

OCTOBER 2021

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO OCTOBER



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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)



Gracious and loving Lord,  
Thank you for the seasons we can count on, find routine in, and that will never cease while the earth remains. As we enter into autumn, when the cooler winds drift in and the days grow shorter, draw us closer to you. Let us feel your warm and loving presence. May we imagine ourselves in your arms, close to your heart, surrounded by your light, and find comfort in your consistency when the world around us seems to be constantly changing. Thank you for your loving kindness that engulfs us and your light that drives the darkness away. We praise you for being a God who loves us and takes care of us. We are grateful you are with us in all circumstances and seasons.

Amen.

- Pamela Palmer  
[upheldlife.com](http://upheldlife.com)

# LIVING WELL TOGETHER

Musings from the Executive Director

OCTOBER 2021

## Encountering God through Thanksgiving

Several years ago, I made a commitment to try to live more of a life of gratitude. I was at a point in my life where I felt I was living too much in a negative frame of mind, was too easily cynical, and admittedly feeling like I was entitled to things or situations I didn't have. I didn't want to live that way or be that kind of person.

In many ways grateful living is a way of life which asks us to notice all that is already present in our lives – from the tiniest things of beauty to the big blessings. But I must admit that living a grateful life is not always easy, as sometimes (perhaps often...) life throws punches at us that are difficult to swallow, or we experience frustrations or disappointments that test us and are hard to endure.

I recently read about the story of when Corrie ten Boom was sent to a prison camp for hiding Jews from the Nazis. There, her sister said they should thank God for everything in their barracks. Corrie refused to give thanks for the fleas that infested their bedding, but later she found out that those fleas kept the guards from entering the barracks, enabling them to have daily prayer meetings. Corrie quickly became thankful for even the fleas!

King David was also no stranger to challenges and difficulties in his life. God through the prophet Nathan, provided a promise to David that God's love would never be taken away from him. The staggering scope of this promise stopped David in his tracks and moved him to awe and wonder at the unequaled greatness of God. "Who am I" he responded, "that you have brought me this far?" (2 Samuel 7).

Both King David and Corrie ten Boom encountered God through being thankful in the midst of difficulties. Gratitude is consistently thanking God, in the good and the bad, believing that all things will work out for good to those who love Him (see Romans 8:28).

What are the 'fleas' in your life that you are having a difficult time being thankful for? The challenges or frustration that are tough to see any good? The pain or the loss that is just so hard to let go?

This Thanksgiving take a moment to reflect on God's goodness to you, of those good things He has provided. But let's also be thankful for those things that perhaps don't seem so good, knowing that our great God loves you with a love that will never be taken away. Knowing that God has been with you wherever life has taken you and will take you. Knowing that the God who has taken you this far will continue to be with you.

