

Newsletter

COMMUNITY CONNECTION

MARCH 2024

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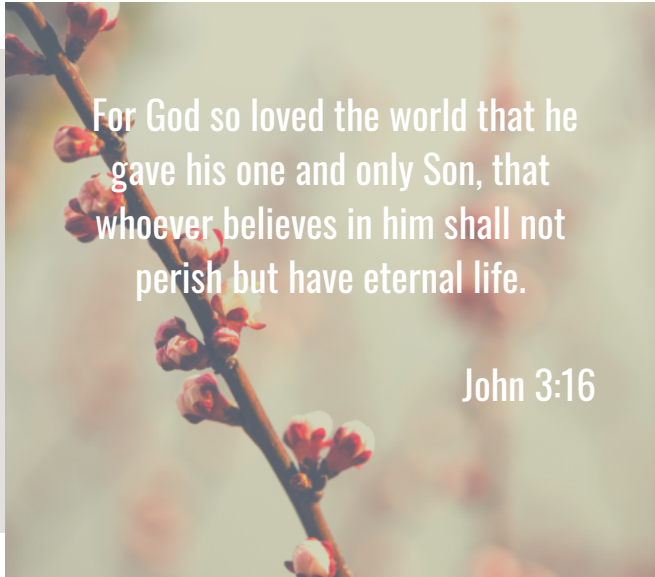
Monthly Events
at Shalem

Easter stirs a range of emotions within us. While it's a time of joy and celebration, it also prompts deep reflection and sorrow as we recall the immense suffering Jesus endured on His journey to the cross and during His crucifixion.

His path was marked by excruciating pain, relentless torture, and ultimately, death. Yet, even amidst His agony, Jesus bore every emotion for us. His tears, heartache, and anguish were not for Himself but for each one of us. He willingly gave His life so that we might have life.

5 Natural Ways to Improve Your Memory

1. Try to remember before asking
2. Get quality sleep
3. Move your body every day
4. Use your brain with games or puzzles
5. Eat brain-healthy foods rich in Omega 3's



For God so loved the world that he
gave his one and only Son, that
whoever believes in him shall not
perish but have eternal life.

John 3:16



PRAYER AND PRAISE

May Shalem's hallways echo with laughter, and each heart be filled with the comfort of cherished friendships and the timeless blessings of companionship.

WELCOME & GOODBYES

Currently, we have no residents moving in or out.

PRAY FOR...

At this time, many of our residents are facing health challenges. Our hearts go out to them as we lift up prayers for their healing, peace, and comfort.

We think specifically of:

Howard Van Camp

Dennis Green

Lois Kaake

Len Joad

Roger Haynes

Bernice Chase

Anne Spittler

Sharon Holland

Pam Bil

Jason Smith

Bruno Kurz

Randall Clark

We also pray for Ozzie's son, Eric Roy, who is in hospice care in Edmonton. May God's presence uphold Ozzie and his family during this difficult time.

MONTHLY VERSE

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." Joshua 1:9

PRAYER

May the sunlight and the rain be reminders that You are at work renewing the earth. As a God of renewal, You are always at work in our lives.

Open our eyes and lives to the needed changes this Spring. Awakening us to new life, renewed health and a fresh perspective. We pray in Jesus' name. Amen



LIVING WELL TOGETHER

Musings from the Executive Director **Just Mercy**

Several years ago, I stumbled upon a book entitled *Just Mercy*. I was travelling home following a work trip and was wandering through an airport bookstore, looking for something to read on my next flight.

Just Mercy tells the story of Bryan Stevenson, a young lawyer who founded the Equal Justice Initiative, a legal practice dedicated to defending those most desperate and in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of the criminal justice system. Stevenson made it his life's work to uplift marginalized voices, typically unheard, unacknowledged, or deemed undeserving of mercy.

As sobering as the book was learning about many people's injustices, it was also inspirational. "The power of just mercy," Stevenson writes, "is that it belongs to the undeserving. It's when mercy is least expected that it's most potent."

Isn't that what Lent and Easter are all about? We are all undeserving, each one of us. No matter how 'righteous' we may have lived. No matter the regrets we may have. No matter the mistakes we may have made.

Stevenson writes that he learned this vital lesson: "Each of us is more than the worst thing we've ever done."

If Bryan Stevenson can see that in those he helps in the criminal system, how much more does God see that in each of us? No matter what we have done or not done, we are more than that. God loves us for who we are. His grace to us is that our brokenness is not the final word. And knowing that gives us the 'confidence to draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.'

