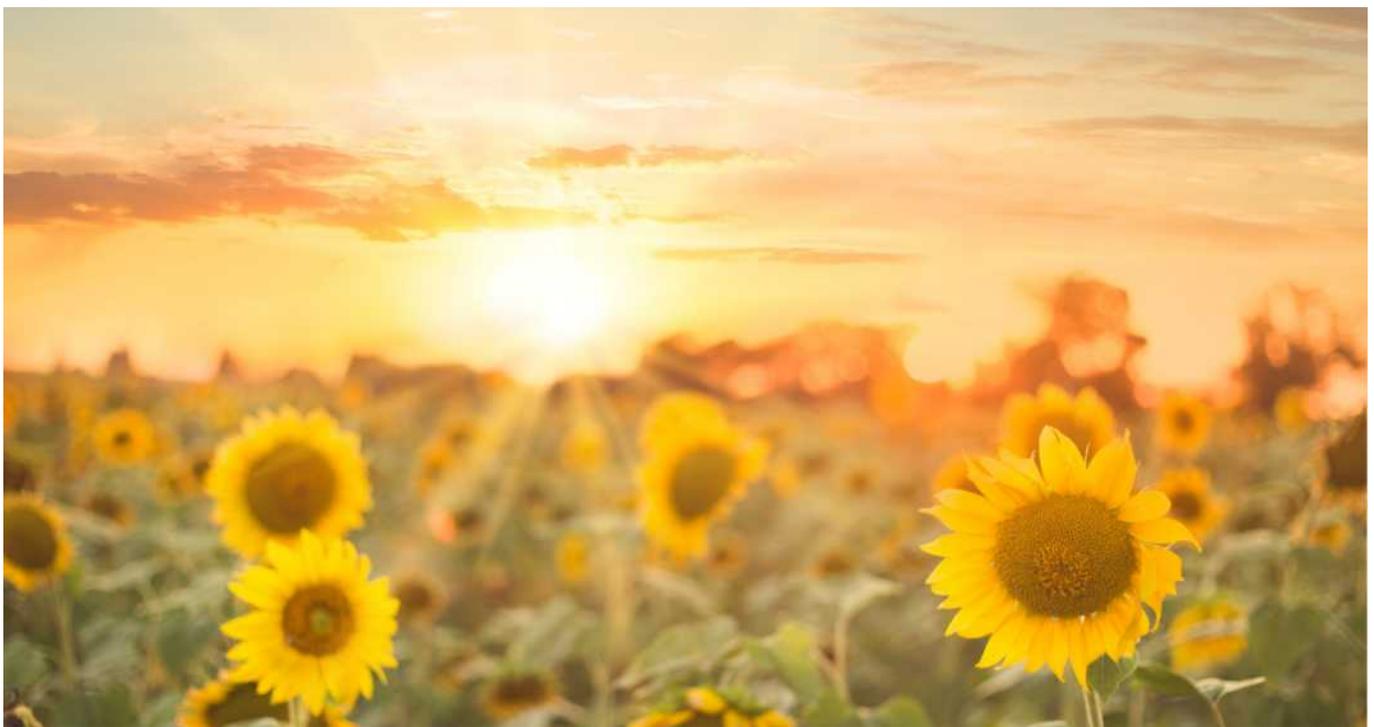


SEPTEMBER 2022

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO SEPTEMBER



INSIDE THIS ISSUE:

Musings from the Executive Director
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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 Thanks

Thank you, God, for the pleasures of summer,
the bright sunny days and perfect moonlit evenings,
the smells of mowed grass and air thick with rain.
Thank you for days at the lake
and evenings chasing fireflies,
for vacations and festivals,
picnics and cookouts,
baseball and concerts and swimsuits and popsicles.
Thank you for the fireworks of thunderstorms,
for watermelon sweetness,
for summer's pace and summer's grace,
for all your beauty and power,
faithfulness and fecundity displayed in summer,
Amen.

by Bob Hostetler



LIVING WELL TOGETHER

SEPTEMBER 2022

Musings from the Executive Director

Life from the Rock

*"I lift up my eyes to the mountains— where does my help come from?
My help comes from the Lord, the Maker of heaven and earth."*

Psalm 121:1-2

Several weeks ago, I took a hike from Lake Louise up into the Plain of Six Glaciers with my second cousin, Rick, who has been visiting from the Netherlands (whom some of you have met). The day was beautiful and began serenely with the turquoise lake glistening in the morning sun, the splendor of the mountains beckoning us to begin our climb. Equipped with water and a few snacks off we went, the path quickly becoming a steep climb.



