

Newsletter

COMMUNITY CONNECTION

FEBRUARY 2024

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Executive Director

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Welcome to the newly revised edition of the monthly Shalem newsletter! The focus of our newsletter has always been to share our life at Shalem and the community you have all created here. There are two definitions of community and both reflect what Shalem is.

com·mu·ni·ty **/kə'myōnədə/**

- 1 A group of people living together in one place, especially one practicing common ownership.
- 2 A feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.

As you embrace living at Shalem, together under one roof, we encourage you to foster community with your neighbours.

5 Tips for strengthening your faith:

1. Prayer
2. Worship
3. Bible Reading
4. Reflection
5. Serving Others





PRAYER AND PRAISE

May our prayers be a beacon of hope, and our praise a symphony of gratitude.

WELCOME & GOODBYES

Currently, we have no new residents. We are at capacity in all buildings until the end of the month.

Catherine Boyd is transitioning to another care facility. Praying for abundant blessings as she embarks on this move and settles into a new home.

PRAY FOR

Please keep Loraine Neuman's family and friends in your thoughts and prayers as they grieve her passing in mid-January.

Keep Dennis Green in your prayers, as he is currently in hospital.

We pray for our community members facing health challenges, loss, or personal struggles. Uplift them in their time of need.

PRAYER

Lord, in you all things are possible. Hold my heart within yours, and renew my mind, body, and soul. You gave us life, and you also give us the gift of infinite joy. Give me the strength to move forward on the path you've laid out for me. Guide me towards better health, and give me the wisdom to identify those you've placed around me to help me get better. In your name I pray, Amen.

MONTHLY VERSE

"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love." ~ 1 John 4:18



LIVING WELL TOGETHER

Musings from the Executive Director

This is Love

As I was musing about what to write this month, my ears fell on the words of a song that was playing in the background.

*Thank you, Lord, for this day.
For this morning. For this grace.
What am I? I am yours.
Daily bread. Daily breath. Ordinary faithfulness.
Christ in me, more and more.*

*This is life. This is love.
To be still and know you.
All that's lost will be gained.
Thank you, Lord.*

Our culture can often be obsessed with love. When the New Testament was translated from Greek, at least four concepts were translated as love: 1) liking someone with the fondness of familiarity, 2) love between friends, 3) the sense of 'being in love,' and 4) God's unconditional love. That's a lot of love! No wonder we are obsessed!

Most of us desire to love and to be loved. But as hard as we may try, the first three types of love are often temporary through our own imperfections and failures. Love is something we do... or at least try to. But love is not something God does. It is who He is.

Knowing and believing in God's love for us allows us to live each day in gratefulness and restfulness. 'Be still and know that I am God,' God says through the Psalmist in Psalm 46. The more we know Him, the more we are like Him, and God also becomes the source of our ability to love. When we look to God as the standard of what loving looks like, it changes how we love each other. Our loving others is evidence of God's love for us.

Because that is life. That is love. To love those around us. To be grateful for the new morning. To be thankful for the provisions we have. To be faithful in all we do. To know that we are welcomed into His presence.

And no matter what is happening around us, we can be assured that God is love. His love fills us with the courage we need to face the challenges of the day. To see beauty in the midst of loss or pain. To experience peace in the midst of the fear.

What are you? You are His. And nothing can separate you from the love of God. Thank you, Lord.

Dorothy de Vuyst
Executive Director

"And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them."

1 JOHN 4:16



A YEAR IN REVIEW - 2023



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

RESIDENT NOTICES

Encore Fare - Dining Room Leftovers

Enjoy chef meals for less! For only \$7.50 a meal, fill your take-out container with excess food from our dinner meal service. Available daily between 5:30 pm and 6:15 pm. Provided on a first come, first served basis while food supplies last. This will not be valid for fish and chips or special event meals.

New Take-out Menu & Pricing

Soon, you will see a new take-out menu; with it, some items will have higher prices. We are also introducing a guest meal price for regular meals, just as we have for special events. These price changes will take effective March 1, 2024. Resident meal prices for breakfast, lunch and dinner will stay the same.

Court Update

We are close to completing the last painting and carpeting in the court interior project. Over the next while, new furniture will be chosen, and artwork will go up on the walls. Thank you for your patience during this renovation.

