

MARCH 2022

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO MARCH



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Shalem
Society for Senior Citizens Care

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
- Stewardship of resources
- Justice
- Community
- Compassion



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

All powerful God, I want to be fully committed to you. Let me abide in you and your glory. Help me stay focused on your word and rest on your promises. Fill me full of faith that doesn't falter, hope that is everlasting, and love that is overflowing. Your gift of Jesus was the greatest gift of love. Give me opportunity to share that truth with others.

Amen.

Prayer based on
1 Corinthians 13:13



LIVING WELL TOGETHER

Musings from the Executive Director

MARCH 2022

Amazing Love

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 8:38-39

There is a hint of spring in the air!

More than a hint actually – as we have watched the snow melt, the days lengthen and the sun shine brighter. It makes us want open wide our windows and doors, breathe the fresh air in deeply, and feel the warmth of the sun on our faces. There is something very restorative about the early signs of spring! And even as we anticipate more snow before winter is over, we know that the stronghold of winter has already been released.

And with that we begin the season of Lent.

The word “Lent” comes from the Old English word “lengthen,” which simply means “Spring” — when the days lengthen and new life springs forth.

Lent is the springtime of our faith. A time when out of the darkness of winter, we are reminded of God’s deep love for us. A time in which we anticipate the victory of the light and life of Christ over the darkness of disappointments and death.

At times in our lives, the disappointments or regrets can seem overwhelming. Times we grieve broken or lost relationships, perhaps for what they were but also for what they were not. Times of watching those we love suffer and the helplessness of not being able to take away their pain. Times of guilt for not doing more or trying harder to help or restore relationships. Times of despair or grief in the loss of moments we will never receive back. Lent is the season in which we ought to be surprised by joy. The joy of being able to let go of fears, regrets, or disappointments that may be on our shoulders. The joy of finding grace in each moment. The joy of breathing in deeply of God’s amazing love for us.

The beauty of Lent is the reminder that nothing can separate us from the love of God!

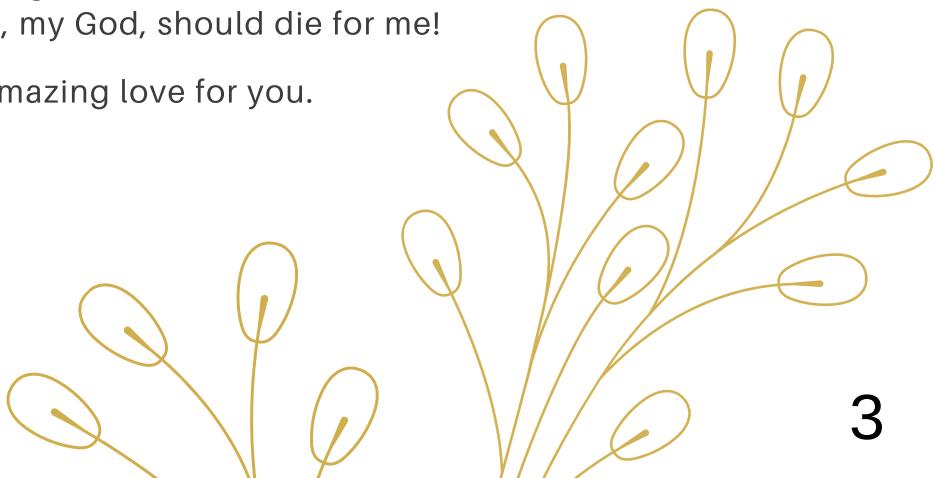
Absolutely nothing! God’s love is so great, so unbelievably amazing!

I am reminded of the words from the chorus of the old hymn “And Can It Be, That I Should Gain’ written in 1738 by Charles Wesley:

Amazing Love! How can it be
That Thou, my God, should die for me!

May you breathe in deeply of God’s amazing love for you.

Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

Lord Jesus, We place our sick under your care and humbly ask that you restore health to Sabine Boychuk, John Kopola and Norah Graham.

We welcome Arie & Nel De Bruyn to the Court and Rhoda Bell to the Haven.

Prayer for Ukraine

God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all those who fear for tomorrow,
that your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
for wisdom, discernment and compassion
to guide their decisions.
Above all, we pray for all your precious children, at risk
and in fear,
that you would hold and protect them.
We pray in the name of Jesus, the Prince of Peace.
Amen.

- (Church of England)



Prayer of St. Patrick

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit up, Christ when I arise, Christ in the heart of every person who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.



Worship Service
emmanuel church

Tune into Channel 398 on your TV for Emmanuel Church Service

Worship Services
Every Sunday at 10:00am

www.emmanuelcrc.org

WHAT HAPPENED LAST MONTH? Life at Shalem

Heart Tree - Love, Joy & Thanks



Brain Teaser Activities with Shalem Volunteer Kim



WHAT HAPPENED LAST MONTH?