Mountains often symbolize large and challenging obstacles in our lives that demand hard work to overcome them. Indeed, it was hard work to reach the Plain of Six Glaciers, at times the path taking us perilously close to the edge of a cliff.

We all have mountains we have faced or are facing. Maybe you've lost a loved one and had to say good-bye way too soon. Maybe you've received a hard diagnosis and face the fear of the unknown. Maybe you've sat beside the bedside of a dying friend or spouse and held a hand that once was strong but whose life was now being cut short from the ravages of an illness. Maybe you have been deeply wounded, betrayed, or mistreated. And maybe you have wondered whether you would ever come out the other side or make it to the top of the mountain.



If any of you have once taken this hike, even part of it, you may recall the sheer rock facings along the route. It is truly awe inspiring to stand beneath such massive rock and I could not help but feel its strength and power.

Essentially, a mountain is just one large rock – albeit an extremely large rock, and although the mountains themselves can often seem overwhelming, rocks symbolize wisdom, strength, stability, and patience. I love that image. Instead of being overwhelmed by the challenge and power of the mountain to focus on the wisdom, strength, stability, and patience we can find there.



As we were coming down the mountain past one of the huge rock facings, I saw a flower growing out of the rock. From what seemed like just a rock with no life and no soil, a beautiful flower was blooming (see photo). And seeing that flower thriving in the small crevice of rock reminded me that nothing is impossible with God.



My prayer is that as we face our specific mountain and challenge each of us will find wisdom, feel God's strength, experience the strong foundation of His love, and have patience with ourselves and with each other.

Lean into the rock that is God and may He cover you with peace, may He bring healing in the face of hard news, may He bring deep, abiding joy, and may He bring comfort and care no matter what you are facing.

'I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth.'

Dorothy de Vuyst
Executive Director

SHALEM PRAYER AND PRAISE PAGE

Autumn brings to the soul relief,
as hot Summer days, slip to an end
God sent the season for weary hearts
to restore, repair and mend.

Unlike the Autumn trees,
that shed their changing leaves
God sent the season for failing hearts
to adhere, embrace and cleave.

Just as with the Autumn winds,
there comes a new refreshing rain
God sent the season for fraying hearts
to increase, grow and gain.

The Autumn sun is slow to climb,
and dips much earlier into the night
God sent the season for sleepy hearts
to rise, shine and awake in His light.
God gave to us the Autumn season,
so we could have a respite and rest
for it is the season for our beset souls
to see how much we are blessed!



Psalm 16:9

King James Version

"Therefore my heart is glad,
and my glory rejoiceth:
my flesh also shall rest
in hope."

-Deborah Ann Belka

WE PRAY FOR...

- Mary Tipping, as she mourns the loss of her granddaughter, Alecia, who passed away on August 20th, after a long and difficult battle with Cancer. Please keep the Tipping family in your prayers.
- Herb and Anne Vleeming, as Anne has moved to Wentworth Manor. May God's presence bring peace to them both during this time of transition.
- Phyll Bruckshaw, for continued strength and healing as she returns to Shalem.
- Dorothy Rosenau, who has moved to another care facility. We ask that she may feel comforted and cared for during this transition.
- With a new school year underway, we pray for all the students, parents and those who have been called to serve and care for our grandchildren and great-grandchildren.

WE WELCOME the following residents to Shalem....

- Cathy Colquhoun in the Haven
- Lori Lehnert in the Manor
- Bob Ide in the Court

Please extend a warm welcome to our new residents and enfold them into life at Shalem.



www.emmanuelcrc.org

*Worship Services
Every Sunday at 10:00am*

WHAT HAPPENED LAST MONTH? *Life at Shalem*

August Birthday & Anniversary Party



WHAT HAPPENED LAST MONTH?



