

COMMUNITY CONNECTION

MAY 2024

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Executive Director

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*"She is clothed with strength and dignity;
she can laugh at the days to come."*

Proverbs 31:25

May is the month dedicated to celebrating the mothers and mother figures who play vital roles in our lives. Throughout the Bible, we find numerous examples of mothers embodying roles as caregivers, teachers, and comforters. The Scriptures consistently emphasize the importance of honoring and loving our mothers. The greatest biblical role of a mother is that of a disciple-maker. She solemnly takes on her role in the great commission by pointing her children to God.

5 Practical Hydration Tips

1. Make it a habit, part of your routine
2. Carry a water bottle with you always
3. Make water more flavourful and inviting
4. Choose high water content foods
5. Invest in a water filter for better quality

What Mother Means

*"Mother" is such a simple word,
But to me, there's meaning seldom heard.
For everything I am today,
My mother's love showed me the way.*

- by Karl Fuchs



PRAYER AND PRAISE

During times of suffering, health challenges, and grief, our hearts unite in prayer, reaching out to those facing trials. May you find solace in our shared prayers and assurance that He is by your side, offering comfort and strength.

WELCOME AND GOODBYE...

We have no new residents this month, but we say goodbye to Patricia Jackson, who will move to a residence better suited to her care needs. May God be with her and her family during the transition.

PRAY FOR...

We send our heartfelt thoughts to those confronting health challenges. May our prayers grant them strength, and may they find encouragement during these difficult times.

We think specifically of those in hospital:

Dennis Green
Leonard Joad
Lois Kaake
Bea Gammie
Riet Folkerts
Darleen Morrow

Please keep Don Lawton in your thoughts and prayers as he begins his journey in hospice care. Your support during this time would mean a great deal to him and his loved ones.

PRAYER

Dear God,
I come before You in faith,
seeking Your strength.
Grant me the faith to trust
in the process, the
patience to endure the
trials, and the wisdom to
seek the care I need. I
surrender my doubts and
fears to You, and I trust
that You will guide me on
the path You have for me.
Amen

MONTHLY VERSE

So that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God.

- Colossians 1:10

LIVING WELL TOGETHER

Musings from the Executive Director

Godly Love

The past couple of weeks at church we have studied the book of Jonah. A popular Bible story, I grew up hearing about Jonah getting swallowed by the 'whale' and spit out on the beach because of his disobedience. However, our reflections on this story now focused not so much that Jonah disobeyed God, but more why he disobeyed.

The Ninevites were not nice people. The Israelites had suffered horrible atrocities at their hands. Jonah didn't want to see them repent. He didn't want them to experience God's mercy and grace. He just wanted revenge. And so, he ran away from God in his bitterness.

We may not be suffering physical harm the same way the Israelites did or as many in the world are suffering. But the hurt we often experience is still very real. How often have we or do we experience disappointment, hurt, betrayal? How often do we revel in bitterness to those who have hurt us? How often do we secretly harbor anger and hatred as we have been deeply offended? This not only impacts our emotions and mental health but also our physical health.

Loving our 'enemies' should not be a burden but a blessing. Life without forgiveness is torture. As it is only when we are able to forgive that we begin to experience new freedom. The hurt, the anger, the resentment no longer controls us, and bitterness is no longer our automatic reflex to a painful memory.

Mother Teresa once said:

*"People who love each other fully and truly
are the happiest people in the world.
They may have little, they may have nothing, but they are happy people.
Everything depends on how we love one another."*

But loving each other fully and forgiving is difficult to do on our own. It is only when we know and experience God's love for us even as we have betrayed Him, that we receive the strength and ability to forgive and love those who have betrayed us.

At the end of the story, Jonah still hasn't learned this lesson. He continues to stew in indignation and resentment, hoping the Ninevites will be recipients of God's wrath, not his love.

Let's look to Jesus, not Jonah, as we live in community and love those around us. Jesus forgave us when we hurt and betrayed Him. Let's do the same when others hurt us. Because only then will we experience true joy and freedom.

