

FEBRUARY 2022

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO FEBRUARY



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Shalem
Society for Senior Citizens Care

SHALEM MISSION STATEMENT

MISSION:

Shalem, meaning wholeness, was formed with the mission and communal desire to provide a Christian setting that enhances the well-being of seniors.

VISION:

A caring community to call home.

VALUES:

At the heart of Shalem is a Christian community where God is at work and we care, share and celebrate.

We value:

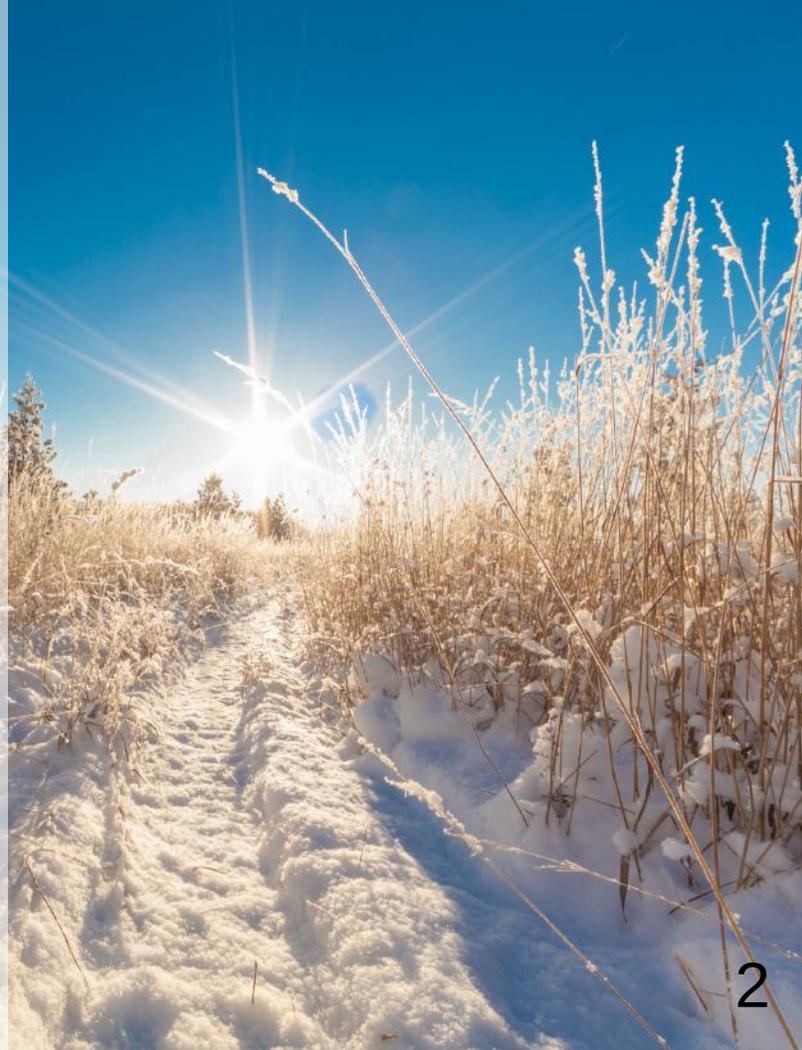
- Respect and acceptance
- Stewardship of resources
- Justice
- Community
- Compassion



"To act justly and to love mercy and to walk humbly with your God."
(Micah 6:8 NIV)

And Jesus answered them, "Have faith in God. Truly, I say to you, whoever says to this mountain, 'Be taken up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

~ Mark 11:22-24



LIVING WELL TOGETHER

Musings from the Executive Director

FEBRUARY 2022

Joy in Anticipation

“But let all who take refuge in You rejoice; let them sing joyful praises forever. Spread Your protection over them, that all who love Your name may be filled with joy. For You bless the godly, O Lord; You surround them with Your shield of love.”

-Psalm 5:11-12

The province of Alberta announced last week that we will be moving towards a widespread relaxation of public health measures once the pressure on the health system eases - hopefully by the end of March.

The removal of health measures does not necessarily mean an end to COVID-19 and the risk of transmission. After two years of being following health protocols to keep us safe it can be a bit unnerving to think of letting our guard down.

