

MAY 2022

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO MAY



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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:

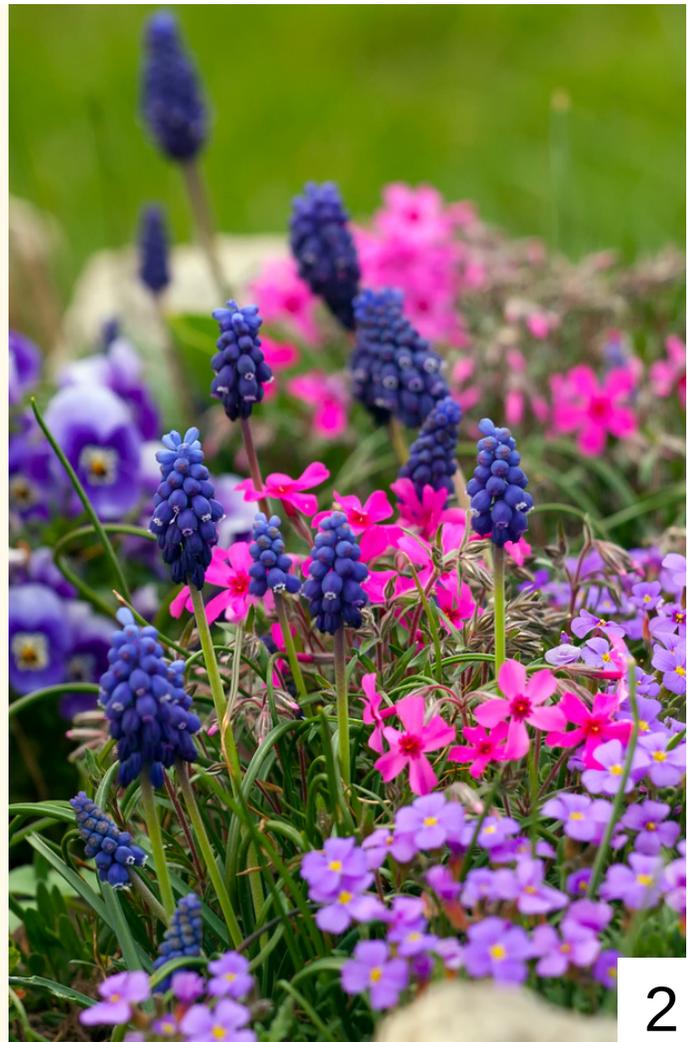
- Respect and acceptance
- Justice
- Compassion
- Stewardship of resources
- Community



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

Spring is a noticeable time of change. Some changes we eagerly await, and some we abhor. Some changes we plan and others arrive uninvited. To all these changes we ask the gift of Your perspective beckoning us to expectation, hope, and rebirth. May the sunlight and the rain be reminders that You are at work renewing the earth. As a God of renewal, You are ever at work in our lives, too. Open our eyes and hearts to the needed changes in our lives this Spring. Awaken us to new life and perspective.

Amen



# LIVING WELL TOGETHER

Musings from the Executive Director  
**Perseverance**

MAY 2022

*"Let us run with endurance the race that is set before us, looking to Jesus..."*

*Hebrews 12:1-2*



I don't think there is ever a time in life where we don't have to persevere. Even in childhood, while perhaps we are not yet familiar with the word, there are disappointments and struggles to overcome. At every stage of life, we are faced with situations and circumstances that require us to find the strength to persevere.

Back when I was in university (Bible College to be more precise), I was introduced to the Oswald Chambers book, 'My Utmost for His Highest'.

Born in 1874 in Aberdeen, Scotland, Oswald's ministry of preaching and teaching took him to the United States to Japan to London and eventually to Egypt where he served as a chaplain to British troops during World War I. After his death his wife compiled books from her own shorthand notes from his talks.