90th Birthday



Gertie celebrated with family



Men's Pub Social



WHAT HAPPENED LAST MONTH?

Summer BBQ with Friends & Family



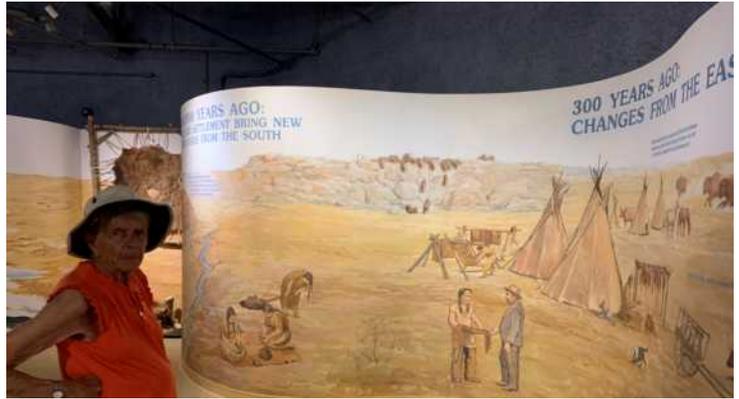
WHAT HAPPENED LAST MONTH?

Summer BBQ with Friends & Family



WHAT HAPPENED LAST MONTH?

Bus Trip to Fish Creek Park



Tim Horton's Club - Doughnut & Coffee



WHAT HAPPENED LAST MONTH?



Mimosa Social



Paint n' Sip



WHAT HAPPENED LAST MONTH?

Bus Trip to the Saskatoon Farm



WHAT HAPPENED LAST MONTH?

Enjoying Ice Cream Floats in the Warm Weather



BINGO with Volunteer Lauren



RESIDENT NOTICES



Building & Grounds - Collection of Shopping Carts

There seems to be a collection of shopping carts piling up again in the underground parking area. We would like to limit these to be only one for the Manor and Haven, and two for the Court. Please do not bring additional carts home with you.



Dining Services

You received a notice last week regarding a price increase due to inflation for dining service meals plans, effective October 1st. We also distributed a new Take Out Menu to increase options for those of you not on a full meal plan.

Pillows in the Dining Room have gone missing and found throughout Shalem. For the comfort of the residents who use the Dining Room, please leave the pillow on the chairs.

Reminder for all residents: Please collect and return any Dining Room dishes you may have in your suites. If you require to-go containers those can be provided during meal service. Beginning September 1, Dining Room staff will be knocking on Haven Resident suites the first Thursday of each month to collect any dishes not yet returned.

Recreation & Wellness - Fee Increases

Shalem values and prioritizes the Recreational & Wellness services it offers to residents. Many of the senior-centered businesses we partner with to bring you a variety of programs and outings are experiencing an increase in labor and material costs, and have increased their fees. In order for Shalem to maintain the same quality of service and programming, price increases are necessary and will be effective immediately. Shalem will continue to carry the bulk portion of the expenses, as we strive to keep outings/ events affordable and accessible. As well, we will continue to have many free activities. If you are concerned about your ability to participate in outings/events due to price increases, please connect with Michelle. Conversations will be kept private and confidential. Thank you for your understanding.

NEW sign-up Board Location

Please note that there is a new Sign -up Board Location. You will now be able to sign-up for activities and events at the central board located just outside the main Dining Room entrance.

Resident and Community Life - Tenant Insurance

While living at Shalem you are required to maintain current tenant insurance, which includes \$2,000,000 personal liability and contents coverage. Tenant insurance is there to protect the belongings in your home and so much more.



Shalem's insurance only covers the physical building, not anything that is within your walls. It does not cover damages to your personal belongings. Have Questions? Contact DeJong's Insurance Ltd 403-245-1192, info@dejongsinsurance.ca, www.dejongsinsurance.ca

SHALEM TUCK SHOP

The Tuck Shop will reopen in October! If you are in need of something before then, please let Michelle or Pam know and they will make arrangements.