But I will admit that my reaction was largely one of relief and anticipation. I am relieved that we may be nearing the end of COVID-19 restrictions both in the broader community but also here at Shalem. The end to limited or no social gatherings and events. The end to masking and the resulting challenges of communication. The end of visitor restrictions. The end of health screenings. I, for one, am anticipating the day when things can get back to normal.

As much joy as the anticipation of limited or no health measures sounds, the anticipation can also bring some anxiety. After being COVID-free throughout the pandemic, COVID-19 hit Shalem at the end of December with this latest, highly transmissible variant. Although we have had several Residents and Staff get COVID and therefore have been on outbreak according to Alberta Health Services, I am thankful that we have had no new cases recently among either Residents or staff. And although our outbreak status will continue well into February, I am extremely grateful for God’s continued protection on the Shalem community and for each Resident’s and staff’s part in keeping Shalem safe.

Everyone will respond differently to the lifting of health measures. Some Residents may be comfortable with no more masks and social gatherings again, while other will prefer to continue physical distancing. Both approaches are understandable and valid so let’s live with grace and respect for those around us.

The lifting of health measures and increasing activities once again may also make some of us feel vulnerable and anxious. It is sometimes in our most vulnerable moments, however, that we are reminded that God’s love is with us, now and tomorrow. He surrounds us with His shield of love. Being in God’s love is a position not just of joy but also safety.

As we wait in anticipation for life to return to normal - even if it is a ‘new normal’ - we need to remind ourselves to look to God and to wait in anticipation for His will to be done. This trust enables us to look forward to the future and trust in Him for the outcome, whatever that may be.

With joy in anticipation,

Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

On Sunday, January 30, the Lord took Helene Friesen from this life into His eternal presence at the age of 95. She was a loved and treasured member of our Shalem family. Her joy-filled spirit and gift of story-telling will be missed. We take comfort knowing she is dwelling with her Lord in eternity.

Please pray for God to be near to Becky Littlejohn, as she is now in palliative care. May God provide Becky and her family with the grace they need to face whatever is ahead, trusting in Your merciful care.

Please pray for Ann and Reiner deVries as Ann was moved to Academy of Aging and will not be returning to Shalem. May God's immense comfort, peace and love surround them and their families during this difficult time of transition.

Remember and pray for all those facing various illnesses. We think specifically of Sabine Boychuk and John Kopala, receiving care in hospital. Please pray God will comfort them in their pain, calm their fears, and surround them with His peace.



On Valentine's Day, I pray for you
 that our love for each other
 will be as deep and boundless
 as the love shown to us
 by our Savior, Jesus Christ.
 I pray that our loving bond
 will be as unbreakable and everlasting
 as the Lord's love for us.
 I pray that each Valentine's Day
 will remind us to be as
 selfless and giving with each other
 as our Lord was for us.
 -AMEN



Source: lovethispic.com

IN MEMORIAM



Helene with her sister and parents.



In Loving Memory Of



Helene Friesen

MAY 27, 1926 -
JANUARY 30, 2022



A Life of Adventure

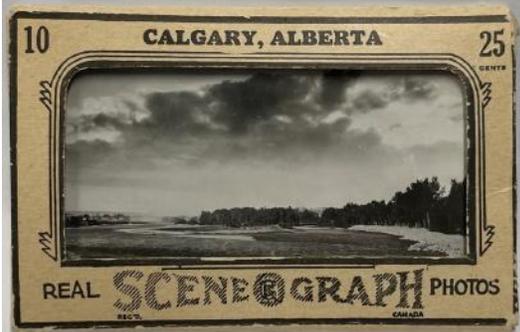
By: Katie, a Calgary Christian School Student
Written in 2019 during a school visit to Shalem

Helene Friesen was born in Russia and she lived with her two parents, and her two sisters (she had one older sister and one younger sister). When she was young, war had struck in Russia, many families had a hard time finding food and supplies, and everyone was running out of resources. Helene's mom would sometimes talk about the beautiful cakes, and delicious food she would make before the war had come. Yet Helene could not remember the slight taste of these special treats! People were in constant fear and hiding, waiting for the day when this would all be over, but hope was draining and that glorious day seemed so far away. Soon enough due to beliefs of her beloved father, he had been captured and taken to Siberia where he was not fed well, and lived in cold weather conditions. Her young soul ached for her father who she loved so dearly, the day her father was taken was the last time she ever saw or heard from him. Helene's younger sister had also had an accident around that time and she passed away! It was just Helene, her mom, and her big sister.



