

OCTOBER 2022

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO OCTOBER



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SHALEM MISSION STATEMENT

In the Strategic Plan developed June 2022 the Mission and Vision statements were revised. At Shalem we passionately serve our community with grace and integrity.

MISSION:

To be a community where older adults are celebrated and experience wholeness in being, in health and in relationship to God, and find contentment and belonging.

VISION:

To be Calgary's most desirable Christian senior living community.

VALUES:

We serve our community and are accountable by showing:

Passion - We have a calling to understand each community members' needs that will enrich their well-being.

Grace - We show love to each other through respect, acceptance, and compassion.

Integrity - We strive to do the right thing by being honest, trustworthy and stewardly with our resources and each other.

A Prayer of Thanksgiving

Thank You, God, for everything
the big things and the small
for every good gift comes from God,
the Giver of them all
help us to remember
that the key to life and living
is to make each prayer a prayer
of thanks and every day Thanksgiving.

Happy Thanksgiving



LIVING WELL TOGETHER

Musings from the Executive Director

Let's Speak Jesus

OCTOBER 2022

My grace is sufficient for you, for my power is made perfect in weakness.

2 Corinthians 12:9

I am blessed to live within a couple minutes walking distance of the Bow River. One of my greatest pleasures is to walk or rather, hike, the Douglas Fir Trail just across the river from me. As I leave the paved pathway and enter the trail surrounded by trees and beauty, I often find myself breathing deeply and feeling a sense of peace and contentment. In some ways it is my holy place. Set in the side of the ridge the trail is full climb, with ups and downs that make it interesting but also makes me work hard! The trail is not only good for my soul but also my body!

The great weather we have had this summer has allowed me to get on the trail often. And this past month was no exception as the changing leaves on the trees and bushes made my regular trek even that more spectacular.

I found myself on the trail again a few weeks ago, on a gorgeous weekend morning, ear buds in place, listening to some random worship music most of it unfamiliar. One of the songs had the following lyrics:

I just wanna speak the name of Jesus
Over every heart and every mind
'Cause I know there is peace within Your presence
I speak Jesus
I just wanna speak the name of Jesus
Over fear and all anxiety
To every soul held captive by depression
I speak Jesus
'Cause Your name is power
Your name is healing
Your name is life

As I was listening to the song, I was struck by the truth of the song. The peace I sense as I hike the trail is real, but the peace we have within the presence of Jesus is so much more real, so much more powerful. Over every heart and mind. Over every fear and anxiety.

I know that many of you struggle. Aging is not an easy journey. With it often comes loss of health, loss of memory, loss of loved ones, loss of mobility, perhaps regrets of decisions or events of the past. Whatever you may be struggling with, I encourage you to 'speak Jesus'. His name is power. His name is healing. His name is life. And knowing that, being in His presence, can give us peace – no matter what the circumstance.

And I think this peace we find through Jesus, even in the midst of struggles or sorrow, can then allow us to focus on the things in our life, big or small, we can be grateful for. I know I am thankful for many things – the Douglas Fir Trail, the beautiful fall, our wonderful and dedicated staff, fresh coffee in the café each morning, God's protection of our residents and Shalem during COVID, our volunteers who give us the capacity to provide more events, and especially for each and every one of you!

As we enter this season of Thanksgiving, I encourage us all to identify and speak the things we can be grateful for. Let's speak Jesus!

SHALEM PRAYER AND PRAISE PAGE

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thessalonians 5:18)

Heavenly Father....

