

AUGUST 2020

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO AUGUST



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Health & Safety Information



Shalem
Society for Senior Citizens Care

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SHALEM MISSION STATEMENT

Mission statement and values outline were revised at the February 2019 Board Meeting.

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)

FROM JERRY'S DESK

JULY 2020

Dear Shalem Friends,

My first contribution to the Shalem News Letter was in August 2016. It was addressed "Dear Shalem Friends". I'm still happy to open with that.

That August I had been here a month and still rather "wet behind the ears" as they would say. In this first article I wrote about a community that cares for one another, shares with one another and celebrates with one another. Today, four years later that has become a core value within our community.

The Shalem Mission, Vision and Values statements are clearly displayed every month in the Showcase. It's a regular reminder of our commitment to each other, the residents, the staff, and our broader society. But even more it's a testament that Shalem belongs to God and we honor Him by serving in this community. I have always interpreted these statements by declaring that "I just want this to be a great place for Christian seniors".

As many of you know, my original commitment to Shalem was to be 5 years, which would bring it to June 2021. Although some 10 months' shy of this target, I felt this to be an appropriate time to leave.

Fulfilling the role of Executive Director at Shalem is where my working career ends. It has truly been a privilege and a blessing to have held this role these past four years. A privilege because few people have the opportunity to experience being a servant leader in a community such as Shalem. The blessing in my time here? Immeasurable.

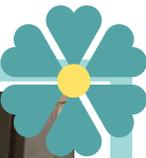
The task that remains is to hand the torch to my successor. That work has already begun. I covet your prayers during this time of transition.

"The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you; the Lord turn His face toward you and give you peace."

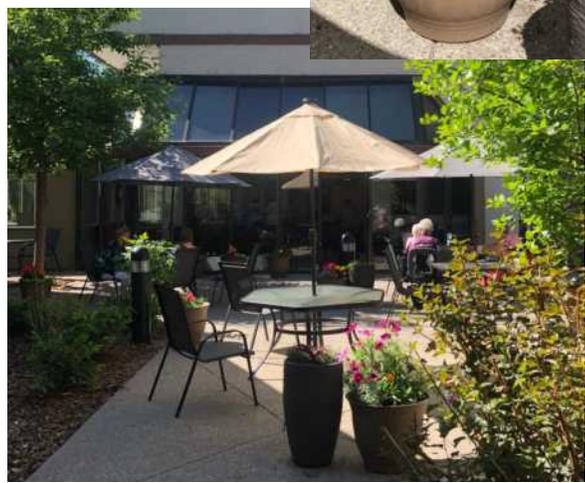
Your Friend in Christ,
Jerry



WHAT HAPPENED LAST MONTH?



Enjoying the outdoors
in beautiful weather!



WHAT HAPPENED LAST MONTH?

Welcoming our Fitness instructors back!

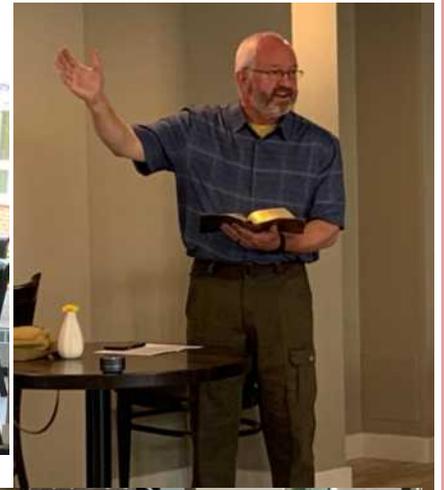


Thank you Florence for keeping exercise going when others were not able to come in and lead the fitness program!

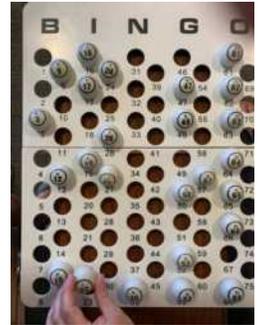


WHAT HAPPENED LAST MONTH?

Chapel with Shalem Chaplain David Swinney



B
I
N
G
O



WHAT HAPPENED LAST MONTH?

