

NOVEMBER 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO NOVEMBER



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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
- Justice
- Compassion
- Stewardship of resources
- Community



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



A Prayer for Peace Amid Chaos

Lord God,
You promise the peace of a still lake
even in the midst of a storm.
You promise the peace of a slumbering
child even in the middle of tension
and disagreement.

You promise the peace of a poppy
field even in the place of heartbreak
and devastation.

Your promise is a peace that surpasses
our human understanding.

So I choose to rest by the still waters, to
lie down and rest amongst the poppies.

Your resurrection declared peace over
trauma, power over death, and life
everlasting.
I trust in you.

—Unknown

LIVING WELL TOGETHER

Musings from the Executive Director

NOVEMBER 2021

Trees of Life

“But blessed is the man who trusts me, God,
 the woman who sticks with God.
 They’re like trees replanted in Eden,
 putting down roots near the rivers—
 Never a worry through the hottest of summers,
 never dropping a leaf,
 Serene and calm through droughts,
 bearing fresh fruit every season.
 Jeremiah 17:7-8
 (The Message)



There is much to enjoy about every season but as we enter the winter months, I must admit that probably like most people, I am not looking forward to the colder weather. I have enjoyed my walks and hikes this summer and fall – the warmth of the sun, breathing in the fresh air and just appreciating the beauty of nature. Winter tends to keep me – and most of us –inside. But as with all seasons, winter also has its beauty – the crisp air, the gentle falling snow. The winter wonderland!

I love the picture that Jeremiah paints in the verses above. That of a tree planted along a riverbank with its roots reaching deep into the water. And even when extreme heat or drought...or the cold and winter we are heading into...surrounds it, it knows to keep drawing on the water of the river so that it can be prepared for every season.

The seasons of life are often compared to the seasons of nature. From the spring months of youth and energy and growth to the winter months of aging and eventual death. There is much we can learn from the trees through the seasons. To rejoice at the life, beauty and fruit that we each bring into the world. To position ourselves close to a source of life-giving water and rich soil so that when the cold winds batter against us, we will be able to bend and adapt but not break. Trees seem to be so resilient as they bend and adjust to the conditions around them. And if they’re fortunate enough to be growing next to a reliable source of water, they can continue to grow and flourish regardless of the climate that surrounds them.

Many religions use the tree of life as a meaningful symbol to represent our personal development, our uniqueness, and our individual beauty. The concept behind the tree of life is that as the branches of a tree strengthen and grow, we too grow stronger and wiser as we move through life. But without God, the meaning of the tree of life is empty.

Continued...

LIVING WELL TOGETHER

Trees of Life



Shalem has also used the tree of life as its logo, and I was recently shown a newsletter dating back about fifteen years where under Shalem's logo was the verse of Jeremiah 17:8. From its inception Shalem recognized the strength that each one of us receives from being rooted in God – and desires to be a place where those nearing or at the winter season of life can continue to thrive.

You are that tree. I am that tree. And we are anchored in God, receiving His life-giving water in the heat and drought, the cold and wind, helping us become strong and resilient whatever we may be experiencing. I see that strength in many of you. Perhaps that is the beauty of aging. Life's experiences of joy and laughter as well as those of sorrow and loneliness can bring knowledge, wisdom, and compassion. Although our bodies and sometimes our minds can get weaker, rooted in Christ, the spirit grows stronger!

Trees don't always choose where they're planted. I know that many of you find yourself in situations of pain and loss you have not chosen. Let's sink our roots deep into God. Let's drink of that life-giving water through the hardships I know many of you are experiencing. Whatever your circumstances, know that you are never alone. Know that you stand strong, filled with hope and confidence – just like a tree planted along the riverbanks of Eden.

Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

Let's pray for each resident listed below, as well as those not listed, to feel God's love and peace.

- We continue to pray for God's comfort to be with George and Elsie Van Dyk, as George will be transitioning into other care.
- Bert Zabel remains in Hospital. Pray for a speedy recovery, so he can return home to Shalem.
- Pray for strength and healing for Betty Cragg, as she is receiving care in Carewest.
- We are thankful Roger Haynes is home from the hospital!

Welcome!

