

DECEMBER 2022

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO DECEMBER



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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:

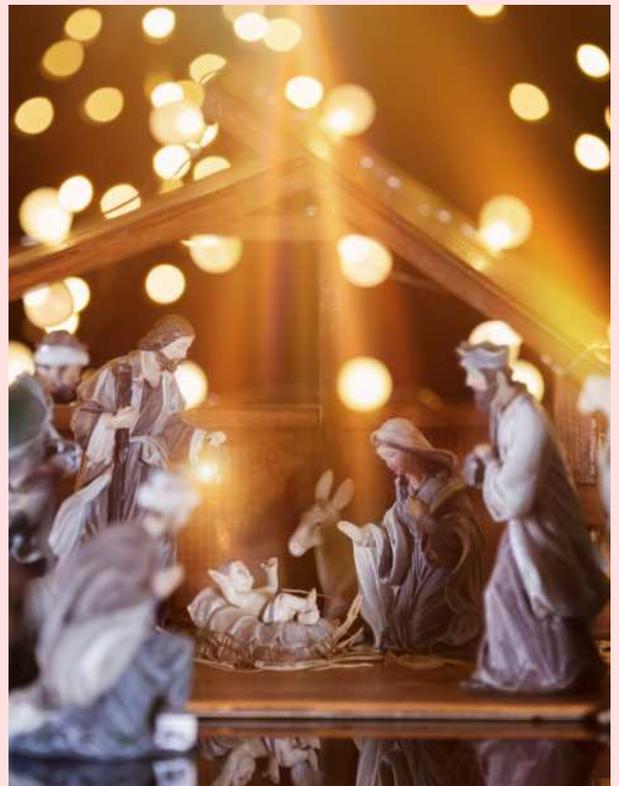
**Passion** – We have a calling to understand each community members' needs that will enrich their well-being.

**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.

I pray that you will turn our hearts toward You as Christmas approaches. Let us not get caught up in the hustle and bustle of the season this year and miss the chance to celebrate the gifts of hope, peace, joy, love, that You sent to us on that first Christmas. That first Christmas, You gave us the gift of hope wrapped in swaddling clothes and laid in a manger. Thank You, for your immeasurable gift, in your precious name we pray. Amen.

- Stephanie Raquel



# LIVING WELL TOGETHER

Musings from the Executive Director

DECEMBER 2022  
An Advent of Waiting

“My eyes have seen your Savior, a light for the Gentiles, and glory for your people Israel.”  
Luke 2: 30-32

The stories of Simeon and Anna are often overlooked in the Christmas story. Simeon and Anna were faithful Jews who had waited all their lives for the Messiah – the Promised One. And when they saw Mary and Joseph in the temple in Jerusalem, they knew. They knew that their waiting was over! They knew that the Messiah had come!

Both Simeon and Anna had been waiting a long time. They had both already lived a long life. The Bible doesn't share what that waiting was like. It doesn't share when the promise was first revealed to them. It doesn't share how long they had been waiting. But what strikes me most about the story is that they seemed to both wait in confidence. They expected, without a shadow of doubt, the Promised One would come. They expected, without a shadow of doubt, that what had been revealed to them would indeed happen.

Are there things in your life that you are waiting for? Are there times when you feel this restlessness and don't even know what is causing it? Are there situations in your life that make you anxious?

Perhaps that is the message of Simeon and Anna's story. That no matter what we are waiting for, we can wait in confidence and expectation of God's promises. The Bible is full of them: He will supply your every need (Philippians 4:19). He will give you rest (Matthew 11:28). He will strengthen you and help you (Isaiah 41:10). He will never leave you nor forsake you (Deuteronomy 31:8). He will be with you wherever you go (Joshua 1:9).

