

Newsletter

COMMUNITY CONNECTION

JUNE 2024

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Executive Director

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at Shalem

*The righteous man walks in his integrity;
His children are blessed after him."*

Proverbs 20:7

In June we celebrate Father's Day, a celebration of appreciation for all fathers, grandfathers, and men who provide leadership, guidance, and protection in our lives. Throughout the Scriptures, we find examples of fatherhood that serve as a testament to the immense impact fathers have on their families, communities, and the spiritual growth of their children. Let us celebrate and encourage the fathers in our lives this month.

5 Fall Prevention Tips

1. Build strength & balance through exercise
2. Remove tripping hazards in your home
3. Get a helping hand; walker, hold bars, aides
4. See the light; add lighting to dark areas
5. If the shoe fits, wear well fitting footwear in and out of the home, slippers & shoes.

**Of all the gifts a dad can give
his child, maybe the best one of
all is a good example to follow.**

—Joey Benevento



PRAYER AND PRAISE

In moments of hardship, illness, and sorrow, our hearts come together in prayer, extending support to those enduring struggles. For those struggling, may you find comfort in the collective power of prayer, and reassurance in the presence of the Lord, offering solace and peace.

WELCOME AND GOODBYE...

We welcome Sheila McLellan who is moving into the Haven the first week of June. May she be blessed by the community as she settles into her new home. We say goodbye to Gordon & Bonnie Milton as they move to New Brunswick to be closer to family. We wish them well in this new chapter.

PRAY FOR...

We extend our sincere thoughts to those facing health challenges. May our prayers provide them with strength. May they discover encouragement amidst these challenging moments.

We think specifically of those in hospital:

Leonard Joad
Riet Folkerts
Elaine Emerson
Oveen Kaner

We continue to have Don Lawton and his family in our prayers as he is in hospice. We pray for Carole as she mourns the loss of sweet Eddy. He was an aide and companion for Carole and stole the hearts of many of us at Shalem.

PRAYER

Lord, during these tough times, help us trust in Your wisdom and find solace in Your presence. Grant us the courage to face challenges with faith, knowing that Your love will sustain us through every storm.

Amen

MONTHLY VERSE

Mightier than the thunder of the great waters, mightier than the breakers of the sea—the Lord on high is mighty.

Psalm 93:4



LIVING WELL TOGETHER

Musings from the Executive Director **Soaring Like Eagles**

The other week while I was taking a walk by the river, I happened to see two bald eagles soar over the river and nearby trees. It was a beautiful sight! There was such majesty in the span of their wings and their ability to glide smoothly through the sky. Eagles are powerful creatures. They have the strength to soar above the clouds and through storms.

Life can be weary. Aging, especially, can be weary. Yet God promises that if we hope in Him our strength will be renewed. We will soar like an eagle with the strength to overcome the fiercest storm! We will not grow weary! We will not faint!

How is this even possible? Many of you often mention to me that aging is difficult. You often feel weary or overwhelmed. That is a natural part of aging. Your cells degenerate. Your ears no longer allow you to hear things like you used to. Your legs quickly lose balance. Your skin punctures when you don't even know what you hit. You experience loneliness as spouses and friends pass away. You feel a bit of fear as the effects of aging increase, and you don't know how you will cope or where you will need to live to get the care that you need.

But in the midst of it all that, God promises to renew your strength! He will sustain you! You do not need to rely on your own, limited strength. That is where hope and peace come from. Knowing that God will bring you through whatever storm you may be facing.

My prayer is that as you have made Shalem your home, you will also find strength and hope living in this community. That you are not walking this journey of aging alone. That you will be able to receive the care and support you need as you need it.

Shalem's health program is part of our vision and desire to journey alongside you. That when the time comes for you to need support, we have the capacity to provide it with a team of staff and health care personnel who know you and care for you. I recognize that there may still be questions about how this program will work and especially the affordability of the care. We will continue to address your questions as best as we can. Thank you for your patience as we continue to learn and adjust the program as we move forward.

We can only soar like eagles and weather the storms with God's help, but we hope that you will be able to draw strength from living in a community where you are loved and valued!

Dorothy de Vuyst
Executive Director

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”

ISAIAH 40:31



OUR COMMUNITY May Birthday and Anniversary Party



RESIDENT NOTICES

Building & Grounds Updates

Exterior window washing will take place June 17 and 18th. For those who have signed up, we also have volunteers available to clean inside windows later in the month.