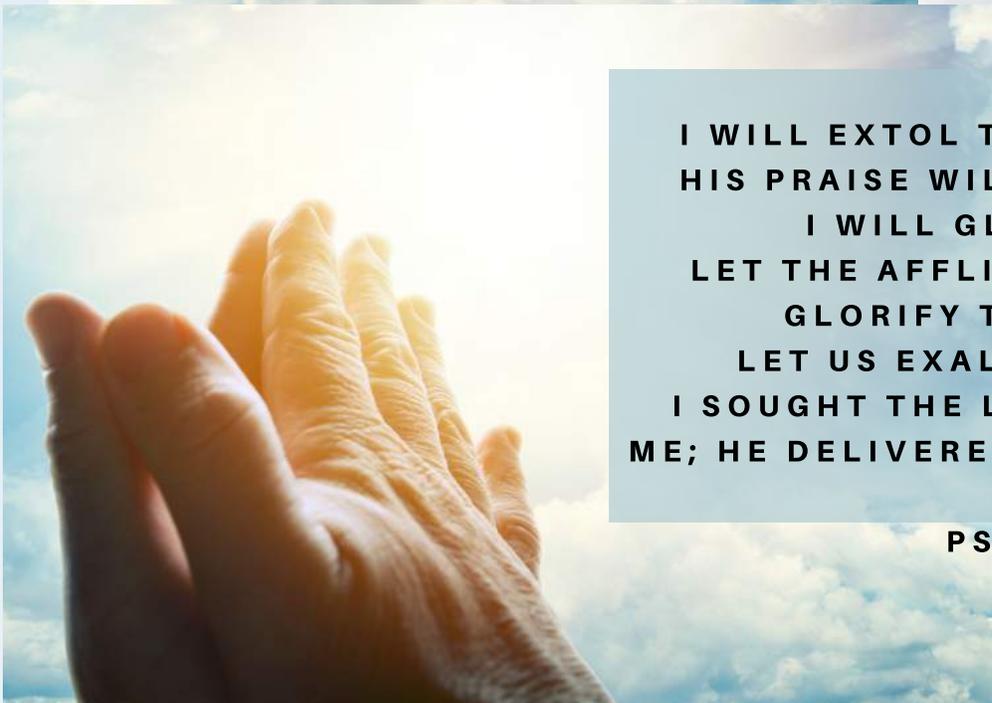


You might notice a few new faces at Shalem!

In the Haven, we welcome Joyce South, Jack Covey & Gerry Doherty.

In the Court, we welcome Jan & Susan Spoor, John & Irene Stronks and Bert & Anne Jonker

Please join us in welcoming them to our Shalem Family!



**I WILL EXTOL THE LORD AT ALL TIMES;
 HIS PRAISE WILL ALWAYS BE ON MY LIPS.
 I WILL GLORY IN THE LORD;
 LET THE AFFLICTED HEAR AND REJOICE.
 GLORIFY THE LORD WITH ME;
 LET US EXALT HIS NAME TOGETHER.
 I SOUGHT THE LORD, AND HE ANSWERED
 ME; HE DELIVERED ME FROM ALL MY FEARS.**

PSALM 34:1-4

WHAT HAPPENED LAST MONTH? *Life at Shalem*

Fall Drive and Park Lunch



Atrium Construction



WHAT HAPPENED LAST MONTH?

Thanksgiving Dinner



WHAT HAPPENED LAST MONTH?

Thanksgiving Dinner Continued



WHAT HAPPENED LAST MONTH?

October Birthday & Anniversary Celebrations



Oktoberfest



WHAT HAPPENED LAST MONTH?

Mini Farm Visit with Butterfield Acres



WHAT HAPPENED LAST MONTH?

Paint N'Sip with Carol

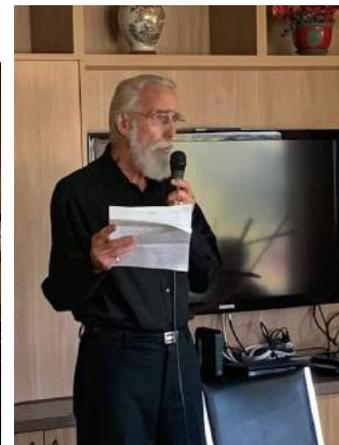


WHAT HAPPENED LAST MONTH?