In 'My Utmost for His Highest' Oswald describes perseverance this way:

*Perseverance means more than endurance— more than simply holding on until the end. A saint's life is in the hands of God like a bow and arrow in the hands of an archer. God is aiming at something the saint cannot see, but our Lord continues to stretch and strain, and every once in a while, the saint says, "I can't take any more."*

*Yet God pays no attention; He goes on stretching until His purpose is in sight, and then He lets the arrow fly.*

I know I for one, would hope God sees fit to 'let the arrow fly' sooner rather than later, that I achieve His purposes for me quickly, that whatever difficult situation I may be in ends soon. But life and growing in our faith doesn't always work like that.

It's hard to see the purpose behind a loved one slowly dying. It's hard to see the purpose behind chronic pain. It's hard to see the purpose behind ongoing estranged relationships. It's hard to see the purpose behind two years of this pandemic that never seems to end.

In some ways, we have no choice but to persevere. We have no choice but to endure a situation we have no control over. But I wonder if the difference between endurance and perseverance is not *how long* we hold on but *how* we hold on. Do we hold on with trust? Do we hold on confident in God's love for us? Do we hold on embracing the things we are learning? Do we hold on trying to see the blessings that come our way?

No matter what, every situation has an opportunity for perseverance that builds trust to keep going. Let's hold firmly onto God's love for us, confident that He knows, plans, and directs our lives for good.

Dorothy de Vuyst  
 Executive Director



# SHALEM PRAYER AND PRAISE PAGE

**Heavenly Father, be our healer, comforter, protector, strength, shield and close companion.**

Lord Jesus, we place our sick under your care and humbly ask you restore them to health. We ask You protect us from COVID-19, and be especially near those of us most vulnerable. With war and unrest in the world, be our comfort in times of uncertainty. Be a refuge to those experiencing mental health struggles, isolation and loneliness. As we pray in our individual homes – around the nation and around the world – we are united as one family. Let us pause and find a moment of peace, as we lift up our hearts together in prayer.

We pray for Norah Graham, Sabine Boychuck and Sue Weicker, as they recover in hospital and will be transitioning to other care.

We pray for Lois Niven, Marion Kettleson and Phyll Bruckshaw, all receiving care in hospital. May they regain health and strength to return home to Shalem soon.

We are thankful for Susan Black's successful surgery. May Your hope and healing lead to a place of peace and restoration.

## WE WELCOME...

This month we welcome Cora Lee Jones in the Manor, Imgard Stoffels in the Haven, and Leroy and Elaine Emerson in the Court. Please take a moment to say hello.

"Even when things are awful, God never will leave us. Our time here is so temporary compared to eternal life. Worry never changes things. But PRAYER DOES!"

- Lysa TerKeurst



**Worship Service**  
emmanuel church

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

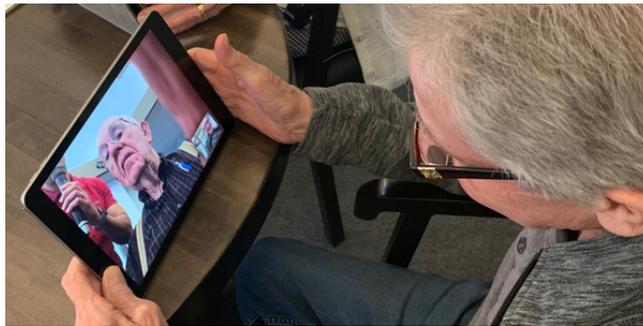
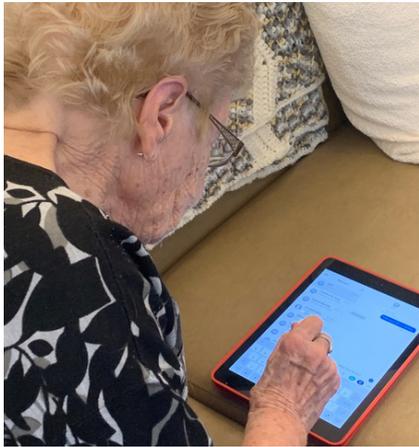
[www.emmanuelcrc.org](http://www.emmanuelcrc.org)

Tune into Channel 398 on your TV for Emmanuel Church Service

# WHAT HAPPENED LAST MONTH? *Life at Shalem*

## Computer Lesson for iPad and laptops

Our residents learning new skills in our renovated Atrium.