IN MEMORIAM

Historical Calgary, Pictures Submitted by Helene, December 2021



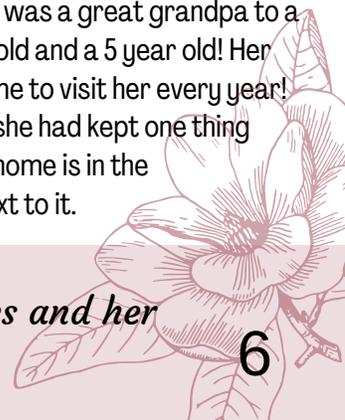
It was time for a change... and that is just what happened next. The three girls were soon boarded into Kettle Carts, and proceeded to be taken onto trains. The long journey led them to Germany, where they would be put in camps with soldiers, yet by the time all the hustle and bustle to Germany was over, Helene had lost her sister, and mom! She was living in a camp all alone without the support of her mom, and sister. It was a real blessing when she finally got out of the place. The next place she found herself living in was a small village, surrounded by snow tipped mountains, hills as green as spring leaves, valleys, and grassy, flowery meadows. Eight farmers lived in this village, one of them nice enough to house Helene, her aunts, her grandma, and many children.

One day on a quiet, peaceful afternoon in the village, soldiers came parachuting gracefully through the sky, and landed in their village. When they met Helene's family from the farmers house they kindly offered to give a large piece of parachute to the group. The material was extremely hardy, and was splashed with a beautiful blue, floral, pattern. It was perfect for sewing into clothing! So the house full of people sewed skirts for the girl children, and bow ties for the boy children. The sizes of the kids fit perfect for the size of the parachute! But as Helene kept growing she made the skirt into other things that she would fit, first a skirt then an apron. Meanwhile when Helene was living in Germany, her cousin back in Canada was making arrangements to fly her over to Alberta, Canada to live with him and his family, sure enough after much traveling, the young girl was at her cousins door with all her stuff ready for a life in Canada. During her time with her cousins, she ate food, like she had never eaten before, she learned how to bake which she never knew before! She remembered back, when her mom told her all about the scrumptious food she would bake when the war ended, it was right here with Helene now! Life on an Alberta farm was not too shabby!

After childhood, Helene moved to Calgary, she worked cleaning a lady's house, with some other girls, who set her up with the man of Helene's dreams. Helene went to church on 17th Ave with this man and they became really good friends! Soon they got married when she was 21, and they moved to 42nd street. They lived there together for 42 years before they moved to Shalem. Within those 42 years Helene become a seamstress, the couple adopted a cute little girl from Calgary, and they raised her until she too adopted a child! Helene's husband died 2010 when he was a great grandpa to a 3 year year old! Now Helene is a great grandma to a 12 year old and a 5 year old! Her grandchildren and family now live in Saskatchewan. They come to visit her every year! After all these years of travel and adventure in Helene's life, she had kept one thing with her, her piece of her blue floral parachute, and it's new home is in the Saskatchewan War Museum with Helene's beautiful story next to it.



We have been blessed by Helene's stories and her presence will be missed



RESIDENT NOTICES



Resident Referral Program

Shalem is launching a Referral Program. For each person you refer, that contacts the Resident Life office, you will receive a Dining Voucher. This will be valid for one dine-in lunch service or one take-out food item of your choice. If a referral becomes a Shalem Resident, someone who moves into a Shalem suite, you will receive one month of **FREE** rent!!

As suites in all buildings come available we would love to fill them with your friends or acquaintances! If you know someone that may be interested please have them contact Susan at 403-240-2800 Ext. 2 or through living@shalem.ca.

Masks Available to Residents

N95 and medical masks are now available for FREE to Residents. These are available at the Haven front desk as well as the Business Office. Those who may have signed for the cost of a mask to come out of their CAFT will not be charged.