Outings, Ice Cream and Floats!



OUR COMMUNITY

Here at Shalem we have been growing our community to support you when you need it! Our Shalem Chaplain, David Swinney is available for individual care so please contact him if you require pastoral care. We have also been blessed with the services of Counselor, Liz Kahle. Liz is available to Shalem residents for counseling services should you need them. Please see below for their contact information, we are so blessed to have them in our community supporting Shalem residents!



David Swinney, Shalem Chaplain

If you would like individual care with David you can contact him by email at **pastor@highrivercrc.ca** During COVID-19 protocol, David will not be at Shalem.

Liz Kahle, Associate Professional Counselor, MA

Liz has completed her intern commitment and has now started her own practice. She is available for counseling services to Shalem residents, for a referral or more information, contact Liz directly at **lizkahlecounseling@gmail.com**



Faith

Increase our faith so we may see
 What you're doing in our lives
 And all that we'll accomplish in you
 So our faith begins to rise
 We need to be reminded, Lord,
 Of the small mustard seed
 And how the same amount of faith
 Moves mountains if we believe
 As we walk in pure obedience
 With confidence in you,
 Our faith begins to grow and flourish,
 Bearing more abundant fruit
 We must go beyond the limits

Of our comfort zones,
 Our faith is activated at those times
 When we walk into the unknown
 For it's when the safety net is gone,
 We realize we need our Lord,
 When there's nothing left to fall back on,
 We must lean on God much more
 And faith is released in our hearts
 As we bend our knee to pray;
 We shall be strengthened as we walk
 And commit to Him each day.

© By M.S.Lowndes

To support you in these difficult times we are offering additional Telecare or Prayer over the phone. Contact volunteering@shalem.ca if you need Chaplain care or emotional support during these times.

OUR COMMUNITY - CCS PASSION PROJECTS

Two Grade 9 students from Calgary Christian School blessed residents with their Passion Projects. Here are a few pages from their projects.

Adriana

What I did (Pictures) Continue...

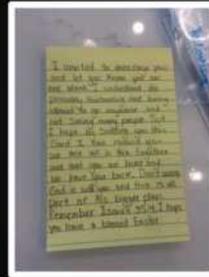


These are my final 8 bookmarks. They are laminated and have a fancy tassel



These are my bookmarks and letters together. I didn't have any fancy bags so I had to use ziplock

What I did (Pictures) Continue...



This is an example of what I wrote. But all the letters were different because I wanted them to be special and unique.



These are the 8 cards I made. I ended up only using 7 because there was a couple.

Through Lines

Servant Working: My passion Project displayed Servant working through stepping out of my way to make some Seniors feel special and loved. I used positive words to show seniors that they aren't alone through this difficult time. And that we are all going through this together and we have their backs.

Beauty Creating: My Passion project showed Beauty creating because I used my talent/passion of painting to make someone's day brighter. God all gave us gifts to make the world beautiful and even though painting is probably not my strength I was still able to use it for good and hopefully show God's love to those around me.

Why did I do this?

I did this because I wanted comfort seniors who are very vulnerable right now. I understand it's been hard on all of us and we all need each other to get through this. It's been especially hard on Seniors because they are the ones most affected by the Coronavirus and a lot of them aren't allowed to leave and their family isn't allowed to visit them. So I wanted to support them and show them kindness and overall just brighten their day. I also did this because I enjoy be creative and painting. Although I don't paint often because I'm usually too busy to. But with this Passion Project I was able to help other and make time to do something I enjoy doing.

MY CARDS

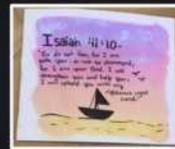
The four of us decided to split up the work, so we all made 7 cards each. (I did 8 because there was one extra.) Michelle, the lady we contacted and works there, thought that it would be nice to bring the cards to Shalem before Easter, so that the seniors could have something nice for the holiday. There was a little mailbox outside of the building, so on Good Friday, I went and dropped them off.



WHY?