# WHAT HAPPENED LAST MONTH?

## Pizza Fundraiser

Thank you to everyone for making this a success!



## Fraud Prevention



**It's Important to Know**

- Being a victim of a scam is not your fault and there's nothing to be ashamed of



# WHAT HAPPENED LAST MONTH?

## April Birthday Celebrations



## Bingo with Volunteer Leah



# WHAT HAPPENED LAST MONTH?

## Easter Dinner



# WHAT HAPPENED LAST MONTH?

## ROARR - Visit to Rivercross Ranch for Equine Assisted related therapies



# WHAT HAPPENED LAST MONTH?

## Espresso Café with Volunteers Wendy & Joanne



## LIFE AT SHALEM

Our amazing housekeeping staff



Fitness training for Jack



Florence selling cards



Britt gifting her crocheting



# WHAT HAPPENED LAST MONTH?

## Art with Carol



# WHAT HAPPENED LAST MONTH?

## Spring Hats & High Tea



# WHAT HAPPENED LAST MONTH?

## Volunteer Photographer

Professional Photographer, Shallon, taking photos that will be displayed in our dining room. We are still looking for volunteers who would like to participate and share recipes.



# Wedding Celebration for Anne & Norm

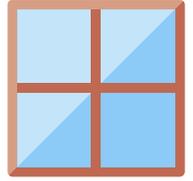


# RESIDENT NOTICES



## Building & Grounds - Window Washing

Please be aware the service company, Men in Kilts, will be here **May 18th** to wash the exterior windows of all three buildings. Please ensure all windows are closed tightly for the day so your windows will be cleaned and nothing will get wet. And remember, no peaking! 😊  
We will also have some youth volunteers from Emmanuel Church on May 11th, after 4pm that will be offering inside window washing for residents. Sign-up will be required for this service.



## Garbage/ Recycling/ Compost - Do your part!

The garbage rooms within Shalem continue to be an issue. We ask you do your part in helping to keep things clean. Please separate waste according to the City of Calgary. Place organics in a compost bag and take them outside to the bin. Please don't leave large waste materials in the garbage rooms, such as large boxes. Take these large waste items to the external garbage shed.



## Warmer Weather & Outdoor Spaces

As the weather gets warmer you will see tables and chairs being set up for you to use and enjoy. Janice will be back at the end of May to start gardening and beautifying our outdoor spaces.

## Did you know Shalem has a Blood Pressure Machine at the Front Desk?

You are welcome to use the machine at anytime. We also have our Pharmacists from Richmond Square Pharmacy offering Blood Pressure Clinics once a month.  
May 18th, 10am to 12noon, in the Meeting Space on the Haven 1st Floor.



## SHALEM TUCK SHOP!

**Wednesdays: May 11th and 25th**

**10:00-10:30am - Haven Snack Room (H2)**

**10:45am - Main hallway near the information TV.**

Purchase items at discounted prices! Payment through CAFT.



## COVID-19 UPDATE - MAY 2022

We are required to follow AHS requirements. Please be advised Shalem is on OUTBREAK status as per AHS.

Current Guidelines:

- Residents who have COVID are isolating and we ask anyone experiencing **ANY** symptoms to isolate and call the Front Desk for a rapid test.
- Health screening after absences greater than 24 hours. Shalem Residents must let the front desk know if you plan to be, or have been, away for more than 24 hours.
- Visitation to people not in quarantine or isolation is still permitted following current protocols. All visitors and guests must continue to wear masks and enter through the Haven.
- Activities and events are subject to change. Please watch for updates.
- Masks are mandatory when participating in group activities and encouraged when in common areas.
- Continue with increased hand washing and using hand sanitizer to prevent spread.