Dining Services

We continue with dine-in service for breakfast and lunch in the Dining Room at this time. As we assess our capacity to open the Dining Room for dine-in dinner service, we hope to reinstate dine-in service for all meals very soon. Please see information boards and TV for the most up to date information and food promotions.



Building & Grounds

- Larger address numbers and directional lighting have been added to the Manor entrance. We are also working on better signage and lighting for the fence on the north side of the property, directing EMS and visitors to the Court.
- We are continuing to assess quotes on repair the Dining Roof and anticipate the repairs will take place this spring.
- Reminder: Please use designated smoking areas.
- It is a priority to have all exterior lights working to ensure that Residents, EMS and guests have ample lighting when outside after dark. Several of the lights have already been repaired and we are working towards having all exterior lights operational soon.

Photo Directory and FOIP

Thank you all for your patience and commitment to creating the first Shalem Community Directory! We will be going to the printers soon and hope to have these in your hands this month!



Coffee Connection
with Dorothy de Vuyst

Monthly Coffee Connection will be postponed until further notice due to increased safety measures for COVID-19.

RESIDENT NOTICES

COVID-19 UPDATE

COVID PROTOCOL REMINDERS

- Health screening remains in affect after absences greater than 24 hours. Health screenings will be done by the front desk once a day for 14 days.
- While on AHS Outbreak status, Haven residents will continue to receive two health screenings a day.
- All Shalem Residents must let the front desk know if you plan to be or have been away for more than 24 hours.
- For Residents who are experiencing symptoms or have been in direct contact with someone that has tested positive for COVID, rapid tests are available through the front desk. If Residents are symptomatic, they must stay isolated in their suite and call the Front desk to have a rapid test delivered. We also have the resource of AHS to come on site and provide a PCR test.
- If a Resident does contract COVID and is fully vaccinated, they must stay isolated for 5 days from the onset of their first symptoms and can leave their suite on day 6, provided they are no longer symptomatic. Masks must be worn for 14 days from the onset of their first symptoms, when outside their suite.

Please stay home in your suite if you are feeling unwell, do not attend meal service in the Dining Room or activities. We ask that you let staff know if you are showing any signs or symptoms.

Some of the more commonly reported symptoms include:

- new or worsening cough or sore throat
- shortness of breath or difficulty breathing
- temperature equal to or more than 38°C
- feeling feverish and/or chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- abdominal pain, diarrhea and vomiting
- feeling very unwell



**Thank you for
continuing to
wear your masks**

HEALTH INFORMATION

Memory Loss

There are different levels of memory loss

Age-associated memory impairment

If you are experiencing difficulties with memory, but:

- They are not noticeably disrupting your daily life,
- They are not affecting your ability to complete tasks as you usually would,
- You have no difficulty learning and remembering new things and
- There's no underlying medical condition that is causing your memory problems,

Then you have what's known as age-associated memory impairment. It is considered to be a normal part of aging. It doesn't mean you have dementia. Though you may have difficulties remembering things on occasion, like where you left your keys, a password for a website, or the name of a former classmate, these are not cause for concern.

Mild cognitive impairment

In between age-associated memory impairment and dementia, there is a condition known as mild cognitive impairment (MCI). As the name suggests, the symptoms of MCI are mild – you experience memory loss and other symptoms such as difficulty speaking and disorientation, but they are not so severe that they interfere with your normal daily functions and routines. However, if you have MCI, you are also at a higher risk of developing Alzheimer's disease or another type of dementia than if you had age-associated memory impairment.

Dementia

When your memory loss is severe to the point where:

- It's affecting your daily life and ability to stick to your normal routine,
- You're finding it difficult to learn new things,
- You're finding it difficult to complete tasks you're familiar with and
- Others close to you are also starting to notice changes in your abilities,

Your memory difficulties may line up with what is commonly experienced in early stage dementia. If you are concerned that you or someone you know has dementia, please talk to your doctor.

Dementia is a term used to describe a set of symptoms or behaviours that may include memory loss, difficulty with problem-solving and changes in mood and behaviour. Dementia is identified when these symptoms are severe enough to interfere with a person's daily life and activities. Alzheimer's disease is one type of dementia in which a progressive deterioration of brain cell function causes symptoms that affect one's daily life.

