

JUNE 2022

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO JUNE



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# 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
- Justice
- Compassion
- Stewardship of resources
- Community

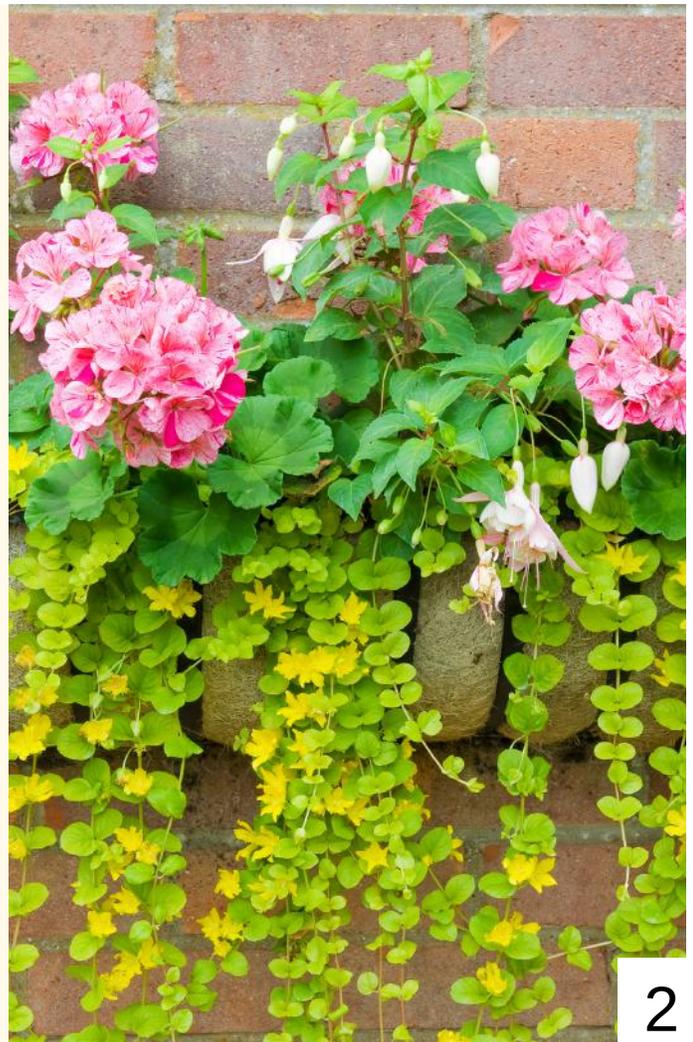


"To act justly and to love mercy and to walk humbly with your God."  
(Micah 6:8 NIV)

Almighty God, you have surprised us with your presence in unexpected ways.

In the expectations of our routine, we have missed the treasure that you place before us. We come to worship you in community often expecting nothing more than the usual. We begin our days, our weeks, assuming all will run as it always has. We do not look for the unexpected, for your active presence in our daily lives and for that we confess our sorrow. Forgive us for not allowing our eyes to catch the unexpected, to glimpse your glory in the ordinary. May this season, we see the presence of your Spirit in new and transformative ways.

- Amen.



# LIVING WELL TOGETHER

Musings from the Executive Director  
**The Blessing of Old(er...) Age**

JUNE 2022



*Grey hair is a crown of glory; it is gain in a righteous life.*

*Proverbs 16:31*

During my years with Samaritan's Purse, I had the privilege of travelling to many different countries and cultures, each very diverse from each other. But one thing many of them had in common was a respect of old age. My colleagues who were more mature in years - and especially those that had grey hair - were much more easily respected than those that were younger. Many cultures, especially eastern cultures, tend to highly value age and wisdom. They believe that a life lived brings experience and wisdom that those younger need to learn from and respect. And they are so right!

Here in the 'west', we live in a society that is largely focused on maintaining youthfulness. We face perspectives that those older are outdated and behind the times. We are bombarded with advertisements and images that are geared to helping us stay young. And I must admit, I have bought my share of anti-aging creams!

The book of Proverbs has many nuggets of wisdom. And one of those nuggets tells us that old age is a blessing. It is a crown of glory!

Not everyone lives to an old age. We don't know why God allows some people to die young while others are blessed with a long life. But from that long life and experience can come much wisdom.