An evening of Tea & Massage with volunteers from
CITCM Massage & Acupuncture College



WHAT HAPPENED LAST MONTH?

Learning Session - Heart Health with Richmond Square Pharmacy

Shalem now has its own Blood Pressure Monitor available to Residents. See Haven receptionist.



richmond square
pharmacy



Weekly Chapel Service



MARCH 2022

WHAT HAPPENED LAST MONTH?

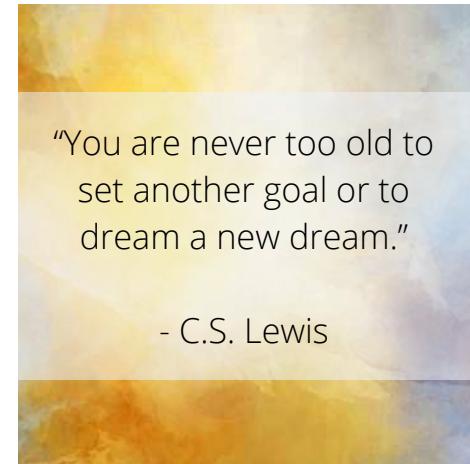
Paint N' Sip Monthly Class

Art therapy relieves stress, improves dexterity and motor skills, and can help with pain management.



WHAT HAPPENED LAST MONTH?

Fitness Programs at Shalem Focus on Strength, Stretching and Balance



Residents and Staff Enjoy A Coffee & Chat in the Cafe



WHAT HAPPENED LAST MONTH?

Haven Residents the Next Contestants on "The Price is Right"



**Tuck Shop
Is Back !
Wednesday
March 9th**



RESIDENT NOTICES

Resident Referral Program

Don't forget, we now have a referral program! For each person you refer, that contacts the Resident Life office , you will receive a Dining Voucher. If a referral becomes a Shalem Resident, you will receive one month of **FREE** rent!!

If you know someone that may be interested, please have them contact Susan at 403-240-2800 Ext. 2 or through living@shalem.ca.

Masks Available to Residents

- N95 and medical masks are still available for FREE to Residents. These are available at the Haven front desk as well as the Business Office.
- As of March 1, the province of Alberta has lifted the Provincial mask mandate except:
 - on municipal and intra-provincial public transit for Albertans 13 and older
 - at AHS-operated and contracted facilities, and all continuing care settings



Dining Services

We now welcome guests to the Dining Room for Lunch or Dinner Service. Please give the Dining Room **24 hours notice** if you would like a guest to join you. Private seating will be arranged and visitors must follow our current COVID protocols. Lunch served at 12:00 noon (\$12.00), Dinner served at 5:00pm (\$15.75).



Building & Grounds

This month we will be replacing the large overhead lighting in the outdoor parking lots of the Manor and Court to LED. There will be times when parking spaces are blocked off. Please see notices on information boards for detailed information.

Photo Directory Distribution

The Photo Directory will be picked up from the printers the first week of March! One directory will be delivered by staff to each suite.

SHALEM
COMMUNITY
DIRECTORY

Recreation Notice - Computer Classes Set to Begin

For those that signed up previously, classes begin Monday, March 21, 2 pm in the SA. Details will be provided to those individuals that signed up.



Coffee Connection

with Dorothy de Vuyst

Coffee: Monday, March 7th at 1:30PM

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

RESIDENT NOTICES

SHALEM TUCK SHOP!

Wednesdays: March 9th, 16th, 23rd and 30th

9:30-10:30am, Main hallway near the information TV.

Together with Richmond Square Pharmacy we bring you a Tuck Shop with items at discounted prices! Payment through CAFT. Thank you to the volunteers that make this possible!



COVID-19 UPDATE

Alberta entered Step 2 and some restrictions have been lifted, including the mask mandate. We continue to encourage mask wearing for Residents, but it is not mandatory. However, masks are still required for municipal and intra-provincial public transit, as well as staff and visitors in AHS-operated and contracted facilities, and all continuing care settings.

We are still required to follow AHS requirements at Shalem. Until further notice will continue with:

- 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.
- For Residents who are experiencing symptoms, or have been in direct contact with someone that has tested positive for COVID, rapid tests are available through the front desk. We also have the resource of asking AHS to come on site to provide a PCR test.
- If a Resident does contract COVID and is fully vaccinated, they must stay isolated for 5 days from the onset of their first symptoms and can leave their suite on day 6, provided they are no longer symptomatic. Unvaccinated Residents must isolate for 14 days. In both instances, masks must be worn for 14 days from the onset of their first symptoms, when outside their suite.

WINTER OLYMPIC GAMES - 2022, How did we do?

Canada totaled 26 medals; four gold, eight silver and 14 bronze – ranked fourth in the total medal table behind Norway (37), Russia (32) and Germany (27) and ahead of the United States (24).