In thankfulness for each of you,

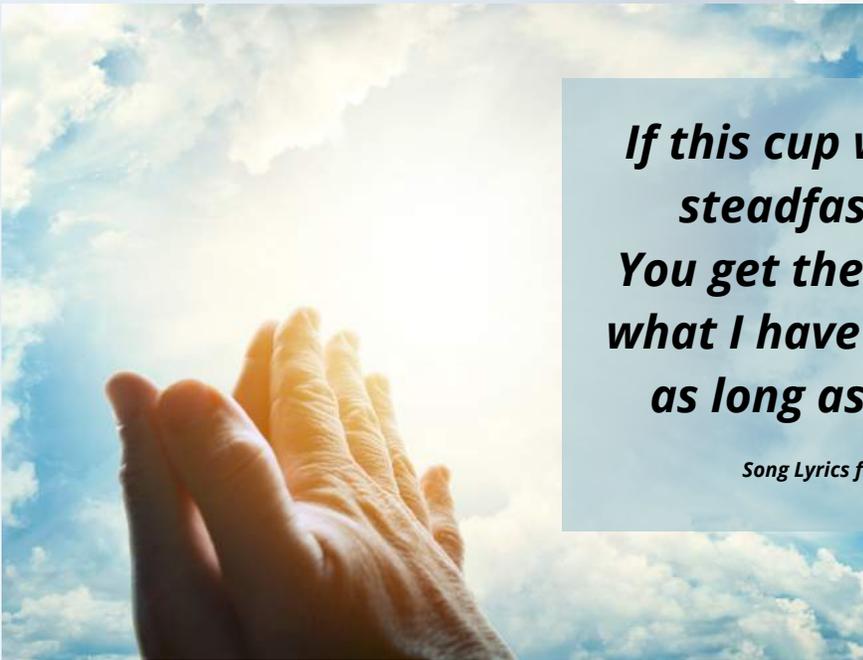
Dorothy de Vuyst  
Executive Director



# SHALEM PRAYER AND PRAISE PAGE

We have a number of residents in hospital or care facilities. 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.
- We celebrate the return of Britt Barabas, Peter Black and Lucie Hoefman. May God's healing touch continue to bless you.
- We pray for Janny Brander & Hennie Wagenaar, as they transition into other care facilities. May they feel God's love and presence.
- Bert Zabel is receiving care in Hospital. Pray for a speedy recovery, so he can return home to Shalem.
- We pray for the family & friends of LaRee Bryan, who passed away suddenly last month. May God provide peace and comfort as they grieve.



***If this cup won't pass, help me to stay  
steadfast. Let Your will be done.  
You get the Glory from this. No matter  
what I have to go through in this world,  
as long as You get the glory from it!***

*Song Lyrics from "You Get The Glory," by Jonathan Traylor*



**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*

## Evening in the Pergola



## Fall Craft



# WHAT HAPPENED LAST MONTH?

## September Birthday Party



# WHAT HAPPENED LAST MONTH?

## Pet Pals



## Paint n' Sip



# WHAT HAPPENED LAST MONTH?

## Voting for the Federal Election



## Coffee Connections



## Hymn Sing



# WHAT HAPPENED LAST MONTH?

## Happy Hour



*Cheers!*



**Oktoberfest**



# WHAT HAPPENED LAST MONTH?

## Evening Concert with Justine Vandergrift



## Fall Social



# WHAT HAPPENED LAST MONTH?

## A Day of Truth & Reconciliation Speaker: Cheryle Chagnon-Greyeyes



## Life at Shalem

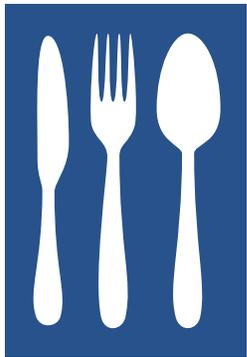


# RESIDENT NOTICES

## SHALEM ATRIUM PROJECT UPDATE

You will begin to see changes in the Atrium soon with painting anticipated to start sometime this month. This will be followed by installation of carpet, window blinds and lighting. With the renovations underway in earnest this month, please be sure to check the calendar and posters for room locations for events as most events will be relocated until the space is completed. Thank you for your flexibility and patience as this project takes shape.

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.

The Dining Room Staff continue with increased frequency of cleaning and disinfection of common areas and surfaces between meal services.

To allow time to facilitate this enhanced cleaning, we ask that Residents not arrive for meal service more than 30 minutes prior to the meal time.

Entrance for 7:00PM evening events held in the Dining Room will be at 6:45PM. **Please do not enter before this time.**



## A Photo Directory for Shalem and FOIP Update!

We are working on a photo directory for Shalem residents and staff. This will be a great resource for our community to get to know each other better. In doing this we will also be sending out a new Freedom of Information and Protection of Privacy (FOIP) agreement to each resident which will update and supersede any that you have previously completed. We respect the privacy of each resident but encourage you to participate in this program so that the directory will reflect our Shalem Community! Watch for new FOIP agreements to be delivered later this month. We will be using photos taken by staff but, if you are planning on being part of the directory and have a photo you would like to include, please email it to [communications@shalem.ca](mailto:communications@shalem.ca) by **November 1, 2021** for consideration.