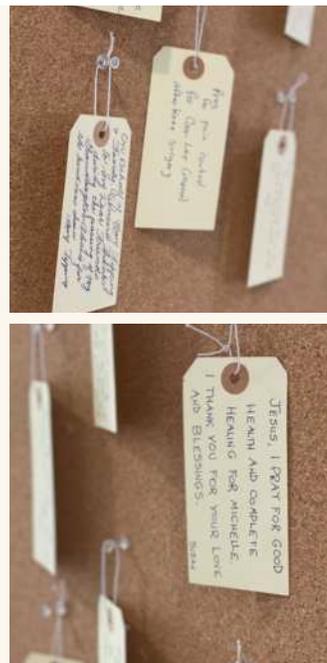
During this Thanksgiving season, we remember you are faithful and gracious, and You have blessed us all beyond measure. Thank you, God, for the strength you provide each day, and for all the people who make life more meaningful. Most of all, thank You for sending Your only Son to die for us. Help us to cultivate grateful hearts. Teach us to be joyful always, to pray continually and to give thanks in all my circumstances.

-Amen

Currently, there are no Shalem residents receiving care in hospital. We give thanks for that and pray for continued health.

Pray for Shalem volunteer, Yogi, as he is recovering from a hospital stay. May God envelope Yogi with healing and strength, so that he can be back on his feet serving at Happy Hour.

Please continue to remember in your prayers, those dealing with chronic illness, recovery, pain, and disease. Pray for God's comfort, healing, and peace to rest on them.



Prayer Wall

Our new 'Prayer Wall' is an open canvas for our community to post prayer requests and share thanksgivings.

We want to stand together and encourage each other through prayers.

Please feel free to hang a prayer tag or take a prayer tag, and stand in faith for someone who needs it.



Christian Reformed

Worship Service
emmanuel church

www.emmanuelcrc.org

Worship Services
Every Sunday at 10:00am

Tune into Channel 398 on your TV for Emmanuel Church Service

WHAT HAPPENED LAST MONTH? *Life at Shalem*

September Birthday & Anniversary Party



WHAT HAPPENED LAST MONTH?

Blood Pressure Clinic and Ask a Pharmacist

 richmond square **pharmacy**



Welcome Pastor Martin

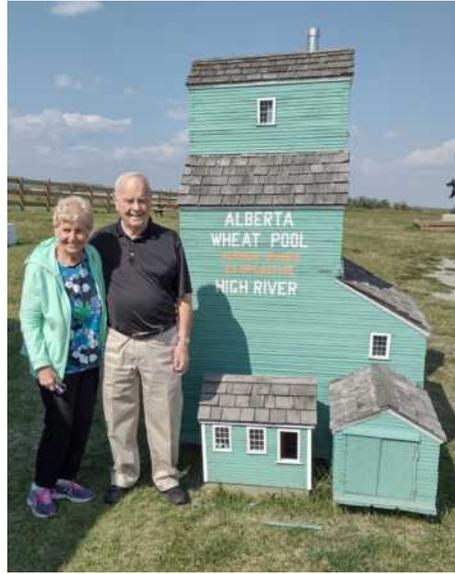


Chapel with Emmanuel's New interim Pastor, Martin Mobach



WHAT HAPPENED LAST MONTH?

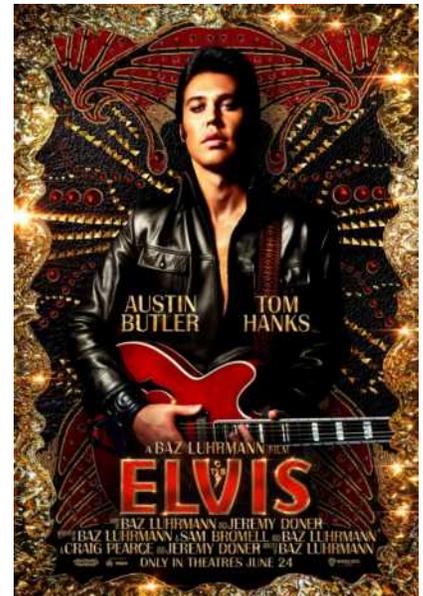
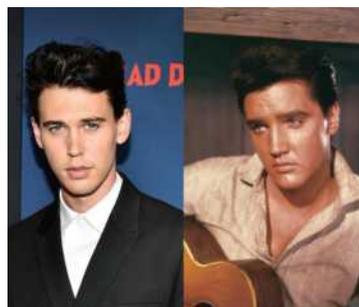
The Court Social Outing to Bar-U Ranch



Thanks Judy & Connie for the pictures!

