

JANUARY 2024

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO JANUARY



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# LIVING WELL TOGETHER

JANUARY 2024

Musings from the Executive Director

## Experiencing God's Beauty

“And let the loveliness of our Lord, our God, rest on us, confirming the work that we do.”  
Psalm 90:17 (The Message)

If there is one thing that New Year's seems to reinforce is how quickly life slips away. Where did the years go? One minute you were in your 20's and 30's building your careers or raising your children, a time when life seemed as though it would go on forever.

Now as you look back on your life, the years have perhaps seemed so fleeting, and it is hard to believe at one time you felt invincible!

Moses was an old man when he wrote the poetic words of Psalm 90, reflecting on the forty years the Israelites spent in the wilderness, years of difficulty and tragedy. In his poem, Moses reflects on God's greatness, our human weakness, and our need for the Lord to provide grace to us grace each day.

What Moses learned and expressed in his Psalm is helpful for all of us.

- **That life is uncertain, frail and ultimately brief.** As you are in the 'senior' years of life, you have most likely experienced and are experiencing the uncertainty and brevity of life.
- **That God is holy and, since our world is not, it experiences God's judgement.** Our weaknesses, doubts, and mistakes, or the mistakes of others have led us all to experience challenging and difficult times.
- **That God remains unchanged no matter what our changing circumstances and remains trustworthy no matter what we are facing.** Before even the mountains were formed, God was there. He is our refuge and remains faithful through whatever we may be experiencing.
- **That we should be eager to learn how to live wisely and live for God's glory and our good.** Life's journey often helps us to learn and grow in our faith. And we are never too old to continue to learn how to live wisely!
- **That, by God's grace, our newfound wisdom empowers us to trust Him in the days ahead.** God calls us to use every moment of every day to honor Him. And we can rest in the knowledge of 'Emmanuel, God with us!' at all times, as the gift of Jesus we just celebrated over Christmas reminded us.

The psalm ends with asking the loveliness – or beauty as some translations say – of God to rest upon us. It is difficult to think of something more lovely or good than the beauty of God. The beauty of God includes many things – everything about Him that is magnificent and fills our heart with delight. It includes His kindness, mercy, justice, goodness, truth, and love.

Many of us can be tempted to give into fear, anxiety, or disappointment. But experiencing God's beauty brings strength and peace. Experiencing God's beauty allows us to take the emphasis off finding meaning in what we do or are experiencing, but rather in the One who walks alongside us and loves us unconditionally.

As we enter into 2024, regardless of the number of days you may have left on this earth, know that God is with you! He is your refuge! Any may His loveliness rest upon you!

Dorothy de Vuyst  
Executive Director



# SHALEM PRAYER AND PRAISE PAGE

## *Welcome!*

- Colin Martell who will be moving into the Manor at the beginning of the month.

## *Pray for...*

- Please pray for Bruno, who is in the hospital receiving care.

As we end the Christmas season, we recognize this has been a challenging time for some residents. This season can trigger an avalanche of emotions and memories of those we have lost. We pray for those in our midst silently struggling, for those who have suffered painful losses, those struggling with health issues, and those feeling lonely. We place our trust in You, knowing that Your plans for us are good. Help us to walk in faith, even when the journey seems unclear, and to draw closer to You in times of joy and sorrow. As we step into the new year of 2024, we humbly bow before Your throne with hearts full of gratitude and hope. We thank You for the countless blessings You've bestowed upon us in the past and for the gift of another year filled with opportunities, challenges, and growth.

Lord, we recommit our lives to you. We ask for your power to flow through us. We ask for you to fill us with your will and cleanse and forgive us, that we might lead lives that are pleasing to you. We ask that you would continue the healing, transformative work that you have begun in each of us. For those who are in pain physically, emotionally or mentally, we ask for your healing hand to be upon us. We ask for your comfort and the strength to carry on during the difficult days... we pray that this year we will be better at being content in all things and to rejoice in all things. We ask that people would be set free from the things that tie them down and hold them back. May this be the year that we truly live and experience your overcoming power in our lives and live in the fullness of your joy.