SHALEM  
COMMUNITY  
DIRECTORY

## Old Age Security Announcement

The Government of Canada announced a \$500 one-time payment that was to be delivered to older seniors during the week of August 16, 2021. You do not have to apply for this. If you are eligible, you should have received it automatically. Please contact the Government of Canada if you are eligible and have not received this one time payment. Additionally, the Old Age Security is also set to automatically increase by almost \$100 over the coming year. Please visit the Government of Canada's website to learn more. [www.canada.ca](http://www.canada.ca)

# RESIDENT NOTICES

## COVID-19 UPDATE

Many of you have been watching the growing number of COVID-19 cases once again and are aware about the Province of Alberta's further restrictions specifically as it relates to vaccinations and the Alberta Restrictions Exemption Program.

Shalem recognizes the unique vulnerability of Residents with regards to COVID-19 and the risk of developing severe health outcomes for those who are unvaccinated. Accordingly, I strongly recommend and encourage all Residents and Staff to become vaccinated against COVID-19 as recommended by the Ministry of Health and Provincial Health Officer.

As you are aware, 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 which have not been updated since the changes this summer.

However, we should not let our guard down. We, Residents and staff, should 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.
- 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, in order to minimize the risk of exposure.
- Reminder that all guests & visitors are 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 September 24, 2021. Thank you for your continued efforts to keep Shalem safe and COVID-free!

Dorothy de Vuyst  
Executive Director



*Coffee Connection*  
with Dorothy de Vuyst

### **Coffee: Monday, October 4 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 and meet the new staff. Everyone is welcome.

# TIPS FOR PEST PREVENTION



As nighttime temperatures drop, the incidence of rodents looking for a warm and dry place to call home is on the rise. With these unwelcome invaders comes a significant health risk, if they find a spot to nest in your home. What can you do to protect yourself from becoming a landlord to these furry little pests? Prevention is the key.

Here are some suggestions for making your home rodent proof:

## Outdoors:

- Make sure the weather stripping around doors and windows is in good repair. Mice are able to squeeze into holes as small as a dime, so it is critical to repair any holes and gaps as soon as possible.
- Keep patios and balconies free from clutter. Remove cozy nesting sites and materials such as upholstered furniture, cushions, blankets and newspapers.
- Cut back flowerbeds, gardens and discard the trimmings. If you are a gardener who brings your plants indoors for the colder months, be sure to thoroughly examine your pots as this is a way for rodents to gain entrance to your home.

## Indoors:

- Ensure people and pet food is properly stored. Plastic, metal, or glass containers are best. Rodents love to chew through paper and cardboard packaging to get to their prize. They will always nest close to a food source.
- Store food (and pet food) on shelves whenever possible. Any food stored on the floor should be in proper rodent-proof containers.
- Store plastic grocery bags in a rodent-proof container.

In closing, good sanitation is always your number one defense against these unwanted visitors. By keeping your home free from clutter and debris, you will notice any signs of rodent activity (i.e. droppings) sooner and can tackle the issue when it starts, instead of waiting until an infestation has occurred. When we think about rodents, it is true what they say...an ounce of prevention is worth a pound of cure.



# OCTOBER CELEBRATIONS AT SHALEM

## Happy Birthday!

- October 10      Connie Plenert
- October 12      Eva Visscher  
George Van Dyk
- October 13      Neil DeBree
- October 16      Joan Coulter
- October 17      Nell Sanderse
- October 19      Ina DeBree  
Betty Sampson
- October 31      Riet Folkerts



*Wishing you a very Happy Birthday! May God be the light that guides your path and his love embrace you at all times.*



## October Birthday Party!

Join in the celebration for those that have their Birthdays this month!  
 Tuesday October 12th at 2:00PM  
 Entertainment: Chinook Country German Dancers for Oktoberfest!