For More Information <https://alzheimer.ca/ab/en>



**MEMORY
CONNECT**

For those experiencing, living with or providing dementia support, please consider joining our **Memory Connect Conversation Group** with Liz Gahan

HEALTH INFORMATION

FEBRUARY IS HEART MONTH

www.heartandstroke.ca



Prevention is Key

Prevention starts with knowing your risk. Nine in ten Canadians have at least one risk factor for heart disease and stroke. Almost 80% of premature heart disease and stroke can be prevented through healthy behaviors. Habits like eating healthy, being active and living smoke free, have a big impact on your health.

Lifestyle Risk Factors

Many risk factors are within your power to control. Find out what they are. Learn the steps to lower your risk.

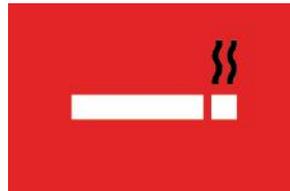
80 %
PREMATURE HEART DISEASE & STROKE THAT'S PREVENTABLE

5 MINUTES
HOW OFTEN HEART DISEASE, STROKE AND RELATED CONDITIONS TAKE A LIFE

1.6 MILLION
CANADIANS LIVING WITH HEART DISEASE & STROKE



Unhealthy diet
 Eat less processed foods, less added sugar and more fruits & vegetables.



Smoking
 Smoking triples the risk of dying from heart disease and stroke in middle-aged men and women.



Physical inactivity
 Inactivity doubles risk of heart disease/ stroke. 150 min/ week - moderate intensity. 2 days/ week of strength and balance.



Stress
 Stress has strong effects on the body. High levels of stress or prolonged stress cause higher cholesterol or blood pressure.



Unhealthy weight
 Obesity can double your chance of heart disease. Especially excess weight in the abdomen area.



Excessive alcohol & drug abuse
 Heavy drinking and binge drinking are risk factors for high blood pressure, heart disease and stroke.

ASK A PHARMACIST...

**Wednesday
 February 23
 10:00AM-12:00PM**

A Prescribing Pharmacist will be at Shalem to meet with you one-on-one, and to answer questions about health topics you wish to discuss.

A confidential sign-up sheet is located at the Haven reception desk. Each resident will have 20 minutes of private time to meet with the pharmacist.



LIVING BY FAITH

BY SHARON FROESE

VOLUNTEER CHAPLAIN & CONTRIBUTING WRITER

I am excited to have this opportunity to write to you in the newsletter. In the five months I worked in the business office at Shalem, I got to meet many of you. It was a real privilege to hear your stories and get to know you. I didn't get to say good-bye to many of you, so I want to say thank you for the kindness you showed me and for welcoming me into your lives while I was there.



"Fear not, for I have redeemed you; I have called you by name; you are mine.
When you pass through the water, I will be with you; ...
When you walk through the fire, you will not be burned." Isaiah 42:1-2

Most of us faced some challenges last year, and 2022 will bring with it many challenges as well. Yet we are told to "Fear Not." Not because we won't face challenges. In fact, Isaiah tells us we will face very difficult trials. Still he tells us we do not need to fear. Why? Firstly, because God has redeemed us. God cared so much about his creation, you included, that He chose to become one of us to make right all that had gone wrong; to redeem us. God wanted to share Himself with us because He innately loves us. He innately loves you. Secondly, we don't need to fear because when we walk through these trials, God will be with us. Like Psalm 23 says, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me." But where is the Lord? Many times the Lord is with us, but we don't recognize him (John 1:10,11) Just like Joseph's brothers in Egypt, they didn't recognize their brother who was standing right before them, ready to help them out of their trial. When they recognized Joseph, they humbled themselves before him and allowed him to help them.

The Lord is walking with you through your trial today. Stop and look for him. He is calling you. You are His. He knows your name. He innately loves you and is walking with you through 2022.



DID YOU KNOW?

Canadians who lived through the Great Depression can remember working for a dollar a day and paying 25¢ for a pound of sirloin steak. Here is a snapshot of some wages and prices since those days.

In 1935 the average personal income was \$313 per year, milk cost 10¢ per quart, a dozen eggs would set you back 31¢, and a tin of tomatoes retailed for 10¢.

