

JANUARY 2022

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO JANUARY



INSIDE THIS ISSUE:

Musings from the Executive Director
What Happened Last Month?
Shalem Prayer & Praise
January Celebrations
Resident Notices
Monthly Events at Shalem



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)

A Prayer for New Days Ahead

Heavenly Father, thank you for making all things new! As another New Year begins, help me live each day for You. May I continually have a new song in my heart to sing to You, no matter what comes my way. I trust in You because I know that Your mercies are new every morning, and nothing ahead of me will take You by surprise.

You, no matter what comes my way. I trust in You because I know that Your mercies are new every morning, and nothing ahead of me will take You by surprise.

In Jesus' Name, Amen.

- Joan Walker Hahn, Encouragement Cafe

**Happy New Year
2022**



LIVING WELL TOGETHER

Musings from the Executive Director

JANUARY 2022

Renewed Hope

'Be joyful in hope, patient in affliction, faithful in prayer.'

Romans 12:12

As we began 2021, just over 12 months ago now, I know that many of us were filled with hope. We were glad to see 2020, the onset of COVID-19 and the resulting lockdowns and periods of isolation behind us.

And although we have much to be grateful for in 2021 – including vaccinations, the ability to engage in events, and see friends and family again – we are still not through this pandemic. Each new wave seems to be bigger than the previous one and there are many reasons to feel discouraged especially as we face this even more transmissible variant. And with this new wave we are once again enhancing the protocols and limiting the events and activities that so many of you enjoy. It can all be very disheartening.

The Bible tells us that hope endures. No matter how dark or depressing the circumstances may appear, we can always hope in God! God gives us hope in any situation – even COVID – no matter how dark things might seem.

This journey we are on together through COVID can feel threatening and cause anxiety, uncertainty, doubt, and fear. But if we depend on God, we can know that He is the source of hope, and we can rejoice in Him and the hope He promises us. And if we have hope we can be filled with joy and peace, not matter what is going on in the world.

And so, let's begin this year with renewed hope. Today, remind yourself to place your hope in God and rejoice in the hope He has given you. He will make everything right in His time and in His way.

Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

Please keep Ann and Reinier De Vries in your prayers, as Ann remains in the hospital. May God's healing be with Ann and His presence felt in abundance by all her family as they navigate her care.

Please pray for Helene Friesen as she is in hospital receiving care, we pray for her health, good medical care and her return to Shalem soon.

Please pray for Ozzie Finzel, as he has returned from the hospital. Please pray for God's healing touch and restored health.

Beatrix Dalstra would like to express her thanks and gratitude to Shalem for the prayers & support she received, following a recent health struggle.

We give thanks Gertie Vegter is home, after 10 days in hospital. Please pray for healing and spaces of rest. We pray she may find comfort and strength in God.

Continue to pray for God's protection over Shalem and our Residents, particularly now during this challenging time. Pray boldly, asking God to intervene to stop the spread of COVID-19.

"Heavenly Father, as we begin a New Year we are reminded that by Your amazing grace, you make all things new and bring hope. Many of us start this year burdened by COVID-19, and now another variant. We ask you would bless and keep us, and give us peace and rest. We lift up our concerns for people who are sick, and those most likely to become severely ill. Protect them from harm and be their comfort. Provide extra measures of wisdom to those in government, public health services, medical professions, caregivers, and all who commit themselves to caring for the sick and vulnerable. We know 2022 is in Your sovereign control. You are our refuge and strength. Draw our hearts and minds close to You.

Grant us a spirit of love and grace.

Lord, in this New Year give us hope, assurance and peace."

AMEN

Welcome to...

Bert & Anne Jonker, who move into Shalem this month. May God bless you in your new home!



Worship Service
emmanuel church

*Worship Services
Every Sunday at 10:00am*

www.emmanuelcrc.org

Tune into Channel 398 on your TV for Emmanuel Church Service

WHAT HAPPENED LAST MONTH? *Life at Shalem*

Bus Trip to Devonian Gardens



WHAT HAPPENED LAST MONTH?

Birthday Party & Anniversary Celebration



JANUARY 2022

WHAT HAPPENED LAST MONTH?

Cookies & Cappuccinos



JANUARY 2022

WHAT HAPPENED LAST MONTH?

Chapel



JANUARY 2022

WHAT HAPPENED LAST MONTH?

Music with Dean Jarvey



JANUARY 2022

WHAT HAPPENED LAST MONTH?

Haven Activities



Christmas in the Manor



WHAT HAPPENED LAST MONTH?

Paint N' Sip with Carol



Learning Session - Managing Medications



JANUARY 2022

WHAT HAPPENED LAST MONTH?