Manor Quarterly Meeting

Manor residents, please attend our quarterly meeting on Wednesday, February 7th, at 3:00 pm in the Shalem Atrium. We will be providing updates on the building and future planning.

Staff Changes

Last month, we said goodbye to Leslie in the Business Office. We are thankful for the gifts she gave Shalem and extend our blessings as she spends more time with family and friends. We welcome Magda to the role and the experience and expertise she brings. We also said goodbye to Anthia, who assisted in the Recreation & Wellness department. With the addition of the Health Care Aides, much of the assistance needed in the Recreation and Wellness role will be filled. We will also see some new faces in the Dining Room in the next few weeks.

Return Of Gather n' Thread - Knitting Club

Join in with like-minded crafters to knit or crochet some blankets, booties or bonnets for Shalem's next Open House. Bring your supplies and any projects you are working on.



Welcome Magda!

OUR COMMUNITY

January Birthday Bash



OUR COMMUNITY

Cake, Cheers and Celebration





ELDERLY FALLS: REDUCE THE RISK

GREATSENIORLIVING.COM

Elderly falls impact the physical and psychological health of millions of older adults. Falls are the leading cause of injury to people over 65.

Many falls are "multifactorial" - a combination of factors may be the cause.

- **Physical:** dizziness, blood pressure, injury, weak muscles.
- **Environmental:** clutter, uneven floor.
- **Situational:** dark room, icy conditions, wet floor.

- **Cognitive:** confusion, unfamiliar surroundings.

Fortunately, however, many causes can be avoided in the future.

Seniors can prevent falls by examining three areas in their lives:

1. **Overall health**
2. **Physical activity and daily habits**
3. **Environment**

The first step in fall prevention is talking to a doctor. They should be able to perform a geriatric fall risk assessment and make recommendations to protect you. Your doctor may monitor the following health issues: Diabetes, Blood Pressure, and Medications.

Effective fall prevention doesn't mean limiting activities; being more active is better. We lose up to 30% of our muscle strength each decade unless we actively work to maintain it. Good strength, balance, and flexibility can mean the difference between recovering from a misstep or a significant fall. Regular fitness will help.

Making changes at home can reduce your risk. You can declutter, make things easy to reach, have a light by your bed, use slip-proof mats, or install assistive devices.

For those at Shalem with a SARA Pendant, it is important you are wearing it and can press it when needed. If you have any balance or fall concerns, please discuss with nurse Izel.

INTRODUCING OUR HEALTH CARE AIDES

Shalem is rolling out a new supportive health program in partnership with Longevity Care. A vital part of this program is the Health Care Aides, who are now on site. Aides are invaluable in assisting residents with unscheduled support, meal services, assistance in emergencies, providing safety checkpoints, and enhancing social and activity engagement. This support will enable residents to age in place more comfortably and confidently while maintaining independence and dignity.

Some Programs supported by Health Care Aides:

Saturday Strides - Step into the weekend and join our Health Care Aides for a morning or evening stroll at 10:00 am and 6:00 pm. Meet in the Main Hallway by the Leasing Office.

Wednesday Walking - Take an evening walk to relax your mind and body, promoting better sleep. Meet our Health Care Aides in the Main Hallway by the Leasing Office at 6:00 pm.

Books & Brew - Grab a hot drink and listen to short stories. Listening to stories promotes relaxation, reduces stress, and enhances cognitive skills, making it beneficial for ALL ages!

Additional Wellness Services Now Available at Shalem

Do you require Dental Hygiene Services? We have partnered with a fully equipped mobile dental hygiene office. If you are interested, please see the Events Sign-up Board.



Will Tanner, Registered Massage Therapist

Some of you may recognize Will from our Chinese Massage evenings. Will has been a registered massage therapist for five years. He has training in a number of modalities, including exercise science and yoga, and is on his way to becoming a doctor of traditional Chinese medicine. He can help with gentle joint mobilization and stretching, which are especially beneficial to seniors. Treatments help to relieve aches and pains and the benefits can continue for days, even weeks.