Dorothy de Vuyst
Executive Director

**"A new
commandment,
I give unto you.
That you love
one another as I
have loved you."**

JOHN 13:34



OUR COMMUNITY

Easter Dinner





RESIDENT NOTICES

Building & Grounds Updates

Exterior window washing will take place soon. We will also have volunteers available to clean inside windows for those interested. Watch for posters with dates and sign-up sheets.

Join us for a spring clean-up event at Shalem in June. We invite residents to participate and take advantage of disposal and donation options. Please consider items you no longer need as we work together to freshen up our surroundings.

Hair Salon Updates

Salon prices will increase starting June 1st. For updated pricing, please refer to information boards or visit the salon.

Please note that our hair stylists, Teresa and Deenie, will be on vacation throughout May. Cora Lee will step in to maintain resident standing appointments during this time. Thanks Cora Lee for ensuring continuity in our salon services.

Deenie will return May 21st, and Teresa on June 5th.

New Washers & Dryers

We're updating the instruction signs in the laundry rooms with new washers and dryers. If you need assistance operating them, don't hesitate to ask reception for help.

Haven 2nd Floor Snack Room

The Haven Snack Room is a cozy space designed for residents to relax and indulge in a snack while enjoying the community. Residents of the Haven and their guests – including guests from the Court or Manor- can enjoy complimentary coffee and snacks while they visit. A small tip box beside the tea selection allows you to express gratitude to our dedicated dining room staff. Thank you for respecting this space and using it responsibly with appreciation.

Photography - New Website

Thank you to those who participated in our photography shoot in April. We will use the photos for a new website we hope to launch this summer and upcoming print and digital promotional material.



Rejoice always, pray continually, I give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

OUR COMMUNITY

April Birthday & Anniversary Party



A MOTHER'S WORK IS NEVER DONE

By Daleen Enslinstrydom

In the basin, the old, wrinkled hands are quiet for a while
and her head is bowed in reverence
while a tear runs down her face
and if you should ask about it
she would say:

"mothers sometimes do cry
when they speak to the Lord
about their children and grandchildren."

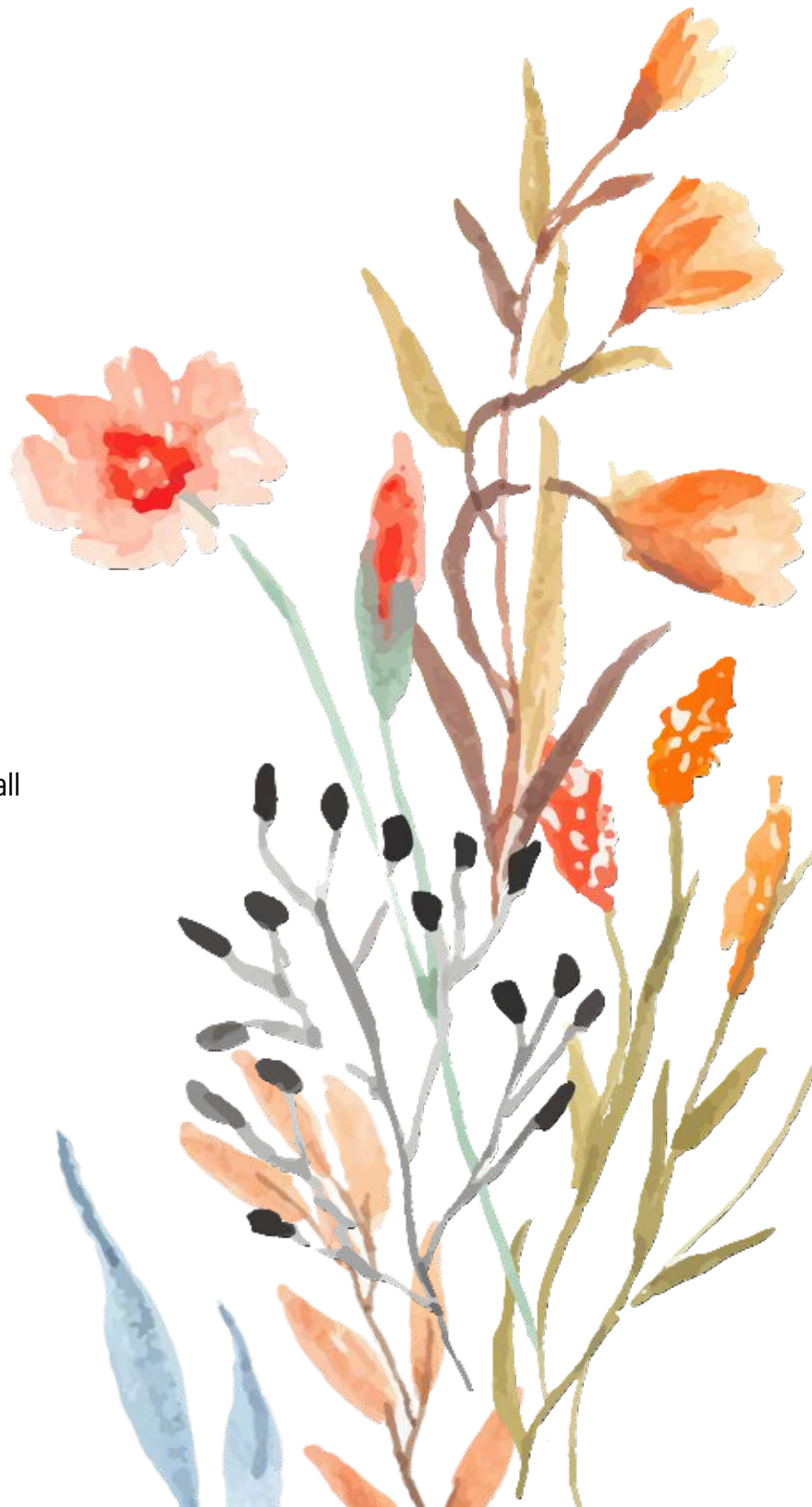
Although she is in her winter years
she does remember all of her summers
and the joyful time spent with her family.