I chose this to be my Passion Project because I love to make people's lives brighter. In these hard times, I thought it'd be nice to bring some hope and joy to elderly people's days. I spent many hours of my time to make the cards, and I'm glad that I could share my artistic talent with people who will enjoy it.

I also added a Bible verse to the cover of this card as well



WHAT I LEARNED

From this experience, I learned that even in hard times, the simplest act of kindness or positivity, can make a big difference. As I was writing the cards, I wrote things like, "Always remember that God is with you", and, "The more we pray, the better this will get." It really made me think about my words. God is in fact always with us, and as Christians, we believe that God will bring us safely through this, and end our misery. I'm glad that I could have the opportunity to give people positive messages.

THROUGHLINES FOR MY PROJECT

Beauty Creating: I used my artistic talent, painting, and applied it into making cards, and made someone's day brighter.

Servant working: I helped Shalem Manor by saying positive words, through my cards. I hope I lightened the mood and gave people a little bit of strength to conquer through the virus.



SPECIAL EVENTS

PLEASE NOTE

Due to the COVID-19 pandemic, Shalem is adapting the allowance of all activities, events and gatherings as per Alberta Health Services protocol. As some restrictions change we will facilitate some activities while still keeping with Alberta Health Services protocol. Shalem considers the safety of our residents and staff our highest priority so please note safety precautions will be mandatory to facilitate these activities.

THIS MONTH:

Please see monthly calendar!

All programs, times and locations, will also be posted on the Bulletin Boards in each building as well as the Information TV in the Linked hallway near the dining room and entrance to the Café.



PLEASE NOTE PHASE 2 DOES NOT APPLY TO SENIORS FACILITIES YET!

SHOPPING BUDDY FOR SHALEM RESIDENTS

Can't get out, but need a few items? Let one of our Volunteer Shopping Buddies do it for you!

Sign Up and we will be in touch to get your list of essentials. One of our volunteers will purchase the items and deliver to Shalem.

Money to be paid by cash or cheque when you receive the items.



This is a temporary service we are providing during the COVID-19 Pandemic.



HEALTH INFORMATION

DO YOUR PART-STOP THE SPREAD OF COVID-19



Limit contact and spreading of virus germs.

CLEAN HANDS

Practice hand hygiene; wash with soap and water for at least 20 seconds to prevent illness. Sanitizing with an alcohol based hand rub (with at least 60% alcohol) is also acceptable, please see additional hand sanitizer dispensers throughout Shalem.

COUGHING AND SNEEZING

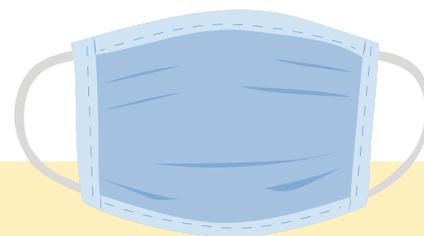
COVID-19 is most commonly spread from an infected person through respiratory droplets generated when they cough or sneeze. Try to avoid close contact with those showing illness symptoms. Avoid high traffic areas and large group outings or events. When sick, cover your nose and mouth with a tissue or use your elbow instead of your hand. Dispose of the tissue then make sure you wash your hands regularly.

CLEAN AND DISINFECT SURFACES

Illness can be spread from germs being passed from an infected person to various surfaces. Let's do our part to keep germ free by frequent cleaning and disinfecting. Frequently touched surfaces such as; tables, hardbacked chairs, doorknobs, elevator buttons, light switches, handles, toilets, faucets, sinks should be a focus for disinfecting.

If you are experiencing symptoms consistent with COVID-19, please call Health Link by dialing 811. Follow the advice of the health professional and stay home if advised.

PLEASE NOTE:



STARTING AUGUST 1st

Calgarians are required to wear masks in public spaces including stores and public vehicles as part of the mandatory mask bylaw. Officers can ticket those who refuse to wear masks, \$50 for each offence – but will start by trying to hand out a mask first. Please continue to maintain physical distancing of 2 metres at all times.

The Government's Free mask Program has ended, however some may still be available at various locations. Homemade masks are another tool to help prevent the spread of COVID-19.