Spring Cleaning at Shalem

The week of June 17-21. We invite you to participate and take advantage of disposal and donation options. Drop off your garbage in the disposal bin located in the Manor Parking lot, available all week. Donations, however, will be collected ONLY ON JUNE 20th for the Mission Thrift Store.

As part of the clean-up we ask residents with a balcony or patio to tidy these areas as well. We want these areas, many which are visible by the community and other residents, to be attractive and welcoming!

Here are a few guidelines:

- Items on balconies and patios need to be limited to outdoor furniture, flowerpots, and reasonable number of outdoor décor items suitable for the size of the space.
- Remove seasonal items such as Christmas lights or other decorations.
- Remove items such as indoor furniture, bicycles, storage boxes, recycling or any other personal items.
- Give areas a sweep and/or wash to remove winter dirt.

Following the clean-up these areas will be included in the inspection.

Spring Gardening

Janice is back and the gardens are shaping up nicely! In the coming weeks gardening will continue and we will be adding bark mulch to all of the beds on the property.

Annual General Meeting - June 5th at 7:30pm held at Emmanuel Church. We welcome members to join us.

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.

Welcome Queenie & Princess

Both will be working in the Dining Room regularly! Princess will also be helping out in Housekeeping and Reception on a casual basis.



Queenie



Princess



Carry each other's burdens, and in this way you will fulfill the law of Christ.

Galatians 6:2

Jill turned 90!



Sjaak & Maria Celebrated their 50th Wedding Anniversary!



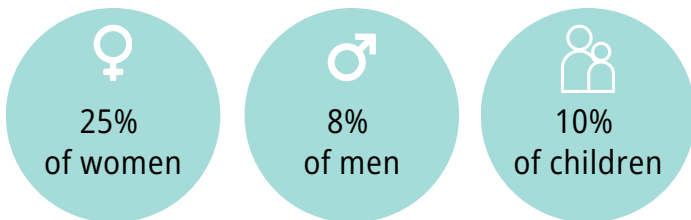


JUNE IS MIGRAINE AWARENESS MONTH

Source: migrainecanada.org

Headaches are underestimated and a common symptom caused by more than 200 different medical problems. Some causes are very visible (like brain tumors), but the most common causes like migraine and tension type headaches are not visible on available imaging. A migraine is the second most common type of headache, also the third most common disease in the world. The most common headache is tension type, but it is way less disabling.

In Canada, migraine affects



- 26%** Experienced pain that prevented activities.
- 76%** Were limited in getting a good night sleep.
- 36%** Missed at least 1 day of work in the last 3 months.
- 18%** Changed their work activities due to migraine.

Migraines can start in childhood or teenage and persist until older age. It does not kill people but impairs life, one day at a time. The World Health Organization recognizes migraine as the first cause of disability in people under 50 years old (all diseases considered).

The brain is a complex system and everybody is different so there are many options for treatment. Here are some different categories of approaches to consider.

LIFESTYLE ADAPTATIONS - Stabilize the brain, make it more resistant to attacks. Improve overall health.

ACUTE TREATMENT - Stop the attack when it happens.

PREVENTIVE TREATMENT - Decrease the frequency and severity of attacks and overall headaches.

Writing a migraine diary is a good first step to understanding any patterns and is a useful tool to share with your doctor.

For more information attend the [Wellness Session June 18th at 10:00am in the Atrium](#), see your doctor or visit migrainecanada.org

Contact Numbers for the Health Clinic Team

Nurse Izel:
Monday - Friday
8:30am- 4:30pm
403-629-6762

Health Care Aides:
After hours and weekends
368-887-3087

Use your SARA Pendant or dial 911 in an emergency.

Happy Mother's Day

Heavenly Father, we thank You for the gift of motherhood. We celebrate the loving sacrifice of mothers, both biological and those women that have made an impact in our lives. Bless them with joy, strength, and love to continue their selfless devotion. May they feel deeply appreciated and honored not just on Mother's Day, but every day.

Amen



CCS Legacy Concert of Music





Move of the Month

Walking Heel to Toe



1. Walk in a straight line slowly, lift your right heel up and touch it in front of your left toes.
 2. Move your feet shifting the weight from all in your heel to going up on your toes.
 3. Then lift your left heel up and place in front of your right toes.
- Repeat, do this for about 20 steps.



Theresa de Walle
Fitness Instructor

Why Balance Exercises?

The goal of balance exercises is to improve stability and coordination throughout your body. Balance helps you stay upright for activities like walking, climbing stairs, or dancing. It's important to do exercises that improve your balance at any age.