Kitchen Stories



Chapel



WHAT HAPPENED LAST MONTH?

Thankful Tree - *There is always something to be grateful for!*



**Pumpkin
Decorating
Contest**

RESIDENT NOTICES



Shalem Atrium Project Update

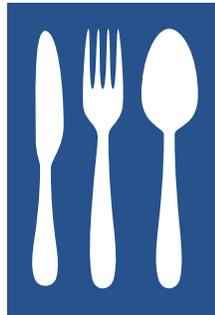
Renovations are well under way in the Shalem Atrium. You will see the walls have been painted and the new lighting and fans are installed. Wiring for speakers and a sound system are being installed and new flooring has been ordered. With the renovations underway, please continue to check the calendar and posters for activity locations. We hope to resume use of the Atrium space in mid November, but the space will still be in progress as we work on finishing touches with furniture and decor. Thank you for your flexibility and patience as we complete this project.

This project is funded by supporter donation and by the Government of Canada's New Horizons for Seniors Program (NHSP). This program provides grants and contributions for projects that help improve the well-being of seniors and foster their social inclusion.

Dining Room Service - Meal Delivery Update

We are so grateful for our Dining Services staff and the quality of food and service they provide us! For those that regularly take meals in the Dining Room, you have seen first-hand how hard our staff work.

During the height of COVID, Shalem Management made efforts to eliminate the number of people congregating in the Dining Room. Our Dining Services staff have graciously been delivering food to Resident's suites. However, effective **November 15, 2021**, meal delivery will again be provided at a fee of **\$5.00 per delivery** -- applicable to all Shalem Residents. Meal delivery charges will be invoiced and automatically charged to Residents via our CAFT system.



Staff will continue to offer free meal delivery only under the following circumstances:

- In the event a Resident - who normally receives meal services - is ill, staff will assist with delivering meals for up to 72 hours (3 days). Should an illness extend beyond 72 hours, meal delivery will be charged unless otherwise approved by Shalem staff.
- In the event of an elevator outage, if a Resident - who normally receives meal services - is unable to use the stairs to access the Dining Room.

Any exceptions to these guidelines will be need to be pre-approved by Shalem management. Thank you for your understanding and acceptance of this policy.

Photo Directory and FOIP Update!

We continue to work on a photo directory for Shalem residents and staff. You will be receiving a new Freedom of Information and Protection of Privacy (FOIP) agreement to be completed by each resident. This update will supersede any that you have previously completed.

If you wish to be part of our directory, staff will be taking photos periodically. If you have a photo you would like to include, please email it to communicationseshalem.ca for consideration. The photo needs to be high resolution quality.

SHALEM
COMMUNITY
DIRECTORY

Garbage Room Etiquette Tips:

- Our buildings are equipped with garbage rooms - this makes it easy to dispose of a full trash can. Please remember this is NOT a place to dispose of large amounts of waste or any loose items.
- All trash must be secured in a garbage bag, not exceeding 30lbs. Any large amounts of waste needs to be taken to the external garbage building and placed in the appropriate bin.
- Double bag if you find the trash bag is leaking to avoid mess in the garbage room.
- Never leave your trash on the floor in the garbage room or on your deck. If your trash bag is too large for the can in the garbage room, please carry it to the external garbage building.
- Remember to separate your organic material and bring it to the green bins, located in the North parking lot. This will prevent the garage room from becoming a collection of bad odors.



If you have any further questions about how to dispose of other garbage, or unwanted items, please contact Grant, the Building Maintenance Manager.

RESIDENT NOTICES

COVID-19 UPDATE

Thank you to those that responded to the resident survey, we value the input from residents.

Shalem is under the directive of Alberta Health Services (AHS) rather than the Province of Alberta. That means that we must follow the protocols set out by AHS.