HEALTH INFORMATION

COVID-19 INFORMATION

Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw has communicated updated restrictions with regard to Senior Housing. These are the new guidelines set in place, which affect Shalem, as of July 23, 2020.

All Guests for Shalem HAVEN, Shalem MANOR, and Shalem COURT must sign in at the main desk located at the Shalem Haven entrance, 3008-51 Street SW.

All Staff, Haven Residents and ALL VISITORS must answer a Health Assessment Screening and undergo a Temperature check each time they enter the building.

INDOOR VISITS:

- ▶ TWO designated guests are allowed in the facility for INDOOR visits.
- ▶ Other visitors (including accompanied minors) may be permitted for indoor visits.
- ▶ ALL Visitors must wear masks for INDOOR visits.

OUTDOOR VISITS:

- ▶ There is a limit of 4 visitors for OUTDOOR VISITS per resident or resident couple.
- ▶ Outdoor Visitors may include Resident's children/grandchildren (no age limit).
- ▶ Non-family members may continue to visit outside.

All Visitors at Shalem should minimize contact with other Residents.

Physical distancing should be maintained as much as possible, but it is permissible for it not to be maintained at all times, particularly with minors and those who are hard of hearing.

Residents are free to visit each other within Shalem Buildings, up to 2 guests per suite.

Residents must remain vigilant in their actions to protect themselves and others.

Residents not required to isolate are encouraged (but not required) to stay on the facility's property.

Residents are encouraged to wear face masks while off the property if in close contact with others.

Should a Resident choose to go off facility property, for necessity or otherwise, the Resident is responsible to:

- Maintain physical distancing
- Wear a mask at all times and ask anyone you may be with to also wear a mask
- Ensure safe transportation
- Maintain good hand hygiene
- Be screened upon re-entry (Shalem Haven Residents)

Residents, families & friends are also responsible to follow all Public Health guidelines applicable to all Albertans.

- Visitors are responsible for bringing their own masks.
- Pets/Animals are not permitted to visit or allowed in suites, at this time.

Please know that COVID-19 is highly contagious. Our Residents and Staff are at high risk.
Do your part to protect yourself and our entire Shalem Community!

THANK YOU

HEALTH INFORMATION

Healthy Eating



Eating well and being active work together for a healthier you. These healthy habits may help you reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis while providing many benefits such as:

- Better overall health
- Lower risk of disease
- A healthy body weight
- Feeling better
- More energy
- Stronger muscles and bones

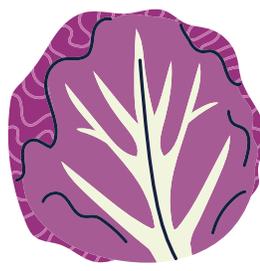
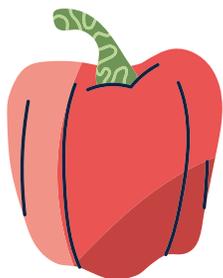
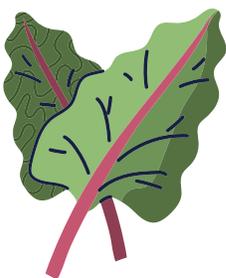


Tips for eating well:

- Make it a habit to eat a variety of healthy foods each day
- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.
- Choose foods with healthy fats instead of saturated fat
- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out
- Make water your drink of choice
- Replace sugary drinks with water
- Read food labels
- Be aware that food marketing can influence your choices



**Sandstone Pharmacies, supporting you in living your best life,
healthy and happy!**



AUGUST CELEBRATIONS AT SHALEM

Happy Birthday!

August 3	Rudy Muller
August 18	Carrie Latinka Ruth Hargrove
August 22	Len Joad
August 25	Margaret Kehler
August 28	Florence Lowry Eileen Smith
August 29	Bernice Chase
August 31	Keith Davidson



We wish you a very HAPPY BIRTHDAY!

May our Heavenly Father in the richness of His love fill your hearts with happiness and blessings from above.



Happy Anniversary!