Having good balance helps prevent injuries. Research has shown the significant role that balance exercises play in an older person's quality of life. For instance, a study from 2016 found that older adults who began a regular balance exercise program improved their ability to move unassisted.

All of these exercises are intended to support the natural alignment of your body. Since your muscles and bones wear down as you grow older, performing exercises regularly can help you maintain your lifestyle.

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

OUR COMMUNITY

Delicious Jelly Doughnut Delights



Books & Brew with Cheri



LIVING BY FAITH

Leave a Legacy of Faith for Your Grandchildren

We all want to pass on a faith heritage to those we love. That includes handing down your faith to grandchildren. Even so, being a grandparent is complicated today. We no longer live in a society that automatically assumes being a Christian is good.

Our society is mobile. It's not uncommon to live miles away from our children and grandchildren, seeing them just once or twice a year. Even if we're lucky enough to be nearby, the hustle and bustle of life can make regular visits a challenge.

How do we honor our commitment to God in this season of life? Walk closely with God and let the Holy Spirit be your guide.

Here are some things we can consider doing to help us in the process of handing down our faith to our grandchildren.

Pray. Pray. Pray. It's important to ask God to give us the opportunity to talk about faith and model our own personal faith. Beyond that, ask God for eyes to see the opportunities He is giving us.

Model your own faith. The adage, *faith is caught, not taught* has validity. There are instances where grandparents have been asked not to talk about faith-based topics. In these circumstances what we do is even more important.

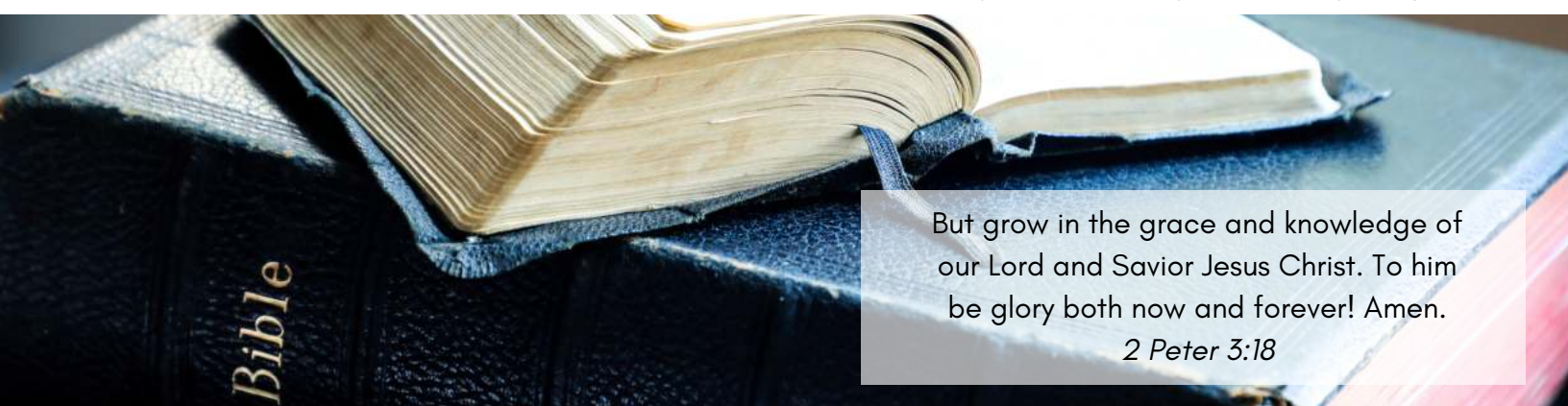
Let your grandchildren know you're praying for them. Don't be shy to tell them you pray for them daily, ask them how they'd like you to pray for them. Even young children will respond to this question and you'll find that the earlier you begin asking, the more they'll come to you and ask for prayer on their own initiative.

Ask Questions. Ask other questions about what they believe. Instead of lecturing, we should listen to what our grandchildren learn and believe about God. It's easy to assume we know where they are in their faith journey, but assumptions are often wrong.

Answer the questions they are asking. It's easy to get ahead of the Holy Spirit by saying all the things we want our grandkids to know. But, especially if your grandchild doesn't have much exposure to the Bible and God, we need to proceed slowly. When asked about God and/or your faith, listen to the question and follow that thread before introducing subjects of your own.

Find Ways to Enter Their World, And Bring Them Into Yours. Share your heritage of faith - Stories of other family members and how you came to your faith help engage grandkids. Celebrate traditions - There are lots of holiday traditions that have a faith foundation, Christmas and Easter are an obvious place to start. Explore the miracles of nature - talking about the miracles of God's creation is a great way to have a faith conversation. Start Regular communication with your grandchild - Through snail mail, phone or text it is a great way to be a part of their lives regularly. Share activities, ask about their daily lives and include a prayer or blessing for them as a reminder of God's love.