She stops knitting
and her eyes wander off to the garden
without seeing a single thing
and a tear runs down her face
and if you would ask about it
she would only say:
"it's the morning sun."

She turns her eyes to the photographs on the wall
and intimately, she knows every face.
When she does open her Bible
she bows her head in recognition
and thanks the Lord that she is a mother and
grandmother
and her room seems somewhat small at times
and the retirement village is cold and lonely.

With her children's arms around her
she cries openly
and it's evident that she is glad to see them.

Although all of her children are grown up
she still does carry them in her heart
as a mother's work is never done
and she will carry them up to the Lord
until her dying day.



GREEN SLEEVE & GOALS OF CARE

A Green Sleeve is a plastic pocket that holds your important advance care planning forms.

Personal directive: A blank personal directive form comes with the Green Sleeve. If you already have your own personal directive, take out the blank form and replace it with yours.

Goals of Care Designation (GCD):



Medical Care: Focuses on medical tests and interventions to cure or manage a person's illness, but does not use resuscitative or life support measures.



Comfort Care: Focuses on providing comfort for people with life-limiting illnesses when medical treatment is no longer an option.



Resuscitative Care: Focuses on prolonging or preserving life, using medical or surgical interventions, including, if needed, resuscitation, and intensive care.

Within these three main approaches to care, there are subcategories called goals of care designations, which are used to further define and communicate goals of care to healthcare providers.

Your Green Sleeve goes with you through Alberta's healthcare system. In an emergency, healthcare providers can look at it and quickly determine your healthcare wishes. Keep only the most up-to-date documents in it so healthcare providers know your current wishes. Healthcare providers in all settings (such as the hospital) may ask if you have a Green Sleeve.

Where should I keep my Green Sleeve?

Your Green Sleeve belongs to you. When you're at home, please keep it where it's easy to find, such as on or near your fridge. Emergency responders (such as paramedics) must find your essential healthcare documents quickly and are trained to look near your fridge.

If you go to the hospital or a healthcare appointment, take your Green Sleeve. Be sure to bring it home.

Caring for Our Residents: New Initiative

We are implementing a new process to promote the well-being and safety of our community and reduce the spread of illnesses, such as colds, flu and other ailments within Shalem. Moving forward, signage will be placed outside the doors of residents who are feeling unwell and are required to remain in their suites until they are no longer showing symptoms. The signage will assist staff and health care aides in implementing proper protocols when caring for a resident. It will also remind other residents to refrain from visiting the unwell resident in their suite. Signage will be removed when a resident is no longer required to remain in isolation. This proactive step aligns with our dedication to aging-in-place, ensuring a healthy environment for everyone. We greatly appreciate your cooperation and understanding as we collaborate to support each other's health and comfort.