RESIDENT NOTICES



Coffee Connection
with Dorothy de Vuyst

Monday, September 12
1:30 pm in the Dining Room
Everyone Welcome

Garbage/ Recycling/ Compost - PLEASE DO YOUR PART!

The garbage rooms within Shalem continue to be an issue. Do your part in helping to keep things clean.

Please do **NOT** leave large waste items in garbage rooms.

Please ask Grant if you need assistance or have questions. We need your help to keep Shalem clean & smell free, without **price increases for waste.**



Cat Companion Room

As many of you know, Shalem is piloting it's FIRST EVER Foster Pet Partnership with AARCS. We've had tremendous success ! Our first kitty, a one-year-old tabby named "Birthday" was with us for one month before being adopted, August 31. The adopters promise to stay in touch, so look for an update in the next newsletter. By proving a temporary home and helping to socialize the kitty, all of YOU were instrumental in helping "Birthday" find her forever and PURRfect home!



Soon we will have another foster cat (or two) filling the space. Be sure to check out The "Cat Companion" room, located in Haven suite #104. The room is open for visiting between 1-4 pm. We truly hope this program brings even more joy and purpose to our community. A gentle reminder be patient, and respect the cat's space and preferences. Cat bio's and "happy cat" tips are printed in a binder for your reading pleasure, on the side table beside the couch.

Birthdays New Forever Family
Cindy (Left) and her husband Sean have adopted Birthday. She and her daughter came to pick her up on August 31st.



HEALTH INFORMATION

Ask a Pharmacist

Richmond Square Pharmacy provides a session called 'Ask a Pharmacist.' Started last September, the aim of 'Ask a Pharmacist' is to provide a similar service to what we provide our patients, but in the comfort of your residence! Sometimes, it is beneficial to have that in-person, one-on-one time with a pharmacist so they may advise on your medication questions or concerns. Whether it be to prescribe for a minor ailment, reduce pill burden, learning more about supplements and herbs, or any other medication/health-related question, our hope is that you are able to make full use of the time spent with the pharmacist onsite. Be assured that this service is cost-free to you and will not impact how you currently receive your medications from another pharmacy provider. We hope to see you at our next session of 'Ask a Pharmacist'!



Boon H. Khoo
Pharmacist

ASK A PHARMACIST... **After the Wellness Session**

Wellness Session: Dementia & Medication
Wednesday September 28
10:00AM in the Shalem Atrium



Blood Pressure Monitoring



Many older adults have hypertension or other chronic health conditions that especially benefit from blood pressure (BP) control. Research has shown that regular BP monitoring can help with blood pressure control, and can reduce risk of death and cardiovascular events, including strokes and heart attacks.

A friendly 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 and make this part of your morning habit, once a month.

September Blood Pressure Clinic:
Wednesday, September 7 at 10:00am
Shalem Café

LIVING BY FAITH

THE LONELINESS PANDEMIC (AUGUST 09, 2022)
 Jonelle Mace | Mission Thrift Store Ontario

The COVID-19 pandemic was declared in Canada 30 months ago. With that came the shuttering of life as we've known it. No school, no church, no thrifting, no parties, no sports. No visiting elderly family members in their care homes. The list could go on, and I'm not here to argue for or against all the restrictions we have faced in our recent memories. While we are visiting each other, worshipping, and playing sports together again, this fact remains: we are statistically the loneliest people in the history of the world. Loneliness is being studied from many different angles at this very moment in time, and the results are concerning. Today's young people are the most technologically connected generation ever, with the ability to reach out to their friends and followers by reaching into their pockets. Yet, they admit to being deeply and heartbreakingly lonely. The death by suicide rate in the younger generations has never, ever been higher, most notably in the pre-teen age group. We have these devices that promise to keep us more connected than we could have imagined even 20 years ago. We can find people from our high school years by typing their name into a search engine. We can find birth parents and children and put people behind bars with their cousin's DNA on a website. Technology has done some great things for us. So, what gives? A few things, actually.