See Event Sign-up Board to book. **\$80/ 1 hour. Eligible for insurance benefits and direct billing is available.**



Healing Harmonies: Music Therapy





Move of the Month

One Leg Balance



1. Stand with your feet hip-width apart and your weight evenly distributed on both feet.
2. Relax your hands at your sides. Safety is always first, so you can start holding a wall or a chair. When you feel solid and confident, let one hand go and then both hands.
3. Shift your weight onto your right side, then lift your left leg, bending the knee.
4. Hold for 5-10 seconds, increasing as it gets easier.
5. Return to the starting position and repeat with the opposite leg. (Repeat three times on each leg)

Try our NEW Fascia Flow class with Theresa

Fascia is renewable connective tissue below the skin and can be a concern for older people, as movement restrictions can make it hard to perform simple activities. This class teaches how to combine pressure and movement to release these tissues, improving range of motion, tightness and flexibility. Great for tightness in hands and feet.



Theresa de Walle

Fitness Instructor

Balance boosters

Since accidental falls are a significant source of injury for many older adults, incorporating balance exercises in your exercise regimen is essential. Balance exercises, such as those described here, make walking on uneven surfaces easier without losing balance. You can do these balance exercises every day, several times a day.

OUR COMMUNITY

A Toast to the Bard



LIVING BY FAITH

purposefulfaith.com

My hands were frozen! This weather is not the sort of weather where you go gloveless. So, I pulled on a glove. "Oww." What in the world was in there? A shooting pain coursed through my left hand while driving! Pulling off the glove and trying not to crash, I found a thorn inside it. How did that get there? I removed the thorn and pulled on my other glove... "Owww!" It happened again! A needle-like pain hit me in multiple places on my hand. Dang. I turned to the next road because I was supposed to get to the grocery store, but the second I turned, I realized I just made a wrong turn. Grr... The pain in my hand was so disconcerting and distracting that I couldn't even go the right way.

Now, I was headed the opposite way. Because of all the pain, I had lost my way. Because I had a thorn hurting me, I couldn't think straight. Because I was so focused on my flesh, I couldn't see the turns I should make.

Some of us are in a situation very similar to this. Because of all the pain, we aren't listening to God's truth, His voice, and His Word; therefore, we make wrong turns. Because of pain, we focus on preserving our flesh instead of laying down our life in love. Here, God's pathway to resurrection-life power is often missed.

"Love never fails..." (1 Cor. 13:8)

Jesus is "the Way" and "the Truth". (John 14:6)

The only way to find our way in complex relationships is to get our mind off the pain of it and onto Him who is Love, The Way and The absolute Truth...only then do we find our way!

How have you been numbing, catering to, and managing pain rather than looking to the author and the perfecter of faith? How has this affected your love, your relationships and your words?

I understand it is hard, but I also want to encourage you — there is "a way," even if it looks like there is not. Turn to Jesus and ask Him to help you. This is not an easy calling; it requires God.

We welcome Pastor **Keith Davis** from Bethel URC to Shalem as one of our volunteer pastors. Keith has been serving as Bethel's Pastor since 2015. Both Keith and his wife Laura are originally from Illinois. They have seven children and five grandchildren.