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
if it is an emergency.*



MAY IS MS AWARENESS MONTH: NAVIGATING MS TOGETHER

Canada has one of the highest rates of multiple sclerosis (MS) in the world, with an estimated 90,000 Canadians living with the disease. On average, 12 Canadians are diagnosed with MS every day. Most people are diagnosed with MS between the ages of 20 and 49, and the unpredictable effects of the disease will last for the rest of their lives.

MS is a chronic autoimmune disease of the central nervous system. Since that includes the brain, spinal cord and optic nerve, MS can affect vision, memory, balance and mobility. It is considered an episodic disability, meaning that the severity and duration of illness and disability can vary and are often followed by periods of wellness. It can also be progressive.

The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin. Myelin is necessary for the transmission of nerve impulses through nerve fibres. If damage to myelin is slight, nerve impulses travel with minor interruptions; however, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.

MS is unpredictable and may cause symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes. Its effects can be physical and emotional. Currently there is no cure, but each day researchers are learning more about what causes MS and are zeroing in on ways to prevent it.

Saskatchewan Research Team Identifies a New Factor Driving Neurodegeneration in MS

A research team at the University of Saskatchewan led by Dr. Michael Levin finds a link between a factor called 'RNA binding protein heterogeneous nuclear ribonucleoprotein A1' (hnRNP A1) and the slow and progressive loss of nerve fibres in multiple sclerosis (MS), also known as neurodegeneration.

Understanding the mechanisms of neurodegeneration will support the next generation of MS therapeutics.

Learn More:

<https://mscanada.ca/ms-research/latest-research/neurodegeneration-ms>



Residents Shop Spring Fashions



FITNESS FOCUS



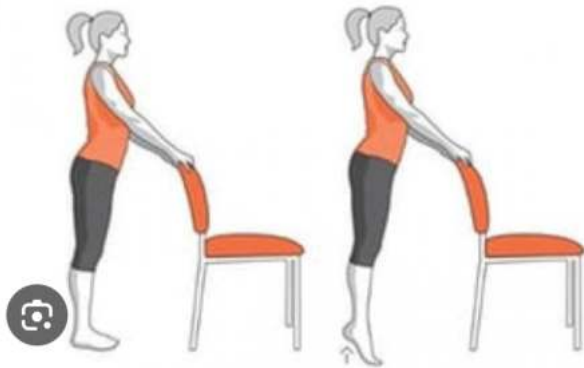
Move of the Month

Standing Heel Raises



Theresa de Walle

Fitness Instructor



1. Hold a chair or the wall.
1. Lift heels, hold for a few seconds and lower down slowly.

(Repeat 10 times, pausing after the first 5.
Work up to twenty)

Fitness and Massage Updates

Theresa will take some holidays this month, so the exercise schedule may vary slightly. Please consult the activity calendar for an updated class schedule.

Our massage therapist, Iuliia, is taking a well-deserved month off to rest. During this time, residents needing massage therapy are encouraged to sign-up for an appointment with our partner RMT, Will Tanner. Please sign-up if you are interested or speak with Michelle.

Health Program Info Sessions

Please mark your calendar for two upcoming information sessions about our [Aging Well in Place Health Program at Shalem](#). We extend a warm invitation to you and your family to attend one of these sessions and discover more about our Health Clinic Services.

Shalem Atrium

May 10th at 2:00pm

May 21 at 6:00pm



OUR COMMUNITY Feline Fun- Shalem's NEW Cat Club



Stay Tuned for the Next Cat Club in June



A Farewell to Volunteer Kim



LIVING BY FAITH

Aging and Finishing Well

David Alan Black
Author and Professor

Age, I am discovering, can be a powerful tool in your hands. It can motivate you to be more than you ever were before. The past is simply the beginning of the process of becoming better and becoming more in Christ. The concept of “finishing well” has been the center of my thoughts for the past several years. Losing one’s spouse is difficult to say the least. There is a hole in your life that only one person can fill, and she’s not here. But here’s what I’ve been discovering: You are still the same person. You’re just traveling in a new direction. There’s a “new normal.” God still has a good plan for your life, but it’s different from the one you’ve been used to for so long.