Dietrich Bonhoeffer once said, “The celebration of Advent is possible only to those who are troubled in soul.” Being ‘troubled in soul’ is part of being human. We all are broken in some way. Life can be full of joy but also sorrow and pain. And perhaps the beauty of Advent is that we can come before the manger in our brokenness. That we can celebrate Christ's coming through the birth of Jesus but also wait in confidence for the promises of Christ to heal our troubled souls.

An old Christmas hymn penned by Charles Wesley says it well:

*Come, thou long expected Jesus  
Born to set thy people free;  
From our fears and sins release us,  
Let us find our rest in Thee.  
Israel's strength and consolation,  
Hope of all the earth thou art;  
Dear desire of every nation,  
Joy of every longing heart.*

*Born thy people to deliver,  
Born a child and yet a King,  
Born to reign in us forever,  
Now thy gracious kingdom bring.  
By thine own eternal Spirit  
Rule in all our hearts alone;  
By thine all sufficient merit,  
Raise us to thy glorious throne.*

May you have a blessed and rest-filled Advent waiting in confidence for all God has promised!

Dorothy de Vuyst  
Executive Director

# SHALEM PRAYER AND PRAISE PAGE

*"Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security."*

*-Jeremiah 33:6*

God brings healing....Although we are aware that complete physical healing may not occur in this lifetime, we also know that God has a plan and a purpose for our lives. God has promised us His strength. As children of God, we can call upon His power at any time.

It is with deep sorrow that we announce the sudden passing of **Pat O'Brien**. Many of you have connected with Pat over the years, as he provided painting services to Shalem. Pat died November, 29th. He was like family, an integral part of the Shalem team, and will missed. We pray God's love will enfold Pat's family and friends during this difficult time.

It is with a heavy heart that we also announce the passing of **George Van Dyk** on November 12th. George had been living in another care facility for some time but his wife Elsie lives in the Court. We were also saddened to learn **Edna Karsten** passed away on November 27th. Our condolences go out to these families in this sorrowful time. May they feel the light of the Lord, and may they be comforted during this time of grief.

Our hearts are heavy with the loses we have recently experienced. May we take comfort in the fact that we are never alone and we don't have to handle any of these loses by ourselves. God is ALWAYS with us. We are blessed to be living in a caring Christian community where grief supports are available. If you would like to talk to a staff member, pastor, or counselor, please let Dorothy or Michelle know. All information is confidential.

We also pray for **Trudy De Groot** and **Hes Roorda**, both receiving care in hospital. And we say good-bye to Haven resident, **Donna Parker**, who moved to another facility to receive more care.

We are excited to welcome a number of new residents to Shalem ...

- Peter Dolby, moving into the Haven December 1st
- Gordon and Bonnie Milton, moving into the Haven December 1st
- Jason Smith, moving into the Haven later this month




**Worship Service**  
**emmanuel church**

[www.emmanuelcrc.org](http://www.emmanuelcrc.org)  
*Worship Services*  
*Every Sunday at 10:00am*

# WHAT HAPPENED LAST MONTH? *Life at Shalem*

November Birthday Party  
Musician Jerry Proppe



Guest Speaker  
Scotia Bank  
Wealth Transfer &  
Scam Prevention

Chapel Services



# WHAT HAPPENED LAST MONTH?

## Remembrance Day Service



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## Fitness - Zumba Class



# WHAT HAPPENED LAST MONTH?

## Open House & Art Showcase



# WHAT HAPPENED LAST MONTH?

## Open House & Art Showcase



# WHAT HAPPENED LAST MONTH?

## Open House & Art Showcase Paint n' Sip Class



# WHAT HAPPENED LAST MONTH?

## Chapel with Pastor Layne & Grade 7 classes from Calgary Christian School



# WHAT HAPPENED LAST MONTH?

## 50's Dinner & Dance



# WHAT HAPPENED LAST MONTH?

## *Life at Shalem*



# RESIDENT NOTICES



## Meal Vouchers Available

You can purchase at either the Business Office or the Haven Front Desk.  
**Lunch is \$13.50 Dinner is \$17.50** (based on current meal pricing) .