It's not because you are good; it's because you are God's. That's the message of grace. God's grace isn't a favor you can achieve by being good; it's simply the gift you receive by being God's. How beautiful is that!

This Lenten season, may we acknowledge in humility the things we have done or left undone, those we have not loved as God would, or the thoughts and attitudes that are not kind and gracious. But know that God has mercy on us. He forgives us, renews us, and leads us.

As you journey through Lent, may you be thankful for God's mercy that never fails and have the just mercy to see others as God sees you.

Dorothy de Vuyst
Executive Director

**"Let us then
with confidence
draw near to
the throne of
grace, that we
may receive
mercy and find
grace to help in
time of need."**

HEBREWS 4:16



OUR COMMUNITY

February Festive Birthday



RESIDENT NOTICES

Encore Fare - Dining Room Leftovers

Bring your take-out container to the Dining Room at 5:45 pm any night of the week, and for \$7.50, receive excess food from our dinner meal service. First come, first served, while food supplies last. Not valid for fish & chips or special event meals.

New Take-out Menu & Pricing

These price changes will take effect on March 1, 2024. New Take-out menus are available at reception.

Food Delivery Service

Health Care Aides will assist with meal delivery as it allows additional assistance when needed. Please have patience with delivery times, as they may vary based on needs.

Save the Date! Easter Dinner - Wednesday, April 3

RSVP forms will be delivered soon. Please complete and return to the dining room.

Room Name Change

The Wellness Centre on the Haven 1st Floor, home to our Nurse and Health Care Aides, will now be referred to as the **Health Centre**.

Reception Check-In/Out

To prioritize the safety and well-being of all residents, we respectfully ask that when going for a walk, bike ride, or being picked up, you check in and out at reception instead of using alternative exits. This precaution enables us to be better aware of the whereabouts of residents, respond promptly to emergencies, and uphold a safe environment for everyone.

Hearing Clinic Update

Hearing Clinics will be paused until May. Elan from Audiology Innovations will be available by appointment. Call the Glenbrook Plaza location at (403) 802-6022.

Emmanuel Lord's Supper Offer

Residents unable to attend Emmanuel Church due to mobility or health limitations can now partake in the Lord's Supper. When the sacrament is offered at Emmanuel, Pastor Martin and the Elders will visit Shalem following the church service to offer it.

Please let reception know if you would like to participate. This offer will begin at the end of March.



Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

2 Corinthians 5:17

OUR COMMUNITY

Musical Melodies with Romeo





FIVE MYTHS ABOUT AGING

NATIONAL INSTITUTE ON AGING

The older you get, the less sleep you need. Older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce the risk for certain health conditions.

Depression is normal in older adults. Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you are showing signs of depression.

Older adults can't learn new things. Not true! You can learn new things, create memories, and improve performance on various skills at any age.

Older Adults need to eat less. While metabolism slows and energy output decreases, food is vital to ageing well. You may need to eat less of some things and more of others, particularly nutrient-rich foods with adequate protein, vitamins and minerals.

Memory problems always mean Alzheimer's disease. Not all memory problems are a sign of Alzheimer's disease. Please talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.

Older adults do not need to exercise. Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.

Health Matters with Nurse Izel

Your Health Matters!
Shalem's nurse, Izel, will be in the café **every Monday at 11:00AM** to chat with you over coffee and healthy snacks.

Pop in to get to know Izel and her team of Health Care Aides to learn how they can help you with your health care needs.





MARCH IS LIVER HEALTH MONTH

1 in 4 Canadians may be affected by liver disease. The rapidly rising prevalence of non-alcoholic fatty liver disease (NAFLD) is linked to obesity, lack of physical activity and poor eating habits.

NAFLD begins when fat builds up in the liver of someone who drinks little to no alcohol. The extra fat and sugar from food are stored in the liver as fat cells, making the liver more vulnerable to injury. A healthy lifestyle with proper diet and activity habits has improved this disease.

Your liver works hard 24 hours a day, providing your body with energy, fighting off infections and toxins, helping clot the blood, and regulating hormones. This complex and vital organ performs over 500 functions.

Liver disease doesn't always cause symptoms that can be seen or felt, but some symptoms may include:

- Yellowing of the skin and the whites of the eyes (jaundice)
- Pale stool
- Belly pain and swelling
- Constant tiredness
- Swelling in the legs and ankles
- Nausea or vomiting
- Itchy skin
- Loss of appetite
- Dark urine
- Bruising easily

Stop in at our Health Care Center to speak with Izel or make an appointment with your health care professional if you have any symptoms that worry you, including pain in the abdomen.



