

# COMMUNITY CONNECTION

JULY 2024

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*So we make it our goal to please him, whether  
we are at home in the body or away from it.  
2 Corinthians 5:9*

Canada Day is a national holiday celebrating the country's independence from Great Britain in 1867. While it is often referred to as Canada's birthday, it is important to also acknowledge and celebrate the country's indigenous culture and the significant role it plays in Canada's rich history.

*"We cannot mark this day without a solemn and respectful acknowledgement of our history, if we are to truly move towards reconciliation and justice. On this Canada Day, let us celebrate the values we continuously aim to aspire to, while remembering the past and committing to working for a brighter future for all."*

*- Jagmeet Singh*

## Did You Know?

Canada has the longest coastline in the world, measuring over 200,000 km. Surrounded by three oceans, it makes up almost 57% of the world's total coastline.





# PRAYER AND PRAISE

## WELCOME AND GOODBYE...

We warmly welcome Lori Lang, who will be moving into the Manor during the first week of July. We pray for a smooth transition to her new home and that she quickly feels at ease in our community.

With heavy hearts, we say goodbye to Len Joad, who has moved to the Chinook Care Center. Len will be greatly missed, having been a cherished resident for over 23 years. Let's offer our support to Dicky during this transition.

## PRAY FOR...

We mourn the passing of Don Lawton, Ruth Mathews, and Rhoda Bell. They will be deeply missed, but we find comfort in knowing they are now in the presence of our Lord. May God grant their families and friends peace and comfort as they grieve.

We will all miss Don's love for the outdoors and his Friday movie picks, Ruth's youthful spirit and impeccable style, and Rhoda's piano music before dinner and her love for a competitive game of Scrabble.

We also send heartfelt thoughts to those experiencing health challenges. May our prayers give them strength and help them find encouragement during these times.

We think specifically of those in hospital:

Elaine Emerson  
Oveen Kaner  
Nel De Bruyn  
Peter Black

## PRAYER

Dear Lord,  
May Your love fill  
our hearts with  
happiness and  
Your healing touch  
keep us strong.  
Guide us through  
each day with a  
grateful spirit, and  
may we always  
find a peace in  
Your presence.  
Amen

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## MONTHLY VERSE

Jesus Christ the same yesterday, and today, and for ever.

*Hebrews 13:8*





# LIVING WELL TOGETHER

Musings from the Executive Director  
**To Live is Christ**

The last couple of weeks in June saw three of our residents pass away – Don Lawton, Ruth Mathews, and Rhoda Bell. Each of them, in their own way, a vital part of the Shalem community and family. They will be missed!

Losing so many of our community at once can be hard. Each of us will grieve them differently depending on the relationship and friendship we had with them. Losing someone we care about cuts right to the heart. I know that I will grieve each one as I miss the interactions I used to have with them.

It's not just grief that makes it hard. There can also be a lot of fear. Fear of other loved ones dying. Fear of our own death. Fear of what the process of dying might be like for us. It can all feel a bit overwhelming.

But as much as aging is inevitable, so is death. And none of us know when that time might be.

The Bible holds powerful truths that we can remember when the fear of dying tries to keep us from truly living. We can feel afraid...but we don't have to live afraid.

The Apostle Paul reminds us that 'to live is Christ and to die is gain'. Through God's grace, His love, and His mercy, we receive the strength to keep going. To keep living. To live is Christ! To live relying on His promises – even in the midst of suffering, loss, and disappointment.

But, as we see in the second part of the verse, Paul knew that his death would bring glory to God as well—and would also be the time when his faith would be complete as he would come face to face with Jesus. That is the gain we experience in death. The gain that Don, Ruth and Rhoda have now experienced!