Aging is one of the conditions of our humanness and, in that sense, is incurable. I have found peace with my aging, not only through accepting it but by making it an offering to God, who can transform it into something for the good of others. The early fires of youth may be just embers in my life, but the God of the past is also the God of the future.

It is a high and holy privilege to serve Jesus as an older adult. God’s not through with me yet – or with you.

As I’ve grown older, I’ve become better at taking care of the temple God has given me. By definition, health is total physical, mental, social, and spiritual well-being. Sitting back and not taking control of the body God has given me is simply not an option for me anymore. In other words, healthy aging begins with taking care of yourself, as Paul assumes we all do with our bodies (Eph. 5:28-30).

It has now been four years since I began this exciting health journey, and not only do I feel great but I’m actually improving my physique. I am living proof that anybody at any age can

become their own health advocate and take charge of their fitness and physical well-being (which are all gifts of the Lord to begin with). You are never too old to start weight-training or to begin your own exercise routine. Both the physical and the spiritual have something in common, and that is this principle: there is a world of difference between knowing what to do and actually doing it. As we age, building physical strength isn’t easy. Building spiritual strength is even harder.

The older I get, the more I realize just how much we need God’s grace. And this grace is something that God supplies plenteously, sufficiently, and at times even abundantly. I know that grace. I’ve experienced it time and again. I, therefore, don’t mind getting older. The closer I get to glory, the better I can see the Unseen.

I deeply believe that for those of us who are over 60, the most profound growth still lies ahead of us. I refuse to brood over the hardships. As Paul wrote in Phil. 1:21, “For me, going on living means opportunities for serving Christ. And dying – why that’s even better!”

None of us can avoid aging. But we can all cooperate with the process that God apparently intends to naturally happen to us. For role models, we can look at Scripture. We can imitate people like the apostle Paul who was never content to sit on their laurels. Paul forgot what lay behind him and stretched forward toward the prize. When adversity strikes, you’ve got to keep on going. Paul never complained about old age. So why should we?



OUR COMMUNITY

Residents Roll Up Sleeves for COVID Booster



Little Fingers, Big Talent: Youth Piano Concert



CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

May 5	Bill Robson
May 9	Anita Saner
May 12	Doris Reitze
May 13	Cathy Colquhoun
May 17	Henk Dunnewold
May 18	Sandra Robertson
May 20	Jill Moroney
May 22	Maria Meester

MILESTONE BIRTHDAYS

Maria Meester is turning 70 and Jill Moroney turns 90!

HAPPY ANNIVERSARY

We have two Anniversary celebrations on May 22! John & Irene Stronks celebrate their 57th Wedding Anniversary and Sjaak & Maria Meester celebrate their golden wedding anniversary of 50 years. Howard & Judy van Camp are also celebrating their 37th Wedding Anniversary on May 30.

Throwback: 1974, A Year to Remember!

As Sjaak and Maria celebrate their 50th anniversary, we reminisce on the year they were married.

- MRI Scanner was developed in the USA
- The first item marked with the Universal Product Code (UPC) was scanned at a supermarket in Troy, Ohio
- The Prime Minister was Pierre Trudeau
- Actor Leonardo DiCaprio was born
- Minimum wage was \$2.60/ hour
- Average income per year was \$20,400
- The #1 song was The Way We Were by Barbra Streisand
- The top grossing movie was Blazing Saddles starring; Cleavon Little, Gene Wilder and Slim Pickens

BIRTHDAY PARTY

Tuesday

May 14

2:00PM

Dining Room

Entertainment
by Romeo



OUR COMMUNITY

Focused on Vision: Residents Grateful for Pop-up Eye Clinic



OUR COMMUNITY

Journey Through History: A Visit to Fort Calgary





MEMORY LANE BOW VALLEY RANCHE RESTAURANT

In the 1870's the first homesteader, John Glenn, established a permanent farm in the Bow Valley area, building a log house and barns, and clearing nine acres of land. He also set up an irrigation system, the first in Alberta - on the bottom twenty-one acres of his farm. The rich glacial silt produced good crops, up to 220 bushels of potatoes per acres. By 1879 he was comfortably established.