# WHAT HAPPENED LAST MONTH?

## *Life at Shalem*

A visit from Bearspaw Kindergarten Students





# WHAT HAPPENED LAST MONTH?

Festive Medley of Christmas Music

Calgary Women's Chorus



Dutch Canadian Choir



Harmony Kings





# WHAT HAPPENED LAST MONTH?

## Westside Singers



## Dean Jarvey Christmas Sing-a-long



## Staff Christmas Party



Gemma & Romeo celebrating 10 years working at Shalem!





# WHAT HAPPENED LAST MONTH?



Young Pianists Spreading Holiday Cheer



## Festive Chuckles - Comedy Magic Birthday Party Celebration



*HAPPY BIRTHDAY*



# WHAT HAPPENED LAST MONTH?

## Festive Fashion & Joyful Cheer at Happy Hour



## Heartwarming Spotlight: Shalem Earns TV Coverage for Inspiring Story Featuring Former Resident, Florence Lowry, and Her Book of Children's Poetry





# WHAT HAPPENED LAST MONTH?

## Calgary Christian Students Deck the Halls, Spreading Christmas Joy



## Brushing in Yuletide Joy at Paint N' Sip





# WHAT HAPPENED LAST MONTH?

Smiles & Sparkles: Christmas Portraits Courtesy of...



You will receive a printed copy of your photo this month.





# WHAT HAPPENED LAST MONTH?

Christmas Portraits Courtesy of





# WHAT HAPPENED LAST MONTH?

Christmas Portraits Courtesy of





# WHAT HAPPENED LAST MONTH?

## Christmas Dinner





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# WHAT HAPPENED LAST MONTH?

Christmas Dinner





# WHAT HAPPENED LAST MONTH?

## Christmas Dinner





# WHAT HAPPENED LAST MONTH?

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Thank you to Lisa Forseth for volunteering to take photos at our Christmas Dinner.

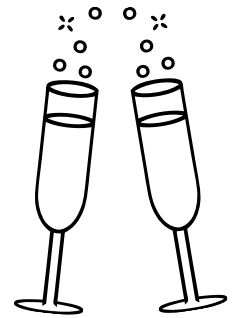
<https://thefurnaceroomstudio.myportfolio.com/>





# WHAT HAPPENED LAST MONTH?

## Bubbles & Bites- Prosecco Tasting



## Residents Ring In the New Year!



## City of Calgary Fireworks





# WHAT HAPPENED LAST MONTH?

## *Life at Shalem*



Mary turned  
**90**  
December  
29th!



# RESIDENT NOTICES



## Refundable Bottle and Can Disposal

If you don't return your refundable bottles, cans and cartons yourself, please consider one of these options:

1. Dispose them in the marked container in the garbage room, located in the parkade across from the Court elevator. The funds go towards the Court Social Fund.
2. Deliver them to Dining Services staff, with proceeds distributed to staff. This is a great way to thank the Dining Room staff for all they do!

*(All contributed items become the property of Shalem)*

## New Look for our Monthly Newsletter

Next month you will see a new look for our Monthly Newsletter! As our community and services grow we thought it would be a good time to refresh your monthly reading. If you have any comments or suggestions on what you would like to see in our new edition, please forward them to Pam directly at [communications@shalem.ca](mailto:communications@shalem.ca) or leave a written comment at reception.

## Court Interior Renovations

All three floors of the Court have been painted with touchups and railings to be completed shortly. Lighting is going in and carpet is being installed. We anticipate this project being completed at the end of January.

## A Book of Photographs Featuring Shalem Residents

Two years ago, we partnered with Shallon Cunningham on a project titled, 'Food Found Forgotten.' A collection of family recipes and stories that celebrate the legacy of recipes, food and relationships in the kitchen. Shalem residents were delighted to participate and in 2022 at our open house we featured the photo gallery you see in our Dining Room now.

Now, we are taking the project one step further and working to create and publish a coffee table book called, "Come to the Table: Food, Fellowship, Faith." Coming out in 2024, this features beautiful images of food, fellowship and faith at Shalem.

Stay tuned for more details on the release of this book!

## Information TV - Moved to the Café

The Information TV has been removed from the main hallway during painting. You will now find it displayed on the TV in the Café. Please check there for updates and events.