Christmas Dinner



JANUARY 2022

WHAT HAPPENED LAST MONTH?

Christmas Dinner



RESIDENT NOTICES

Shalem Atrium Project Update

The Shalem Atrium is nearly finished and is looking beautiful! We have the new furniture in place and will continue to add a few finishing touches with decor. We are looking forward to hosting activities in the new space with all the upgrades. Check out the activity calendar for January events. Thank you for your support in this project.



This project is funded by supporter donation and by the Government of Canada's New Horizons for Seniors Program (NHSP). This program provides grants and contributions for projects that help improve the well-being of seniors and foster their social inclusion.

Dining Room Service

At this time guests will not be permitted for Dining Room service due to current COVID-19 safety protocols.

The safety of our Residents is our first priority and we are taking steps to protect against the current increase in variant cases by ramping up safety measures, as directed by AHS.

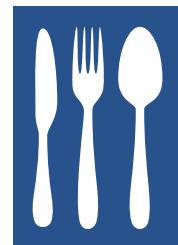


Photo Directory and FOIP

We continue to work on the photo directory for Shalem residents and staff. There are a few Residents that have not handed in the FOIP agreement. If you still need to complete this form, please contact the Haven front desk.

We hope this project will be completed later this month. If you have any questions, or have not yet had your picture taken, please contact Pam at communications@shalem.ca

**SHALEM
COMMUNITY
DIRECTORY**

Garbage Room Etiquette Tips:

- Trash must be secured in a garbage bag, not exceeding 30lbs. Large amounts of waste needs to be taken to the external garbage building and placed in the appropriate bin.
- Double bag if you find the trash bag is leaking to avoid mess in the garbage room.
- Never leave your trash on the floor in the garbage room or on your deck. If your trash bag is too large for the can in the garbage room, please carry it to the external garbage building.
- Please separate organics and bring to the green bins, located in the North parking lot. This will prevent the garage room from becoming a collection of bad odors.

If you have any further questions please contact Grant, the Building Maintenance Manager.



Coffee Connection
with Dorothy de Vuyst

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

... **COVID Concerns & Questions**
... With Dorothy de Vuyst
... A time for conversation and questions
... about recent changes to safety protocols at Shalem.

Tuesday, January 4
2:00pm
Dining Room

RESIDENT NOTICES

COVID-19 UPDATE

The Shalem COVID-19 protocols have been developed based on on-going guidelines provided by Alberta Health Services. Shalem welcomes Resident activity with each other and with visitors, recognizing this as an essential component of well-being and quality of life for our Residents. In an effort to protect the Residents and staff of Shalem against the COVID-19, Residents and visitors of Shalem are subject to the following protocols:

Resident Absences Greater Than 24 hours/Close Contact

- All Residents returning from absences of greater than 24 hours (including hospital stays) must report these absences to the Front Desk (by yourself or a family member/emergency contact).

Upon return from the absence Residents must:

- Receive an active screening questionnaire facilitated by front desk staff; and
- Wear a mask for 14 days while in common areas, except when eating or drinking

- Should a Resident come in direct contact with a person that has tested positive for COVID-19 they must:
- Take a rapid test, available at the Front Desk, on days 1, 3 and 7 after a Resident has been exposed. Testing must be done by the Resident, or their Responsible Party, and results reported to the Front Desk. If a test result is positive, Residents must isolate immediately and contact management for further steps.
- *If vaccinated*, wear a mask for 14 days while in common areas, except when eating or drinking (those who eat in the Dining Room will be seated at their own table)
- *If unvaccinated* (not the full two doses), remain quarantined in their suite for 14 days

Visitor Protocols

- All guests, service providers, volunteers, and delivery services must enter through the Haven entrance. Visitors ages 12 and above, will only be permitted to enter Shalem if they provide proof of double vaccinations along with personal identification. Only those providing proof of medical exceptions will be exempt from this protocol.
- Visitors and volunteers, regardless of vaccination status, will not be permitted to enter Shalem for 14 days, following the close contact with any known or probable case of COVID-19.
- All visitors entering Shalem will receive a health questionnaire at the Front Desk.
- Masking of visitors will be mandatory in all common spaces and Haven suites.
- No cloth or homemade masks will be permitted. Visitors will be permitted to wear a KN-95 mask they provide. Otherwise, a clean surgical mask will be provided upon arrival to all visitors by Front Desk personnel.
- Visits with visitors may only occur within Resident suites or booked common room.

