25, 9 am- 2 pm. Sign up required.



Did you know?

We have two donated Cubii Jr. Compact Elliptical bikes. We encouraged you to visit the Haven 3rd floor activity room and try one yourself. They provide low-impact total body workout, appropriate for all ages and abilities. Grab a friend & give it a try!

Attention Coffee Lovers!

We've done it! Thanks to residents, volunteers and community partners we have raised enough money to purchase a NEW Espresso Maker! You can expect to see some changes, including the new Espresso Maker, in the Cafe over the next few weeks.



CALLING ALL CAT LOVERS!

As mentioned on page 13, Shalem will soon welcome two cats. We are looking for volunteers to help with the care & maintenance of our furry friends.

Please talk to Michelle if you are interested in getting involved.

Q: What do polite cats say when they're in the way?

A: "Paw-don me! I'm furry sorry."

—Buzzfeed.com

Stampede Best Western Wear Winners

Congratulations to...

- Isobel MacKay & Joannie Grecko from the Manor
- Henk Dunnewold from the Court
- Tom Ferguson from the Haven



Pick up your prizes at the Haven Reception Desk.

CONGRATULATIONS

GAMES & FUN

Word Search FROM THE GARDEN

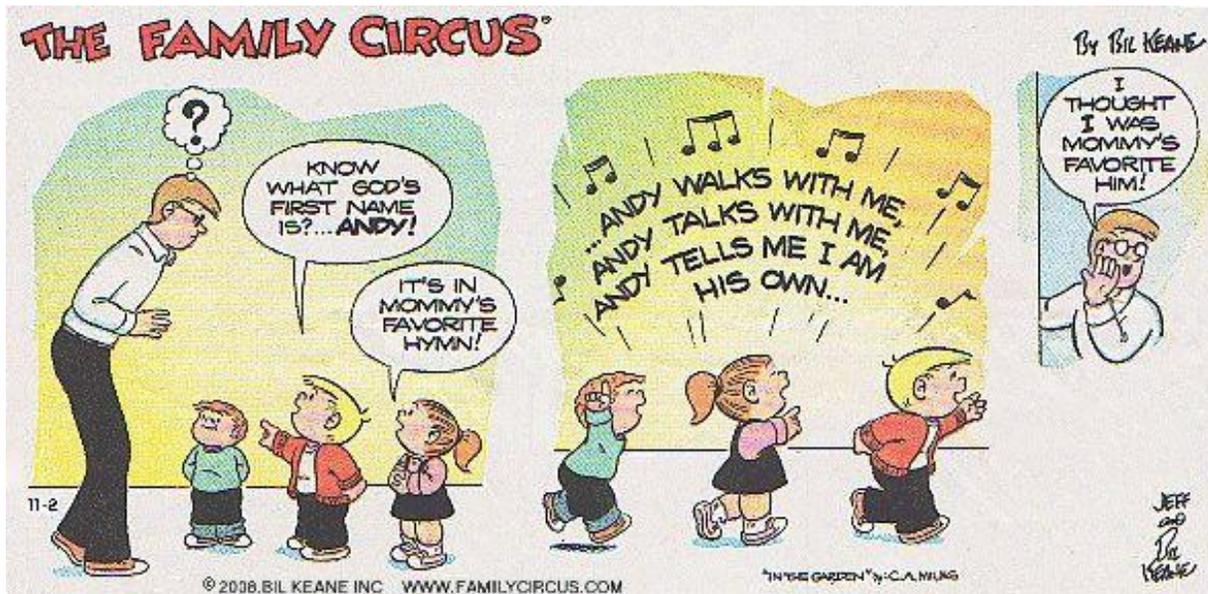
M I L E M O N S N B S P H G
 P G R E E N P E P P E R S O
 F L A V E N D E R I G V X O
 S E R R A N O P E P P E R S
 B L A C K B E R R I E S B E
 B R O C C O L I N D A S A B
 Y P U M P K I N S D E U S E
 O N I O N S N B S P G I I R
 V X D E G G P L A N T G L R
 L Z U C C H I N I N B S P I
 I S T R A W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

- Blackberries
- Pineapple Basil
- Garlic
- Pumpkins
- Basil
- Oregano
- Lemons
- Limes
- Tomatoes
- Tomatillos
- Zucchini
- Eggplant
- Onions
- Broccoli

Green Peppers
Strawberries

Lavender
Gooseberries

Brussels Sprouts
Serrano Peppers



A Resident
Contribution
from Edna R.

SPECIAL EVENTS

Please see Bulletin Boards and the Information TV for the most up-to-date information.

MEMORY CONNECT

Tuesday, August 2nd & Thursday August 25th
2:00 PM Haven 3rd Floor



Shalem Café
Espresso Cafe

Monday, August 8th at 10:00am
Cappuccino Drinks & Shalem Pastries for Purchase

SUMMER BBQ



Thursday, August 11th

Everyone Welcome

5:00pm in the Courtyard
(Dining Room for those that wish to sit inside)
Friends and family are welcome, RSVP with Dining Room by noon August 9th. See poster for pricing.

Bus Trip Fish Creek Park



Enjoy the park and optional bagged lunch
Tuesday, August 16, 11:30am-1:30pm
Sign-up Required

Tim Horton's Coffee & Doughnut Club

Wednesday, August 17th, 11:00 am, Cafe.



Coffee and Doughnuts available for purchase. Sign-up required.

Mimosa Social



Champagne with Orange Juice, Quiche & Fruit
Friday, August 19th, 11:00 am, Café.
Sign-up Required. See poster for price details.

SASKATOON FARM

Bus Trip to the Saskatoon Farm
Tuesday, August 23rd, 11:30am-1:30pm

Bagged Lunch Available for purchase. Sign-up Required



Ice Cream Floats & Outdoor Games In the Courtyard

Tuesday, August 30th at 2:00pm