# HEALTH INFORMATION

## Skin Cancer Awareness Month

Skin cancer is the most common of all cancers. There are more new cases of skin cancer each year than the number of breast, prostate, lung and colon cancers COMBINED.

A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same.

For melanoma specifically, a simple way to remember the warning signs is to remember the **A-B-C-D-Es** of melanoma—

**Asymmetrical:** Does a mole/spot have an irregular shape, two parts that look very different?

**Border:** Is the border irregular or jagged?

**Color:** Is the color uneven?

**Diameter:** Is the mole or spot larger than the size of a pea?

**Evolving:** Has the mole or spot changed during the past few weeks or months?

Talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es of melanoma.



SUNSCREEN



AVOID PEEK HOURS



PROTECTIVE CLOTHING



WEAR SUNGLASSES



DRINK WATER

### How to Protect Yourself - It's never too late to start!

- Use sunscreen. Look for a product with a minimum SPF of 30 to protect against the sun's ultraviolet B (UVB), or burning, rays. It should also protect against ultraviolet A (UVA) rays which penetrate more deeply and contribute to the development of skin cancer.
- Limit your exposure to the sun to early in the day (before 10 a.m.) or later, after 4 p.m., when the sun's rays aren't as strong.
- Wear a hat and clothing that will protect you from the sun.
- Wear UV-absorbent sunglasses.
- Drink plenty of water. Stay hydrated!

**Ask a Pharmacist & Blood Pressure Clinic**



richmond square **pharmacy**

**Wednesday, May 18th**

10:00am-12, Haven Meeting Space

# LIVING BY FAITH

## SPRING FORWARD IN FAITH

WWW.DAYSPRING.COM

I recently moved to an area that has seasons and it's a whole new experience for me. I've been mesmerized by the changing leaves, watching them as they shift from green to fiery reds and oranges, and just recently the trees that spent the whole winter with bare branches have sprouted small, white flowers. It's truly beautiful to watch winter melt into spring. I go outside and feel the sun bring new warmth. It's familiar but new all at once.



Isaiah 43:19 NIV says, "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." Sometimes in order to come into a new season and spring forward in faith, we have to let go of the old season. Isaiah 43:18 NIV says, "Forget the former things; do not dwell on the past." One of the many lessons life teaches us is to let go. We can't hang on to past hurts, past struggles, and past relationships. And, sometimes this means we have to give ourselves time to grieve in order to move forward. We may have to let ourselves feel the loss, be sad for a little while, and talk to someone who cares. After we've grieved, we can pick ourselves up and start looking ahead once again.

As spring starts to surface and the trees begin to bloom, we can see God's reminder to align our hearts to the new thing He's doing. Let us go to prayer, asking Jesus to help us embrace all the "new" he has in store for us:

*"Dear Lord, Thank you for developing me into the person You want me to be. I have to admit, Jesus, that sometimes I find it hard to let go of old things even when I know they are holding me back. Help me, Lord, to truly see this spring season for what it is: a lovely reminder of how beautiful change can truly be. As flowers begin to adorn the trees once again and fresh grass rises up from the ground, renew in me the strength to let go of the past and move forward in my faith journey with You." - Amen*

## RESIDENT CONTRIBUTIONS

A poem submitted by Anne Kroontje

### *A Mother's Precious Love*

God must have known  
There would be times  
We'd need a gentle touch  
A tender, understanding heart  
To love us very much.

He must have known we'd need someone  
To listen to our cares  
To comfort and remember us  
In loving thoughts and prayers.

So in His boundless wisdom  
He sent us from about  
The dearest blessing in the world  
A Mother's precious love!



*Proverbs 31:25-28*

She is clothed with strength and dignity;  
she can laugh at the days to come.  
She speaks with wisdom,  
and faithful instruction is on her tongue.  
She watches over the affairs of her  
household and does not eat  
the bread of idleness.  
Her children arise and call her blessed;  
her husband also, and he praises her.



# MEET OUR TEAM

## STAFF FEATURE Q&A

1. What's your role at Shalem and in what circumstances can Residents come to you for something?

My role is working at the Front Desk looking after all Residents and Guest needs. I am the go to person to everyone that is looking for information or is in need of help.