Gold

Snowboard – Men's Slopestyle
 Long Track Speed Skating – Women's Team Pursuit
 Short Track Speed Skating – Men's 5000m Relay
 Ice Hockey – Women

Silver

Freestyle Skiing – Men's Moguls
 Short Track Speed Skating – Men's 1500m
 Snowboard – Men's Snowboard Cross
 Long Track Speed Skating – Women's 3000m
 Ski Cross – Women
 Freestyle Skiing – Women's Halfpipe
 Long Track Speed Skating – Men's 1000m
 Long Track Speed Skating – Women's Mass Start

Bronze

Long Track Speed Skating – Women's 3000m
 Snowboard – Men's Slopestyle
 Short Track Speed Skating – Women's 500m
 Ski Jumping – Mixed Team
 Snowboard – Women's Snowboard Cross
 Alpine Skiing – Men's Alpine Combined
 Freestyle Skiing – Mixed Team Aerials
 Snowboard – Mixed Team Snowboard Cross
 Short Track Speed Skating – Men's 500m
 Bobsleigh – Women's Monobob
 Snowboard – Men's Big Air
 Freestyle Skiing – Women's Halfpipe
 Curling – Men
 Bobsleigh – Four-Man



HEALTH INFORMATION

Nutrition Month

Ingredients for a Healthier Tomorrow

Your future is healthy! This March, dietitians across Canada are coming together to share how they can support you and make your future a healthier one. From food security to food literacy and food sovereignty, to sustainable food choices and nutrition care and prevention, we are unlocking the potential of food for a healthier tomorrow.



Good nutrition is important at any age. Eating well helps you feel your best each day. Healthy eating will help to prevent or manage heart disease, diabetes, osteoporosis and some cancers.

Some tips to help stop unwanted weight loss.

- Don't skip meals - especially breakfast. It will make it hard to get all the nutrients you need each day.
- Eat smaller amounts of foods more often (every 2-3 hours)
- Eat more food when your appetite is best.
- Have a snack before bed at night.
- Make every bite count! Fill up on high calorie healthy food.
- Avoid smoking. It lowers appetite and limits taste.

Please consider a Shalem Meal Plan form the Dining Room if you are struggling to make nutritious meals.

Don't forget protein-rich foods in your diet! They are the building blocks of our body and they help fill us up.

- Cook many servings of meats at once. Freeze the extras and then the meat is ready to reheat when you need it.
- Use beans, peas or lentils in salads, soups or pasta sauce.
- Nuts or seeds make great snacks! Add them to muffins, salads and yogurt. Chopping or grinding nuts will make them easier to chew.
- Spread nut or seed butter on toast, crackers or apple slices.
- Add canned fish, or an egg to salads, soups or pasta.

One of the biggest problems for seniors is not eating enough!

Quick and Healthy Snack Ideas

(Aim for two snacks per day)

- unsweetened applesauce
- cheese and crackers
- fruit - fresh or canned
- hard-boiled eggs
- Greek yogurt and fruit
- toast with peanut butter
- trail mix - nuts and fruit
- avocado on toast
- oatmeal
- whole grain muffins



LIVING BY FAITH

Lent begins March 2 and ends April 14 this year.

Lent is an old English word meaning 'lengthen'. Lent is observed in spring, when the days begin to get longer.

Lent marks a 40-day period (Sundays excluded) leading up to the celebration of Easter. During Lent, Christians have traditionally engaged in practices of self-denial - like fasting - meant to orient their hearts and minds to the sufferings of Christ, who spent 40 days in the desert fasting and enduring temptations from Satan. In recent years, a greater number of Christians have observed spiritual practices like giving up a favorite indulgence such as chocolate or alcohol, give up using social media or abstaining from meat on Fridays. It is a time to turn to God to recommit, and to confess and repent.

***Excerpt from: Lent Lifts Us Up Where We Belong
by Author Jen Pollock Michel***

Lent reminds us not simply to turn inward but to turn toward Christ. This Christ-ward gaze is the thrust of the book of Hebrews, addressed to Christians suffering not from today's struggles of pandemic or war attacks but from the trials of persecution, imprisonment, loss of property, and much more.

Look to Christ, the writer of Hebrews pleads, who ran his own race with endurance (Heb. 12:1-2). Look to Christ, your brother and faithful high priest, who readies himself to help (2:14-17). Look to Christ, Son of God, who "learned obedience through what he suffered" (5:8, ESV).

"Therefore do not throw away your confidence which has a great reward. For you have need of endurance, so that when you have done the will of God you may receive what is promised" (Heb. 10:35-36, ESV).