Neil and Ina DeBree are celebrating their **59th Wedding Anniversary** Wednesday August 26th

Congratulations to both of you. May you have a wonderful celebration together with your family.



Please Note: Our Monthly Birthday Celebration in the Dining Room is cancelled this month due to the COVID-19 Pandemic.

RESIDENT CONTRIBUTIONS

From Ben Tan

Soon after moving to Shalem Court in late 2017, in 2018, I was diagnosed with prostate cancer. My article on Experiencing Cancer was published in October 2019. Then with all the hikes and long walks with Neil De Bree and Rudy Muller in 2020, I began to realize that something was amiss. I had to stop and rest more often at park benches to catch my breath and noticing that both my legs and feet became swollen, more on the right, till I could not stand it any longer that I was admitted on July 11 2020 to Rockyview General Hospital.

After all the tests conducted, as of July 22 2020 it has been confirmed that in addition to prostate cancer, I have been diagnosed with cancer of the ureter! This form of cancer is not common.

My case now goes to Tom Baker Cancer Centre for treatment, having been hospitalized since July 11, returning to my condo July 23.

It might hurt to read what has happened to me but I am drawn to Lamentations 3:13-24. Jeremiah understood that the heart can be punctured (v18, "my splendor is gone", and "all that I had hoped for from the Lord"). Jeremiah felt defeated (v12 "isolated") and abandoned (v 14) by God (v15-20).

Thankfully that was not the end of the story. Light shone through. Jeremiah was burdened, broken, stammered out (v21 "I have hope") realizing that "because of the Lord's great love we are not consumed (v22). When the splendor is gone, God's "compassion never fails. They are new every morning" (v22-23). God's faithfulness shines through. David Branon wrote, "Thank you Father that you are the God of compassion, even though through the valley of darkness, morning will follow as I remember your compassion and your faithfulness, In Jesus Name, AMEN".

My Heavenly Father knows and cares
and that is good enough for me!

Our Lord Reigns

Ben.



RESIDENT CONTRIBUTIONS

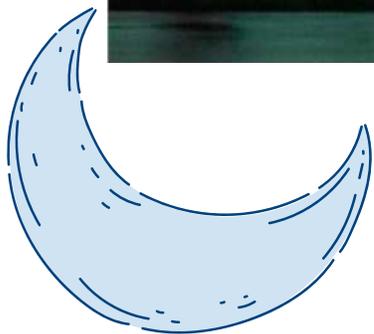
From Helene Friesen's family friend who took these pictures in Elbow Valley.

Neowise, a comet that was visible over Elbow Valley the evening of July 22. Here are some pictures in case you missed it!

Won't come around again for another 6,800 years according to the International Dark Sky Association.

Last time a comet could be seen was nearly 40 years ago, comet Hale-Bopp.

Comets are giant balls of ice that move rapidly around the sun. As the comet moves closer to the sun, it begins to evaporate and when that happens, a cloud begins to form around it and a long tail can be seen behind it.



HAVEN MESSAGE - SHALEM BUS SERVICE

Shalem offers bus service for shopping and other Shalem planned events



NO AUGUST BUS TRIP

For the well-being of Shalem Residents and Staff we are taking precautions during the COVID-19 Pandemic.



www.emmanuelcrc.org

Worship Service emmanuel church

**Tune into Channel 398 on your TV
for Emmanuel Church Service**

Worship Services Every Sunday at 10:00am

A few other options to see the service:

1. Facebook: Go to our Facebook page on Sunday morning.
2. Email: If you are on our email list, you will receive an email on Sunday morning with a link to the Facebook feed.
3. Website: links to the online worship will be on the website, later in the day.

SHALEM BUILDING UPDATES:

- Work is being planned for the Landscaping on the east side of the Court to correct sloping issues as well as improved drainage. The project will include new sod. Start date yet to be determined.
- The Court Balcony Screen surveys are in and management is currently sourcing a manufacturer and an appropriate design.
- Management is currently seeking input for Manor Laundry Room upgrades.