## Building & Grounds

- **CAUTION: ICY CONDITIONS** . Please be aware of icy conditions, watch your step and try to avoid icy areas. If you see a particularly troubled area please let Grant know.
- **Manor Washing Machine**. There is a new washing machine in the Manor, please make sure you are using laundry detergent that has the High Efficiency logo on it or it will cause issues for the function of the machine.



## Poinsettia Watering will be done by the Front Desk Staff

Please let the front desk staff water our beautiful poinsettias, as they are very sensitive plants. Only a cup or so of water every two to three days is needed. They do not like *too much* or *too little* water and will indicate that with their leaves wilting. If the plant begins to drop leaves, it's trying to save its root system and will likely not recover.

## Building Specific Meetings Scheduled

*We look forward to seeing you at your building specific meeting.*

**The Manor Meeting: December 8 at 2:00PM in the Dining Room**

**The Court Meeting: December 12 at 2:00PM in the Dining Room**

## Christmas Decorating in the Common Spaces

As we enter the Christmas season you will see many decorations going up at Shalem. We are thankful to staff, volunteers, and residents that help make this happen. We ask all main floor common areas be left to staff to organize the decorating team.

## SHALEM TUCK SHOP - December 14, 10:00am in the Main Hallway

We hope you enjoy shopping at the monthly Tuck Shop. If you require items during the month but missed it or can't wait until next month, you can go to the Haven front desk and they will check if we have it in stock. If we do, it will be charged to your CAFT and if we do not, we can add it to the next shopping list.



## Health - Covid Reminder!

If you are feeling unwell, please stay in your suite and call the front desk if you wish to take a covid test. We would like to be proactive in stopping any spread and keeping Shalem healthy this winter.

## Season for Giving!

We want to remind residents that it is a policy of Shalem that staff do not accept gifts or gratuities from residents. This is to ensure our residents and their families receive service that is in no way influenced by gift giving. This is not intended to stop residents from giving a small token of appreciation to staff such as chocolates or other inexpensive gift. As well, if you would like to extend your appreciation to staff, consider a gift that can be enjoyed by all staff. It is the pleasure and joy of all our staff to serve our residents!

# HEALTH INFORMATION

## Age-Related Hearing Loss

Source: *Better Health While Aging*

Have you noticed that an older relative seems to be having trouble hearing you at times?

Or perhaps you've realized that sometimes YOU are the one saying "What?" These situations are extremely common. Sometimes the issue is that one is trying to communicate in a noisy place and there is no need for concern. But in many cases, these issues can indicate a person is being affected by progressively worsening hearing loss.

You probably already know this: chronic hearing impairment becomes very common as one gets older.

The National Institute on Aging reports that one in three adults aged 65-74 has hearing loss, and nearly half of those aged 75+ have difficulty hearing. Quite a lot of people experience hearing loss. But sadly, research also confirms that hearing loss is often under-recognized and inadequately addressed. We know:

- Hearing loss negatively impacts the person affected by it (and their family),
- There are many ways we can help correct hearing loss, through hearing aids, other amplification options, and better communication techniques.

Why It's not good to put off addressing hearing loss of any kind.

- Your brain's auditory cortex needs the hearing input to remain in good shape! Hearing involves getting the input through your ears and the related nerves, AND then your brain must process this sensory input in what's known as the "auditory cortex." "Use it or lose it" applies here. Your brain's auditory cortex will get worse at processing sound, if you don't give it enough good quality input to work with.
- Hearing loss is associated with negative impacts on cognitive function. Cognitive abilities (e.g. memory and thinking) may decline faster in people with hearing loss. Studies have linked hearing loss to a higher risk of dementia.
- It is easier and better for the brain if you try to correct hearing loss sooner than later. The sooner you improve the hearing input coming into the brain, the better it is for the brain. This is also much better for social relationships, work relationships, safety, and more. Hearing aids require a period of adaptation and learning. This becomes harder as brains get older.
- Hearing loss has a significant impact on social relationships. Friends and families become tired of all the extra effort required to communicate when there is hearing loss, and may engage less with a person. People with un-addressed hearing loss are more likely to become socially isolated.