If endurance is the cure for acedia, we must ask Christ to give it to us. Why? Because most of us are good at evading the work that grace makes possible, whether or not we're confined at home. Wherever we find ourselves, we want life at its most cosmic and extraordinary—not the dishes, not the homework, not the next small group Zoom meeting. We are frequently tempted to think, "Maybe it isn't worth the work," writes J. L. Aijian. "Acedia hurls thoughts like these at its victims in a strategic effort to get them to stop pursuing their spiritual vocations."

By contrast, Lent and its habits ask us simply to stay put—and keep keeping on with the everyday tedium of love.



MARCH CELEBRATIONS AT SHALEM

Happy Birthday!

March 5	Wyke Kruitbosch
March 16	Joyce Hall
	John Kehler
March 17	Len Keeler
March 26	Marry Muller



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

*Congratulations to Roger & Doris Haynes on
their 55th Wedding Anniversary, March 11th.
May God's blessings and love fill you with joy.*



March Birthday Party

Join us in celebrating Shalem Residents that have their Birthdays this month!

Tuesday, March 8th at 2:00PM

Cake & Performance by musician Dean Jarvey

Answer to Game on Page: 17

- | | |
|--------------|--------------|
| 1. Wholesale | 9. Whale |
| 2. Stale | 10. Bale |
| 3. Pale | 11. Calendar |
| 4. Azalea | 12. Female |
| 5. Exhale | 13. Scale |
| 6. Kale | 14. Tale |
| 7. Palette | 15. Valet |
| 8. Sale | 16. Shale |

**What do you get
when you cross
poison ivy and a
four leaf clover?**



*A rash of
good luck!*

**Why shouldn't
you iron a four
leaf clover?**



*You don't
want to press
your luck.*

VOLUNTEERING

Thank you to the Calgary Public Library & Shalem Seniors for managing our book collection



THANK YOU



Students from Calgary College of Traditional Medicine and Acupuncture treated us to an evening of "Tui Na & Tea." Shalem seniors received a sample of this gentle Chinese massage. The students are coming back, so if you would like a turn check out the activity calendar and sign up early!

Shalem Seniors Spoiled Volunteers donate tulips & treats



Thank you to Karen & Linda from, The Travelling Tea Cups, for volunteering to bake and deliver scones to Shalem for Valentine's Day. Every Shalem suite received a fresh scone. That's a lot of baking! Thank you ladies. It was a real treat.

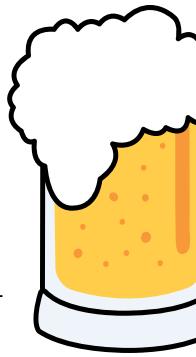
Karen & Linda run a small local business, offering afternoon tea party catering. www.travellingteacups.ca



Thank you to Alan & Joan for donating the beautiful tulips. They brought color and joy to our spaces. Alan & Joan volunteer with our Memory Connect Program.



We received Valentine goodie bags & baked treats from volunteer, Shari and her family. Valentine cards were written by youth from Mount Royal Junior High. Thank you for blessing us with your time, gifts and talents!

GAMES & FUN**A Pint of "Ale"****All answers include the letters ale**

1. Selling of goods in large quantity _____
2. No longer; hard, dry _____
3. Having little colour _____
4. Rhododendron-like flower _____
5. Breathe out _____
6. A variety of cabbage _____
7. Artists use to hold and mix paint _____
8. Event with reduced priced goods _____
9. Large aquatic mammal _____
10. Bundle of hay _____
11. Displays the days of the month _____
12. Not a man _____
13. Used to find weight _____
14. Narrative or story _____
15. Person employed to park cars _____
16. Soft, fragile rock _____



SPECIAL EVENTS

HIGHLIGHTED ACTIVITIES FOR THIS MONTH:

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

MEMORY CONNECT



*Helene
Friesen*



Friday, March 4th (with Liz)
Friday, March 25th (with Michelle)
 10:30 AM- Haven 3rd Floor

In Memory of Helene, with Pastor Layne

Monday, March 7th

Grieve, share and celebrate a beautiful life.
 4:00PM - Shalem Atrium



HAPPY HOUR

LINE DANCE CLASS



Thursday, March 10th, 24th and 31st

*Shalem Café 3:00pm.
New Drink Specials!*

Wednesday, March 16
2:00PM, Haven 3rd Floor
(for those previously signed up)



St. Patrick's Day Dinner

Thursday, March 17th

5:00PM, RSVP with the Dining Room.
 Food, Drink and Entertainment by Romeo



Tips to Journey Grief
and Bring Hope

Guest Author/ Speaker, Shirley Thiessen

Tuesday, March 22

2:00PM - Dining Room



Tui Na
Massage &
Tea

- Massage and Tea with students from CITCM Massage & Acupuncture College.
- Enjoy a FREE massage, a cup of tea and find out about Chinese Medicine.

Thursday, March 24th

7:00 PM- Shalem Atrium, (Sign-up required) 18