Health Center - Providing Wholistic Resident Care

Our dedicated Health and Wellness team, led by experienced professionals, is here to provide tailored support for boosting health, cognition, strength, inclusion, and socialization, fostering independence and uplifting daily routines. Whether it's daily care, rehabilitation, wound management, or medication aid, we've got you covered.

The Health Center is located on the Haven's first floor. Please stop by if you would like to speak with Izel.

Nurse Hours: Monday-Friday, 8:30AM – 4:30PM and the first Saturday of each month, 1:00PM-9:00PM

Contact: **403-240-2800 ext 9** or email to **izel@shalem.ca**

Health Care Aide Hours: 8:30 AM – 9:00PM daily

Please use your SARA Pendant or dial 911 if it is an emergency.

OUR COMMUNITY

Chinese New Year Performance with Vibrant Lion Dance





Move of the Month

One Leg Balance with Arm Extension

Building on the Balance Sequence



1. Stand with your feet hip-width apart and your weight evenly distributed on both feet.
 2. Relax your hands at your sides. Safety is always first, so you can start holding a wall or a chair.
 3. Shift weight to the left side. Lift your right hand overhead and then slowly lift the same foot off the floor, hold, then slowly lower both down.
 3. Shift weight onto your right side, then lift your left hand overhead, then slowly lift the left foot off the floor, hold, then slowly lower both down.
 4. Hold for 3-5 seconds, increasing as it gets easier.
- (Repeat three times on each side)



Theresa de Walle

Fitness Instructor

Benefits of physical activity

- Strong bones
- Healthy muscles
- Improves balance
- Heart and lung health
- Increases energy
- Helps regulate sleep
- Reduces fear of falling
- Reduces risk of heart disease & high blood pressure
- Improves memory
- Improves mood and sense of well-being

Try our new Fascia Flow class with Theresa or join one of the walking groups with our Health Care Aides on Wednesdays or Saturdays!

OUR COMMUNITY

Books & Brew Provides a Literary Escape



Shop & Social



LIVING BY FAITH

IT'S FRIDAY, BUT SUNDAY'S COMING

Pastor S. M. Lockridge, 1913-2000

It's Friday. Jesus is arrested in the garden where He was praying. But Sunday's coming.

It's Friday. The disciples are hiding, and Peter denies that he knows the Lord. But Sunday's coming.

It's Friday. Jesus stands before the high priest of Israel, silent as a lamb before the slaughter. But Sunday's coming.

It's Friday. Jesus is beaten, mocked, and spit upon. But Sunday's coming.

It's Friday. Those Roman soldiers are flogging our Lord with a leather scourge that has bits of bones and glass and metal tearing at his flesh. But Sunday's coming.

It's Friday. The Son of Man stands firm as they press the crown of thorns down into his brow. But Sunday's coming.

It's Friday. See Him walking to Calvary, the blood dripping from His body. See the cross crashing down on His back as He stumbles beneath the load. It's Friday, but Sunday's coming.

It's Friday. See those Roman soldiers driving the nails into the feet and hands of my Lord. Hear my Jesus cry, "Father, forgive them." It's Friday, but Sunday's coming.

It's Friday. Jesus is hanging on the cross, bloody and dying. But Sunday's coming.

It's Friday. The sky grows dark, the earth begins to tremble, and He who knew no sin became sin for us. Holy God, who will not abide by sin, pours out His wrath on that perfect sacrificial lamb who cries, "My God, My God. Why hast thou forsaken me?" What a horrible cry. But Sunday's coming.

It's Friday. At the moment of Jesus' death, the veil of the Temple that separates sinful man from the Holy God was torn from the top to the bottom because of Sunday's coming.

It's Friday. Jesus is hanging on the cross, heaven is weeping, and hell is partying. But that's because it's Friday, and they don't know it, but Sunday's coming.

And on that horrible day, Jesus Christ, the Lord of glory, the only begotten Son of God, the only perfect man, died on the cross of Calvary. Satan thought he had won the victory. Indeed, he had destroyed the Son of God. Finally, he had disproved the prophecy God had uttered in the Garden, and the one who was to crush his head had been destroyed. But that was Friday.

Now it's Sunday. And there was a great earthquake just about dawn on that first day of the week. But that wasn't the only thing shaking because now it's Sunday. And the angel of the Lord is coming out of heaven and rolling the stone away from the tomb door.

Yes, it's Sunday, and the angel of the Lord is sitting on that stone. And the guards posted at the tomb to keep the body from disappearing were shaking in their boots because it was Sunday. And the lamb that was silent before the slaughter is now the resurrected lion from the tribe of Judah, for He is not here, the angel says. He is risen indeed.