Twenty-five years later, in 1960, average personal income was \$1,672 per year. Milk cost 24¢ per quart and it cost 55¢ to purchase a dozen eggs. That can of tomatoes cost 27¢.

In 1985, average income reached \$15,903 per year, partly skimmed milk cost 98¢ per litre, and eggs cost \$1.37 per dozen. Canned tomatoes cost \$1.30.

By 2008, average individual income was \$37,700 per year, milk cost \$1.99 per litre, and eggs cost \$2.57 per dozen. The average retail price of canned tomatoes was still \$1.30.

In 2021 in Alberta, the annual average income is \$54,630 for full-time workers. Milk cost \$3.07 per litre, and eggs cost \$3.18 per dozen. The average retail price of canned tomatoes has gone up slightly to \$1.56.

Average retail food prices

	1935	2008	2021
	\$ PRICE		
Bacon (1 kg)	0.68	8.90	15.48
Sirloin steak (1 kg)	0.51	15.39	25.43
Flour (1 kg)	0.07	1.89	2.19
Sugar (1 kg)	0.14	1.21	1.32
Coffee (1 kg)	0.83	12.93	13.30
Onions (1 kg)	0.09	1.28	2.25
Potatoes (4.54 kg)	0.14	4.58	10.09
Milk (1 litre) ¹	0.10	2.04 ¹	3.07
Eggs (dozen)	0.31	2.57	3.18
Butter (454 g)	0.28	4.25	5.52
Total	3.15	55.04	81.83

GET TO KNOW OUR RESIDENTS



Joyce

Joyce moved into the Haven in 2021. Originally from Ontario, she worked as a hairdresser. Her husband's love for ranch life brought them to Calgary in 1972, where he worked on the Burns Ranch. He loved ranch life and they settled, calling Calgary home.

Joyce has two sons, five grandchildren, and three great grandchildren. She is very familiar with the area, as her former house was in the nearby community of Glamorgan. She loves the neighborhood and will take the opportunity on warm days to walk to nearby stores.

It can be challenging moving into a new home, especially during a pandemic, but Joyce is easing into life at Shalem. Like most of us, she loves the food in the Dining Room.

As you can see, Joyce has quite the owl collection! Her love for the beautiful feathered birds began at a young age. Over the years her collection grew and Joyce now showcases this diverse treasure trove in her suite.

We welcome Joyce to Shalem! If you would like to see her owl collection, we're confident Joyce would be happy to show you.

"A wise old owl sat in an oak. The more he saw, the less he spoke. The less he spoke, the more he heard. Why can't we be like that wise old bird?"

- Edward Hersey Richards.



MEET OUR TEAM...

1. What's your role at Shalem and in what circumstances can Residents come to you for something?
Bean Counter, Anything to do with beans.
2. What do you enjoy about working at Shalem?
Business wise – I am familiar with Charities and the bookkeeping system. Personally I like the synergy and the atmosphere here.
3. Tell us a little bit about your family?
I have a daughter who will be graduating from Western University this spring and a son who just started at SAIT last fall.
4. Where did you grow up? Montreal
5. What three words would your friends use to describe you? Reliable, positive, supportive
6. What's your most hated household chore? Vacuuming
7. If you had to pick one age to be permanently, which age would you chose?
Don't know, not sure if I have reached it yet.
8. What's your favorite Bible verse and why?
Proverbs 3: 5-6 because I often don't see what is ahead but I clearly see what He has done for me in the past.
9. If you could snap your fingers and become an expert at something, what would it be?
Accounting or picking winning lottery numbers...
10. What do you like to do when you are not working? Sudoku, crosswords, yard work, cycling, hiking, skiing/snowboarding.
11. What's a fun fact about you people may not know?
I'm pretty open about everything so if there is something you don't know it's a secret.



Leslie
Business
Manager



BEIJING 2022™



WINTER OLYMPIC GAMES - FUN FACTS

- February 4, 2022, Beijing's National Stadium (known as the Bird's Nest) will host the Opening Ceremony for the 2022 Olympic Winter Games.
- Women's hockey captain, Marie-Philip Poulin, and men's speed skater, Charles Hamelin, will be Canada's flag-bearers for the opening ceremony.
- No international spectators were allowed to travel to Beijing's Winter Olympics due to the COVID-19 pandemic.