I love what it says in Psalm 139:

*7 I can never escape from your Spirit! I can never get away from your presence!*

*8 If I go up to heaven, you are there; if I go down to the grave, you are there.*

*9 If I ride the wings of the morning, if I dwell by the farthest oceans,*

*10 even there your hand will guide me, and your strength will support me.*

*11 I could ask the darkness to hide me and the light around me to become night—*

*12 but even in darkness I cannot hide from you. To you the night shines as bright as day.*

*Darkness and light are the same to you.*

As you age, you might feel the pull of heaven – a place devoid of pain, disappointment, and loss. But before that time comes, whenever that may be for you, my prayer is that you are able to live in the hope and joy of God's presence that you can never get away from!

Dorothy de Vuyst  
Executive Director

“For to me,  
to live is  
Christ and to  
die is gain.”

PHILIPPIANS 1:21



# OUR COMMUNITY

June Birthday and  
Anniversary Celebrations



*Marion*  
**102**  
Years  
Young!





# RESIDENT NOTICES

## **Building & Grounds Updates**

Interior window washing by volunteers will take place July 9th 3:30-5:30pm for those that have previously signed up.

The annual fire inspection for all three buildings will take place July 8th-12th.

## **Guest Meal Vouchers**

Did you know we offer a 10-Meal Card for guests? If purchased in advance, you receive the meals for the same price as residents. Currently guest meals are \$22.00 per dinner but if you purchase 10 at a time you save \$4.50 per meal. Residents are also welcome to purchase for future guest use. Not valid for special events. See Magda in the Business Office to purchase or for more information.

## **New Wood Direction Signs**

We are delighted to announce that our halls are now adorned with beautiful wooden direction signs, generously donated by Marion's family. The idea for this enhancement came from Marion's daughter Norma, and Marion's grandson Jordan laser cut and stained each piece. We extend our heartfelt gratitude to them for this wonderful addition to Shalem, enhancing navigation through our halls. For more of Jordan's creations, visit Creating Anything at [creatinganything.com](http://creatinganything.com).

## **New Furniture**

We are thankful for the elegant new furniture in our public spaces. We kindly request that you refrain from moving it and encourage you to share any feedback you may have. Please use the comment box located in the main hallway.

## **New Resident Run Ladies Bible Study**

Our resident Bea will be hosting a 4-6 week ladies' small group Bible study and discussion, starting either in August or September. Bea has led Bible studies before and is eager to begin one here at Shalem. Please sign up on the board if you are interested!

## **Open House November 2024**

We are in the early planning stages for our Open House in November. This year will be slightly different with the addition of an art and craft sale with proceeds going to Shalem. If you would like to donate your items, the sales profit will go to the society.



Proverbs 15:13

"A joyful heart  
brightens one's face,  
but a troubled heart  
breaks the spirit."

# OUR COMMUNITY

## Spring Clean-up & Gardening

Thank you to all the residents and volunteers who made this possible. Together, we cleared a lot of waste, donated to local thrift stores, and beautified our green spaces. Special thanks to Judy & Howard, Anita S., Henry, Bert, Brenda, Mel, Grant and his children, and the students from Calgary Christian School. We couldn't have done it without you!







## JULY IS UV SAFETY AWARENESS MONTH

Source: [survivornet.ca](http://survivornet.ca)

July marks National UV Safety Awareness Month, a time dedicated to spreading the word on how people can enjoy themselves safely under the sun.

The sun releases two kinds of ultraviolet radiation that affect our skin; ultraviolet A (UVA) and ultraviolet B (UVB). UVA rays are the weakest between the two because they carry the least amount of energy from the sun. Coming into contact with these rays for long periods of time can cause aging of the skin. UVB rays are stronger than UVA; directly damaging skin cells and predominantly causing sunburns. Overexposure to these rays can cause long-term skin damage that may develop into skin cancer.

Before leaving your home it's important to take a look at the weather for the current UV index. The scale classifies the strength of the sun and indicates how quickly one can burn if they aren't dressed appropriately.

The following are ratings of the UV index and what they represent:

- 0-2: chances of contracting a burn are minimal and time to burn is approximately 60 minutes.
- 3-5: likelihood of sunburn is moderate and time to burn is approximately 30-45 minutes.
- 6-7: probability of sunburn is high and time to burn is approximately 15-25 minutes.
- 8-10: risk of burning is very high with the time to burn averaging 15 minutes.
- 11+: recommended to avoid sun exposure, can lead to damages in <10 minutes if unprotected.