With the advancement of technology, hearing aids have become more automatic and have more features to help you communicate in difficult listening situations. If you or someone you know is struggling, please contact a hearing professional to find what solution might be best!



**A Pharmacist from Richmond Pharmacy will take your blood pressure**  
**Blood Pressure Clinic: Wednesday December 7 at 10:00am**  
**Shalem Café**

**FREE**  
**Wellness**  
**Service**

# LIVING BY FAITH

## The Quieting: Of First Snows

By: Jacqui Mignault  
The Road Church

### ***To Contemplate 1 Kings 19: 11-13 Luke 1: 26-30***

When the children were little and the days full, but lonely, I would look forward to the day in late fall when I'd wake up to a different light coming through my window. The first sign of the arrival of the snow is the way the light changes in the dark. On the morning of the first snow, the white covering becomes a reflector of what limited light there is. Even the nights are less dark because of it.

Now the second sign I'd wait for, on this new winter morning, is the sound— or the absence of it. Fresh coverings of snow muffle and dampen the sound. All is quiet, impossibly quiet. Where did all the noise go?

Every year, on this morning of fresh snow, a grace descends. All the motion, the needs, and the urgency seem to stop. Even with the inevitable scraping, shoveling, and getting to work through impassable roads, there is a moment of stillness.

The momentum of rushing and purposeful action has no choice but to become still. There is a permission to pause that comes with the first snow. All the undone work of the day before is covered up, ensuring that this morning will be slower than you are used to.

What might you hear in these moments of permission? They come so rarely in our lives of musts and imperatives and consequences for being late. Might we hear that there's more than our own lives at work, more than what happens in our own spheres? Might we hear that we are more connected than we know, and we are part of a world not of our own making?

Seattle pastor Sparrow Etter Carlson once mentioned in a talk about her urban ministry a practice she does daily. When she awakes, she opens her window and listens. She listens for the first bird, for the movement of the natural world outside her on a busy street. And in that moment of heightened hearing, what she hears is a profound affirmation that she (and we) belong to a world much bigger than our own making. The birds, their world, and indeed the entire world exist quite apart from our own ability to cause them. But even more profoundly, when we choose to hear them, we ourselves become part of this bigger story.

Mary, the woman asked to grow and raise the visible image of God, was bound in place, time, culture, fears, and hopes, just like us—just like every single human who has been, or ever will be. And one day she heard something in the middle of her expected life that plunged her into the web of the whole cosmos. She heard a calling to her own soul, and it said, "Do not be afraid; you have favour with God." With those words she knew she was a part of the world.

How were all the things she had to do— even on that sacred day— paused and reframed with the permission to receive the words said to her? Do not be afraid.

We are bound inside a culture of unceasing noise and expectations of productivity. Perfection in exchange for profit removes our humanness: our created and redeemed belonging in this world. We need to hear that we do in fact belong; we are indeed inextricable to the cosmos. To that end, the first snow, with its pause and deep silence into which we might hear a better word, is a doorway into that belonging. In the quiet covering and muting power of snow, might we hear a profound, "You do not need to be afraid. You do not need to worry. You do not need to make the whole world turn. You have permission to be— even for a moment— right here, in this moment. You have favour with God."

# DECEMBER CELEBRATIONS AT SHALEM

## *Happy Birthday!*

December 1	Herb Vleeming
December 2	Doris Haynes Trudy Leyenaar
December 8	Thomas Ferguson Lorraine Neuman
December 15	Ebonie Allen
December 17	Arie De Bruyn
December 23	Joanie Grecko
December 24	Irene Stronks
December 25	Denny Post
December 26	Isobel Mackay
December 28	Gloria Zembiac
December 29	Mary Morrison
December 30	Rhoda Bell



We are celebrating some milestone birthdays this month, Ebonie turns 75, Irene turns 80 and Doris Haynes is 90!