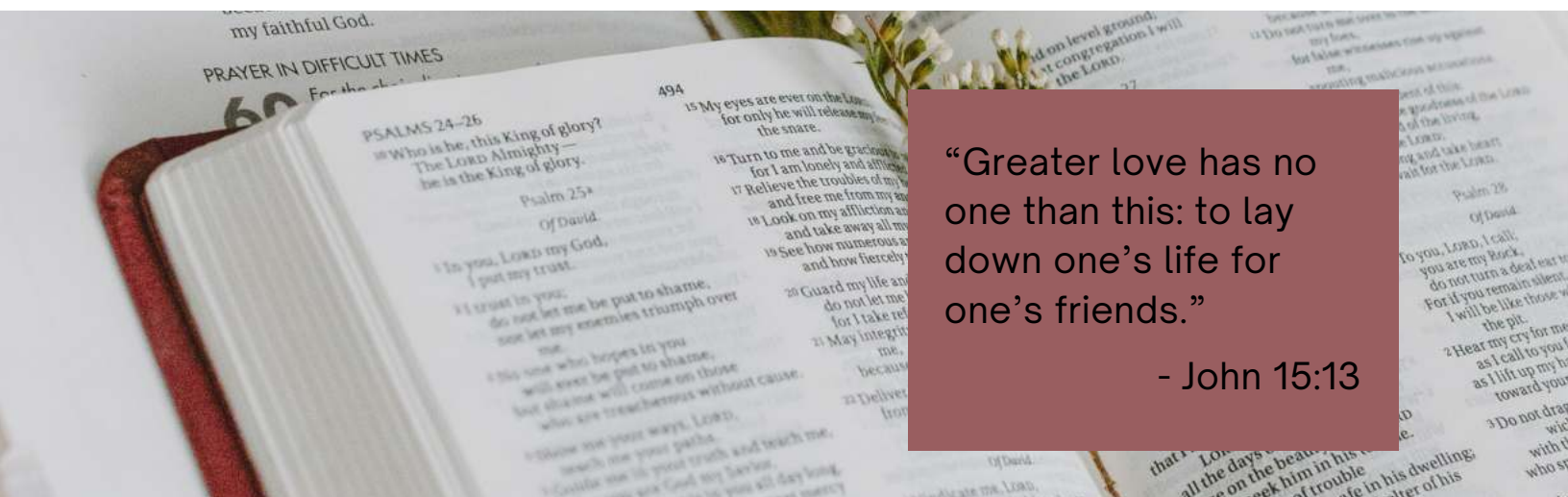
Many residents of Shalem are part of the Bethel congregation and will be familiar with Pastor Keith.

Come and hear Pastor Keith preach on February 7th at the 2 pm Chapel Service.



"Greater love has no one than this: to lay down one's life for one's friends."

- John 15:13

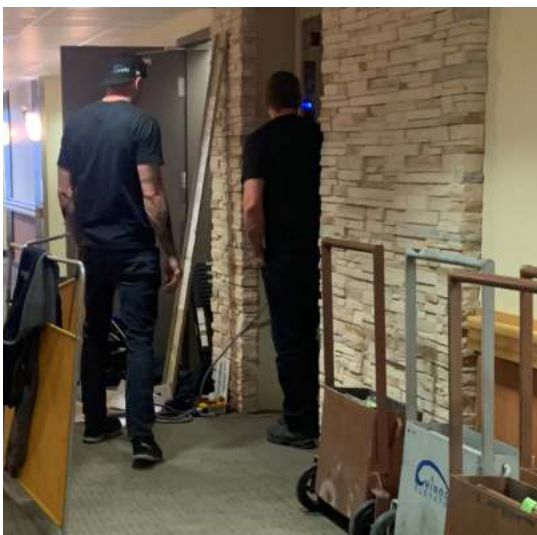


OUR COMMUNITY

Laugh Your Way to Wellness Ms. Calgary's Surprise Visit



Weighing In: Elevator Safety Check



CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

February 2	Judy Kehler
February 3	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	Bea Gammie
February 15	Adrien Banner
February 15	Lillian Johnston
February 15	Mary Tipping
February 16	Peter Black
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

MILESTONE BIRTHDAYS

Betty turns 95 this month, Joanne and Bea turn 85, and Gerda turns 80. Congratulations!

2024 is a Leap Year...

This means February will have an extra "Leap Day" at the end of the month. Adding an extra day every four years keeps our calendar aligned correctly with the astronomical seasons since a year according to the Gregorian calendar (365 days) and a year according to Earth's orbit around the sun (approximately 365.25 days) are not the same length of time. Without this extra day, our calendar and the seasons would gradually get out of sync.

BIRTHDAY PARTY

Tuesday

February 13

2:00pm

Dining Room

Entertainment
by Alan Becker





BLACK EXCELLENCE: A HERITAGE TO CELEBRATE; A FUTURE TO BUILD

Black Canadians and their communities have shaped Canada's heritage and identity since the arrival of Mathieu Da Costa, a navigator and interpreter whose presence in Canada dates back to the early 1600s.

The role of Black people and their communities in Canada has largely been ignored as a critical part of Canada's history. There is little mention that some of the Loyalists who came here after the American Revolution and settled in the Maritimes were people of African descent, nor the fact that many soldiers of African descent made many sacrifices in wartime as far back as the War of 1812.

Few people in Canada are aware of the fact that African people were once enslaved in Canada or of how those who fought enslavement helped to lay the foundation of Canada's diverse and inclusive society.