Wear protective clothing that will cover your skin such as pants, long sleeved shirts, sunglasses and a hat. It is also recommended to use a broad spectrum sunscreen with an SPF of 30 or more as these provide better protection against UVA and UVB rays.

### Contact Numbers for the Health Clinic Team

Nurse Izel: Monday - Thursday 8:30am- 4:30pm. Friday 8:00am- 1:00pm **403-629-6762**

Health Care Aides: Monday - Thursday 8:30am- 12:30pm and Weekends 8:30am- 2:30pm **368-887-3087**

*Use your SARA Pendant or dial 911 in an emergency.*

## HEALTH PROGRAM AT SHALEM

Thank you to those of you who have opted in to the Health Program! Your participation is enabling Shalem to build up capacity so all residents have access to care when needed.

If you have not opted-in to the health program, please consider doing so. Here's what you will gain at the base level:

- Visits from our LPN when feeling unwell to assess the situation and provide initial care and on-going assessment.
- LPN being a liaison in navigating care whether through Home Care, physicians, or other health professionals.
- Cuing services to meals and events when and if needed.
- Follow-up visits when you are unwell or require initial care upon returning from the hospital.
- Wound care treatment and management, including supplies (which happens more frequently as our skin gets thinner as we age).
- Fall assistance and post-fall assessments.
- Assistance managing medical complications related to treatments and medications.
- Wellness and health advisory services from our Licensed Practitioner Nurse
- And peace of mind, knowing that care is available when you need it!

*\*Please note that base care is not for scheduled needs. If scheduled needs are required beyond what Home Care is able to provide, a higher care package will be required.*

### PUTTING HEALTH FIRST - MITIGATING ILLNESS

As you may be aware, some of our residents are feeling unwell and staying in their suites while symptomatic. We will do our best to mitigate the spread and help prevent further illness. There will be modifications to activities and increased cleaning in public spaces.

Please do your part by staying home if you feel unwell and frequently washing your hands or using hand sanitizer. You are welcome to wear masks if you feel more comfortable, but it is not required.

**Our goal, as always, is to keep our residents healthy!**





### Strokes of Creativity



# FITNESS FOCUS



## Move of the Month

### Rock the Boat



**Theresa de Walle**  
Fitness Instructor



1. Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level.

2. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

3. Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.

### Exercise Equipment Update!

We are thrilled to announce that new exercise equipment is set to arrive and be installed over the summer. This upgrade includes equipment for H3 activity room and our fitness room in the Court.

We can't wait for you to experience these enhancements, which will support balance, strength, and mobility. Look forward to exciting new fitness classes launching in the fall, utilizing our state-of-the-art equipment.

Stay tuned for more updates and get ready to elevate your fitness journey with us!

### Did you know?

Theresa is a fitness trainer that specializes in older adult training. With a focus on functional fitness, preventing injuries and also working through injuries and disease you may already have.

In addition to leading our morning classes, Theresa provides private personal training to individuals in the comfort of your own home for a very affordable price. Contact Theresa for a FREE assessment.

Phone: 587-435-6854

Email: [theresadewalle@hotmail.com](mailto:theresadewalle@hotmail.com)



# OUR COMMUNITY

## Father's Day Festivities





# LIVING BY FAITH

## Not Dead Yet - Fighting Fears of Old Age

Full Article: [www.desiringgod.org/messages/not-dead-yet](http://www.desiringgod.org/messages/not-dead-yet)

### Living by Faith in Future Grace

Let me give you a word about future grace. I picture the Christian life as a stream of divine grace flowing to me from the future. I'm walking into it. It flows over the waterfall of the present into a reservoir. The reservoir is getting bigger and bigger, which means our thankfulness as we look back should be getting bigger and bigger, right?

As grace comes to us, it flows over the waterfall of the present, and it accumulates in a reservoir that will get bigger forever and ever. We'll never stop getting grace from God because, for eternity, we will never be deserving of what good comes to us. (Read Ephesians 2:7. It's one of the most amazing verses in the Bible.)