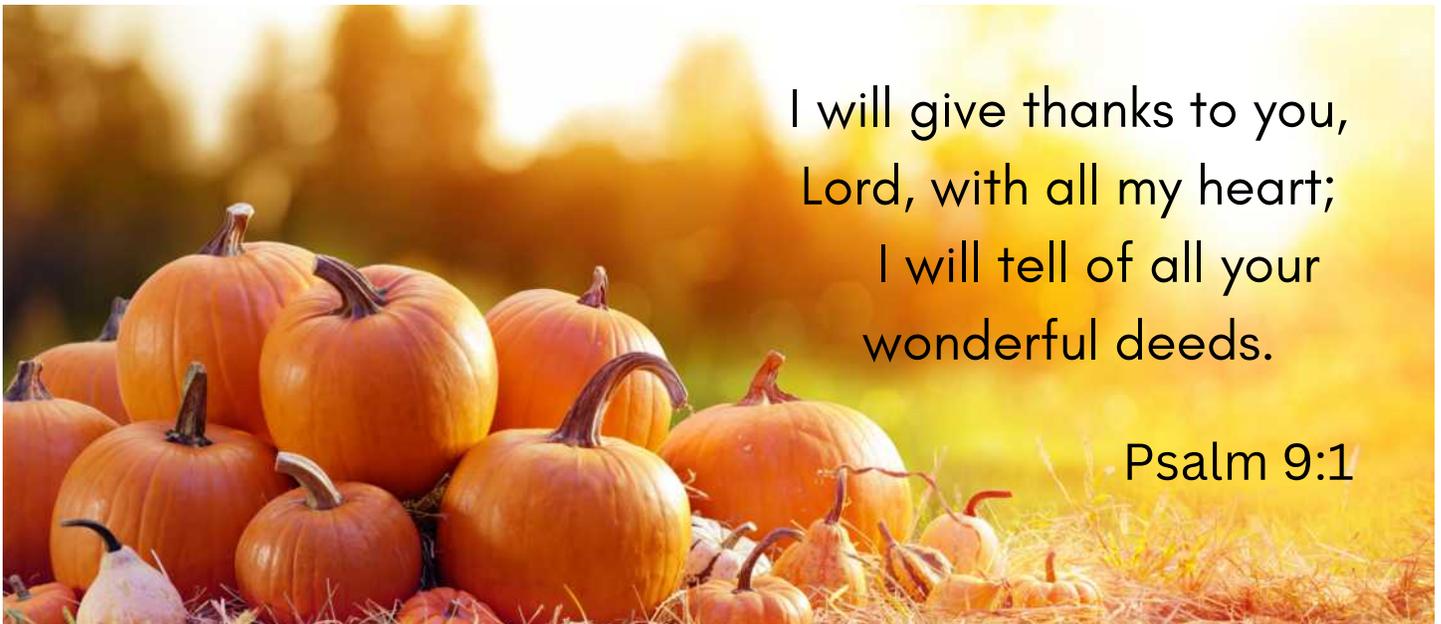


Movie Matinee: Elvis



WHAT HAPPENED LAST MONTH?

A visit to the new Calgary Farmers' Market



I will give thanks to you,
Lord, with all my heart;
I will tell of all your
wonderful deeds.

Psalm 9:1

WHAT HAPPENED LAST MONTH?

Happy Hour



Tim Horton's Club - Doughnut & Coffee

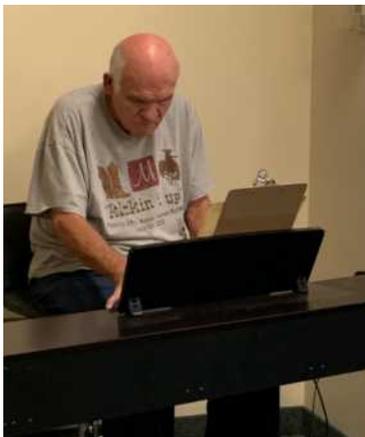


WHAT HAPPENED LAST MONTH?