A long life often includes many ups and downs. Things to celebrate. Losses to grieve. Successes won. Mistakes made. Opportunities taken. Regrets we can't change. All those events in our lives builds perspective, learning, and wisdom. Of course, there are challenges that come with old age. Many of you experience these - loss of mobility, loss of hearing, cognitive gaps, and health concerns to name a few. These are a reality and often need support.

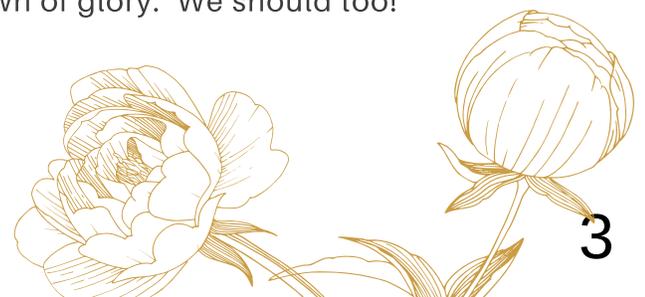
This journey can be a blessing when we have trusted God in every aspect of our life. From it can come a certain wisdom and sound judgement that deserves the respect of those following in your footsteps. Our grey hair, whether it is really grey or not, is 'gain in a righteous life'. Aging is not a time of life where we no longer have opportunity to be productive or to be able to contribute. As C.S. Lewis once quoted, 'We are never too old to set a new goal or dream a new dream'! Maybe those contributions are different than the contributions you made in the past. Maybe those goals and dreams are different. But they are richer for the life lived and perhaps even more inspirational!

I have been so encouraged and humbled by hearing some of your stories and am grateful for the words of wisdom and insight that many of you have passed on to me that is helping make Shalem stronger. And I am so grateful for this opportunity to be around all of you, to build relationships with you, to learn from you.

Are we trying to pretend we are not old? Embrace it! Rejoice in the years and experiences God has given you and be proud of them. God considers aging a crown of glory. We should too!

As we live in community let's age together in grace and joy!

Dorothy de Vuyst  
 Executive Director



# SHALEM PRAYER AND PRAISE PAGE

Oh Lord, comfort the sick and the dying.  
Cover them with your wings and strengthen their hearts that  
they may continue worshipping you. Help them to find comfort  
in your word because in it there is healing and wholeness.  
In Jesus' name, we believe and pray, Amen

## WE PRAY FOR...

Marion Kettleon; Elizabeth Dour; Phyll Bruckshaw; and Margaret Kehler who are all are receiving care in hospital. We also pray for Mary Tipping and her family as they mourn the sudden passing of her sister Pat.

## WE SAY GOODBYE TO...

Frances Parks, Oveen Kaner-Reese, Lois Niven and Victor Sinclair who are all moving from Shalem. We wish them well in their new homes.



*So do not fear, for I am with you;  
do not be dismayed, for I am your  
God. I will strengthen you and  
help you; I will uphold you with  
my righteous right hand.*

*Isaiah 41:10*



Christian  
Reformed

**Worship Service**  
**emmanuel church**

[www.emmanuelcrc.org](http://www.emmanuelcrc.org)

*Worship Services*  
*Every Sunday at 10:00am*

Tune into Channel 398 on your TV for Emmanuel Church Service

# WHAT HAPPENED LAST MONTH? *Life at Shalem*

## Cinco de Mayo and our Weekly Thursday Happy Hours



# WHAT HAPPENED LAST MONTH?

## Mother's Day Tea

Celebrating mothers, women and those that support them!



## Mother's Day Word Scramble Winners

Manor: Anita Saner

Court: Monique Carnegie

Haven: Lucie Hoefman

*Congratulations*



# WHAT HAPPENED LAST MONTH?

## May Birthday and Anniversary Celebrations



# WHAT HAPPENED LAST MONTH?

Visiting the Regal Cat Café in Kensington for coffee & time with the cats



# WHAT HAPPENED LAST MONTH?

## Pet Pals therapy visit



# WHAT HAPPENED LAST MONTH?

## LIFE AT SHALEM



# WHAT HAPPENED LAST MONTH?

## Paint n' Sip with Carol



# WHAT HAPPENED LAST MONTH?



**Massages from students of the Canadian Institute of Traditional Chinese Medicine**



**Chapel with First Alliance Pastor Tolu**



# WHAT HAPPENED LAST MONTH?

## Shalem Chicks from Nanny McCluckins



# RESIDENT NOTICES



## Building & Grounds - Tree Pruning and Care

One of the areas we are turning our attention to is the pruning and care of our trees. Some of you may have noticed earlier this year we had initial pruning done to several trees in the Courtyard to remove the black knot, a disease that our Schubert trees are particularly affected by. In consulting with tree experts and developing a pruning plan, it has come to our attention that many other trees are also diseased, some past the point of saving. The danger of not removing these trees is that the disease will continue to spread. Because of this, we will be removing some trees in the coming weeks and months to mitigate further disease spread. Know that we will do our best to remove as few trees as possible and will replace with new trees when appropriate to ensure our grounds continue to be a haven for residents.