So what's the disposition of the heart that relates to the future stream and the disposition of the heart that relates to the past reservoir? The answer is gratitude as we look back and faith as we look forward. That's why I'm calling it faith in future grace.

And by future, I mean the future five minutes from now or in an hour, when we finish. Will God sustain me, or will I not be sustained for this hour? I am trusting grace to arrive moment by moment as sustaining power from God — free and gracious. And you're going to sit there, being held and sustained by grace. It's coming to you moment by moment, and we're called to trust him.

"We'll never stop getting grace from God because, for eternity, we will never be deserving of what good comes to us."

### The Fear of Being Alone

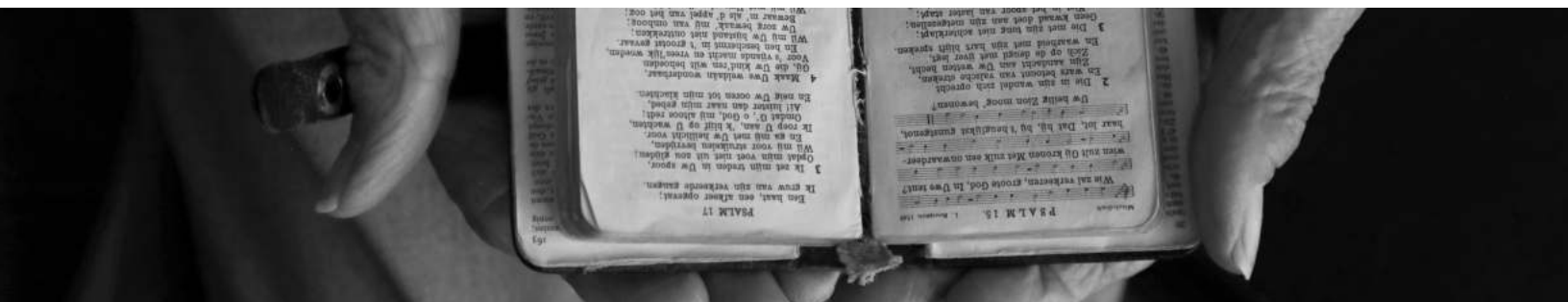
Maybe you lost your spouse, or you've been single all your life. Maybe singleness has been fine, but singleness is not looking as great when you're outliving all your friends. Maybe you start to wonder, "Is anybody going to remember me?"

So Jesus says, "Behold, I am with you always" (Matthew 28:20). I think "always" is even more important than the phrase "to end of the age." It's one thing to say he'll be with us to the end of the age; it's another for him to say, "I'll be with you every minute of your life."

John Paton was a missionary to what's now the New Hebrides. He was driven up into a tree as 1,300 aboriginal natives were trying to kill him. As they were beneath him, he laid hold of the promise of Matthew 28:19–20: "All authority in heaven and earth has been given to me. . . . I am with you always." Here's what he wrote later, because he survived: Without that abiding consciousness of the presence and power of my Lord and Savior, nothing else in the world could have preserved me from losing my reason and perishing miserably. It is the sober truth, and it comes back to me sweetly, that I had my nearest and dearest glimpses of the face and smiles of my blessed Lord Jesus in those dread moments.

Now, I don't want to create the impression that you should discount human people in your life. God made us a church. You shouldn't have to live by yourself with nobody caring for you. That would be a failure of the community of Christians, and we should work at that.

While you can, be there for others. While you can, look around, and see who's alone. This may be the most important thing to say as far as how you can live now so that, later, there might be a few people who will remember and help you in your last hours. I think it always comes back to you. If you care for other people, then when you can no longer do that, a lot of hearts will be leaning your way.