### BUS TRIPS IN JANUARY

We hope to add bus trips in January, but due to the holiday schedule were not able to confirm. Please watch for updates on boards and Information TV.



### SHALEM TUCK SHOP - Wednesday, January 17th

Shop the Tuck Shop for your basic needs and snacks. If you need something outside the designated time, please see reception and they can assist you.



*Coffee Connection*  
with Dorothy

Monday, January 15  
1:30pm in the Dining Room



# HEALTH INFORMATION

Sleep temperature between 21 and 23 degrees optimal!

Older adults sleep best when their bedroom temperatures are between 21 and 23 degrees and poorly when temperatures are in the mid-to-high 20s, although there can be significant variations among individuals, new research shows.

“We found that the real peak of the sleep – where it is most restful – is within the 21 to 23 range,” said Amir Baniassadi, a postdoctoral research fellow at Harvard Medical School and Marcus Institute for Aging Research, and the study’s lead author. “If we had to suggest an optimal range based on our findings, something that I’m generally hesitant to do, it should be 21 to 23.”

They found a 5-to-10 percent drop in sleep efficiency when indoor temperatures rose from 25 to 30 degrees, he said.

“The consensus among most scientists is that anything higher than 25 or 27 is bad for sleep and potentially detrimental to health,” Baniassadi said.

The link between higher temperatures and poor sleep is important because, according to the Centers for Disease Control and Prevention, insufficient and unrestful sleep, less than seven hours a night, raises the risk of, among other things, Type 2 diabetes, obesity, heart disease, depression, motor vehicle accidents and deficient work performance.

## Get a Good Night's Sleep

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day.
- Avoid napping in the late afternoon or evening.
- Develop a bedtime routine. Read, listen to soothing music, or soak in a warm bath.
- Try not to watch television or use your computer, cell phone, or tablet in the bedroom.
- Keep your bedroom between the recommended 21-23 degrees.
- Use low lighting in the evenings and as you prepare for bed.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Avoid eating large meals close to bedtime—they can keep you awake.
- Stay away from caffeine late in the day (coffee, tea, soda, and chocolate)
- Remember—alcohol won’t help you sleep. Even small amounts can disrupt sleep.

## Blood Pressure Monitoring

A Pharmacist from Richmond Pharmacy will take your blood pressure.



**Blood Pressure Clinic:**

**Tuesday, January 9**

**10:00am in the Shalem Café**



richmond square pharmacy



# LIVING BY FAITH

By Sara Claudia Ministries

## New Year, Same God

Did you know that the tradition of New Year's resolutions is thought to date back to the ancient Babylonians? About 4,000 years ago, people would make promises to their gods in hopes that they could keep their word and find favor in the eyes of their idols.

Our resolutions today are not that different. We make promises to ourselves in hopes of bettering our careers, health, or relationships in the year to come.

We hope that, if we keep these vows of change, the year will be favorable for us. For many people, the new year represents a fresh start and a chance to reinvent ourselves. I think that we all are craving a little change, however, we are not guaranteed that 2024 will be any better. We do not know what the future holds, but we do know one thing...that God never changes.

The Bible can tell us a lot about who God is:

- He is love (1 John 4:8).
- He is the path to our heavenly home (John 14:6).
- God is just and faithful (Deuteronomy 32:4).
- And He is the one who makes all things possible (Luke 18:27).

The best part is that all of these wonderful attributes that make up our Heavenly Father never change.

He doesn't ebb and flow like the things of this earth.

"A voice said, "Shout!" I asked, "What should I shout?" "Shout that people are like the grass. Their beauty fades as quickly as the flowers in a field. The grass withers and the flowers fade beneath the breath of the Lord. And so, it is with people. The grass withers and the flowers fade, but the word of our God stands forever." (Isaiah 40:6-8)

How many times do we catch ourselves vowing that in the new year, we will focus on health, be more patient with our loved ones, or be more diligent with our time management or our money?

Sure, these are wonderful resolutions and goals to have, but, if we are being honest, our efforts usually only last a few weeks. I am as guilty as anyone of making resolutions each new year only to completely abandon them by February.