- Catriona Le May Doan (two-time Olympic champion speed skater) is attending the Olympics as the Chef de mission - a volunteer role given to well-respected former Canadian Olympians. A team spokesperson, mentor, cheerleader and confidante – supporting athletes however possible. She will make her presence felt at venues where Canadians are competing by banging on a Maskwacis Cree Nation drum given to her by Chief Wilton Littlechild in a Calgary ceremony before she left for China.



- There will be 109 medal events across 15 sports. This Winter Olympics will feature 7 new events.
- The first Olympic Games were held in Chamonix, France in 1924.
- The youngest athlete to win gold at the Winter Games: 15 year old USA figure skater, Tara Lipinski (Nagano, 1998).
- Of the total medals won at the Olympics, Norway has won the most number.
- Team Canada Winter 2022 has 215 athletes competing for a spot on the podium, 41 of them are from Alberta.



FEBRUARY CELEBRATIONS AT SHALEM

Happy Birthday!

- February 2 Judy Kehler
- February 4 Hammy DeJong
- February 6 Joanne Vankeimpema
- February 11 Betty Hunte
- February 12 Peter Black
- February 15 Adrien Banner
Lillian Johnston
Mary Tipping
- February 16 Gerda Weening
- February 19 Margaret Vander Wekken
- February 20 Ozzie Finzel
- February 21 Ann Spitteler
- February 25 Sylvia Marshall
- February 26 Paulette Stalinski
- February 27 Anna Christensen
- February 29 Marjorie Barfield



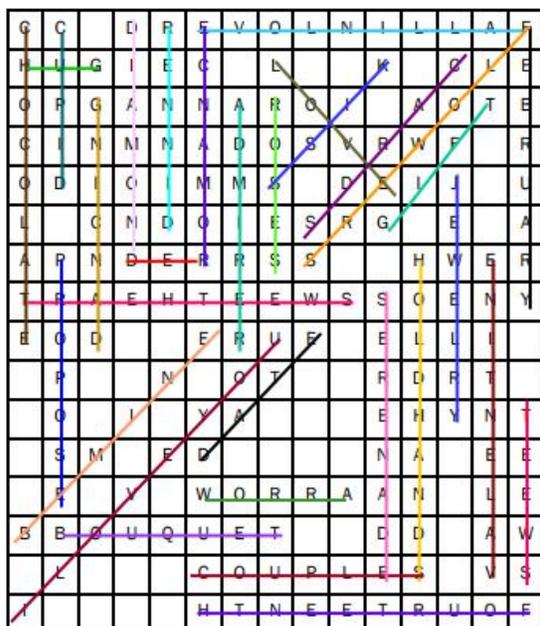
There are some significant Birthday Milestones this month, blessings and congratulations!

Congratulations to Reinier & Ann De Vries, celebrating their 63rd Wedding Anniversary on February 27th. May God's blessings and love fill you with joy and peace.



Please Note: There will not be a February Birthday Party due to increased safety measures for protection against COVID-19.

Answer to Game on Page: 17



- DER _____ **RED** _____
- EWEST _____ **SWEET** _____
- NIDREN _____ **DINNER** _____
- ORWRA _____ **ARROW** _____
- NADNICG _____ **DANCING** _____
- AMDDION _____ **DIAMOND** _____
- I VLEO OUY _____ **I LOVE YOU** _____
- SENERERA _____ **SERENADE** _____
- LAFL NI ELVO _____ **FALL IN LOVE** _____
- LOCAECHTO _____ **CHOCOLATE** _____
- TSHTWRAEEE _____ **SWEETHEART** _____
- ARBYFUER _____ **FEBRUARY** _____
- MANCOER _____ **ROMANCE** _____
- UHG _____ **HUG** _____
- RLOEWFS _____ **FLOWERS** _____
- PUIDC _____ **CUPID** _____
- OPOSREP _____ **PROPOSE** _____
- VEOL _____ **LOVE** _____
- IGTF _____ **GIFT** _____
- UQUTEBO _____ **BOUQUET** _____
- EVNEANLETI _____ **VALENTINE** _____
- RIMEDRA _____ **ADMIRER** _____
- RADSC _____ **CARDS** _____
- SOSER _____ **ROSES** _____
- EDTA _____ **DATE** _____
- LOHD ANSDH _____ **HOLD HANDS** _____
- LPSOECU _____ **COUPLES** _____
- EB NIEM _____ **BE MINE** _____
- SISK _____ **KISS** _____
- EWLEJRY _____ **JEWELRY** _____
- NETERFHOTU _____ **FOURTEENTH** _____