VOLUNTEERING



Please contact:

Michelle Vanderwerff

Volunteer Coordinator
volunteering@shalem.ca

403-240-2800 Ext 4

THANK YOU

To all the volunteers that continue to make a difference in the lives of Shalem Residents! Chalk drawings, shopping trips, care packages and prayers continue to be a light during this uncertain time.



Our volunteers are missing time at Shalem and are ready to come back when AHS restrictions have lifted!

For we are his workmanship, created in Christ Jesus for good works, which God has prepared beforehand, that we should walk in them.

- Ephesians 2:10

VOLUNTEERING

Q&A - Get to Know Our Volunteers



Jenn



Q. Tell us a little bit about yourself? **A.** I was born in Calgary and have lived here my whole life - with exception of a few years for university when I was in Edmonton. Outside of Shalem, I am a dental hygienist and I work in community health. My husband and I have lived in the area for the last three years and we love it here! We have a two year old Golden Retriever who never seems to run out of energy. In the summer months, we love hiking and can often be found exploring a new trail on the weekends. I also love trying out new recipes & reading a good book.

Q. Why did you want to volunteer at Shalem? **A.** I love spending time with seniors, and the community at Shalem was very welcoming. I used to volunteer with seniors in the past, and have found in my place of work and my personal life that I don't get to interact with seniors very often. I felt my connection with this age group was lacking so I wanted to get involved with seniors further. Sometimes I feel that we may forget how much seniors have to offer. I truly value my time spent with the residents at Shalem, and gain so much from our conversations.

Q. What do you enjoy most about volunteering at Shalem? **A.** What I enjoy most about volunteering at Shalem is seeing the familiar faces of the residents. Residents at Shalem are always in good spirits, and you can't not have a good time when you see them. Spending time with the residents has reminded me to truly be present and genuinely enjoy time spent with others.

Q. What is your favourite food, colour and season? **A.** I have a lot of favourites but I would have to say my favourite food is a simple, Italian style thin crust pizza. I always ask for this on my birthday! My favourite colour is teal, and my favourite season is summer. I love having extra long days, yummy fruit, and many outdoor activities to do.

Q. What is your favourite Bible verse? **A.** My favourite bible verse is 1 John 4:8 "Whoever does not love, does not know God. For God is love." This is my favourite bible verse because it reminds me that God is all around me in all of the things that I love. There is no greater love than His love for us. I also find comfort in this verse, because even on our bad days I know that God still loves me. All we have to do is put our trust in Him, and He will always show us the way.

Q. Share one interesting fact about yourself! **A.** An interesting fact about me is about my last name before I got married, which came from my dad's side of the family. My dad's family is Chinese though he grew up in Vietnam. My dad's side of the family was always under the impression that we have a unique family name. When I was in university I studied Mandarin for a year. For this class, my grandma wrote out the Chinese character for our last name. When I showed this to my teacher, she told me that our last name is very special because it's very rare. In fact we think that we might be one of the only Chinese families left with our last name!

Q. A personal reflection on COVID and how it has impacted you? **A.** The biggest thing that COVID has given me is time and a new perspective. Dental offices had to close, and I am still not back to work full time yet. At first I was worried about being off of work because I have never not worked. But I quickly came to find that I enjoyed it! This season of slowness has given me the opportunity to explore interests that I never had time for before. I've also learned not to take things for granted. I haven't hugged my family members or friends in months. I also miss seeing them on a regular basis, and doing our usual activities. When things go back to normal, I will never take my relationship with them for granted again!

Thank you Jenn, for all you do!

GAMES

August Word Search

A Joyful Song



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



*A joyful song of praise we sing,
And thankfully we gather
To bless the love of God above,
Our everlasting Father.*

*In Him rejoice with heart and voice
Whose glory fadeth never,
Whose providence is our defense,
Who lives and loves for ever.*