It's Sunday, and the crucified and resurrected Christ has defeated death, hell, sin, and the grave. It's Sunday. And now everything has changed. It's the age of grace; God's grace poured out on all who would look to that crucified lamb of Calvary. Grace was freely given to all who would believe that Jesus Christ died on the cross of Calvary, was buried, and rose again. All because it's Sunday.

It's Friday...BUT SUNDAY'S COMING!



OUR COMMUNITY

Edelweiss Village From Europe with Love



CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

March 5	Anita Allison
March 7	John Canniff
March 16	Joyce Hall
March 17	Len Keeler
March 18	Jason Smith
March 20	Shirley Valstar
March 20	Judy Van Camp
March 21	Linda Campbell
March 26	Marry Muller
March 28	Jennifer Canniff

MILESTONE BIRTHDAYS

Judy celebrates her 65th birthday this month. Congratulations!

Throwback: Reliving the Memories of 1928

Guess who's turning 96 this month? Len Keeler was born on St. Patrick's Day in 1928! Let's take a nostalgic trip back to the roaring twenties when Len entered the world...

- First Trans-Pacific Flight from Oakland, California to Brisbane, Australia. It took a total of 83 hours and 39 minutes to complete.
- The 3-M Company first marketed their Scotch tape.
- Children's TV host Fred Rogers & American actress Shirley Temple are born
- Mickey Mouse makes his first-ever film appearance.
- Aviator Amelia Earhart becomes the first female passenger to fly across the Atlantic
- The first color television is demonstrated in London

BIRTHDAY PARTY

Tuesday

March 12

2:00PM

Dining Room

Entertainment
by Jerry Proppe



OUR COMMUNITY

Gather n' Thread Busy Hands Make Happy Hearts



Wordplay- Every Letter Spells Fun!



PLAY
CREATE
RELAX

Engaging in specific games and activities isn't just fun; it's also a brain booster! They can enhance mental health and memory skills, foster independence, sharpen concentration, speed up information processing, and enhance coordination and motor skills. Scrabble, for instance, is a fantastic choice for keeping your mind active and robust. Similarly, knitting serves as a brain workout, challenging various cognitive functions simultaneously and maintaining fine motor skills through the coordination of hands and brain.

OUR COMMUNITY

Mystery Trip to Calgary Tower



Vintage picture of city skyline courtesy of Dicky Joad



Current city skyline courtesy of RJ Da Roza Photography



1967

1971

1988





Source: Calgary Public Library

MEMORY LANE HISTORY OF MEMORIAL PARK LIBRARY

Memorial Park Library was Alberta's first public library. The effort to build it was spearheaded by Annie Davidson, one of Calgary's cultural pioneers, beginning in 1906. It all began with the Calgary Women's Literary Society. The society — which still meets today — started a petition, collecting signatures to prove to City Hall that there was enough interest to support a public library in Calgary.

An American steel industrialist offered Calgary City Council a total of \$80,000 to build a library so long as the City provided the site, books, equipment and maintenance for the facility. The city supplied \$20,000, and the Province provided \$10,000 towards the purchase of books.

Central Park Library, as it was known then, opened on January 2, 1912, and housed 5,000 books chosen to "satisfy the thirst of all classes of individuals." A carving of an open book above the main doors of the Library, constructed by local stonemasons, is still visible today.

Memorial Park Library was named a provincial historic site in 1976, and in 2018, the Library and surrounding park were designated a National Historic Site. Following this, in 2020, the location underwent renovations to restore the décor of its interior to more closely resemble what it looked like on opening many years ago.

Bookmobile

Bookmobile service began in 1952. It was designed to serve isolated communities, schools, and seniors' lodges. In partnership with the school board, additional buses were added in the 1960s to serve elementary schools. The service was discontinued in 1991.

The travelling branch returned to Calgary in 2016, rebranded as The Book Truck, helping a number of communities access the library more easily and act as a bridge for communities waiting on libraries to be built. You can even book a Book Truck visit today.



Bookmobile, ca. 1970.



Creating Colourful Canvases





CREATIVE CORNER

Introducing Creative Corner—a monthly showcase where residents, staff, or volunteers can share their artistic flair, through poetry, short stories, artwork, crafts, favorite jokes, anecdotes, or recipes. Just as God spoke the world into being, our creative expressions have the power to speak truth, beauty, and love into the hearts of others! Contact Pam or Michelle to submit your work or email communications@shalem.ca.

Last Year:

Early in the morning, I went out with a
shovel and determination Or...
anticipation.

In a winter world of snow
so quiet!

And beautiful!

Thank you, Lord!

