

FEBRUARY 2023

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO FEBRUARY



### INSIDE THIS ISSUE:

Musings from the Executive Director  
Shalem Prayer & Praise  
February Celebrations  
Resident Notices  
Monthly Events at Shalem

# 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 Prayer of Love*

Thank you that you are a loving, gracious God. Thank you that you've offered us forgiveness and the gift of new life in you. Thank you that your love is perfect, it never fails, and that nothing can separate us from your love.

Lord thank you that your love is patient. Help us show patience with those around us.

Lord thank you that your love is kind. Help us to extend kindness to others.

Lord thank you that your love does not brag and is not arrogant. Help us not to live with pride or arrogance, but to choose to walk with humility and grace.

Thank you that you equip us to face each day with the power of your love, your forgiveness, and your grace.

Amen.



# LIVING WELL TOGETHER

FEBRUARY 2023

Musings from the Executive Director

## Hold Out Your Hand

“I, the LORD, have called you in righteousness;  
I will take hold of your hand.”

*Isaiah 42:6*

Do you remember the poem ‘Footprints in the Sand’ that was so popular years ago?

The poem speaks about someone looking back on their life and seeing two sets of footprints in the sand – one belonging to the them and one belonging to God. But during those times of life that were the most difficult, there was only one set of footprints. The author didn’t understand why during the saddest and most troublesome times of their life God would abandon them. Why, when they needed God the most, would He leave them?

I’m sure you remember God’s response: “My precious child, I love you and will never leave you during your trials and testings. When you saw only one set of footprints, it was then that I carried you.”

Perhaps the poem became so popular because so many of us can relate to the sadness and ‘troublesomeness’ life can often bring. I look at my own life and the lives of those I love and see broken relationships, financial concerns, legal concerns, health concerns, insecurities, disappointments, losses, regrets. There have been and still are some difficult and sad times.

But God does not leave us alone! He promises that His presence will continually guide and support us. When we lack the confidence that we can get through whatever we may be going through, we can rest in the reassuring truth that the Lord, “who has called you in righteousness, will take hold of your hand.”

A few weeks ago, I was chatting with another staff member on some of the interactions we have had with residents as they shared meaningful Scripture verses to them. We made the comment that no matter what the verse was, the reason it was meaningful was similar.

Although perhaps said differently by each resident, the implication was the same: “This verse helps me know that I can trust God in everything.”

As I reflected on this further, I was struck by the simplicity yet the depth of the faith these responses showed. We can trust God in everything. We can rest in the simple knowledge that during the most troublesome times of our lives, He will be there. Carrying us. Holding our hand.

And knowing that allows us to see the beautiful moments of life. To see the blessings in the midst of the difficulties. To experience joy in the midst of sadness.

So, hold out your hand. Take hold of God’s hand. Know that He is there.

# SHALEM PRAYER AND PRAISE PAGE

## New Faces ...

- Viola Deering moves into the Haven early February
- Marjorie de Kuyper moves into the Haven at the end of the month
- Welcome back to the Haven Trudy De Groot
- Jacobus & Maria Meester move into the Court at the end of the month

*Welcome*



## Pray for...

- Edna Robson and Phyll Bruckshaw, both receiving care in hospital. Please pray for God's healing and peace.
- Grace to age well as the signs of aging mark our bodies and touch our minds.
- New residents to Shalem. May they quickly feel at home, develop connections and meaningful friendships.

## **This month let us remember that LOVE is...**

Patient and kind,  
It doesn't envy or boast  
and it's never proud.  
Love is not rude or selfish,  
It doesn't get angry easily,  
or keep track of wrongs.  
Love doesn't delight in bad  
things but it rejoices in the  
truth. Love always protects,  
trusts, hopes and perseveres.  
Love never fails.

# WHAT HAPPENED LAST MONTH? *Life at Shalem*

January Birthday Party with Robb Mann



Fitness with Theresa



# WHAT HAPPENED LAST MONTH?

Chinese New Year Dinner



2023

2023

*Happy New Year*

**恭喜发财**

The Year of the Rabbit

6

# WHAT HAPPENED LAST MONTH?

FUN Bingo with Volunteer Dianne



Brain Teasers with Volunteer Kim



Paint n' Sip with Carol



# WHAT HAPPENED LAST MONTH?

Saying good-bye to long-time resident Steve Brandsma



Many Blessings in  
your new home  
Steve!