VOLUNTEERING

GIVING BACK



Len

We would like to recognize Len Joad for his **21 years** of volunteer service in collecting and returning bottles for the Court Social Club. Over the course of those years he's managed to collect a total of **\$12,240.59**, which has been given back to the Court Social Fund. He continues to serve in this capacity with the help of volunteer, Bart Vanderwerff. We thank Len for his time and dedication in this volunteer role.



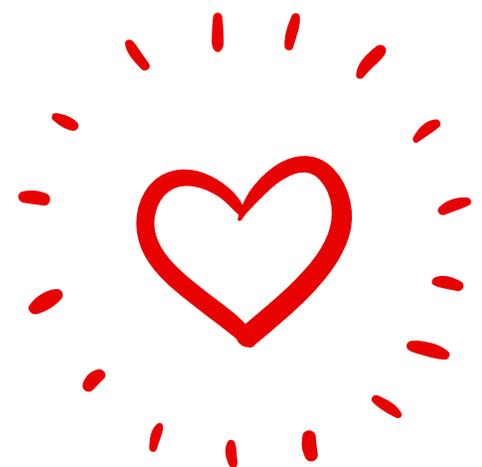
THANK
YOU

If you received a card this Christmas and didn't know who it was from.....

.....you can thank the
Women's Ministry Team at Mountain
Springs Calvary Chapel.

The church group blessed our residents
with many beautiful, hand-written
Christmas cards.

Thank you Mountain Springs!!



GAMES & FUN



Unscramble Word Search. To solve this puzzle, first unscramble each word and write the word on the blanks provided. Then look for the words you made in the puzzle. The words can be found in any direction in the puzzle.

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

LAFL NI ELVO _____

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MANCOER _____

UHG _____

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SENERA _____

SOSER _____

EDTA _____

LOHD ANSDH _____

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EB NIEM _____

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NETERFHOTU _____



SPECIAL EVENTS

HIGHLIGHTED ACTIVITIES FOR THIS MONTH:

PLEASE NOTE, the calendar of events reflects changes made due to COVID-19. Events/activities are subject to change.

Bulletin Boards and the Information TV will have the most up-to-date information.

MEMORY CONNECT

with Liz Gahan

A conversation group for those experiencing, living with or providing dementia support.

Monday February 21
10:30 AM- Haven 3rd Floor



February is Heart Health Month!

Learning Session - Heart Health & Blood Pressure
With Richmond Square Pharmacy

Wednesday February 16, 10:15 AM- Shalem Atrium

SHALEM TUCK SHOP! Wednesday February 16

11:15 AM (Following Learning Session) - Shalem Atrium

We've partnered with Richmond Square Pharmacy to bring you a Tuck Shop featuring thoughtfully selected pharmacy items, as well as some delicious treats, at discounted prices! Payment will be processed through CAFT or direct debt/credit. Join us to find out more.



- Learn about Traditional Chinese Medicine with students from CITCM Massage & Acupuncture College. They will teach us about the benefits of a Chinese massage therapy called Tui Na - good for relaxation, alleviating pain, or treating chronic conditions.

You can enjoy a FREE massage and a cup of immunity boosting tea, along with a visit with these soon to be Doctors of Traditional Chinese Medicine.

Thursday February 24th
7:00 PM- Shalem Atrium, sign up required

Valentine's Trivia & Shalem Heart Tree

We welcome you to add a heart to the tree in the Café. Write on it what brings your heart joy!

We also have a **Valentine's Day Trivia** competition. A winner from each building will receive a PRIZE!

Competition trivia sheets will be near the Resident Life Office.

Hand in completed sheets to the box provided.

Competition deadline is: 3:00pm, February 15th