JOYFUL

SONG

PRAISE

SING

THANKFULLY

GATHER

BLESS

LOVE

GOD

EVERLASTING

FATHER

REJOICE

HEART

VOICE

PROVIDENCE

GAMES

AUGUST CROSSWORD



ACROSS

- 1 Two electricity types (abbrev.)
- 5 Win
- 9 Singer Marley or Dylan
- 12 Ark builder
- 13 Too
- 14 Building wing
- 15 China desert
- 16 Drink for a picnic
- 18 ___ Mix (cereal snack)
- 20 Bargains
- 21 Slows down
- 24 Ask forgiveness
- 25 Mature
- 26 "The Eagle ___ landed"
- 27 Sign
- 28 Dance
- 29 ___ in the belfry
- 33 A white fish
- 34 Poet TS
- 35 Easter animal
- 39 Music award
- 40 Once more
- 41 Chinese money
- 42 Popular picnic cuisine
- 44 Popular veggie for chips
- 48 Wall Street abbreviation
- 49 The red planet
- 50 Paradise
- 51 Family room
- 52 Unwelcome picnic guests
- 53 Croaker

DOWN

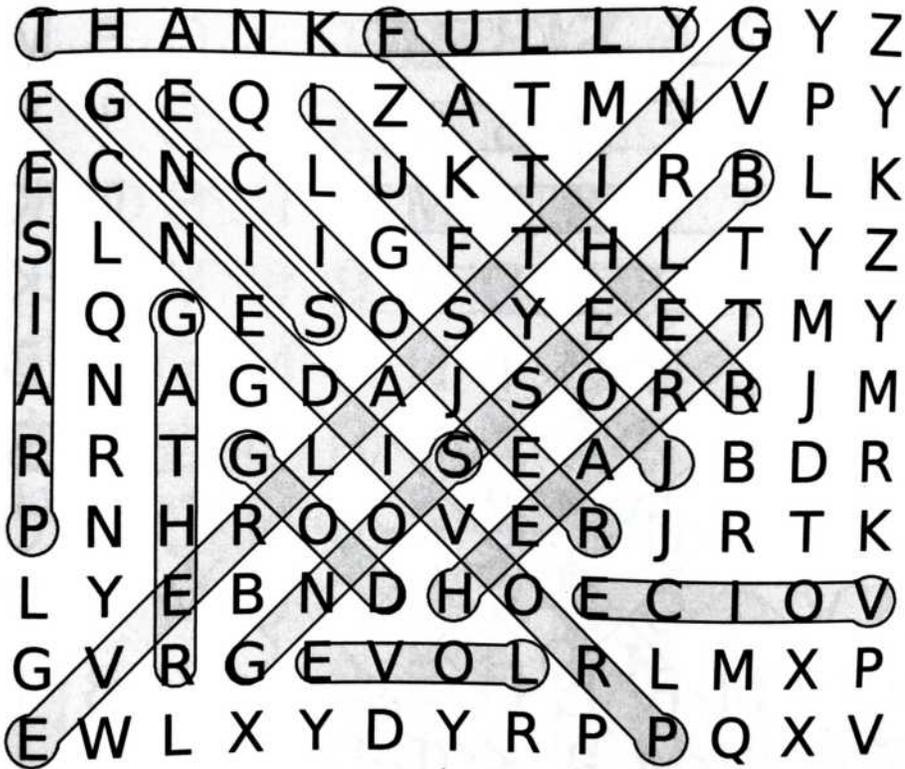
- 1 Director Lee
- 2 Pigeon sound
- 3 Dollop
- 4 Fried ___, picnic favorite

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16				17			
			18	19				20				
21	22	23					24					
25						26						
27					28				29	30	31	32
				33				34				
35	36	37	38				39					
40						41						
42					43				44	45	46	47
48					49				50			
51					52				53			

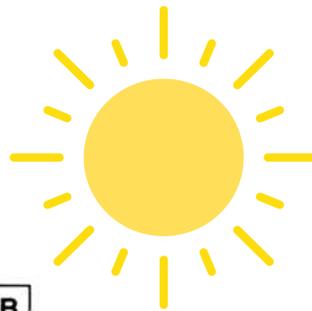
- 5 Weather that ruins a picnic
- 6 Game show host Trebek
- 7 Suffix meaning "belief"
- 8 Hangman's loops
- 9 Street in Memphis
- 10 Ancient
- 11 Archaic form of "hallowed"
- 17 Snooze
- 19 Egg layer
- 21 Sib of sis
- 22 Edge
- 23 Primate
- 24 Old towel
- 26 Concealed
- 28 ___ down (take notes)
- 29 Where to spread out a picnic