## Christmas Photos

If you had photos taken at the Christmas dinner by PSI Corp, you will have already received the printed copies courtesy of Shalem. If you would like the digital images emailed to you, please email Pam at [communications@shalem.ca](mailto:communications@shalem.ca) and let her know, they will be sent to you through email. We hope you enjoyed this gift and were able to share it with family & friends.

# WHAT HAPPENED LAST MONTH?

## *Life at Shalem*



Tim Horton's Club & Happy Hour



Coffee & Cards



Blood Pressure Clinic & Wellness Session

# RESIDENT NOTICES



**SHALEM TUCK SHOP** - February 15, 10:00am in the Main Hallway

If you require items during the month outside of the scheduled Tuck Shop time, please see the Haven front desk and they will check the cart for what you need.

## Discarding Old Furniture and Items

Discarded furniture and other items show up in the loading area in the parkade. We ask that residents refrain from discarding items in this area, as it is for management purposes only. Residents are responsible for discarding their own items. Thank you for helping to keep our parkade tidy!

## Confidential Documents

Do you have confidential documents you no longer need to keep? Shalem pays for a service to securely shred and dispose confidential documents and as an organization we do not maximize the capacity of this service. So, we are extending this service to residents.

If you have confidential documents you would like shredded, please see Leslie or Susan and they will assist you in disposing of your documents.

## Dining Room Pillows

We hope you have been enjoying our new pillows in the Dining Room! We have a limited amount of pillows at this time and ask residents to please leave them in the Dining Room. We hope to obtain more pillows for other spaces in the coming months.

## Art Displayed on our Walls

Thank you for allowing us to display your art in Shalem's spaces ! We would love to have the artwork remain in the hallways; however, we realize some of you might want your pieces back. If you would like your artwork returned, please let a staff member know and we will remove it for you.

## Books in Public Areas

Please refrain from dropping used books off in public spaces. We have many book shelves throughout Shalem and they get overrun with books. If you borrow a book, please return it to where it came from. Our **Calgary Library** books should all be returned to the main bookshelf across from Susans's office.



# RESIDENT NOTICES



## Cat Companion Room Update & Pets at Shalem

It's been six months since we took in 'Birthday,' our first furry feline, and by in large the 'Cat Companion' room has been a success!

Our resident volunteers did a tremendous job fostering the cats and were instrumental in helping find forever homes. Our black beauties, Cormac and Cozette, have now moved to a Court suite, where they are being fostered by a resident until their adoption process is complete. The "Cat Companion" room is being refreshed and will soon be available as a rental suite again.



The last few months has taught us a great deal about the importance pet ownership has in the lives of older adults and the positive impacts on physical and mental health. As Shalem seeks to enhance the well-being of our residents, for many older adults caring for a pet can relieve loneliness and depression, as well as help develop a sense of being needed and purpose. Pets also offer companionship and can help ease the transition into a care home. Additionally, individuals with specific physical, neurological or mental health needs, require different types of service dogs that are trained to perform a task directly related to a person's disability.

Shalem has always been a 'pet friendly' environment, providing 'pet therapy' programs. We are now looking to expand this, to allow residents to keep certain types of pets in their suites. Guidelines will thoughtfully take into account resident concerns around safety, building cleanliness, allergies, noise, and more.

More information on this will be available in the coming week. In the meantime, if you have any questions or concerns, do not hesitate to talk to Dorothy.

Animals can help reduce stress, lower blood pressure, and increase social interaction and physical activity. Pets provide other intangibles, too. (<https://www.agingcare.com/>)

*"Older pet owners have often told us how lonely their lives were without their pets' companionship."* - Linda Anderson, Founder, The Angel Animals Network

*"I've seen those with memory loss interact with an animal and regain access to memories from long ago. Having a pet helps the senior focus on something other than their physical problems and negative preoccupations about loss or aging."* - Penny B. Donnenfeld, Psychologist



# RESIDENT NOTICES



## Did you know ?

We have added senior resources, brain teaser activities, and a comment box in this bookcase. It's located on the main floor, across from Susan's office. Check it out and leave a note in the comment box if you have a suggestion or feedback.



*Coffee Connection*  
with Dorothy de Vuyst

**Monday, February 6**  
**1:30 pm in the Dining Room**  
**Everyone Welcome**

## Provincial Affordability Action Plan & Federal Canada Housing Benefit

### Affordability Action Plan



As part of the plan, millions of Albertans struggling with inflation and the high cost of living can apply for the Affordability Payments program until June 30, 2023. Eligible for:

- Seniors who have household incomes under \$180,000 and do not receive the Alberta Seniors Benefit can apply for \$600 per person.
- Anyone receiving monthly benefits through AISH, Income Support, Alberta Seniors Benefit or services through Persons with Developmental Disabilities (PDD) will automatically get their personal \$600 payment, but will need to apply for additional payments if they have kids under 18.