I cleared off most of the drive. Then

... Down the street

somebody also started shoveling

... Does he feel this too?

No, a car door slams and
races away

My mood chatters

The hedge is too high and
the holes in the drive

a pain

I rest on my shovel, then...

it starts to snow

Again, I am alone with

This Mighty God,

Who is my Father!

And there is peace.

Now:

I sit in my chair

As my hip mends,

And I start feeling better

Time slows down

Outside, I see the snow

Ah, last year!

Impatient!

Then, as the flakes fell

last year

So the blessings descent

And the door opens, too

Tokens of love

of support

Prayers, Food, Flowers

Cards, Visits, and

Calls from family and friends

and Church Family

With our new Pastor

And there is Peace.

By Anna Kroontje

Stations of the Cross

This Easter season, we extend an invitation to residents, staff, volunteers, family, and friends to embark on a Lenten journey through our building. Immerse yourself in the narrative of Easter as you explore the Stations of the Cross, positioned throughout the Main Floor of the Haven, the Dining Room, Café, and Atrium. Each station beckons you to pause for quiet reflection and spiritual connection. This month, seize the opportunity to enrich your Easter experience. Maps for the Stations will be available Monday, March 11.

OUR COMMUNITY

Leaping into Happy Hour
Leap Day 2024



Movement and Fascia Fitness



OUR COMMUNITY

Life at Shalem



OUR COMMUNITY

50s Variety Show Music & Dance



UPCOMING EVENTS

SATURDAYS 2/9/23/30

Main Hallway
2:00PM

Saturday Strides

Step into wellness with our walking club every Saturday afternoon. A Health Care Aide supported activity. Saturdays in March except the 16th.

TUESDAY, MARCH 5

Shalem Atrium
2:00PM

Violin Concert

Take in the gentle and soothing melodies of classical favourites and hymns, with each bow sweeping across the strings.

THURSDAY, MARCH 7

Shalem Atrium
7:00PM

Wines with Barry

An evening visiting with friends, sipping wine, and discovering the flavors and aromas that make these wines so interesting.

MONDAY, MARCH 11

Shalem Atrium
1:00PM

1:00PM - Therapeutic Music

Piano therapy sessions at Shalem offer a tranquil escape with melodies that uplift spirits and engage residents.

Shalem Atrium
6:30PM

6:30PM - Chinese Massage

Enjoy a FREE massage and a cup of tea to melt away tension and stress. Provided by students from the CITCM Massage & Acupuncture College.

FRIDAY, MARCH 15

Haven Entrance
11:00AM

Bus Trip: Choral Music Performance

An Inspiring choral music performance by an award-winning choir from Kansas, USA, in the serene ambience of the Knox United Church.

MONDAY, MARCH 18

Shalem Atrium
1:00PM

Easter Piano Concert

Enjoy renditions of timeless Easter hymns played by Heather that will uplift your spirit in celebration of the resurrection.

UPCOMING EVENTS

TUESDAY, MARCH 19

Dining Room
7:00PM

Music Quartet: Highwoodshedders

Four guys who sing a little, play a little and are sure to entertain!

THURSDAY, MARCH 21

Haven Entrance
9:00AM

Bus Trip: High River Tour

Explore the history of High River on a scenic bus tour! Accompanied by an interpreter from the town's museum, this tour will delve into the stories behind the town's most iconic buildings and sites. Following the tour, residents will enjoy a bagged lunch and visit the town's museum.

FRIDAY, MARCH 22

Dining Room
2:00PM

Rhythm Kats Music

A kitchen rhythm band specializing in a unique blend of kitchen-type and traditional instruments. This music is playful and engaging, drawing inspiration from the sounds and rhythms found in everyday life.

SATURDAY, MARCH 23

Haven Entrance
1:00PM

Bus Trip: Imagine Theatre

Imagine Theatre presents "The Magician's Nephew." Travel back into C. S. Lewis' well-loved book series, The Chronicles of Narnia, and explore the comings and goings between our world and the land of Narnia.

TUESDAY, MARCH 26

Shalem Atrium
2:00PM

Wellness: Self-Massage Workshop

RMT Will Tanner - our Chinese Massage supervisor - will teach and demonstrate gentle self-massage techniques seniors can perform on their hands, feet, arms, and legs to alleviate stiffness and improve circulation.

Sign up for massages with Will following the workshop. Full-hour or 1/2-hour time slots are available.

FRIDAY, MARCH 29 SUNDAY, MARCH 31

10:00AM Good Friday Service - Emmanuel Church

10:00AM Easter Sunday Service - Emmanuel Church