# OUR COMMUNITY

## Story Stones with Chantal Stormsong Chagnon



# CELEBRATIONS AT SHALEM

## HAPPY BIRTHDAY

July 2	Carole Townsend
July 6	Leroy Emerson
July 7	Frances Pisco
July 10	Patrick MacGurry
July 17	Betty Roorda
July 18	Norma Sinclair
July 18	Lori Lehnert
July 24	Bertha Russell
July 24	Anna Kroontje
July 27	Gary De Graaff
July 28	Mary Anderson
July 29	Shirley Polson

## MILESTONE BIRTHDAYS

We have four milestone birthdays this month! Leroy is turning 85, Norma is turning 90, Bertha is 70 and Shirley is 95!

## HAPPY ANNIVERSARY

Congratulations to Hes & Betty Roorda celebrating their 23rd Wedding Anniversary on July 28th. May God continue to bless you and your faithful commitment to each other.

## Did You Know? Calgary Stampede

- The first show took place in September of 1912 and lasted only six days.
- Over 100,000 people attended the first Stampede.
- The first rodeo awarded \$20,000 to competitors.
- In 1912, more than 2000 Indigenous led the Calgary Stampede parade fully clothed in ceremonial attire.
- Guy Weadick, the driving force in the early years, led the Stampede's operations for 20 years.
- In 1923, the first free Stampede breakfast was held at a campsite just outside the Canadian Pacific Railway station close to downtown Calgary.

## BIRTHDAY PARTY

Tuesday

July 9

2:00PM

Dining Room

Entertainment  
by Doug Robb





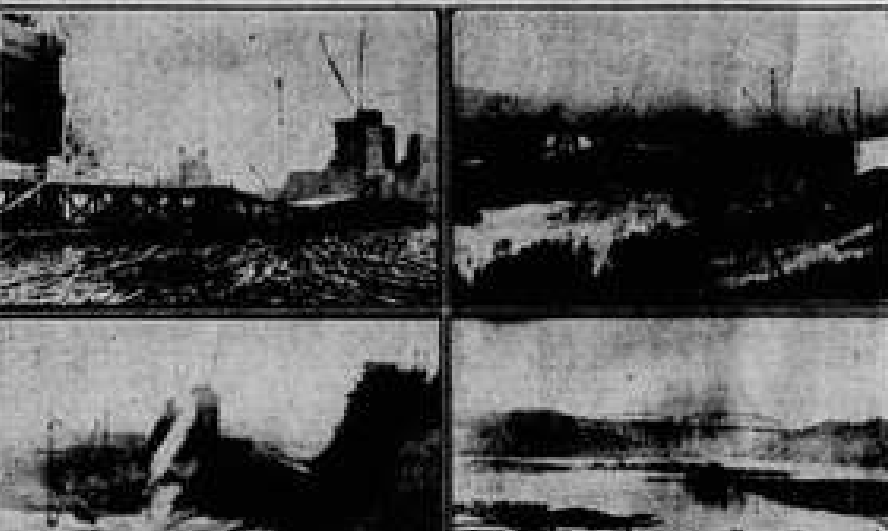
# OUR COMMUNITY

## Ranch Adventures! ROARR at Rivercross Ranch





## Ghost River Dam Menaced by Floods



# Worst Floods Since '02 Ravage Calgary And South Districts

All Residential Areas Near Rivers Are Completely Covered Monday

Rivers Still Rising On Monday Afternoon

Bowness and St. George's Parks Wrecked—Animals At Zoo Drowned

**Twenty-Fifth Avenue Bridge Is Washed Out**

Twenty-Fifth Avenue bridge from its feet...

### Two Streams Pouring Flood Waters Over Big Sections of the City

#### THE SITUATION AT A GLANCE

Bow river rose from 5.5 feet Saturday morning to 11 feet Monday afternoon, and still rising. Elbow rose 9 feet. Elbow river rose from 1.50 feet Monday morning to 1.65 feet Monday afternoon, and still rising. Elbow level, 7 feet. The main, Bow, outlet of Hartleyville, situated Bowley near Crossfield. Falls of several thousand Calgary, who was swept down stream on an east-bound rail, is unknown. Bill Quinn, third member of the party, escaped. Thousands of dollars damage done to homes and property in River Park from Calgary slide to junction of Elbow and Bow. C.N.A. freight yard line washed out. Bowness park completely inundated; logjam wrecked, preventing water drainage; structures and law courts badly damaged.