For More Information: <https://www.alberta.ca/affordability-payments.aspx>

### One-time top-up to the Canada Housing Benefit



Government of Canada

Gouvernement du Canada

The one-time top-up to the Canada Housing Benefit aims to help low-income renters with the cost of renting. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify.

The Canada Revenue Agency (CRA) administers this one-time payment. To apply for this new federal one-time payment, you do not need to receive other housing benefits such as the Canada Housing Benefit, which is co-funded and delivered by the provinces and territories.

Applications are open until Friday, March 31, 2023.

For More Information:

<https://www.canada.ca/en/services/taxes/child-and-family-benefits/top-up-canada-housing-benefit.html>

# HEALTH INFORMATION

## Bladder Control Problems (Incontinence)

It is estimated that more than one in five senior adults in Canada experiences some type of bladder control problem, resulting in an involuntary release of urine. This condition is known as urinary incontinence. It is not a disease. It is a symptom of some other problems with the body.

Incontinence can have devastating effects on the lives of seniors. It can limit social contacts due to embarrassment, can negatively affect feelings of well-being, and can also cause stress, leading to other health problems. Fortunately, there are a number of treatment options that can help restore quality of life for people with bladder control problems.

There are many potential causes of incontinence that you should be aware of. Knowing what type of incontinence you have and what might be causing it, is the first step to finding the right treatment. Attend our next wellness session to learn more from Richmond Square Pharmacy.

**Wellness Session This Month:**  
**Bladder Control Problems (Incontinence)**  
**Wednesday, February 22**  
**10:00AM, Shalem Atrium**



## ASK A PHARMACIST... [After the Wellness Session](#)

Receive in-person, one-on-one time, with a pharmacist so they can advise you on your medication questions or concerns. This service is FREE and will not impact how you currently receive medications from other pharmacies.

### Blood Pressure Monitoring



A Pharmacist from Richmond Pharmacy will take your blood pressure.

**Blood Pressure Clinic:**  
**Tuesday, February 14th, 10:00am**  
**Shalem Café**

We strongly suggest you take advantage of this FREE Wellness Service.

# HEALTH INFORMATION

## Nose Bleed Awareness

Several residents have been experiencing nose bleeds. Many things, including Calgary's dry winter climate, increases the risk of nose bleeds. High blood pressure, bleeding disorders and blood-thinning medications can also make you more susceptible. In addition, chronic or improper use of medicated nasal sprays can cause irritation and nose bleeds.

If you are experiencing a dry nose, consider placing a humidifier in your room at night while you sleep. Shalem buildings do NOT have central humidifiers. Coating the inside of your nostrils with Vaseline two times a day may also help prevent nose bleeds.

If you experience a nose bleed and require assistance, please call the front desk and the receptionist will help connect you with Richmond Square Pharmacy Services. Alternatively, you can access Health Link by calling 811 to be connected with a nurse.



Use a cool mist humidifier in your room at night

Coat the inside of you nose with vaseline or moisturizing gel two times a day, especially at night

Avoid forceful nose blowing and overuse of medicated nasal sprays.

## ATTENTION NEW RESIDENTS...



In 2022 we saw a lot of movement at Shalem, most notably 14 new residents moved into the Haven. Some of these residents have been featured in our monthly newsletters. We hope to introduce all the new residents to you soon, with the help of Grade 6 students from Calgary Christian School. The students will be at Shalem this month to interview and write pieces featuring our NEW RESIDENTS! This partnership allows students to develop their writing skills, encourages intergenerational connections, and helps Shalem celebrate new residents.

If you have moved into Shalem in the past year please meet us in the Dining Room, February 16 at 2:15 pm, to connect with CCS students.

We will also be hosting monthly 'Meet & Greet' sessions for new residents. This is a space to answer any questions you may have about the building and Recreation & Wellness programs.