I believe that this is because we are leaving one very important part out of the equation...God.

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." (Isaiah 40:31)

Going into this new year, we can find new strength, no matter what we face, through trusting in the Lord, who never changes. We are guaranteed to face changes throughout the new year, but we can take comfort in the fact that God will be the same steady rock all along the way.

I challenge you to join me in making the resolution to trust God more in the new year. Let's vow to allow Him, through this trust, to change us from the inside out as He remains a constant in our lives and hearts. Happy New Year!

Happy New Year. A time of reflection and often resolutions for many. As we venture into a new year, focus on adding things to your lives to help you grow in health and in spirit...

- Set aside a time of prayer every day
- Pick a new book of the Bible to study each month
- Memorize a weekly Bible verse
- Exercise regularly
- Add delicious and nutritious foods to your diet
- Drink more water
- Read more books
- Go outside as often as you can
- Do something nice for someone every week
- Remember it is better to give than to receive
- End your day with a prayer of gratitude





# JANUARY CELEBRATIONS AT SHALEM

## *Happy Birthday!*



January 4	Corrie Nederveld
January 6	Eddie Weening
January 6	Stewart de Roos
January 7	Peter Dolby
January 8	Jeannette Miller
January 9	Jack Covey
January 10	Gail Farago
January 15	Henry Valstar
January 25	Ann Cupido
January 31	Oveen Kaner

*Happy Birthday to Everyone  
Celebrating!*

**Milestone Birthdays this Month:**  
*Jack turns 70 and Henry turns 85!*



**January Birthday Party with Romeo!**

Tuesday, January 9th, 2:00PM, in the Dining Room  
Join us in celebrating Shalem Birthdays with Cake & Music

# Thank You

We extend our heartfelt gratitude to all the dedicated volunteers whose selfless contributions in 2023 brought warmth, joy, and laughter to our community.

Volunteers for activities like Happy Hour, Espresso Cafe, Birthday Parties, Brainteasers, Bingo, Chapels, and more are an integral part of Life at Shalem. We are also blessed by many student volunteers who assist buildings & grounds with various projects, and always take time to visit with our residents. And of course, we could not do any of this without resident volunteers who faithfully contribute and enhance the well-being and sense of community at Shalem. Your contributions make a significant difference, and we are profoundly grateful for your invaluable help.



## **B I N G O**

We welcome Lauren back as our volunteer for BINGO nights this month:  
Wednesdays, January 10th & 24th in the Dining Room



# SPECIAL EVENTS

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

**Faith & Flow  
Chair Yoga with Pastor Cari**

Wednesdays, January 10 & 24  
10:15am, Haven 3rd Floor

**NETFLIX  
SERIES**

LIVE TO 100  
SECRETS OF THE  
BLUE ZONES



Every Friday in January  
10:30am, Shalem Atrium



*Shalem Café*  
**Espresso Cafe**

**EVERY FRIDAY IN JANUARY at 10:00am**  
Cappuccino Drinks & Shalem Pastries for Purchase  
*New Specialty Coffee Machine!*

**MUSIC THERAPY  
WITH HEATHER**



**Monday, January 8th  
1:00pm - Haven 3rd Floor**



**Friday Matinée: Oppenheimer - Hollywood Version (3 hours long)**  
Friday, January 12 at 1:00pm in the Shalem Atrium



**RELAXATION & DEMENTIA TOUCH MASSAGE**  
JANUARY 13 & 20 - 1:00PM WITH IULIA (SIGN-UP REQUIRED)



FREE Massage and Tea with students from CITCM Massage & Acupuncture College.  
**Monday, January 22, 6:30 PM- Shalem Atrium, (Sign-up required)**



**Piano Concert with Heather**  
Monday January 22, 1:00pm, Shalem Atrium,



## HOOTENANNY

An informal gathering with music and dancing  
With the Jane Tetley Duo



Tuesday, January 23  
2:00pm  
Dining Room



**FRIDAY NIGHT MOVIE: Maudie**  
(Based on the true story of Canadian folk artist Maud Lewis)  
Friday, January 26 at 7:00pm in the Shalem Atrium