## Building Specific Meetings

Our Coffee Connection time on the first Monday of each month continues to be a highlight and we are glad so many residents from each building come together for general updates and a time of fellowship together. This time is meant to be focused on items that impact Shalem as a whole, but we recognize each building has unique questions and concerns that also need to be addressed. To allow for this, we will begin to have quarterly meetings with each building on a rotation basis beginning with the Manor in June, followed by the Court in July and the Haven in August. These meetings will be hosted by the Executive Director with other staff members participating as needed. Stay tuned for more information. Details will be posted on the specific bulletin boards.

## SHALEM TUCK SHOP!

**Wednesdays: June 8th & 22nd**  
**10:30am - Main hallway near the information TV.**  
**June 22nd HALF PRICE SALE on all items!!**



### *Coffee Connection*

with Dorothy de Vuyst

### **Coffee: Monday, June 6 at 1:30PM**

Join Dorothy in the Dining Room for coffee and treats. It's a time to connect, share and ask questions you may have. Everyone is welcome.

## COVID-19 UPDATE - MAY 2022

Pending any new cases, Shalem will be out of outbreak June 1. We will return to the remaining protocols Alberta Health services still has in place for all senior living facilities which includes:

- Health screening for all visitors
- Masking for all visitors in common areas
- Enhanced cleaning on high touch surfaces

Residents are encouraged to wear masks but masking is not mandatory for them in common areas or when participating in events. Please continue with increased hand washing and using hand sanitizer to prevent spread.

# HEALTH INFORMATION

## Canadian Men's Health Month

[menshealthfoundation.ca](http://menshealthfoundation.ca)

### MOVE FOR YOUR MENTAL HEALTH

Move for Your Mental Health is the theme of Canadian Men's Health Month. Canadian men are encouraged to get active.

More exercise means more independence for seniors:

Seniors that exercise regularly are less likely to depend on others. According to Harvard Medical School, regular exercise promotes an older adults ability to walk, bathe, cook, eat, dress, and use the restroom. If self-reliance is a priority, exercise is one of the best ways to maintain independence for older adults.

Top 5 exercises for seniors:

1. Chair Exercises
2. Resistance band workouts
3. Walking
4. Body weight workouts
5. Dumbbell strength training

Many of these are incorporated in the regular exercise program at Shalem.

**We encourage more of our male residents to join our programs!**



Exercise helps older adults become mentally strong, fighting mental conditions like depression & anxiety.

Benefits of exercise for aging adults include:

1. *Helps You Sleep Better* - regular exercise improves the quality of sleep, increases the time of deep sleep and the energy expenditure results in a longer and more peaceful sleep.
2. *Helps to Maintain the Level of Chemicals in Brain* - brain chemicals or neurotransmitters are responsible for how we feel, physically as well as mentally. Regular exercise stimulates the production of dopamine, norepinephrine, and serotonin. Norepinephrine counters the effect of the stress response in our body and serotonin gives a calming effect on our brain and body. Maintaining the level of brain chemicals decreases mood disorder symptoms, reduces stress, and gives a feeling of calm and relaxation.
3. *Boosts Energy Levels* - fatigue is very common among elderly people, exercise increases the energy level in the body. While exercising, we use the energy stored in our body and start making more of it.
6. *Makes You Happier and Boosts Positivity* - Exercise stimulates the release of the happy hormone 'Dopamine' in our brain. This hormone is very essential for feeling happiness. Studies state that with age, the dopamine level decreases in our brain. This makes regular exercise more important for senior adults.

Make exercise a part of your everyday regime. It will help you in living a healthy, happy and long life.