**First Meeting: Thursday March 23rd at 2pm in the Shalem Atrium**

### Answers from Page 16

1. 45 | 2. 118 | 3. 28 | 4. 90 | 5. 37, 21, 63 | 6. 80 | 7. 24 | 8. 9 + 7 + 3  
 9. 10,021 | 10. 7 | 11. 800 | 12. 68 | 13. 32 and 36 | 14. 65c | 15. 7.5  
 16. 32 | 17. 16 | 18. 1st of August | 19. 0.5 | 20. 5 + 7 = 4 x

# LIVING BY FAITH

## PURSUING HIS LOVE

Blog post by: Angel Castillo  
Communications Administrator  
First Alliance Church

I have been reflecting a lot about love lately. Maybe the rom-coms I have been watching recently are partially to blame. Maybe it's because last year brought the beginnings of new friendships and connections. Maybe it's because it also brought about the abrupt end of some. I want to share these verses from Ephesians 3 a focus in our series "In Habit".

*"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."*

It's interesting that in the first half of this verse, Paul prays that "we grasp" the love of Christ but then says "and to know this love surpasses knowledge." My initial thought was "Which one is it, Paul? Are we to understand or not?"

But then the Holy Spirit patiently taught my heart again: we are to understand that our human minds and human experiences limit us from fully comprehending the weight and the profoundness of His Love. But that knowing that we are limited in our understanding should not stop us from pursuing Love!

I came across this beautiful 15-day devotional on the Youversion Bible app called "New Year, New Mercies" written by Paul Tripp. On one of the days, Tripp has us read Psalm 136. Here are the last 3 verses.

*He remembered us in our low estate, His love endures forever.*

*And freed us from our enemies. His love endures forever.*

*He gives food to every creature. His love endures forever.*

*Give thanks to the God of heaven.*

***His love endures forever.***

A total of 26 times does God reiterate how His love endures in this chapter! Why does God repeat this over and over through the pen of the psalmist?

Tripp proposes two answers to this.

*"First, there is no reality more radical and foundational to a biblical worldview and a personal sense of identity than this. What is the biblical story? It's the story of a God of love invading the world in the person of His Son of love to establish His kingdom of love by a radical sacrifice of love, to forgive us in love and draw us into His family of love, and to send us out as ambassadors of the very same love.*

*The entire hope of fallen humanity rests on this one thing—that there is a Savior who is eternally steadfast in redeeming, forgiving, reconciling, transforming, and delivering love.*

*Without this, the Bible is a book of interesting stories and helpful principles, but it is devoid of any power to fix what sin has broken.*

**The second reason God repeats this refrain is that we have no experience in our lives of this kind of love.**

All the love we have ever experienced in our lifetime—all the human love—is broken in some way, shape, or form. **But His Love isn't.**

And so, I am encouraged to pursue Love! And to keep learning to love the way Jesus loves, recognizing this is a lifelong process. I am challenged to forgive quickly and more often, to extend grace and receive grace. All while remembering that while it is a journey, we are enabled and empowered to love because we ourselves are loved with an everlasting love.

And I extend this encouragement to you: **we will, again and again, find that His love is right there with us.**

I end my reflection with a final quote from Tripp:

*"[This] is the single most stunning reality in the life of a believer. God has placed His love on us and He will never again remove it. There's a reason to continue, no matter how hard life seems and how weak you feel."*

# FEBRUARY CELEBRATIONS AT SHALEM

*Happy Birthday!*

February 2	Judy Kehler
February 3	Sherry Stewart Sherry de Roos
February 4	Hammy DeJong
February 6	Joanne Vankeimpema
February 7	Nel De Bruyn
February 10	Elaine Emerson
February 11	Betty Hunte
February 12	Peter Black
February 15	Adrien Banner
February 15	Lillian Johnston
February 15	Mary Tipping
February 16	Gerda Weening
February 19	Margaret Vander Wekken
February 20	Ozzie Finzel
February 21	Ann Spitteler
February 25	Sylvia Marshall
February 27	Anna Christensen
February 29	Marjorie Barfield



*Happy Birthday to Everyone Celebrating!*

**Milestone Birthdays this Month:**

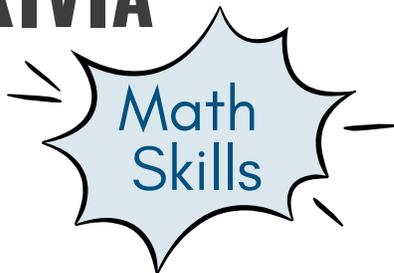
*Hammy turns 95, Adrien has her 80th birthday and Mary Tipping turns 90!*

## February Birthday Party

Join us in celebrating Shalem Birthdays  
 Tuesday, February 14th, 2:00PM  
 Cake & Entertainment