Our goal is to keep Shalem safe and respond to the pandemic as needed. We've already implemented a COVID vaccination policy requiring all staff, volunteers and contracted workers to be vaccinated to come onto Shalem's facility. We should all continue to be vigilant and make good choices. This includes:

- Asking visitors and guests who feel unwell or are at risk of being exposed to COVID to stay not enter our facility (even if it is not COVID related).
- Ensuring visitors and guests continue to wear masks in all common areas.
- **NEW** - effective immediately all visitors to the Haven must now wear masks continuously, including when visiting in a Resident's room.
- **NEW** - All visitors over 12 years of age will be required to show proof of vaccination, along with valid Identification prior to entering Shalems' facility. Only those visitors able to produce proof of a medical exemption will be exempt from this requirement.
- Continued enhanced sanitization, both by our housekeeping and other staff, but also for each of us as we make use of the hand sanitizers located throughout the facility.
- Making wise choices about where we go and who we see when not at Shalem to minimize exposure.
- All guests & visitors are to continue to enter through the Haven entrance to sign in.
- If you are concerned about transmission of the virus, please continue to wear your mask and physical distance from other Residents.

For the most updated information please refer to the letter delivered to all residents dated October 21, 2021. Thank you for your continued efforts to keep Shalem safe and COVID-free!



Please note that due to inflation, you will notice small adjustments in our food, drink and transportation costs at Shalem.



SHALEM SONG BOOKS

We are so happy to be enjoying singing once again at Shalem. With the return of singing at Chapel and the Sunday Hymn Sing we are so blessed to share in worship. We have noticed that some of our Shalem Song Books have gone missing and we would love for them to be returned to the Haven 3rd floor. If you happen to have one in your suite please return it at your earliest convenience.



Coffee Connection

with Dorothy de Vuyst

Coffee: Monday, November 8 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.

HEALTH INFORMATION

Reduce Your Chances of Falling

Challenge Your Balance

- Balance is controlling your movements.
- Practice movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats.
- Try tai chi, yoga or sports that challenge your balance.

Build Strength

- Do exercises for your leg muscles.
- Use bands, weights or your own body weight.
- Try squats, hamstring curls, and side leg lifts.

Be Active

- Do activities you enjoy!
- Try for 30 minutes or more of moderate to vigorous activity or exercise 5 times per week.
- Walk, dance, garden, bicycle, or swim.

Know YOUR Risks

Your health care provider can help you identify reasons related to your health or environment that can cause you to fall.



Have your vision checked every year for changes to your eyesight, cataracts, and other conditions.



Medications for sleep, anxiety, and treating depression can make you dizzy or sleepy and unstable on your feet. Review your medications with a doctor or pharmacist.



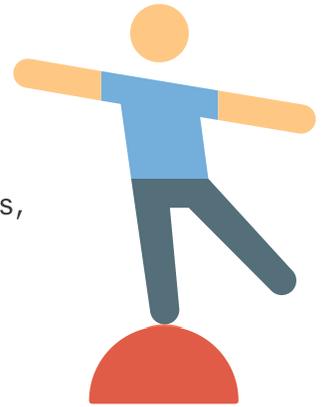
Supportive footwear and foot care can ease foot pain. In the winter, wear anti-slip devices on your footwear.



Make your home safer by removing tripping hazards, improve lighting. An occupational therapist can help.



If it seems you have fallen for no apparent reason, you may have a medical condition that needs to be addressed by a doctor.



HEALTH INFORMATION

Get to know our Pharmacist



Since 2007, Richmond Square Pharmacy has been operating within Richmond Medical Centre and serving the local neighborhood as a fully independent pharmacy. We work closely with local physicians and extended health professionals to provide quality clinical and pharmaceutical care. We provide to our clients on a regular basis: medication use reviews, compliance packaging, routine immunizations and injections, prescription renewals and free city-wide prescription delivery. In addition we offer: 1-on-1 diabetes and chronic disease management consultations, adapt prescriptions based on lab values, prescribe medications (within clinical competence), 24-hr blood pressure monitoring, compression stocking fittings and customized medication compounds. Please let us know if we can do anything to improve your health and well-being!

BOON H. KHOO, PHARMACIST

Boon has been with Richmond Square Pharmacy since July 2015. Born in Malaysia, but raised in Calgary, Boon attended the University of Alberta, and later Keele University (in England) where he received his Master in Pharmacy degree in 2012. When he is not at the pharmacy, Boon enjoys hiking and skiing in the mountains, playing tennis, and cheering on the Calgary Flames.



Richmond Square Pharmacy

Located at: #142-3715 51st Street SW

Phone: 403-249-4346

www.richmondsquare.ca

ASK A PHARMACIST...