*Congratulations to John & Sylvia Marshall celebrating their 63rd Wedding Anniversary on December 26th. May God continue to bless you both.*

December Birthday Party - Let's Celebrate Shalem Birthdays

Tuesday, December 13, 2:00PM

Cake & Entertainment: Good Timers Band

## *In Loving Memory Of*

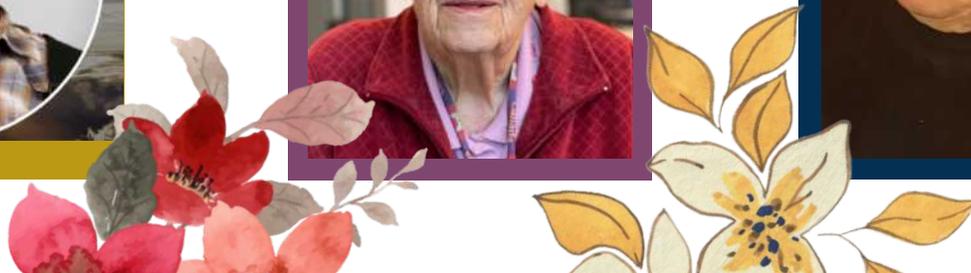
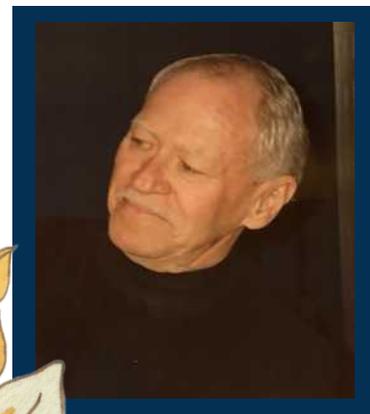
George Van Dyk



Edna Karsten



Pat O'Brien



# GET TO KNOW OUR RESIDENTS



## Meet Yvonne...

Yvonne spent sixty-one years living in the same house, just up the road on 48th Street. She is very familiar with the neighborhood and already has several connections here at Shalem from past neighbors. One of the hardest things to do is to downsize a house when you have been there so long, but Yvonne was able to pick some special items to bring to her new home in the Haven. She was also glad her great grand children were able take a few special items to keep as well!



She is reminded of her roots in Saskatchewan when she looks at her Lily China -- the floral emblem of the province where both her and her husband, Farrell, came from. The couple has two boys, Darcy, married to Deb, and Darren, married to Liz (Elizabeth). The family has expanded, with a total of five grandchildren and three great grandchildren, and another on the way. Farrell struggled with heart issues that started with a heart attack in his late fifties and he passed away in 2002. They had a busy married life and spent a lot of time driving their boys in separate directions to hockey games.

Yvonne has a love for dogs. One of her favorite TV shows is Hudson & Rex, a drama about a detective and his police dog. There is a beautiful painting on her dresser of two dogs that her daughter-in-law Liz painted. When Yvonne first saw it, she said she had to have it.



Yvonne has been part of the Good Companions Club for around twenty years and still goes to events with friends nearby. She is settling in here at Shalem, enjoying the birthday parties and other events. She really enjoyed the music at our 50's Dinner & Dance. One of her favorite things here is the view from her suite when the sun is shining and there are birds in the trees.

If you see Yvonne, make sure to say hello.



# GET TO KNOW OUR RESIDENTS

## Meet Carolyn...



If you've met Carolyn or spent any time with her, you know she is a very giving person. She is active in her church community at Knox Presbyterian, working the coffee time, 'Cafe at Knox,' on Thursdays and helping out with the food pantry. She has been quick to volunteer Shalem as well, helping care for our foster cats and decorating Christmas trees.