First, our churches have never been emptier. Covid shuttered the doors for a while, but being away from the pews also gave people a lot of time to reflect, deconstruct, and re-prioritize. People aren't coming to church for fancy coffee bars and loud music. What we're seeking, no matter how old we are or what generation we lay claim to, is connection. Simplicity, understanding, vulnerability, friendship. We don't need to run more programs and keep our congregants on their feet for the next event or program or fundraiser. What if we said "come as you are, you who are weary and burdened, and worship the Lord together in simplicity, truth, and grace. Let's rest our souls together. Kids are welcome". My guess is that we would be a more fulfilled, obedient, and energized church, and one that is a lot less lonely.

Second, let's go back to that technology that could be good for us, but maybe its not. Do you know that the average adult checks their phone every four minutes? It's habitual. We're addicted. We even have a new phrase for the way in which we're operating: continuous partial attention. We can't concentrate on scrolling through pictures of other peoples' lives and take care of our own families well. We're putting devices into the hands of kids at younger and younger ages, perpetuating partial attention. The addiction that so many find themselves entrenched in is not only acceptable but expected. Social media is made on purpose to capture and keep our attention for as long as possible. Because of it, we're missing out on the goodness of life, because we're only seeing it pass us by when we look up from our screens.

Third, we're building higher fences. We live in a society that quite frankly disparages multi- generational, communal, or co-operative living. You haven't made it until you have a big house with a high fence. We overvalue our perceived privacy (do you know how much is out there about you via the phone that you have in your pocket?) and fight over property lines. What we need to be building is longer tables. Bigger parks. More community centres. Better hospitals and mental health facilities. We need to open our churches more than a couple hours once a week.



The pandemic has revealed a few things to us, and it's our time to act. God created us for community and connection. He desires for us to live full, meaningful, and obedient lives as a reflection of eternity. Whether that means putting down your phone, coming back to church, or throwing a block party, don't wait to make the change. Help be the cure for the loneliness pandemic.

MEET OUR TEAM

STAFF FEATURE Q&A

1. What's your role at Shalem and how long have you been working here?

I started working here in April this year as a week-end receptionist and an on-call housekeeper. I greet guests and residents and attend to their needs. For housekeeping, I do laundry and clean the rooms of Haven residents. I also sanitize and clean all the common hallways and activity rooms. I also love to be Grant's back up sometimes 😊

2. What do you enjoy about working at Shalem?

Connecting with Residents by listening to their stories and attending to their needs. The staff, caregivers, residents and their family and guests are so nice and friendly. I also feel valued and appreciated despite being a person with disability, Shalem treated me equally and accepted me wholeheartedly and I am so grateful for that. Good vibes!

3. Tell us a little bit about your family? I've been married for 24 years to my husband Dennis. Our son Jansen, 23 years old, is a second year Electrician Apprentice at SAIT and our daughter Jamela, 22 years old, is a graduating student this year at the University of Calgary taking Urban Studies. We all live together. I have 4 sisters, one is in Calgary and the rest are in the Philippines.

4. Where did you grow up? Philippines

5. What three words would your friends use to describe you?

Funny/ pleasant, lots of patience and hardworking

6. What's your most hated household chore? Ironing and folding laundry

7. If you had to pick one age to be permanently, which age would you chose?

25 years old, I had finished school, had a job, travelled and enjoyed my family and friends and so ready to start a family.

8. What's your favorite Bible verse and why? Isaiah 41:10, It gives me hope and courage. It keeps me going. *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

9. What do you like to do when you are not working? Travelling, Eating and hanging out with people and little dogs.

10. What's a fun fact about you people may not know? I love to sing but most often than not, I cannot get the lyrics right!

Gigi



Resident Services & Relief Housekeeping



SEPTEMBER CELEBRATIONS AT SHALEM

Happy Birthday!

September 6	Steve Brandsma
September 13	Ali Pasveer
September 16	Joyce South
September 18	Marj Nieuwenhuis Alida VanderVeen
September 19	Harvey Scheuchner
September 21	Lucie Hoefman
September 29	Tom Downe



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



Congratulations to Len & Helen Keeler celebrating their 72nd Wedding Anniversary on September 8th!

May God bless you with love and happiness.