An evening of music with Lorna MacLachlan & Richard Harding



Pop-up Entertainer, Keith Miller



WHAT HAPPENED LAST MONTH?

Life at Shalem



WHAT HAPPENED LAST MONTH?

Chinese Medicine Massage & Tea



Wellness Session Learning about Dementia



RESIDENT NOTICES



After Hours Pharmacist

We have partnered with Richmond Square Pharmacy to offer an 'After Hours' Pharmacy service (6pm-8am). You will receive a letter this month with details about this NEW WELLNESS SERVICE. This FREE service can assist with questions about prescriptions, missed dosing, timing of medication administration, new medications, interactions with existing medications and more. The letter will ask authorization to share your Alberta Health Care Number with the Pharmacy. The service and care from the Pharmacist will be more effective if they have access to your medical history. However, you can still use the 'After Hours' Pharmacy service regardless of whether you share your AHC # or not.

Flu Clinic & Covid-19 Booster

Sandstone pharmacy will be here on Thursday, October 13th to administer the Flu vaccine and the next COVID booster. A letter was delivered to you with a tear off portion, authorizing Sandstone to complete a personalized consent form in advance of the clinic. If you would like to take advantage of the Flu Clinic, please complete the tear off portion and return to the Haven front desk by October 4th. A sign up sheet with time slots will be posted October 4th.

Recreation & Wellness

Would you be interested in a mobile hearing or dental service? We will be putting up a signup to see how many people might be interested in this service prior to us scheduling something at Shalem. Please let us know if you feel this is a service you would use.

SHALEM TUCK SHOP

The Tuck Shop will reopen **October 19th at 10:00am** in the Main Hallway



Artfully Celebrated: Reflections on the Beauty and Blessing of Aging

Art created as we age often reflects the depth and wisdom of life lived, and also shows the beauty and blessing of living in the present.

At Shalem, we have been making space for residents to engage in creating and showcasing art. Many residents have participated in our monthly Paint n' Sip class, as well as the Food Photography sessions. And we know that several of you are professional artists in your own right! Now, we want to share this art with all of you and the community beyond the walls of Shalem.

We will be hosting an Open House in November with art created by our residents, as well as displays featuring our residents. We will also be auctioning off a number of items donated by local artists and offering guests the opportunity to participate in a Paint n' Sip class. Help us celebrate by inviting friends, family as well as the general public to come view our art displays.

You won't want to miss this! Stay tuned for date and time.

To help us prepare for the Open House, we are looking for the following:

- Paintings you have done over the years
- Paintings done through the Paint n' Sip class
- Woodworking items you have made
- Poems or stories you have written

If this sounds like you, please bring your items to the Recreation & Communication Office, on the Haven 3rd floor, before October 15. Please ensure your name is on each piece. We welcome all contributions, but will not be able to display every item. Staff and volunteers will be making the final selection on the items to be displayed.

We are excited for this opportunity to Showcase Shalem for an afternoon of fellowship, refreshments and art reflections on the beauty and blessing of aging!

RESIDENT NOTICES

Cat Companion Room Meet "Geranium"

Geranium is our second foster cat from Alberta Animal Rescue Society (AARCS). She came to AARCS as a 'stray'. Everyone describes her as affectionate, social and sweet. She enjoys pets, snuggling on the couch, and scratching toys and catnip.



Here are a few things you should know about Geranium:

- She is trying to lose weight, so please don't feed her too many treats
- She is a little nervous around walkers and scooters, so please be patient
- She likes to hide & sleep under the sink. If you can't find her in the room, she's probably here.



She's got a lot of love to give, so please come and visit, she really enjoy company.