## MEMORY LANE CALGARY'S GREAT JUNE FLOOD OF 1929

Over the years, long-time Herald researcher/librarian Norma Marr prepared a feature called The H Files, in which she looked back at a myriad of Calgary news events. This instalment recalled the significant flooding experienced by Calgary and southern Alberta in June 1929.

As the front page of the Calgary Herald showed, the flood created chaos across southern Alberta. Some of the devastating effects included the following:

- Both the Bow and Elbow rivers flooded Calgary and other smaller communities along their banks.
- St. George's Island, home of the Calgary Zoo, was completely under water. "Many animals drowned," the Herald reported, although the bears were believed to be safe. A number of birds and other small animals were turned loose, according to reports. "The two bears were not released, but it is believed that they will be able to cling to the top of their cages," the newspaper said.
- The next day's news story about the zoo indicated, "One goat, one blue heron . . . porcupines, one Chinese pheasant, several hatchings of pheasant and duck eggs had been drowned in the flood. The bears, coyotes and deer were somewhat wet and uncomfortable, but alive."
- The entire Mission district, Bowness Park and Roxboro neighbourhood were under water; portions of Rideau, Sunnyside, Riverdale and Westmount were also flooded.
- A tremendous log jam surged down the Bow, crashing into and destroying a railway bridge.
- The 25th Avenue bridge over the Elbow was smashed and swept down the river.
- Telephone lines and gas lines were washed out in several areas.
- High River was said to be "three feet under water" and farmers had lost cattle and horses to the swollen Highwood River.



Source:

calgaryherald.com





# CREATIVE CORNER

A showcase where residents, staff, or volunteers can share. Contact Pam or Michelle, or submit items by email, [communications@shalem.ca](mailto:communications@shalem.ca).

## Have you ever just looked at your hands?

Grandma, some ninety plus years, sat feebly on the patio bench. She didn't move, just sat with her head down staring at her hands. When I sat down beside her she didn't acknowledge my presence and the longer I sat I wondered if she was OK.

Finally, not really wanting to disturb her but wanting to check on her at the same time, I asked her if she was OK. She raised her head and looked at me and smiled. 'Yes, I'm fine, thank you for asking,' she said in a clear voice strong.

'I didn't mean to disturb you, grandma, but you were just sitting here staring at your hands and I wanted to make sure you were OK,' I explained to her.

'Have you ever looked at your hands,' she asked. 'I mean really looked at your hands?'

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point she was making.

Grandma smiled and related this story:

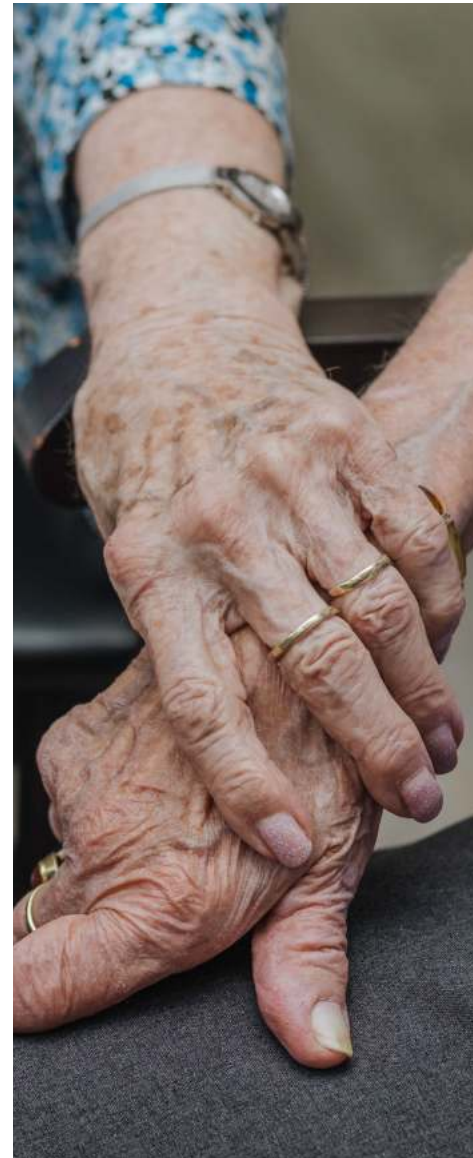
"Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life. They braced and caught my fall when as a toddler I crashed upon the floor. They put food in my mouth and clothes on my back. As a child, my mother taught me to fold them in prayer. They tied my shoes and pulled on my boots. They held my husband and wiped my tears when he went off to war. They have been dirty, scraped and raw, swollen and bent. They were uneasy and clumsy when I tried to hold my newborn son. Decorated with my wedding band they showed the world that I was married and loved someone special. They wrote my letters to him and trembled and shook when I buried him and my parents. They have held my children and grandchildren, consoled neighbors, and shook in fists of anger when I didn't understand. They have covered my face, combed my hair, and washed and cleansed the rest of my body. They have been sticky and wet, bent and broken, dried and raw. And to this day when not much of anything else of me works real well these hands hold me up, lay me down, and again continue to fold in prayer.