RESIDENT NOTICES

COVID-19 UPDATE

Visitor Protocols Continued

- For all social visits held at Shalem, whether in Resident suites or a common activity room, the number of guests must align with current restrictions set by the province.
- Residents are encouraged to ensure that any children visiting Shalem between the ages of 5 and 12 are vaccinated. At this time, this will not be monitored or checked at the Front Desk.
- We ask Residents to not let anyone into the buildings through a door other than the Haven entrance, including deliveries. Either meet the delivery person at the door or direct them to the Haven entrance for necessary protocols.
- If Residents receive care services (housecleaning, home care etc.) from any individual not vaccinated, Residents must make alternative arrangements until the vaccination requirement is no longer required.

Masking for Residents

- The Dining Room will be closed for in-person meals. Delivery of meals will be provided for all Haven Residents and those on the meal plan.
- Residents are required to wear surgical or KN-95 masks (rather than cloth/homemade) outside your suites, in all common areas.
- Surgical masks will be available to Residents at the Haven Front Desk.
- Resident activities will be limited for the month of January due to increased safety protocols, please stay up to date on information boards and TV.
- Please continue to follow general guidelines, hand hygiene and stay in your suite when you are feeling unwell.

Thank you for following these protocols. For the most updated information please refer to the letter delivered to all residents as well as Bulletin Boards and the Information TV.



For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.

2 Corinthians 4:6

HEALTH INFORMATION

What happens to the brain as we age?

Brain aging is inevitable to some extent, but not uniform; it affects everyone, or every brain, differently. Are there steps that can reduce the rate of decline?



At around 3 pounds, the human brain is a staggering feat of engineering, with around 100 billion neurons interconnected via trillions of synapses. Throughout a lifetime, the brain changes more than any other part of the body. From the moment the brain begins to develop to old age, its complex structures and functions are changing, networks and pathways connecting and severing.

During the first few years of life, the brain forms more than 1 million new neural connections every second. The size of the brain increases fourfold in the preschool period, and by age 6, it reaches around 90% of its adult volume. The frontal lobes are the area of the brain responsible for things such as; planning, working memory, and impulse control, these may not develop fully until around 35 years of age.

Researchers have discovered several factors that speed up brain aging. For example, obesity in midlife may accelerate brain aging by around 10 years. Evidence suggests people who experience the least declines in cognition and memory share certain habits:

- Engaging in regular physical activity - a combination of aerobic and resistance exercise of moderate intensity.
- Pursuing intellectually stimulating activities - word games and puzzles, card games, chess and strategy games, reading, playing an instrument, knitting or sewing.
- Staying socially active - conversations with friends and family, having meals with someone, participate in activities or events offered.
- Managing stress - write in a journal, read words of Inspiration, pray, change the routine and add something new in your day, take care of yourself.
- Eating a healthful diet - eat a variety of whole foods, vegetables and healthy fats like nuts and seeds and limiting packaged foods with added sugar.
- Sleeping well - Avoid day naps, reserve your bed for sleep, maintain a sleep routine daily for waking and going to bed, avoid caffeine 4 hours before bed.

If you feel like you may be experiencing cognitive decline, we welcome you to join in our Memory Connect Conversation Group with Liz, see our monthly calendar for dates and times.

Original Source: www.medicalnewstoday.com

NOVEMBER CELEBRATIONS AT SHALEM

Happy Birthday!

January 4	Corrie Nederveld
January 6	Eddie Weening
January 7	John Kopala
January 8	Jeannette Miller
January 9	Jack Covey
January 10	Gail Farago
January 11	Susan Black
January 12	Vera Kennedy
January 13	Phyll Bruckshaw
January 25	Ann Cupido
January 31	Oveen Kaner-Reese



Congratulations to all residents celebrating this month!

Wishing you a wonderful birthday! May God's blessings fill you with joy and peace.



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

Many are the plans in a person's heart,
but it is the Lord's purpose that prevails.

Proverbs 19:21

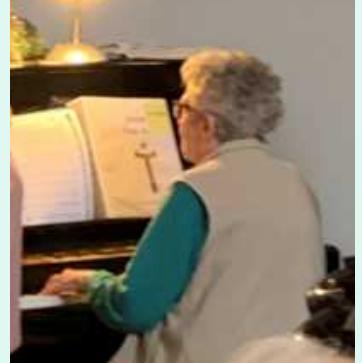
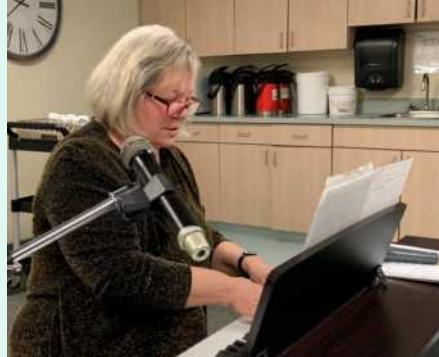
Answers for Games & Fun, Page 21



What Does it Mean?