**Ask a Pharmacist &  
Blood Pressure Clinic**



richmond square **pharmacy**

**Wednesday, June 22**

10:00am-12, Haven Meeting Space

# LIVING BY FAITH

## THE SOURCE OF TRUE JOY

PASTOR DERWIN L. GRAY, BLOG: JUST MARINATING

### JOY IS NOT FOUND IN OUR CIRCUMSTANCES.

In Biblical times a person showed sorrow and suffering by putting on sackcloth.

In Psalm 30:10-12, David describes how God had removed his sackcloth and exchanged it for joy:

“Hear, Lord, and be merciful to me; Lord, be my help.’

You turned my wailing into dancing;  
you removed my sackcloth and clothed me with joy,  
that my heart may sing your praises and not be silent.  
Lord my God, I will praise you forever” (NIV).

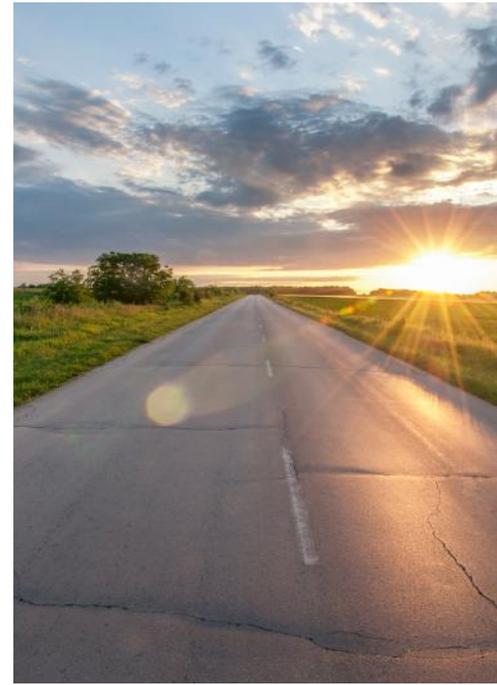
Joy isn't rooted in our circumstances. It's rooted in God. Our hearts can sing praises to him even if our mouths cannot.

As Psalm 32:1-2 says, we can have joy because our sins are forgiven. We have joy because at the end of the day God says, “I forgive you.” We can't determine if God loves us based on good or bad circumstances in our lives. We determine God's love for us based on the cross and the resurrection.

Joy is found in knowing that our record of guilt has been cleared and that He has fully forgiven us.

“Oh, what joy for those  
whose disobedience is forgiven,  
whose sin is put out of sight!  
Yes, what joy for those  
whose record the Lord has cleared of guilt,  
whose lives are lived in complete honesty!”  
(Ps. 32:1-2, NLT).

Joy is not rooted in our circumstances, it's rooted in God. May each of us live out our life as God has planned for us in the joy of knowing we are right where we are meant to be when living in his name. Amen



## *25 years Living at Shalem*

The month of June marks Phyll Bruckshaw's 25th year living at Shalem! Phyll signed her lease on June 15, 1997 and moved into Shalem Manor on the 25th. We celebrate this anniversary for longest term resident at Shalem!



# MEET OUR TEAM

## STAFF FEATURE Q&A

1. Tell us a little bit about yourself? I was born in BC but have been in Alberta for most of my life. My husband and I have lived in our house in the SE for about 27 years. We have 4 wonderful children, 2 boys and 2 girls, who now have families of their own. We have 11 grandchildren that range from 1- 26 years old.. We also have a cat named Oliver, who thinks he is the master of the house. Admittedly, he is a little spoiled!

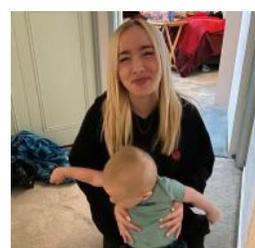
2. What do you enjoy most about working at Shalem? I have been at Shalem for 4 ½ years now and what I enjoy most is getting to know the residents.

3. What is your role at Shalem and in what capacity can residents come to you? My role is working at the front desk but I have (to the best of my abilities) fixed TV's, phones, unplugged toilets and reset breakers etc. It's always a learning experience. The residents can come to me for all of it, even if they just need someone to talk to or spend time with.

4. What is your favorite food, color and season? My favorite food is curry and naan bread. My favorite color is blue, but lately it seems to be purple. I love spring and summer, when everything is green and all the flowers are in bloom.

5. What is your favorite Bible verse and why? 1 Peter 10-11 "Each of you should use whatever gift you have received to serve others as faithful stewards of God's grace and its various forms anyone serves they should do so with the strength God provides so that in all things God may be praised through Jesus Christ."