RESIDENT CONTRIBUTIONS

Memories- The Royal Family and Queen Elizabeth II



I have always been a fan of the Royals, kept scrapbooks of them for years. Sadly they got flooded away in 2013. Now I keep reading about them in the "Hello" magazines at the hair salon here.

When King George VI and Queen Elizabeth (our Queen's mother) toured Canada in 1939, they were the first monarchs to visit our country. I was 10 years old and wanted to go with the school bus to Winnipeg to see the Royals. We couldn't afford that and I cried my eyes out.

My dad was upset, I guess, because the day of the big arrival he piled all five of us in his old single seated Ford and off we went to Portage la Prairie (50 miles away instead of the 100 miles to Winnipeg).

The train stopped at the train depot, with piles of people around, the king and queen stepped out on the train platform, waved, and then the train took them on to Winnipeg. I was so happy that I saw them!

- Florence Lowry



Norm Ross on the right

Queen Elizabeth II and Prince Philip visited Calgary July 5th, 1973. They participated in events across Canada to mark the RCMP Centennial and were able to take in part of the Stampede.

Norm had the pleasure of meeting the Queen as he oversaw the restoration of a historical building and the Queen came to the opening after the restoration was complete.

HEALTH INFORMATION

Chronic Pain

Pain is an unpleasant sensory and (or) emotional experience typically associated with physical damage to the body. Chronic pain is when the pain lasts longer than 3 months. Sometimes chronic pain can occur without a known cause, after an injury has healed, or after a condition has been treated. The World Health Organization now recognizes chronic pain as a disease and not just a symptom of something else. Find out more about managing chronic pain in our October wellness Session.

Ask a Pharmacist

The aim of 'Ask a Pharmacist' is to provide in-person, one-on-one time with a pharmacist so they may advise on your medication questions or concerns. Be assured that this service is cost-free to you and will not impact how you currently receive your medications from another pharmacy provider.



Boon H. Khoo

ASK A PHARMACIST... [After the Wellness Session](#)

Wellness Session: Managing Chronic Pain
Wednesday October 26
10:00 AM in the Shalem Atrium



Blood Pressure Monitoring



A Pharmacist from Richmond Pharmacy will be in the Shalem Café monthly from 10:00 - 11:00 to take your blood pressure. We strongly suggest you take advantage of this free wellness service. Please sign up to save a spot for this service.

October Blood Pressure Clinic:
Wednesday, October 5th at 10:00am
Shalem Café

Have you Heard? We have a NEW WELLNESS SERVICE !
 Shalem has an 'After Hours' Pharmacist, provided by prescribing Pharmacist Boon H. Khoo, Richmond Square Pharmacist.
 See *Resident Notices* for more information

LIVING BY FAITH

Thanksgiving Grace

God of Thanksgiving,
 Gratitude opens our hearts to you.
 You meet us in the struggle,
 You meet us in the light,
 You meet us in our suffering,
 You meet us in our hope,
 You surprise us in our neighbor,
 You console us in the earth,
 You whisper to us in the deepest desires of our heart.
 In broken structures,
 Abundant feasts,
 Empty chairs,
 Dried tears,
 You are here.
 In light and darkness,
 Life and death,
 You are here.
 May this year
 We give thanks
 For your abiding presence,
 Your unmeasured mercy,
 Your transforming love.
 Incarnate again.
 God of Thanksgiving,
 Gratitude opens our hearts to you
 And your grace is here, within us all, at last.
 Amen.

by Theresa Ladrigan-Whelpley

The Ultimate Object of our Thanksgiving

The glory of God is inseparably linked to Jesus Christ. Before he created anything, God planned his grand narrative of salvation and executed it through his Son. It's the highest expression of his goodness and glory, his ultimate gift.

As such, everything in the created order, every beautiful and wonderful thing God has given us to enjoy, points to Jesus. In light of this, all of our affections and gratitude are profoundly misplaced unless they come to rest on Christ.