Wednesday
November 24
10:00AM-12:00PM

Each month a Prescribing Pharmacist will be at Shalem to meet with you one on one, to answer your questions about any health topics you wish to discuss.

A confidential sign-up sheet is located at the Haven reception desk. Each resident will have 20 minutes of private time to meet with the pharmacist.



NOVEMBER CELEBRATIONS AT SHALEM

Happy Birthday!

November 3	John Marshall
November 9	Edna Karsten
November 12	Femmy Slagter
November 19	Norm Ross
	Joanne Sterken
	Catherine Boyd
November 22	Martha Ryskamp

Congratulations to all residents celebrating this month!



May God guide your path and always be with you. Wishing you a very Happy Birthday!



Congratulations to George & Elsie Van Dyk Celebrating their 66th Wedding Anniversary. As you celebrate your day, keep in mind that God's love is always with you.



November Birthday Party!

Join in the celebration those that have their Birthdays this month!

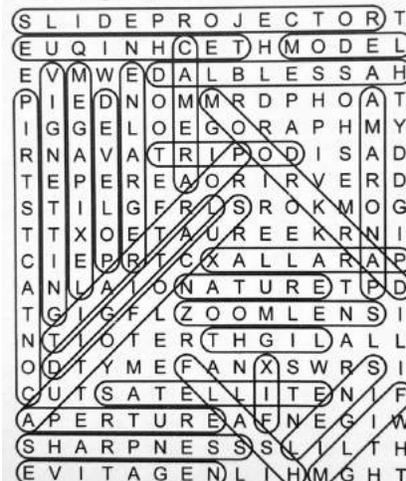
Tuesday, November 9, at 2:00PM

Entertainment: The Harmonica Tableau

Answers for Games & Fun, Page 21

- | | |
|---|---|
| 1. Babe Ruth | 6. The toonie was introduced in 1996 |
| 2. While ice hockey is Canada's most prevalent sport, lacrosse is the country's official sport. | 7. "Trick or Treat" was first used in Alberta |
| 3. Ottawa's Nancy Greene | 8. Manitoba |
| 4. In 1873, with nine officers | 9. Macaroni and Cheese |
| 5. It was composed by Lt.-Col. John McCrae in 1915 | 10. Blueberries |

Photography



VOLUNTEERING



Britt already hard at work crocheting face cloths for the backpacks!!

Emmanuel Church is collecting items to fill backpacks for homeless youth in Calgary. See the list of items you can donate if you would like to contribute. If you have knitting or crocheting skills, the church would love to add some face cloths! They would also love hand written notes of encouragement to include in the backpacks. Items can be left in a bin located in the café, which will be labelled "backpack items."

Deadline to contribute is **November 13**. Please consider contributing to bless homeless youth in Calgary.

LIST OF WANTED ITEMS:

- pair of warm socks
- warm gloves
- 5 adult Calgary Transit tickets
- shampoo & soap (small bottles)
- toothbrush & toothpaste
- personal encouraging note
- brush or comb
- \$5 fast food gift certificate
- deodrant stick
- chocolate bar or treats
- small first-aid kit
- memo pad & pen
- pocket size bible
- \$5 donation (for Christmas dinner)

NO MEDICATIONS, RAZORS, SCISSORS OR ITEMS CONTAINING ALCOHOL.



Volunteer, Maarten, serving Happy Hour

In House Volunteer Help Needed!

Shalem has partnered with Richmond Square Pharmacy to offer a variety of services here at Shalem. One of those services is a "Tuck Shop," which would carry a variety of essential items, along with some goodies. We are looking for "Tuck Shop Volunteers." You can make a real contribution by volunteering for as little as an hour. Please consider helping. Contact Michelle at 403-240-2800 Ext.4

Thank you
To our many Chapel volunteers



Professional photographer, Lisa Forseth, volunteering her time to photograph our building for advertising purposes



RESIDENT CONTRIBUTIONS

Submitted by Darlene

The Veteran

There is no place for men like us
 Our mold fits not to daily rush.
 The course has run through peace and war
 Our work is done, our need no more.

Our love of life has been underplayed
 We felt the knife and held the blade.
 The sun we clutched from morn till night
 Not knowing if there is morning light.

We lived in eternity more than here
 This fact to us is ever clear.
 Sweethearts and wives rarely understood
 The warning soul; we wish they could.