September Birthday Party

Join us in celebrating Shalem Birthdays
Tuesday, September 13 at 2:00PM

Cake & Entertainment by CC Mexican Line Dancers

Answers to Word Search Page 21

KHLCA ROBDA_____ CHALK BOARD_____

HTERAEC_____TEACHER_____

RATEFCEAIA_____CAFETERIA_____

NCIELP RPHEASNER_____PENCIL SHARPENER_____

LONBUXHC_____LUNCHBOX_____

DYOPLUAGNR_____PLAYGROUND_____

RJPOORTCE_____PROJECTOR_____

LOHOSC UBS_____SCHOOL BUS_____

NFOINUTA ENP_____FOUNTAIN PEN_____

SGIWN TSE_____SWING SET_____

LBALSAKBTE MGEA_____BASKETBELL GAME_____

RAT SSUEPLIP_____ART SUPPLIES_____

KBCAPKAC_____BACKPACK_____

IERF LDSLIR_____FIRE DRILLS_____

LIFNA MXASE_____FINAL EXAMS_____

BKOENOTO_____NOTEBOOK_____

WEROHKOM_____HOMEWORK_____

SCOMALORS_____CLASSROOM_____

CSRESE_____RECESS_____

BYALRIR OBKO_____LIBRARY BOOK_____

DYTUS RPOGU_____STUDY GROUP_____

ESCNCEI ESOTJCPR_____SCIENCE PROJECT_____



GET TO KNOW OUR RESIDENTS

Meet Irmgard...



You can't help but notice the fridge in Irmgard Stoffels' Haven suite. It's covered in magnets - a collection of souvenirs from the many places she visited when she and her husband retired.

Before retirement, Irmgard and her husband worked and raised their son. Irmgard grew up in Wangen, Germany, and her husband in Cologne. Irmgard, her husband Willy and their almost three-year-old son, Pete, immigrated in 1956 to Ottawa, where her sister was living at the time.



They enjoyed living in Ottawa and made a wonderful life for themselves. Irmgard worked in the insurance industry and Willy as an electrician. In 1973 they visited Calgary and liked it so much they made plans to retire there. The move West came sooner than expected and in 1979 they moved to Calgary. Irmgard was transferred with the insurance company she worked for and Willy found work in his trade. Sometime later, the Employment Agency she worked for sent her to the Harry Hays building, where she worked in the records department of customs for five years before retiring. But retirement didn't last long. After traveling for just one winter, Irmgard was asked by the agency to return to the customs office. She worked there another five years, before retiring again - this time for good!



The couple moved into senior housing associated with the German Canadian Club in Calgary. They enjoyed the retired lifestyle and traveled often, collecting fridge magnets along the way. They frequently traveled to the US to vacation with her sister from Ottawa. Sometimes her younger sister from Germany would join them. The couple enjoyed an active lifestyle and Irmgard was always up for a new challenge. She took up downhill skiing at the age of 40, golfing at the age of 60, and until recently walked one-mile every morning.

Irmgard's husband passed away eight years ago. Irmgard continued living on her own, until a fall forced a move to Shalem this past April. After 35 years of living in the German Canadian Senior Housing, she recalls how difficult it was to leave. She points out that she was the youngest senior to move into the housing, and the oldest senior when she left.

Irmgard's son shares her love for travel and adventure, traveling on an Alaskan cruise together. The Shalem senior is happy to have her son living close by in Calgary, and she's been blessed with fraternal triplet grandsons, now 36-years-old. Two of the triplets live in Calgary, and the other not far away, in Sparwood BC. To her delight, her son and grandsons have all followed in her husbands' footsteps as electricians.

A final glance at the fridge reminds me that Irmgard's magnet collection is so much more than travel souvenirs. Each magnet tells a story of days past, memories made and stories to share.

We welcome Irmgard to Shalem! Please introduce yourself to her and maybe swap some travel stories.



VOLUNTEERING & RECREATION

Thank you 

From window washing to bingo calling, we rely on volunteers to create meaningful activities & interactions with our residents.



Fitness Classes at Shalem

We are re-branding & expanding our class selection in order to provide you with more fitness & wellness choices!

Gentle Fitness: These gentle yet effective chair exercises for Older Adults will help to improve strength and mobility, while increasing muscle function for daily activities. These exercises often incorporate exercise balls for a gentle stretch and release. You will increase your blood circulation, have a better range of movement, and reduce stiffness or joint pain.