These hands are the mark of where I've been and the ruggedness of life.

But more importantly, it will be these hands that God will reach out and take when he leads me home. And with my hands He will lift me to His side and there I will use these hands to touch the face of God."

I will never look at my hands the same again.

God reached out and took my grandma's hands and led her home. When I stroke the face of my children and husband I now think of my grandma. I am certain that she has now been stroked and caressed and held by the hands of God.





A little verse Dad wrote to leave you with.

I know a winding trail  
Up to a hillside meadow  
Where the wild onion grows  
I'd like to take you there sometime  
And sit awhile  
And view the wooded hills  
And mountain peaks beyond

D.H. Lawton

*Don wrote this verse after a hiking trip on the Westcoast Trail. Shared by daughters Tracy & Tana.*





# OUR COMMUNITY

Life at Shalem





# UPCOMING EVENTS

## WEDNESDAY, JULY 10

Courtyard  
8:00AM-10:00AM

### STAMPEDE BREAKFAST

Residents and community members are invited to join us for our Stampede breakfast! Enjoy face painting, a petting zoo, dancing super dogs, delicious food, and entertainment by the talented Romeo. Don't forget to wear your western attire!

## THURSDAY, JULY 11

Meet at Reception  
10:00AM

### Bus Trip: Saskatoon Farm

Escape to the farm and immerse yourself in stunning landscapes, greenhouses brimming with plants, a charming old-fashioned street with unique gift shops, a delightful restaurant, and a seasonal Farmer's Market offering fresh local vegetables. Optional bagged lunch available.

## SATURDAY, JULY 13

Shalem Atrium  
2:00PM

### Akin & Ruth - Joyful Singing

Join Akin and Ruth for a heartwarming session of joyful singing. Weekend music to brighten your day.

## TUESDAY, JULY 16

Meet at Reception  
9:00AM

### Bus Trip: High River

Join us for the [On Location: Film in the Foothills Exhibit Tour in High River](#). Explore the rich history of filming in the area, uncover fascinating facts, and hear intriguing stories. The tour includes a screening of a "Heartland" episode followed by a delicious bagged lunch.

## WEDNESDAY, JULY 24

Café & Courtyard  
3:00PM

### Ice Cream Social

Join us after chapel for companionship, summer weather, and a delicious ice cream treat!

## THURSDAY, JULY 25

Activity Room (H3)  
2:00PM

### Painting Stones

Join our creative resident Bea for an afternoon of crafting. We will be painting stones to beautify and personalize our garden spaces.

## TUESDAY, JULY 30

Meet at Reception  
11:00AM

### Bus Trip: Bowness Park

Explore the attractions of Bowness Park in Calgary: stroll through scenic paths, relax by the water, and take in the serene surroundings. Optional bagged lunches are available.