- 30 Goal
- 31 Actor Hanks or Cruise
- 32 Pig pen
- 33 Movie theater
- 34 Time period
- 35 Fanatical
- 36 Selfless love
- 37 Low-ranking nobleman
- 38 Baby's garment
- 39 Take a stab at
- 41 Circular tent
- 43 Open a ___ of worms
- 45 *Much ___ About Nothing*
- 46 Field
- 47 Finish

GAMES ANSWERS

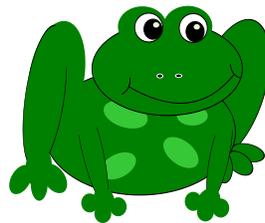
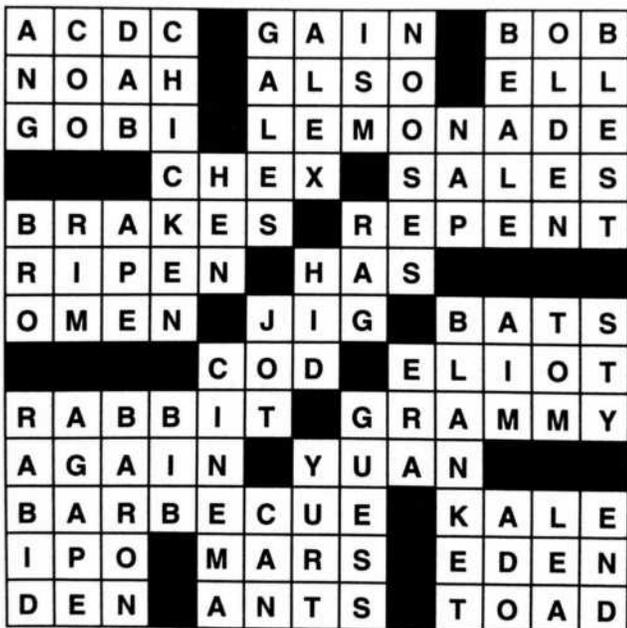


Word Search Answers



Crossword Answers

Summer Picnic



SHALEM PRAYER AND PRAISE PAGE

At this time of year when we come to mid-summer, we recognize that another season is beginning to cycle and we will be going into fall in the not too distant future.

While we can still enjoy summer, it brings a wonderful feeling of freedom and movement. No jackets, gloves, boots etc. required, just the basics and we can enjoy the beautiful outdoors.

As we reflect on the enjoyment of the weather, Shalem's beautiful flowers in the Courtyard as well as the Café Garden, we are grateful to God for the splendor that He so willingly provides.

We are so grateful for the continued health of Shalem as a whole. COVID-19 has not found its way into our facility yet, and we pray that this continues.

We are thankful to our residents who are working very diligently to help follow the proper protocols for themselves, their guests, and our whole community.

In the midst of this season, we think of fellow Shalem residents who are going through difficult times.

Please Keep in Prayer:

Norma Sinclair, who lost her younger sister, Lynne Le Blanc, in July just before Norma's birthday. Please keep Norma and her whole family in your thoughts and prayers as they mourn the loss of her dearly loved sister.

We think of Peter Nieuwenhuis as he continues to struggle with ongoing health issues. Please keep Peter and Marj in prayer, as well as the whole family as they love and support Peter through this difficult time.

We also want to keep Ben Tan in prayer as he is battling a new form of cancer. We thank Ben for his note to all of us and are also mindful of how Christ is carrying Ben, as well as each one of us, through life's trials and journeys.

We ask for prayers as Shalem shifts into experiencing a new Executive Director, as well as bidding Jerry farewell at the end of August. Like all seasons, things change and we ask for God's continued blessings on residents, their families, Jerry and his family, as well as staff in this new change.

We are grateful that we can be a community that cares, shares, and celebrates one another!