As C.S. Lewis explained in *The Weight of Glory*, "It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."

In fact, the Apostle offers the only reasonable response to the generosity of God in the gift of his Son: "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:16-18).

Or even more succinctly, "Thanks be to God for his inexpressible gift!" (2 Corinthians 9:15).

*Written by Subby Szterszky
Managing Editor, Focus on Faith and Culture*



GET TO KNOW OUR RESIDENTS



Meet Cora Lee...

Fashionable, social, and inviting - a few qualities that made Cora Lee a great hairstylist, and now a welcome addition to Shalem Manor.

A long-time hairdresser, Cora Lee's genuine love of people and a desire for community is what brought her to the Shalem Manor, in April. She lived down the road from Shalem for many years, and watched our community grow. She knew one day she would call Shalem home.

After her husband Malcolm passed away in 2015, Cora Lee felt a sense of loneliness, as many do, and she was struggling with mobility issues, it was the right time to move. A smooth transition, Cora Lee has enjoyed Shalem. She says living in community, creating relationships, and having recreational activities has been beneficial. She loves playing cards and has joined the Haven card bingo games on Tuesday evenings.

Before coming to Shalem, Cora Lee and her husband enjoyed camping, going for drives, and traveling to Arizona; although he couldn't be convinced to go to Europe with her. Determined to see Europe, she got a second job driving a school bus to help pay for the trip, and she went solo. She enjoys reading, spending time socializing and shopping with friends. Before troubles with her knee, Cora Lee also enjoyed ballroom dancing.

Cora Lee hopes the reconstructive and full knee replacement surgery she recently underwent will one day allow her to get back on the dance floor. But for now, she will be resting and recovering from surgery, which as many of you know is no small task. Fortunately, she has the support of her family. She is close with her daughter Anna and son in-law Tim, who live in Calgary. She notes that her granddaughter, April - a trained paramedic- has also been a huge help with her knee recovery. Her son Jared works in and out of town as an iron worker, but Cora Lee spends time with him and his girlfriend, Diana, as much as possible. Along with family support, Cora Lee also now has the added support of her new community here at Shalem.

Cora Lee celebrates her Birthday, October 14th, so it seems a perfect month to officially introduce her to the Shalem community. Please say hi and wish Cora Lee a Happy Birthday.



GET TO KNOW OUR RESIDENTS



Meet Leroy & Elaine Emerson...

The Emerson's are not afraid to get their hands' dirty.

With years of experience in Alberta Agriculture Exhibitions, as well as the Arts & Crafts scene, Leroy and Elaine have been part of the culture and events that make this province great.

Raised in southern Alberta, Leroy & Elaine spent a few years in Calgary before settling in Edmonton. Leroy worked for 51 years at Northlands -home of Farm Fair International and K-Days exhibitions, before retiring at age 75. His work afforded them opportunities to travel to Australia and New Zealand for the World Angus forum.



Elaine was heavily involved in the Arts & Crafts community, which went hand in hand with Leroy's agricultural fair work. She worked as the Coordinator for the Klondike Crafts Community Fair, which was a natural fit for her interests in sewing, cooking, entertaining, arts & crafts. She took some years off to raise her two children and taught piano for several years. She worked for the Alberta Association for Registered Nurses before planning to retire. Although full retirement didn't come for another 16 years, as she took on a role with the Alberta Craft Council and the Alberta Foundation for the Arts.



Before coming here, Elaine and Leroy lived in Shalem's sister senior residence, Emmanuel Home in Edmonton. While they enjoyed living at Emmanuel, the decision was made to join their children and grandchildren in Calgary. Family is very important to the couple. Their daughter Shannon, works for the Alberta Children's Hospital Foundation. They also have a son Scott, who travels a lot in his job with Volker Stevin, a daughter in-law Elaine, and two grandchildren. The oldest grandkid Matthew is 13-years-old, and is a great soccer player. The youngest Holly, is 11-years-old and has recently taken up skateboarding.