By Edie Melson, focusonthefamily.com



But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.

2 Peter 3:18

OUR COMMUNITY

Weekly Perk at Espresso Café



Mobile Dental Hygienist



Cinco de Mayo Celebrations



CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

- June 14 Marion Kettleison
- June 14 Ida Bouwman
- June 20 Georgina Engelleder
- June 20 Helen Keeler
- June 24 Dicky Joad
- June 25 Bob Ide
- June 26 John Leyenaar
- June 27 Shurli Vance

MILESTONE BIRTHDAYS

We don't have any milestone birthdays as far as numbers go but a huge celebration for Marion who is turning 102!

HAPPY ANNIVERSARY

Anniversaries this month are all over sixty years, a testament to God's love and commitment to marriage vows!

Congratulations to Herb & Anne Vleeming celebrating their 62nd Anniversary on June 9. Len & Dicky Joad celebrate their 68th Wedding Anniversary on June 23rd and John & Trudy Leyenaar have their 65th Wedding Anniversary on June 27th.

Birthday Trivia Questions

What country did putting candles on birthday cakes originate?

The song "Birthday" was a hit for which famous band?

In what year was the song "Happy Birthday to You" first published?

What is the traditional gift for a 50th wedding anniversary?

What flower is typically associated with a June birthday?

What is the most common birthday cake flavor?

BIRTHDAY PARTY

Tuesday

June 11

2:00PM

Dining Room

Entertainment
by Dwayne Fettig





Library Facts

- City of Calgary had been planning a new Central Library since 2004
- More than 16,000 Calgarians provided input into the function and role of the Library in the community
- 240,000 sq. ft. building/ five levels
- First time in Calgary's history an active LRT line was encapsulated and used as a foundation for a building above
- In March 2017, nearly 700 library lovers inscribed final steel beam with messages of congratulations and inspiration for future generations
- The archway in the main entrance is clad in western red cedar
- Solar shades are positioned in the Oculus skylight to reflect the sun's heat and mitigate glare
- The building's outer shell is made of 465 hexagonal panels, allowing sunlight throughout



MEMORY LANE A GLIMPSE OF INDIGENOUS AT STAMPEDE

June is National Indigenous History Month, we celebrate the rich heritage of our First Nations, Inuit, and Métis Peoples.

As darkness gives way to dawn over the camp, thin wisps of smoke can be seen rising through the wooden poles that support a massive tipi, one of many positioned in a large circle around a central gathering place. The land, filled with the echoes of drumming and voices rising in song during the day, is quiet on this warm summer morning. The flap of a tipi, illustrated with the visions of a dream, is pulled open and a man steps out and looks towards the rising sun, knowing that the daybreak's silence will soon be replaced by the sounds of thousands of footsteps and as many voices as people pass by and through the camp to learn about the lives of the people who are waking in their homes away from home. The man is Spotted Eagle, also known as Bruce Starlight, a respected Elder of the Tsuut'ina, and the tipi is one of two dozen pitched in a corner of the grounds of the "Greatest Outdoor Show on Earth," also known as the Calgary Stampede.

For Guy Weadick and the organizers of the first Stampede events, the "Wild West" nature of the show required participation from both "cowboys and Indians," Starlight says. And, with little concern for government restrictions, they stepped up to invite and include as many local Indigenous people as wanted to be part of their new event.

In the early days, each of the five invited nations that surround the City of Calgary pitched tipis and created villages near the grounds. The Siksika stayed out near Strathmore; the Kainai and the Piikani camped on land across from the Big Four Building; the Iyathe Nakoda were located in what is now Montgomery, and the Tsuut'ina set up camp in today's neighbourhood of Killarney in southwest Calgary. This was a critical time for the Tsuut'ina. "In the 1920s, our population was down to just 120 people," Starlight says. "If it wasn't for the Calgary Stampede, the Tsuut'ina might very well have lost their culture."