### *Bloom Where You Are Planted, Even When It's a Hard Place.*

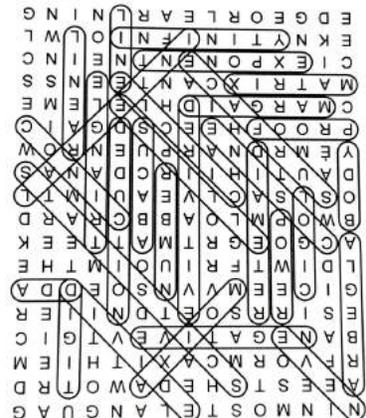
Sometimes God plants us in really tough places, hard places, or difficult places. When this happens, we often default to trying to get out. Our focus should be on being fruitful wherever God puts us, at any point in life.

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.  
 Jeremiah 29:11

### Answers for Games & Fun, Page 21



- 1 American Bandstand
- 2 The Adventures of Ozzie & Harriet
- 3 I've Got A Secret
- 4 Adventures of Superman
- 5 The Jackie Gleason Show
- 6 Our Miss Brooks



# VOLUNTEERING



**VOLUNTEER**  
noun / ˌvɒləntɪə /

A special person who lends a helping hand, a listening ear, offers care and support to those in need. They dedicate their time, energy, skills and knowledge to make a difference. Someone who is caring, generous, thoughtful and selfless.

See also: ninja, magician

*Thank!  
You!*

# GAMES & FUN

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

## WORD Search Mathematics

- ABACUS
- ADD
- ALGEBRA
- AXIOM
- BODY
- CIRCLE
- CONIC
- COSINE
- DEDUCTION
- DERIVATIVE
- DIAGRAM
- DIAMETER
- DIGIT
- DIVIDE
- ELLIPSE
- EVEN
- EXPONENT
- INFINITY
- INTEGRAL
- LINE
- LINEAR
- LOGIC
- MATRIX
- NEGATIVE
- NUMBER
- POWER
- PROOF
- STATISTICS
- SURFACE
- TRIANGLE

## TV Show Trivia 1952

- 1 The first show to feature that crazy new sound - rock 'n' roll- is broadcast (under a slightly different name at the time) from Philadelphia. In a few short years, Dick Clark would take over as host.
- 2 This comedy starred a real husband and wife, and later, their two sons. The set was an exact replica of the family's actual Hollywood house.
- 3 This was a panel game show similar to *What's My Line?*
- 4 It featured a grown man in tights whose alter ego was a hunky newspaper reporter.
- 5 The chubby star's signature phrases were "And awa-a-a-y we go" and "How sweet it is".
- 6 This one starred Eve Arden as a was cracking high school English teacher.

**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.



*Thanksgiving Dinner*

**Thursday, October 7th**  
 4:30PM - First Seating in Dining Room  
 5:30PM - Meal Delivery Only  
 6:30PM - Second Seating in the Dining Room

**MEMORY CONNECT**

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

**Monday October 11th and Friday October 22th**  
 10:30 AM, Haven 3rd Floor, Family is welcome.



**Flu Clinic Thursday October 14th Haven 3rd Floor**

**Haven 1:00-1:50PM**  
**Manor 1:50-2:40PM**  
**Court 2:40-3:30PM**

Please come **ONLY** at your designated building time and bring your health care card with you.

**ASK A PHARMACIST...**

**Wednesday October 20 10:00AM-12:00PM**

Each month a local Prescribing Pharmacist will be at Shalem to meet with you one on one, to answer your questions about specific health topics. This month the health topic is Memory Care/Dementia.

A sign-up sheet is located on the Haven Bulletin Board. Each resident will have a ½ hour of private time to meet with the pharmacist.




**Kitchen Stories**

Recipes are more than just food! Bring a recipe to this event and meet Food Photographer, Shallon. She will show us how recipes allow us to share memories, stories, heritage and traditions.

**Monday, October 25 at 10:45AM, Haven 3rd Floor**




**PUMPKIN DECORATING CONTEST**

Come and decorate a pumpkin, no carving required! All supplies included. We will have prizes for different categories, so get the creativity flowing!

**Friday, October 29 at 10:30AM in the Shalem Café 18**