The couple moved into Shalem Court in late April. It's been 58 years since they called Calgary home, and as you can imagine a lot has changed in 'Cowtown.' But the couple is not afraid to roll up their sleeves and get their hands' dirty. They are working hard to build a life here in Calgary and at Shalem. They are adjusting well, connecting to resources and amenities in the area, and making new friends.



Please join us in welcoming the Emerson's to Shalem and congratulate them on their 61st anniversary this month! If you have time, I'm sure they would love to share some stories about their experiences in our 'sunshine province.'



VOLUNTEERING & RECREATION

thank you

Volunteers are an integral part of our team. They enhance the overall well-being of our residents, while enjoying a sense of fulfillment and accomplishment in helping others.



“ I get to enjoy music, treats, activities, fellowship and celebrations along with the residents . And I get to help make the event a success for them by serving with my time. It's a win-win.”
- Shalem Volunteer

- Thank-you to Bart & Bert for finishing up the sound boards in the Café.
- Thanks to Bart, Lucy and Ben for painting the garbage space.
- Thank you to Judy and Karen for helping serve coffee & cake at our monthly birthday parties.

Volunteer Update ...

Shalem's volunteer choir director, Vera, wants to pass along some exciting news....

She and her husband Dan recently returned from Korea with their adopted son Benjamin (Benji).

Vera is extending her volunteer leave to spend time with her son and family. But she plans to bring Benji to Shalem for a visit soon.

And when she's ready to come back, our choir will welcome her return.



BAKING HELP NEEDED...

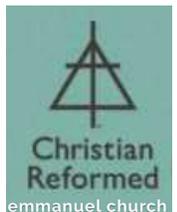


Volunteers are needed to bake snacks for the Youth Group at Emmanuel Church (The Church next door).

If you are able, Shalem residents are encouraged to come to the church to help serve and visit.

The first date is **October 16th, 7:45-8:15 pm**

Please see the bulletin boards for details and sign-up instructions.



GAMES & FUN

Word Search - Grandparents

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

Abuela

Abuelo

Baba

Dido

Grandma

Grandpa

Granny

Grandad

Nanna

Pop

Oma

Opa

Meme

Pepe

Yaya

Papu

Nonno

Nonna

Nana

Nani

Aja

Aji

Zaydee

Zaydeh

'Grandparents provide children with the essentials they need most. They give unconditional love, kindness, and patience. Help create fond childhood memories. And they pass on some of life's most valuable lessons.'



SPECIAL EVENTS

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



Thanksgiving Dinner

Welcome to Shalem Residents & Guests

Wednesday, October 5th
RSVP REQUIRED BY OCTOBER 2nd

SEATING 1 - 4:30PM
SEATING 2 - 6:30PM

See Dining Room Staff for questions or to RSVP



Bus Trip: Pfanntastic Pannenkoek Haus

Known worldwide for their delicious Dutch pancakes "pannenkoeken"
Thursday October 6th, 9:30-11:30

Tim Horton's Coffee & Doughnut Club Wednesday, October 12, 11:00 am in the Café.

Coffee and Doughnuts available for purchase. (Sign-up required)



Bus Trip: Fall Drive

Take in the fall colours and see the countryside. We will stop for some fresh air and lunch. Bring your own lunch or purchase a bagged lunch from us.
Friday, October 14, 11:00am - 1:30pm (Sign-up Required)

Bus Trip: Robinson Outreach at RiverCross Ranch (ROARR) Thursday, October 20th 11:00am - 2:00pm

Senior's Day Out - includes a Ranch catered lunch & time with therapy horses. This trip is one of our favourites! Space is limited. (Sign-up Required)



Fall Social Espresso Café Friday, October 21, 2:00PM Drinks and Pastries for Purchase



Espresso Café



FREE Massage and Tea with students from CITCM Massage & Acupuncture College.

Monday, October 24
6:30 PM- Shalem Atrium, (Sign-up required)