John Glenn's homestead was eventually purchased by the government as an instructional farm, for \$350, a cow and a calf. A superintendent was hired to teach indigenous, and the produce grown was distributed to people living on the reserves in the area. After several years the instructional program was phased out, and the government decided to re-sell the property.

The new purchasers were William Roper Hull and his brother, John Roper Hull. In 1883, the Hull brothers were driving 1,200 head of horses from Kamloops via the Crowsnest Pass to Calgary. They decided to become permanent residents, securing a contract with the Canadian Pacific Railways to be the sole suppliers of beef and expanded to fifteen butcher shops. Needing facilities for finishing cattle for slaughter, they offered to buy the Government Supply Farm for a rumored price of \$30,000.

The Hulls made numerous improvements, including the replacement of the original log house with a two-story brick ranch house. In 1902, the Hulls' farm was purchased by Patrick Burns, a successful cattle rancher who eventually became a senator. Almost a century later, local residents Mitzie and Larry Wasyliw created the Fish Creek Restoration Society in 1995 for the purpose of restoring the Hull residence. In the summer of 1999, the ranch house was opened as a fine dining restaurant. In early 2014, Great Events Group took over, restoring it to its original grandeur and reopened the restaurant as an exquisite location. It continues to welcome guests for refined social gatherings and fine cuisine.



OUR COMMUNITY

Cheers to Fun: Happy Hour Every Thursday, Everyone Welcome!





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.*

I'm Not Old... Just Mature

by E.C. Stangland



Today at the drug store, the clerk was a gent
From my purchase, this chap ... took off ten percent
I asked for the cause of a lesser amount
And he answered, "Because of the Seniors Discount."

I went to McDonalds for a burger and fries
And there, once again, got quite a surprise
The clerk poured some coffee which he handed to me
He said, "For you Seniors, the coffee is free."

Understand — I'm not old — I'm merely mature
But some things are changing, temporarily I'm sure.
The newspaper print gets smaller each day
And people speak softer ... can't hear what they say.

My teeth are my own ... (I have the receipt)
And my glasses identify people I meet
Oh, I've slowed down a bit ... not a lot, I am sure
You see, I'm not old ... I'm only mature.

The gold in my hair has been bleached by the sun
You should see all the damage that chlorine has done
Washing my hair has turned it all white
But don't call it gray ... saying "blond" is just right.

My car is all paid for ... not a nickel is owed
Yet, a kid yells "Old duffer ... get off of the road!"
My car has no scratches ... not even a dent
Still I get all that guff from a punk who's "Hell bent."

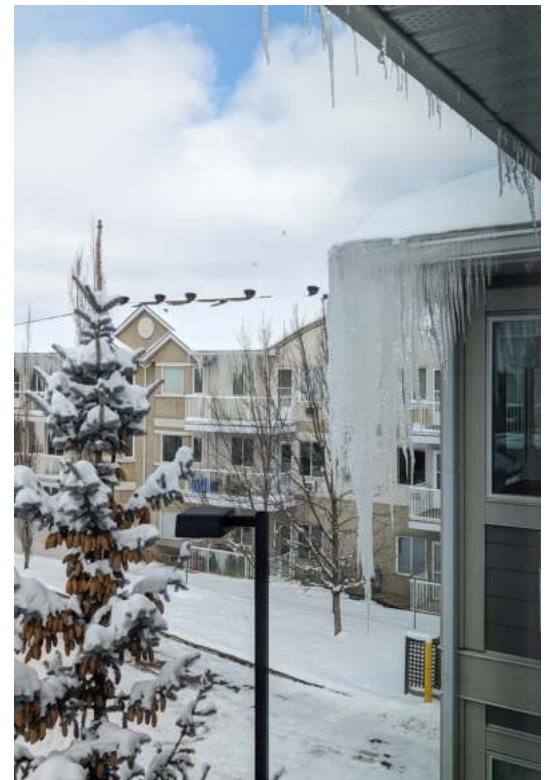
My friends all get older ... much faster than me
They seem much more wrinkled, from what I can see
I've got "character lines," not wrinkles ... for sure
But don't call me old ... just call me mature.