Carolyn moved from Quebec when she was 31 years old. She was ready for a fresh start and her sister and brother-in-law were already living here. She had a variety of jobs, including administration positions, insurance and consulting. After retiring, she wanted to live in more of a communal setting. Her brother introduced her to Shalem Manor and she loved the idea of living in a faith based community with plenty of activities and events to participate in. She enjoys coffee time, playing cards, and the Shalem outings.

Carolyn enjoys socializing with her new friends at Shalem and cuddle time with our current foster cat. She's had several cats over the years and if allowed would love to have one here too.

If you see Carolyn in the halls, ask her about all the volunteering she does or her love for cats.



### Menu

Starter: Snert (Traditional Dutch Split Pea Soup)

Main:

Herb Roasted Turkey Breast with  
Stuffing and Cranberry Sauce

or

Christmas Baked Salmon

served with Duck Fat Roasted Potatoes  
Choice Vegetable

Dessert: Chocolate Blondies or Fresh Fruit

### Christmas Dinner

Thursday, December 22  
4:30 & 6:30 Seatings

Shalem residents are FREE

Dine in only, no deliveries or  
rainchecks

Family & Guests Welcome \$25.00  
per guest  
(include alcoholic beverage)

1 Guest FREE for Haven residents.

RSVP will be delivered to your suite, return to Dining Room by December 17th

# GET TO OUR STAFF

## Meet Zita...

1. What's your role at Shalem and how long have you been working here? I am dining room staff, working as a food server and sometimes a dishwasher too. I've been working here for just over three and a half years.
2. What do you enjoy about working at Shalem? I love and enjoy serving the residents especially at breakfast time. Having chats and sharing jokes with them. I love brining a smile to their face.
3. Tell us a little bit about your family? I have been happily married to my husband Alfredo Garcia for twenty-one years. I have two kids, Frennzi, my daughter is twenty-one and my son, Azikier is thirteen. We love fishing and doing long drives in the summertime. We also have a dog named Toffee, a mix breed Alaskan-shepherd.
4. Where did you grow up? My beloved country, Philippines.
5. What words would your friends use to describe you? Sweet, happy, patient and hardworking.
6. What's your most hated household chore? Dishes and laundry.
7. If you had to pick one age to be permanently, which age would you chose? 29- because that is the age I got married and built a happy family.
8. What's your favorite Bible verse and why? Jeremiah 29:11 "For I know the plans I have for you, declares the Lord. Plans to prosper you and not harm you, plans to give you a hope and future." Why? God is good all the time, we are so blessed and lucky to come and live here in Canada.
9. If you could snap your fingers and become an expert at something, what would it be? An expert singer.
10. What do you like to do when you are not working? To travel, have fun with my family and spend time with my siblings.
11. What's a fun fact about you people may not know? I like swimming but I have not learned and don't know how.