Black History Month is a time to learn more about these Canadian stories and the many other vital contributions that Black Canadians and their communities have made to this country's history and continued growth.

Books for learning about Canadian Black History:

- They Call Me George: The Untold Story of The Black Train Porters *by Cecil Foster*
- In the Black: My Life *by B. Denham Jolly*
- Viola Desmond Won't Be Budged *by Jody Nyasha Warner and Richard Rudnicki*
- Last Days in Africville *by Dorothy Perkins*
- Africa's Children: A History of Blacks in Yarmouth, Nova Scotia *by Sharon Robart-Johnson*
- Emancipation Day: Celebrating Freedom in Canada *by Natasha L. Henry*



RESIDENT CONTRIBUTIONS

Submitted by Bonnie Milton

Carrot, Egg or Coffee Bean

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she would make it and wanted to give up. She was tired of fighting and struggling. As one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon, the pots came to a boil. In the first, she placed carrots; in the second, she placed eggs; and in the last, she placed ground coffee beans. She let them sit and boil without saying a word.

In about twenty minutes, she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and put it in a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs, and coffee," the daughter replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?"

Her mother explained that these objects had faced the same adversity – boiling water. Each reacted differently. The carrot went in intense, complex and unrelenting. However, it softened and became weak after being subjected to boiling water. The egg had been fragile. Its thin outer shell had protected its liquid interior, but its inside became hardened after sitting in boiling water. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. "Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside, am I bitter and harsh with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is darkest, and trials are their greatest, do you elevate yourself to another level?

How do you handle adversity?

Are you a carrot, an egg or a coffee bean?

UPCOMING EVENTS

FEBRUARY 3

Main Hallway
10:00AM & 6:00PM

Saturday Strides

Step into the rhythm of wellness with our walking club every Saturday morning and evening. Our new Health Care Aides will lead these groups.

FEBRUARY 5

Shalem Atrium
1:00PM

Music Sing-a-long with Heather

Gather in the Shalem Atrium for an afternoon of music and sing along to some of your favourite love songs.

FEBRUARY 8

Dining Room
5:00PM & 7:00PM

5:00PM - Chinese Dinner

Enjoy the delicious culinary flavours of Chinese food from Chef Nick. Residents \$17.50, guests \$22.00.
RSVP with the Dining Room

7:00PM - Chinese Lion Dance

Welcome the Chinese New Year with vibrant dancers and celebration! Make sure you stick around after dinner for this entertainment. It's sure to be a 'roaring' good time. Everyone welcome. Drinks are available for purchase.

FEBRUARY 10

Dining Room
2:00PM

GuZheng Duo, Chinese New Year

Enjoy the soothing music of the Guzheng (pronounced goo-jung). This Chinese zither, or harp, embodies the culture's richness; each string pluck creates an atmosphere of tranquility and harmony.

FEBRUARY 13

Shalem Atrium
2:00PM

Wine Tasting with Barry

Savor and enjoy wines from around the globe, each bottle sharing its own enchanting love story.

UPCOMING EVENTS

FEBRUARY 14

Dining Room
5:00PM

Valentine's Day Dinner

Share a delicious Chef prepared meal with a loved one or friend.

FEBRUARY 15

Haven Entrance
11:30AM

Bus Trip: Edelweiss Village

Visit the Edelweiss Village for shopping or delicious food. Many great European brands and products.

FEBRUARY 20

Dining Room
2:00PM

Music with Romeo

Back by popular demand, our talented staff member will provide an afternoon of music and fun!

FEBRUARY 22

Haven Entrance
2:00PM

Bus Trip: North Hill Mall

Join us for a hassle free and enjoyable trip to the mall. This trip is catered for you, so you can shop and socialize.

FEBRUARY 26

Dining Room
7:00PM

50's Rock n' Roll Music & Dance

Transport yourself back to the fabulous 50's with poodle skirts, slick-backed hair, and polished wingtip shoes for our retro themed dance. Get ready to twist and shout or do a little hand jive!

FEBRUARY 29

Haven Entrance
9:30AM

Bus Trip: Mystery Location!

Take a leap of faith and join us on a mystery bus trip! We will shuttle you to an unknown location that promises to reach new heights... hint, hint.