The steps in the houses they're building today
Are so high that they take ... your breath all away
And the streets are much steeper than ten years ago
That should explain why my walking is slow.

But, I'm keeping up on what's hip and what's new
And I think I can still dance a mean boogaloo
I'm still in the running ... in this I'm secure
I'm not really old ... I'm only mature.



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Winter at Shalem
Photos submitted by Neil De Bree



OUR COMMUNITY

Life at Shalem



UPCOMING EVENTS

SATURDAYS

Main Hallway
2:00PM

Saturday Strides

Step into wellness with our walking club every Saturday afternoon. This is a Health Care Aide supported activity. Please arrive on time.

MONDAY, MAY 6

Shalem Atrium
1:00PM

Piano Concert with Heather

Embrace the joy of spring with Heather's melodies. Don't miss the opportunity to immerse yourself in the magic of live piano music!

THURSDAYS IN MAY

Manor Social Room
10:00AM

Bible Study Group

Join us for an enriching Bible Study about the Beatitudes, led by Pastor Allan. Everyone welcome!
Please note: **NO Bible Study May 16**

SATURDAY, MAY 11

Dining Room
11:00-1:00PM

Mother's Day Brunch

Celebrate the special day with friends and family, delicious food, and, of course, mimosas! See bulletin boards for details and RSVP with the Dining Room.

MONDAY, MAY 13

Shalem Atrium
6:30PM

Chinese Massage

Sign-up to save your spot with the Students from CITCM Massage & Acupuncture College. Relax while enjoying a free massage.

TUESDAY, MAY 14

Meet at Haven Entrance
6:15PM

A Legacy of Faithfulness. A Musical Tribute to Calgary Christian School's 60th Anniversary

Join us on an evening bus trip to a special musical performance celebrating Calgary Christian School's 60th anniversary! Experience a heartwarming musical tribute featuring talented CCS students and alumni. Former band and choir members and alumni who sing or play instruments will perform alongside current students for a musical blend of past and present talents. Don't miss this celebration of music and heritage.

UPCOMING EVENTS

WEDNESDAY, MAY 15

Café

11:00AM

Jelly Modern Doughnuts

Never heard of this bakery? Come and try Canada's original gourmet doughnuts. Known for sophisticated flavours and high quality ingredients, this is one treat you won't want to miss. First come, first served basis.

FRIDAY, MAY 24

Emmanuel Church Parking Lot

APPOINTMENTS STARTING AT
9:00AM

Patricia's Mobile Dental Hygiene Clinic

This mobile clinic is fully accessible, and wheelchair users can stay in their chairs during treatment. Services include-Dental Exams, Polishing, Cleaning, Fluoride, Denture Cleaning, Temporary Fillings, Teeth Whitening, X-rays, and more. By appointment only, please sign-up.

Location: Directly outside the Courtyard Gate, in the Church Parking lot. If you need assistance getting there, please speak to Izel, a Health Care Aide, or Michelle.

MONDAY, MAY 27

Shalem Atrium

11:00AM

Health Matters- Wellness Session

Discover valuable insights and practical tips to manage arthritis symptoms effectively in this wellness session, led by Nurse Izel.

TUESDAY, MAY 28

Meet at Haven Entrance

11:30AM

Central Library Tour

Enjoy a guided library tour to learn more about its unique architecture, which is known for its innovative and striking designs. After the tour, enjoy an optional bagged lunch and wander the library, taking in the books and ambiance.

Dining Room

7:00PM

Elvis Presley Show

"A Little Less Conversation," a little more Elvis. Get "All Shook Up" with an Elvis Impersonator. "Don't Be Cruel," join the fun!

THURSDAY, MAY 30

Meet at Haven Entrance

10:45AM

RiverCross Ranch

Visit this picturesque ranch, where you'll be treated to a cowboy lunch with all the trimmings. Afterward, enjoy a game of bingo and some quality time with adorable and snuggly miniature horses. Sign-up for a day of food, games, and animal companionship.