# GAMES

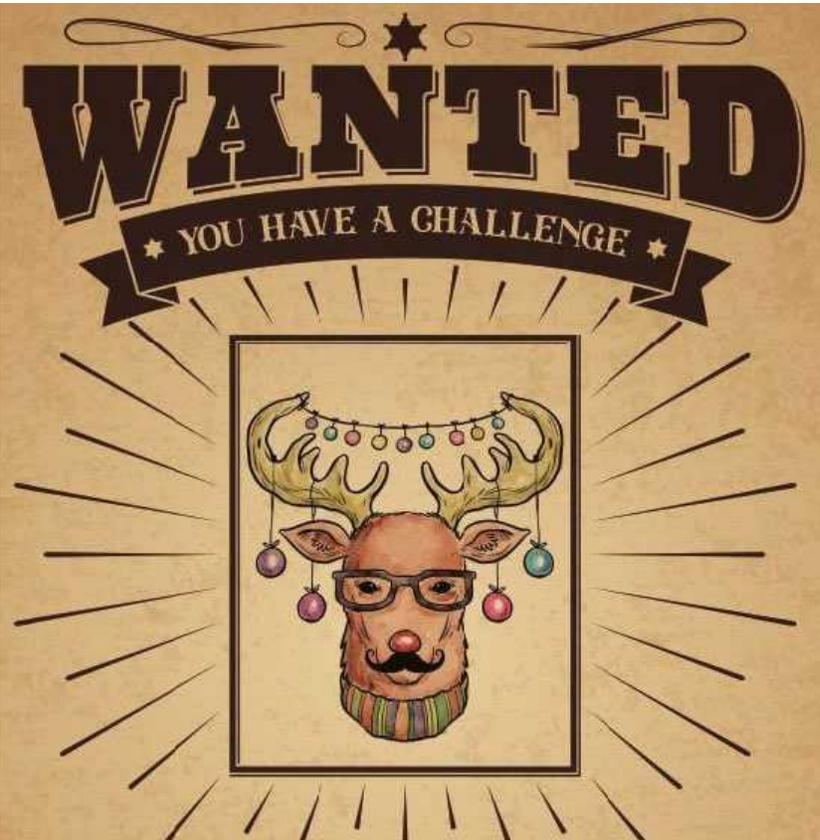
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## WORD SEARCH White Christmas

Mittens  
 Snowflake  
 Fireplace  
 Frozen  
 Wind  
 Icicle  
 Reindeer  
 Holly  
 Jacket  
 Sled



Snowman  
 Stocking  
 Holiday  
 Sledding  
 Hockey  
 Shovel  
 Frosty  
 Skating  
 Wonderland  
 White



**You have a challenge this month!**

This is Randy the Rascally Rebel Reindeer! He has been causing havoc at Shalem and needs to be stopped by Christmas! Throughout the month of December, Randy will be hiding around the building. When you find him, snatch him up!

**Bring all your pictures (cards) of Randy to The Haven Reception desk on December, 21st.** Whoever finds the most pictures will be rewarded. Michelle will announce the winner and present the prize at the Christmas Dinner on December 22.

**Approach with Caution & Receive your Reward**

# SPECIAL EVENTS

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

## Music Entertainment

Barbershop Band with Rob & Friends



Tuesday, December 6  
7:00PM in the Dining Room



## Calgary Women's Choir

Thursday December 8, 2:00PM in the Dining Room

## Soft Jazz Concert

Lorna & Friends

Friday, December 9th - 7:00pm, Dining Room

Wine & Beer Available for Purchase

## NEW: Reflexology



With Lynn Paulhus, Reflexologist for over 35 years. Works mostly with seniors including her Mother (101 years young). Reflexology is working reflex areas on your feet which correspond to every organ, gland, muscle and nerve. It's a relaxing way to "tune up" your body, balancing all systems. Helpful for conditions such as pain, stress, headaches.



Monday, December 12

2:00 PM- Shalem Atrium, (Sign-up required)



Bus Trip: Walmart (Sign-up Required)  
Tuesday, December 13 9:30-11:30am

Chapel with Pastor Layne & Grade 7 Calgary Christian School Kids  
Wednesday, December 14 at 2:00pm in the Dining Room



Entertainment: New Beginnings Choir  
Thursday, December 15 at 7:00PM in the Dining Room



Clothing SALE - Personal Touch Fashions

10:00am - 2:00PM Friday December 16th in the Atrium



## Music Entertainment

Dean Jarvey



Friday, December 16  
2:00PM in the Dining Room



Christmas Movie: Miracle on 34th Street (FREE Popcorn, Wine & Beer for Purchase)  
Monday, December 19 at 7:00pm in the Shalem Atrium



Bus Trip: Christmas Lights Tour (Sign-up Required) 22  
Tuesday, December 20 6:30-8:30pm