- 1.B - Debris
- 2.C - Special Right
- 3.A - Transition
- 4.A - Domination
- 5.C - Raised platform
- 6.B - Fermented Milk
- 7.A - Allowing no disagreement
- 8.A - Wharf
- 9.C - Scheme
- 10.C - Swamp
- 11.B - Fake
- 12.B - Relating to marriage
- 13.C - Sailor in charge
- 14.C - Large Pacific Clam
- 15.B - Abundance

VOLUNTEERING



Thank you to all the volunteers that bless Shalem each month.

RESIDENT CONTRIBUTIONS

Submitted by Helene

Today, upon a bus, I saw a lovely maid with golden hair,
 I envied her, she seemed so gay, and I wished I were as fair.
 When suddenly she rose to leave, I saw her hobble down the aisle; she
 had one foot, and used a crutch, but as she passed she had a smile.
 Oh God forgive me when I whine; I have two feet, the world is mine.

And when I stopped to buy some sweets,
 The lad who sold them had such charm, I talked with him, he said to me,
 It's nice to talk with men like you, you see, he said, I'm blind.
 Oh, God forgive me when I whine, I have two eyes, the world is mine.

Then I passed along the way, I saw a child with eyes of blue,
 He stood and watched the others play; it seems he knew what not to do.

I stopped for a moment and then I said,
 why don't you join with the others, dear?
 He looked ahead without a word, and then I knew he could not hear.
 Oh God forgive me when I whine, I have two ears, the world is mine.

With feet to take me where I'd go,
 With eyes to see the sunsets glow,
 With ears to hear what I would know,
 I'm blessed indeed,
 The world is mine.
 Oh God forgive me when I whine.



GAMES & FUN

BLIZZARD	FIREPLACE
BOOTS	FROSTY
COAT	HAT
COCOA	ICE
COLD	ICICLES
DECEMBER	JANUARY
EARMUFFS	MARCH
FEBRUARY	MITTENS
PLOW	
SCARF	
SHOVEL	
SKIING	
SLEDDING	
SNOW	
SWEATER	
WINTER	



Winter Word Search



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

1. detritus *n.*—A: subtracted amount. B: debris. C: falsified claim.

2. prerogative *n.*—A: educated guess. B: first choice. C: special right.

3. segue *v.*—A: transition. B: completely surround. C: begin a court case.

4. hegemony *n.*—A: domination. B: smooth blend. C: large family.

5. dais *n.*—A: group leader. B: garden fountain. C: raised platform.

6. kefir *n.*—A: verbal skirmish. B: fermented milk. C: painting technique.

7. peremptory *adj.*—A: allowing no disagreement. B: coming first. C: walking quickly.

8. quay *n.*—A: wharf. B: small island. C: dram of brandy.

9. machination *n.*—A: study of robotics. B: talkativeness. C: scheme.

10. slough *n.*—A: soft breeze. B: heavy club. C: swamp.

11. spurious *adj.*—A: hasty. B: fake. C: livid.

12. nuptial *adj.*—A: just starting. B: relating to marriage. C: present during all seasons.

13. coxswain *n.*—A: innkeeper. B: secret lover. C: sailor in charge.

14. geoduck *n.*—A: earth tremor. B: wooden footstool. C: large Pacific clam.

15. plethora *n.*—A: person not of noble rank. B: abundance. C: spiritual journey.

What Does it Mean?



Choose the correct definition of the word.
Is it A, B or C?

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.

COVID Concerns & Questions

With Dorothy de Vuyst

A time for conversation and questions about recent changes to safety protocols.

**Tuesday, January 4
2:00pm
Dining Room**

MEMORY CONNECT

with Liz Gahan

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

Monday January 17 and Monday January 31

10:30 AM- Haven 3rd Floor (Haven Residents)

11:15 AM - Shalem Atrium (Court & Manor Residents)

A Prayer for Hope Today

Lord, help me to hear you saying, "I am your hope" over all the other voices. Lord, your word says, you are the hope for hopeless so I'm running to you with both hands stretched out and grabbing on to you. Fill me up with hope and give me a tangible reminder today that hope is an unbreakable spiritual lifeline (Hebrews 6:19-20). God, you know those things in my heart that I barely dare to hope for, today I give them to you, I trust them to you, and ask that you because I know that you can do more than I could ever guess, imagine or request in wildest dreams (Eph 3:20). God, you are my hope and I trust you.

Amen.

www.christianity.com