6. Share one interesting fact about yourself! I love to go camping. We go with our kids every summer to do some boating and ride quads. The best part for me is spending time with our grandchildren.



# JUNE CELEBRATIONS AT SHALEM

## Happy Birthday!

## Marion is Turning 100!

June 14	Lola Brandsma Marion Kattleson
June 16	Linda Stanlake
June 19	Donna Parker
June 20	Helen Keeler
June 21	Edna Robson
June 24	Dicky Joad
June 26	Trudy De Groot John Leyenaar
June 27	Shurli Vance



To all Residents celebrating Birthdays this month, we wish them many blessings and congratulations!



### There are several Wedding Anniversaries to Celebrate in June!

June 9th, **Herb & Anne Vleeming** are celebrating their 60th Anniversary

June 10th, **Steve & Lola Brandsma** are celebrating their 65th Anniversary

June 23, **Len & Dicky Joad** are celebrating their 66th Anniversary

June 27th, **John & Trudy Leyenaar** are celebrating their 63rd Anniversary

**Congratulations to all of you!**

Did you know we have a Facebook page? We would love for you to like our page!

 **Follow us on Facebook**  
Shalem Senior Living



## June Birthday Party

Join us in celebrating Shalem Birthdays  
Tuesday, June 14th, at 2:00PM  
Cake & Entertainment

**Special Celebration for Marion's 100th Birthday**

Answer to Trivia on Page: 21

What is the term for a baby horse? Foal.

What would be the correct name for a baby bear? Cub.

What is the name for the young of an eel? Elver.

Which of these is the name for a young owl? Owlet.

A baby kangaroo is known by what name? Joey.

What do we call the young of a goat? Kid.

What is the name for a baby swan? Cygnet.

The young of an elephant would be known by what name? Calf.

What would a baby otter be called? Pup.

A rabbit's young would be known by what name? Kit or Kitten.

# GET TO KNOW OUR RESIDENTS



## Meet Shirley...

Shirley moved into the Haven earlier this year after her husband of almost 70 years, Dave, passed away. Shirley was born in Okotoks but spent most of her life in the Sylvan Lake area. She went to high school in Red Deer and then came to Calgary for teacher training. Shirley has four children, six grandchildren, and six great grandchildren.

She worked as a teacher in a one room school house for Grades one through nine in Eckville, Rocky Mountain House, Bentley and in the Olds area. In the former years of her teaching career, she taught only Grade three.

After they retired Shirley and Dave spent many Winter months in Haiti working in a missionary capacity. Dave trained horses and Shirley worked as a carpenter, helping to build homes in the area of Port-au-Prince and the countryside nearby.



Shirley took up an new hobby in her retirement years - long distance biking! Becoming quite the athlete, Shirley would ride up to 155km a day for fundraising initiatives for the Canadian Bible Society. Sometimes rides would go to Edmonton or Vancouver. These rides continue today, called 'Bike for Bibles,' and help raise funds for Bible distribution and translation projects.

Shirley had a connection to Shalem before becoming a resident herself. Her daughter is married to Margaret & John Kehlers' son, Thomas. Shirley has been making new friends at Shalem and attending some of the activities. But what she likes most is not having to cook!



# VOLUNTEERING



Contact Michelle  
403-240-2800 ext 4  
Email: Recreation@shalem.ca



Thank you to the youth from Emmanuel Church for volunteering to clean the inside windows for some of our residents.

If you missed getting your windows done, stay tuned as we are arranging another volunteer opportunity.



THANK YOU



Thank you to volunteer Kim who gives her time to lead Brain Teasers once a month at Shalem.

## MEET OUR NEW VOLUNTEER, CAROL...

Carol Hunt grew up in Stubach, Nova Scotia - a small town where everyone knows everyone. Her grandmother influenced her, encouraging her to play as Carol has a talent of playing piano by ear perfectly. Carol was the town musician and played for many events, including church, choirs, as well as in her home for many sing-alongs. She left Stubach in her early 20's to teach school in Quebec. She taught in a one room school house with a variety of school aged children. Later she wanted to head further west and came to Calgary. She married, had 3 children and taught school. Playing piano for groups is Carol's way of sharing joy. She volunteers at the United Church, for senior groups, and for sing-alongs. She enjoys it when a group can resonate with the music and playing songs she remembers growing up with in Nova Scotia. She keeps active by walking around the neighborhood and enjoys time with family. When asked about her favorite bible verse, Carols says she would need to check her Bible.