2. What do you enjoy about working at Shalem?

I enjoy interacting with the Residents and hearing their stories.

3. Tell us a little bit about your family?

My husband and I don't have any kids, but we had the most beautiful 4 legged furry dog that we loved and spoiled for 12 years. His name was Gucci and he is missed every day.

4. Where did you grow up?

I was born and raised in Venezuela, South America.

5. What three words would your friends use to describe you?

Friendly, Honest and Hardworking.

6. What's your most hated household chore? Cleaning the bathtub.

7. If you had to pick one age to be permanently, which age would you chose? 30 because I was in my best health and shape of my life!! I miss jogging and going to the gym.

8. What's your favorite Bible verse and why?

Psalms 92:1-2 "It is good to give thanks to the Lord. And to make melody to your name, O Most High. To tell in the morning about your loving-kindness And about your faithfulness during the nights."

9. If you could snap your fingers and become an expert at something, what would it be?

To be an expert working with my hands as a mechanic and a carpenter.

10. What do you like to do when you are not working?

I like to travel, also enjoy outdoor coffee shops with a pastry looking at the world go by.

11. What's a fun fact about you people may not know?

I love Salsa dancing.

*Gilda*

Resident Life Administrator



# MAY CELEBRATIONS AT SHALEM

*Happy Birthday!*

May 4	Frances Parks Ev Pocock
May 9	Anita Saner
May 12	Doris Reitze
May 19	Betty Inkster
May 20	Jill Moroney
May 22	Ann Vleeming



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



*Congratulations to John & Margaret Kehler who are celebrating their 68th Wedding Anniversary on May 15. May He bless you today, tomorrow and always.*

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



**Follow us on Facebook**

**Shalem Senior Living**



## May Birthday Party

Join us in celebrating Shalem Birthdays  
Tuesday, May 10th, at 2:00PM  
Cake & Entertainment

Answer to Trivia on Page: 21

- |                                                                                  |                                                                                                                                                                                                 |                    |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| 1. A small Mexican dog with large eyes                                           | 7. Bessie was a famous Jersey cow known for producing up to 18kg or (40 lb) of milk a day for 5 months and made 1.3 kg or (3 lb) of butter a day recorded at the Chicago World Fair dairy test. | 14. 21 days        |
| 2. A Scottish breed of draught horse                                             | 8. Phar Lap                                                                                                                                                                                     | 15. 57-65 days     |
| 3. Ostrich from Africa, Kiwis from New Zealand, Emu & Cassowaries from Australia | 9. A Whale                                                                                                                                                                                      | 16. 11 months      |
| 4. Africa & Asia                                                                 | 10. A sheep that sheds its own wool                                                                                                                                                             | 17. nearly 2 years |
| 5. It is a cat with striking blue eyes with a silky soft semi long-haired coat   | 11. Saint Bernard                                                                                                                                                                               | 18. A school       |
| 6. Collie dog                                                                    | 12. A small breed of chicken                                                                                                                                                                    | 19. Pride          |
|                                                                                  | 13. Up to 250 eggs per year                                                                                                                                                                     | 20. One            |

# VOLUNTEERING

Thank you to all the volunteers that help with activities and events at Shalem.

We are blessed to have dedicated volunteers from the community and from within Shalem. You all bring joy and diversity to Shalem.



CCS Art Instructor, Janelle, connecting with Florence to help illustrate a Children's book the Haven resident wrote



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

THANK YOU



## Looking for Shalem Volunteers...

Do you like to cook or bake?  
Do you have a favorite family recipe?  
If the answer is yes, we'd like to hear from you!

Shalem is creating a *Cooklet* (a small cookbook) and we need your recipes and stories! To learn more, connect with Michelle.



## 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.

Please contact Michelle for more information.



## COMING THIS MONTH !!

Nanny McCluckins Chick Hatching at Shalem.