To read the full story go to:

<https://www.mtroyal.ca/About/MountRoyal/MediaRoom/Stories/2023/07/how-the-elbow-river-camp-came-to-be.htm>

OUR COMMUNITY

Cherishing Worship and Communion



Jewelry Pop-up Sale





CREATIVE CORNER

A monthly showcase where residents, staff, or volunteers share their artistic flair, through poetry, short stories, artwork, crafts, favorite jokes, anecdotes, or recipes. *Contact Pam or Michelle to submit your work or email communications@shalem.ca.*

Drinking from My Saucer

by John Paul Moore

I've never made a fortune and it's probably too late now.
But I don't worry about that much, I'm happy anyhow.
And as I go along life's way, I'm reaping better than I sowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I don't have a lot of riches, and sometimes the going's tough.
But I've got loved ones around me, and that makes me rich enough.
I thank God for his blessings, and the mercies He's bestowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I remember times when things went wrong, my faith wore somewhat thin.
But all at once the dark clouds broke, and the sun peeped through again.
So God, help me not to gripe about the tough rows that I've hoed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
If God gives me strength and courage, when the way grows steep and rough.
I'll not ask for other blessings, I'm already blessed enough.
And may I never be too busy, to help others bear their loads.
Then I'll keep drinking from my saucer, 'Cause my cup has overflowed.



Submitted by Maria Meester

I have a very strong belief in angels. I experienced it myself. It was so beautiful. I am now in tears. Our grandson made a white 3D angel and I always have it with me. I suffered brain damage and the angels were in a long tunnel the first two spread their wings and they said, Maria just go back, and then a heart attack and the same thing happened to me again it was really so beautiful then a stroke and now everyone sent me back. Now I don't do crazy things anymore I have my family promises the angels of God.

OUR COMMUNITY

Life at Shalem



UPCOMING EVENTS

SATURDAYS

Main Hallway
2:00PM

Saturday Strides

Walking club every Saturday (except June 15). This is a Health Care Aide supported activity. Please arrive on time.

MONDAY, JUNE 3

Shalem Atrium
10:00AM

Senior's Week - Be Scam Smart (Virtual)

Be Scam Smart - Learn about scams, how to recognize them, the simple steps you can take to protect yourself, and what to do if you become a victim. Presented by the CRA.

Dining Room
7:00PM

Italian Dancers

Enjoy the CC Dance Studio as they perform an Italian themed show. Sure to entertain with vibrant choreography.

TUESDAY, JUNE 4

Shalem Atrium
10:00AM

Senior's Week - Benefits & Credits (Virtual)

Seniors Benefits & Credits - Make sure you are getting all of the benefits and credits you are qualified for. This webinar is presented by the CRA.

Café
2:00PM

Senior's Week - Resident Social

A social time to celebrate the seniors of Shalem. Join us!

WEDNESDAY, JUNE 5

Café
11:00AM

Compassion Senior Care Visit & Bread

Come grab a coffee and visit with the staff of Compassion Senior Care, blessing our residents with a gift of bread on senior's week!

THURSDAYS

Manor Social Room
10:00AM

Bible Study Group

Join us for an enriching Bible Study led by Pastor Allan. Everyone welcome! **NO Bible Study June 20 or 27th**

THURSDAY, JUNE 13

The Courtyard
(weather permitting)
12:00PM

Father's Day Lunch

Enjoy a lovely Father's Day lunch, invite family and celebrate a little early with a delicious steak sandwich lunch. RSVP with the Dining Room. See posters for more details. Will be moved indoors if weather is not favourable.



UPCOMING EVENTS

FRIDAY, JUNE 14

Meet at Haven Reception
1:30PM

Bus Trip: Hanger Flight Museum

Learn about western Canada's aviation history. Located in a drill hall that was built as part of the British Commonwealth Air Training Plan during the Second World War. The museum brings aviation history to life!

SATURDAY, JUNE 15

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.

MONDAY, JUNE 17

Shalem Atrium
1:00PM

Therapeutic Music with Heather

Experiencing live music can significantly boost your mood, Enjoy some of your favourites with Heather as she blesses us with her musical talents!

TUESDAY, JUNE 18

Shalem Atrium
10:00AM

Wellness Session - Headaches & Migraines

Richmond Square Pharmacy presents a wellness session on the health topic of the month. Learn causes, prevention and management skills for headaches and migraines.

WEDNESDAY, JUNE 19

Dining Room
7:00PM

Story Stones - An Indigenous Workshop

Join Chantal Chagnon, a Cree/Métis Singer, Drummer, Artist, Storyteller, Actor and Educator as she shares the stories and teachings behind Indigenous Grandfathers, the rocks. You will create and capture your own stories with paint on stones. Sign-up to participate. Indigenous Peoples' Day is June 21.

TUESDAY, JUNE 25

Meet at Haven Entrance
9:30AM

North Hill Mall

Shopping trip for the Month of June. Time to stock up on your summer favourites and enjoy a morning out mall walking and shopping!