As renegades without land
 We wonder if God does understand
 The thoughts we bear, in living here
 Our need for love and kindled cheer.

The journey was short for many a son
 The days for them had just begun.
 We soldier on in waning years
 Viewing the past through dimming tears.

To those who never saw the fields
 Nor see the wound which never heals
 We ask you not to pass us by
 Just walk with us until we die.

- M.Perkins Feb./86



GAMES & FUN

S L I D E P R O J E C T O R T
 E U Q I N H C E T H M O D E L
 E V M W E D A L B L E S S A H
 P I E D N O M M R D P H O A T
 I G G E L O E G O R A P H M Y
 R N A V A T R I P O D I S A D
 T E P E R E A O R I R V E R D
 S T I L G F R L S R O K M O G
 T T X O E T A U R E E K R N I
 C I E P R T C X A L L A R A P
 A N L A I O N A T U R E T P D
 T G I G F L Z O O M L E N S I
 N T I O T E R T H G I L A L L
 O D T Y M E F A N X S W R S I
 C U T S A T E L L I T E N I F
 A P E R T U R E A F N E G I W
 S H A R P N E S S S L I L T H
 E V I T A G E N L I H M G H T

WORD Search Photography

- APERTURE
- AUTOFOCUS
- CAMERA
- CONTACT STRIP
- DARKROOM
- DEVELOP
- DIGITAL
- ENLARGER
- FILM
- FIX
- FLASH
- HASSELBLAD
- LENS
- LIGHT
- MEGAPIXEL
- MODEL
- NATURE
- NEGATIVE
- PANORAMA
- PARALLAX
- PORTRAIT
- SATELLITE
- SHARPNESS
- SLIDE PROJECTOR
- TECHNIQUE
- TRIPOD
- VIGNETTING
- ZOOM LENS

1. Who hit their first professional home run on the Toronto Islands as a rookie in the International League?
2. What is Canada's official sport?
3. Who won the first ever World Cup ski race in 1967?
4. What year were The Mounted Police formed?
5. When was the Remembrance Day poem "In Flanders Fields" written?
6. The toonie was introduced in what year?
7. Which Halloween phrase was first used in Alberta?
8. Which province was the first to grant women the right to vote?
9. What is the most-purchased grocery item in Canada?
10. For what food item is Canada the largest exporter and producer of in the world?

Canadian Trivia



SPECIAL EVENTS

PLEASE NOTE

HIGHLIGHTED ACTIVITIES FOR THIS MONTH:

Please see monthly calendar for all activities!

Bulletin Boards and the Information TV will have the most up-to-date information.

PUB NIGHT!



MENU:

Garlic Cheese Knots (3 pieces)
Mozza Sticks (3 pieces)
with Marinara Sauce

Food \$10/ Drinks \$3
Enjoy Music by Romeo
**Friday November 5th,
7:00PM - Dining Room**
Everyone Welcome

MEMORY CONNECT

with Liz Gahan

A conversation group for those experiencing, living with or providing dementia support.

Monday November 8 and Monday November 22
10:30 AM, Haven 3rd Floor, Family is welcome.



BUS TRIP FIELD OF CROSSES MEMORIAL

Wednesday, November 10
9:30AM-11:30AM, Sign-up Required

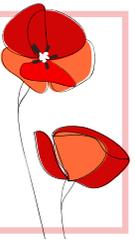
The Field of Crosses Memorial, so present and future generations always remember and never forget the thousands of men and women who gave their tomorrows for our today.



**Thursday,
November 11
1:30PM
DINING ROOM**

Remembrance Day Reflections

With Pastor David



**Monday,
November 22
2:00PM
Shalem Café**

Learning Session with Next Step Ministries

Providing a safe place to walk alongside women exiting sexual exploitation as they break the cycles of addiction and abuse. Learn more about this non-profit.



Personal Tough Fashions

Friday, November 26th
10:00AM - 2:00PM
Haven 3rd Floor

*clothing
Sale*

Indescribable



ARMCHAIR TRAVEL: INDESCRIBABLE INDIA

Join Guest Speaker, Tara Weening, as she shares her experience and adventures in India. Learn more about this incredible country.

Tuesday, November 30 at 10:45AM in the Shalem Café