**Piano with Carol  
June 18 at 3pm  
Atrium**

## Calling ALL Cooks & Bakers...

Do you like to cook or bake?  
Do you have a favorite family recipe?  
We'd like to hear from you!  
Shalem is creating a *Cooklet* (a small cookbook) and we need your recipes and stories!



## Calling ALL Artists...

Do you draw, paint, write, sculpt, carve? We want to chat with you. Shalem is planning an **Art Walk & Wine** evening to showcase the tremendous talent we have within our walls.



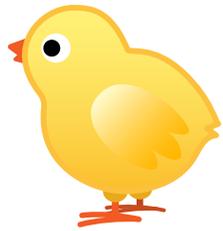
# GAMES & FUN

## Name that Baby Animal

1. What is the term for a baby horse? \_\_\_\_\_
2. What would be the correct name for a baby bear? \_\_\_\_\_
3. What is the name for the young of an eel? \_\_\_\_\_
4. Which of these is the name for a young owl? \_\_\_\_\_
5. A baby kangaroo is known by what name? \_\_\_\_\_
6. What do we call the young of a goat? \_\_\_\_\_
7. What is the name for a baby swan? \_\_\_\_\_
8. The young of an elephant would be known by what name? \_\_\_\_\_
9. What would a baby otter be called? \_\_\_\_\_
10. A rabbit's young would be known by what name? \_\_\_\_\_

## Shalem Chick Hatching

We had a total of 10 eggs. Five hatched. Four were born strong and healthy. One was born with splay legs, but is being cared for and we hope the little chick will make it!



**We will be bringing the chicks back to the farm this Saturday, June 4th.**

*Did you know...*

- Like humans, chickens have full color vision, and are able to perceive red, green and blue light. However, what makes chicken's vision unique from ours is that they are also able to see violet and ultraviolet light.
- Chickens are very intelligent animals! Studies have shown that chickens are self-aware and can distinguish themselves from others. They learn from one another, such as a chick learning from her mother which foods are good to eat. They are also able to recognize the social status of other chickens in their social group.
- Chickens have over 30 unique vocalizations that they use to communicate a wide variety of messages to other chickens, including mating calls, stress signals, warnings of danger, how they are feeling and food discovery.
- There is a 50/50 per cent chance your chick will be a rooster. You may be able to tell by about eight-ten weeks. You'll know for sure when it either starts to crow or lay eggs!



Stay tuned for what's coming next to the Café ..... **PAINTED LADY BUTTERFLY REARING KIT**

# SPECIAL EVENTS

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



## Hawaiian Luau Dinner and Dance

Thursday, June 2nd  
Dinner 5:00pm  
Dance starts at 5:45PM

RSVP

## MEMORY CONNECT

Monday, June 6th & 20th  
10:30 AM- Haven 3rd Floor

Calgary Christian Kindergarten Class Visit



Tuesday, June 7th  
2:15pm, Dining Room



Shalem Café Espresso Cafe

Friday, June 10th & Saturday, June 25th  
at 10:00am

Cappuccino Drinks & Shalem Pastries for Purchase



Scrabble - For residents interested in playing scrabble

Friday June 10th and June 24th in the Haven H2 Snack Room



Massage & Tea

Massage and Tea with students from CITCM Massage & Acupuncture College.

Monday, June 13th 7:00 PM- Shalem Atrium, (Sign-up required)

## LINE DANCE CLASS



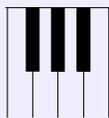
Wednesdays, June 15th & 29th  
3:30PM, Haven 3rd Floor

Father's Day Beer & Pizza



Celebrating all men at Shalem.. Father's, Uncles & Friends!  
The Courtyard - Thursday, June 16 (In Atrium if poor weather)

## Piano with Carol



Volunteer Pianist Carol will play Folk and Hymns on Piano  
Saturday June 18th, 3:00 PM - Shalem Atrium

## Bus Trip



Shopping at North Hill Centre  
Tuesday, June 24th 9:30-11:30am, Sign-up Required



## Calgary Fiddlers

Thursday, June 23 2:15pm in the Dining Room



Ice Cream Social - In the Café & Courtyard  
Tuesday, June 28th at 2:00pm



## Clothing Sale



Personal Touch Fashions  
Thursday June 30th  
10:00am-2:00pm - Shalem Atrium