Sit n' Fit: With a three-pronged approach -- mobility, strength and balance, this class offers a variety of seated and (optional) standing exercises. Incorporating light weights, resistance bands, and soft hand balls for better balance, increased muscle strength & improved flexibility.

Monday Movement: Jump start your week with a combination of Gentle Fitness & Sit n' Fit, along with a few fun surprises now and then -- parachute activities and more.

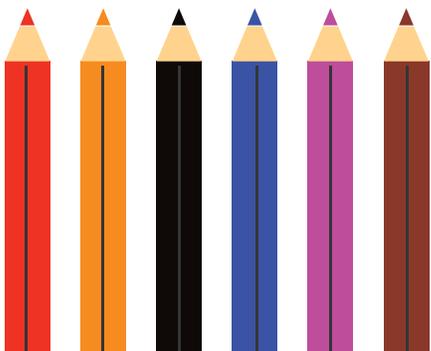
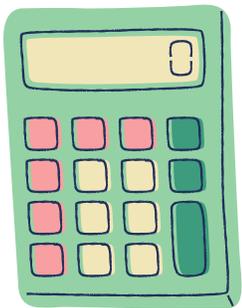
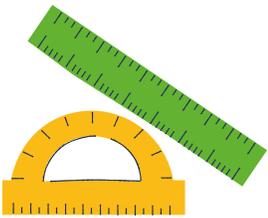
Chair Zumba (for beginners): REV up your heart rate and have some fun! This low-impact class offers a seated work out which integrates easy to follow but energizing dance moves. This class will help you maintain a healthy heart, improve mobility, strengthen bone and muscle, and manage weight. Give it a try!



GAMES & FUN

Word Scramble

BACK TO SCHOOL



KHLCA ROBDA_____

HTERAEC_____

RATEFCEAIA_____

NCIELP RPHEASNER_____

LONBUXHC_____

DYOPLUAGNR_____

RJPOORTCE_____

LOHOSC UBS_____

NFOINUTA ENP_____

SGIWN TSE_____

LBALSAKBTE MGEA_____

RAT SSUEPLIP_____

KBCAPKAC_____

IERF LDSSLIR_____

LIFNA MXASE_____

BKOENOTO_____

WEROHKOM_____

SCOMALORS_____

CSRESE_____

BYALRIR OBKO_____

DYTUS RPOGU_____

ESCNCEI ESOTJCPR_____

SPECIAL EVENTS

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



Bus Trip to the **NEW** Calgary Farmers' Market Thursday September 8, 11:30am-2:00pm

Bagged Lunch Available from Shalem for purchase.
(Sign-up Required)

Tim Horton's Coffee & Doughnut Club Wednesday, September 14, 11:00 am, Cafe.

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



Gather n' Thread - Knitting Club for a Good Cause

Meet with fellow stitchers, enjoy fellowship, and support local charities. This is a NEW resident run group for ALL yarn lovers! Come knit or crochet some blankets, booties or bonnets to donate to the Children's Hospital or Ukrainian Refugees. Bring your own supplies and any projects you are working on. New to knitting, no problem. Come and learn.

Friday, September 16, 2:00pm in the Shalem Atrium



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

Monday, September 19

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

Wellness Session: Dementia 101



GUEST SPEAKER: Nicole St. Eve, Dementia Care Expert
Home Care Assistance

Wednesday, September 21 at 10:00AM
Shalem Atrium



Jazz Concert & Wine

Musician Lorna MacLachlan & Friends

Friday, September 23rd in the Dining Room

\$2 Cover Charge & drinks available to purchase by CAFT



Bus Trip: Pfanntastic Pannenkoek Haus

Known worldwide for their delicious Dutch pancakes "pannenkoeken"
Tuesday, September 27, 9:30-11:30

Purchase your favorite from the menu for brunch!

Personal Touches Clothing Sale

Thursday, September 29th

10:00AM to 2:00PM in the Shalem Atrium



Calgary Christian School Kindergarten Class

Thursday, September 29th

11:00AM Dining Room (Sharing & Snacks)