We will have eggs, an incubator to set up, and will monitor temperature & humidity while watching with anticipation for the arrival of these little babies! After a short time with the chicks, they will return to farm life.

Would you like to help? Please let Michelle know.



## GAMES &amp; FUN

## Animal



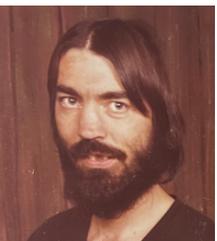
1. What type of animal is a Chihuahua? .....
2. What type of animal is a Clydesdale? .....
3. Name two large flightless birds? .....
4. What two continents do Elephants come from? .....
5. What animal has a breed called the Ragdoll? .....
6. What breed of dog was the famous on-screen Lassie in the movies? .....
7. Try to guess what animal was named "Brown Bessie"? .....
8. This famous racehorse failed and lost his four first races, he went on to win three Melbourne Cups and won 32 of his 35 races what was his name? .....
9. What type of mammal is warm-blooded, air-breathing & called a Hump Back? .....
10. What type of farm animal is called a Nudie or a Dorper? .....
11. What large breed of dog was known as a guide dog between Switzerland & Italy in the snow and can be pictured with a wooden barrel around its neck containing brandy? .....
12. What is a Bantam? .....
13. How many eggs can a chicken lay a year? .....
14. How many days does it take to hatch chicken eggs? .....
15. How long does a dog carry puppies before they are born? .....
16. How long does a horse carry a foal before it is born? .....
17. How long is an elephant pregnant for before she gives birth? .....
18. What is a large group of fish called? .....
19. A group of lions is called a? .....
20. How many eggs does an Emperor penguin lay at a time? .....

### **TRIVIA (From Last Month)**

Who is he? Answer: Thomas Ferguson

Winners from April's trivia contest: Eileen S, Shurli V, Betty H

Congratulations! Pick up your prize at the Haven Reception Desk



# SPECIAL EVENTS

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

## MEMORY CONNECT

Monday, May 9

10:30 AM- Haven 3rd Floor

## Mother's Day Events

**Mother's Day Tea: Monday, May 9 at 2pm, Dining Room**

Virtual Music: May 10th, 7:00 PM - Shalem Atrium

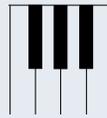
In honor of Mother's Day, a performance with Soprano, Hannah Pagenkopf



## Shalem Café Espresso Cafe

**Fridays, May 13th & 27** at 10:00am  
Cappuccino Drinks & Shalem Pastries for Purchase

## Piano with Carol



Volunteer Pianist Carol will play Folk and Hymns on Piano  
**Saturday May 14, 3:00 PM - Shalem Atrium**



**Bus Trip to Kensington & the Regal Cat Café**  
**Tuesday, May 17, 11:30am-1:30pm**

Enjoy the Cat Café for private group time to visit the friendly felines. Cats aren't your thing... walk around Kensington to enjoy the stores or grab a bite to eat.

**ONLY \$4**, bus fee. Payment through CAFT. Sign-up Required.

## LINE DANCE CLASS



**Wednesday, May 18th**  
**3:30PM, Haven 3rd Floor**

## Wildlife Tour



Brian Keating, international speaker, pilot, naturalist and adventurer will take you on a virtual journey to wild locations!

**Tuesday, May 24th 1:00 PM - Shalem Atrium**

## Bus Trip My Favourite Ice Cream Shoppe



**Thursday, May 26th at 2:30PM - Bus Trip**

72 flavours of ice cream at *My Favourite Ice Cream Shoppe* in Marda Loop. Special pricing for Shalem- **ONLY \$5**

Includes a single scoop & bus. *Sign-up required, pay with CAFT.*

## Goodies in the Pergola



Enjoy some goodies & visiting in the Pergola at Emmanuel Church - **Monday, May 30 at 7:00 PM**  
(Weather Permitting)

## Upcoming Bus Trip!!! Save the date: Friday, June 10, 2 PM

Chinook Honey Company and Chinook Arch Meadery  
Limited space available. Stay tuned for more information.