## GAMES & TRIVIA



1. Half of 90
2.  $124 - 6$
3. Double 14
4.  $5 \times 6 \times 3$
5. Which of these are odd numbers? 42, 37, 21, 26, 38, 63
6. What number comes halfway between 70 and 90?
7. How many inches in 2 feet?
8. Write down 3 odd numbers that add up to 19
9. Write the number ten thousand and twenty one
10. 49 divided by 7

11. Round 827 to the nearest 100
12. What is the next number in this sequence?  
83, 80, 77, 74, 71, ...
13. Write down a multiple of 4 between 29 and 37
14. I have \$1. I spend 35c. How much is left?
15. What number comes halfway between 7 & 8?
16. How many wheels on 8 cars?
17. What is half of 32
18. The date is the 15th of August. What was the date 2 weeks ago?
19. What is  $\frac{1}{2}$  as a decimal?
20.  $5 + 7 = \underline{\quad} \times 3$

# VOLUNTEERING & RECREATION

*Thank You*

*to all the volunteers that bless Shalem regularly.*



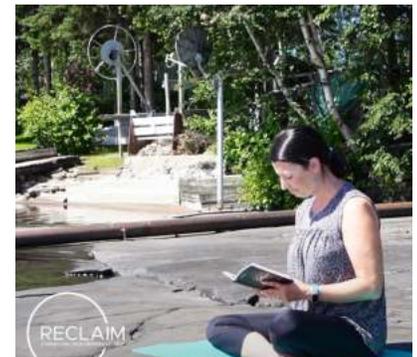
*Left; Youth volunteer, Ben, removing Christmas lights.*

*Centre; Volunteers cleaning up after the birthday party*

*Right; New volunteer, Dianne, playing bingo with Haven residents*



## **FAITH & FLOW** *Chair Yoga with Pastor Cari*



*Can I be a Christian and practice Yoga?*

The answer is **YES**, says Pastor Cari.

Along with being a Pastor, Cari is a certified Yoga Instructor and Social Emotional Learning Facilitator. Beginning this month, we will be offering a **NEW** class here at Shalem called Faith & Flow - Chair Yoga with Pastor Cari.

Cari explains that Yoga is not a religion - it is a practice focused on using the breath and gentle movement to deepen your connection with your body and to slow down your mind.

"Many people find that Yoga compliments their faith. It can bring us into a place of stillness, where we can experience a greater sense of God with us," says Cari.

Chair Yoga is a gentle and safe way to practice, while receiving all the benefits of Yoga; reduced stress and anxiety, gain strength and flexibility, plus an overall sense of well-being. And Chair Yoga is accessible and adaptable to everybody.

Cari says the class will focus on 'practices of presence,' which include engaging in times of devotion, prayer, meditation, and movement. "These practices give ourselves the opportunity to experience a greater capacity for connection as well as calmness with God, each other and ourselves."

We invite you to join Pastor Cari for Chair Yoga on **February 22, at 10:15 am in H3.**

# SPECIAL EVENTS

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



## Hearing Clinic - Booked Appointments Only Wellness Centre (Haven Main Floor)

Monday, February 6, Starting at 10:00am  
See Sign-up Board for Appointment Times



What do you like about living in Glenbrook? What services or programs would you like to see more of? City of Calgary Community Social Worker, Kellie Nixon, wants to hear from you! Come for a conversation about our community and enjoy some refreshments.

**Thursday, February 9 at 10:30 in the Atrium**



*Shalem Café*  
**Espresso Cafe**

**Fridays: February 10 & 24**  
**Saturday, February 18 at 10:00am**  
Cappuccino Drinks & Shalem Pastries for Purchase

## Wine & Cheese Evening

Friday, February 10 at 7:00pm - Shalem Atrium

See poster for details. Sign-up required and fee payable through CAFT



## Wellness Session - Dental Health & Screening

Monday, February 13 at 10:00am in the Shalem Atrium

Mobile Dental Hygienist- Check Up & Cleanings, February 21  
Haven Spa Room. Sign-up required.



## Valentine's Day Movie & Popcorn

Tuesday, February 14 at 7:00pm in the Atrium



## Hearts & Roses Dinner and Dance

Wednesday February 15th 5:00pm (\$22.00 Dinner & Dance)  
Dance to start at 5:45pm (\$5 Dance Only) Drinks for purchase



## Shrove Tuesday Pancake Lunch

February 21 at 12:00 pm in the Dining Room (\$15)

2 pancakes, scrambled eggs, 2 breakfast sausage, soup & dessert