

MAY 2020

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO MAY



### INSIDE THIS ISSUE:

From Jerry's Desk  
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Resident Contributions  
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

MAY 2020



Hello Shalem Friends!

By now many of you may have heard that I plan to retire this summer. The exact timing is a bit of a moving target but July 31 seems like a likely date. Then of course there's the "on-boarding" of the new person, so we'll see.

The decision to retire took Audrey and I many months. After my heart issues in January 2019 we started to discuss the idea. By the fall, we had committed ourselves to proceed. I notified the Board in January of my intentions. As I've said to the board, God already knows who will take the helm at Shalem. So I'm not worried and fully trust He's in control.

Just when you thought the bustle and noise of construction was done, we've started a few new projects. Well we're just finishing what we started.

The breezeway into the Haven had exterior wall water damage. The effected stucco was removed in the winter. Repairs and new stucco will be complete within the next 2 weeks.

The Manor elevator is also finished ahead of schedule. It's modern, smooth and efficient. Awesome!

Finally, as promised, we're giving the Shalem Grounds a facelift. A few existing trees and a few dead trees and shrubs are being removed. Then everything will be cleaned up, soil and/or gravel added, and new plants will be added to ensure our home looks great! And for a final touch, we're putting in a fire pit. We've given explicit instructions this all needs to be done by the Victoria Day long weekend. We promise not to start anything new until after Labour Day.

After the May long weekend, Janice will be back to beautify Shalem with a myriad of flowers.

With all this, I'm certainly not avoiding the "elephant in the room", that being the current isolation due to Covid-19. I'm sure you are as up to date as we are. Shalem, for a time, has become a rather quiet place. We are still living physically removed from family and community. Strange times indeed. Know that you are prayed for by many, and know that God watches over His people.

**"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."**

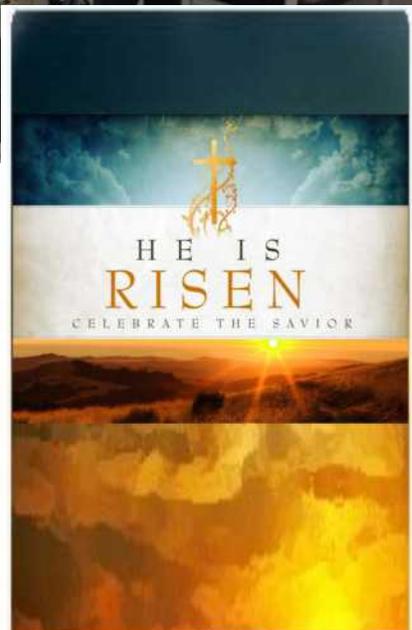
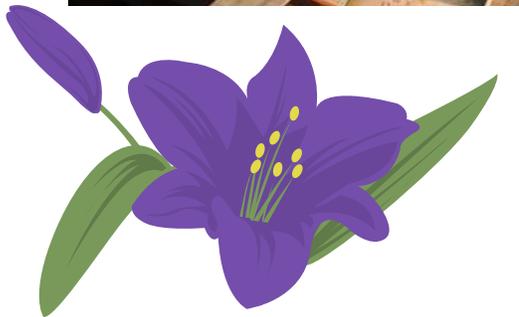
**Philippians 4:6-7**

Blessing,  
Jerry



# WHAT HAPPENED LAST MONTH?

## Easter Dinner Served to Residents



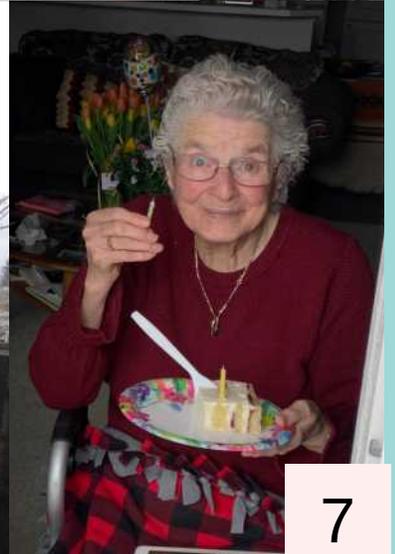
# WHAT HAPPENED LAST MONTH?

## Easter Dinner Continued...



# WHAT HAPPENED LAST MONTH?

Ann DeKlerk Celebrated her 90th Birthday with visitors at a safe distance.

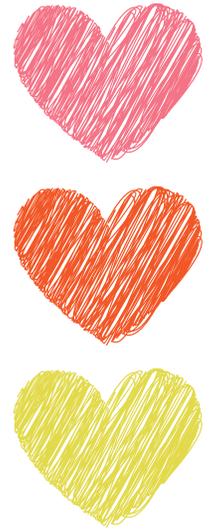


# WHAT HAPPENED LAST MONTH?

Easter Delivery from one of our Residents!



Visiting Shalem safely during COVID-19



# WHAT HAPPENED LAST MONTH?

**Ribbon Cutting for the New Manor Elevator. Due to COVID-19 it was a small celebration with Gloria, President of the Manor Social Committee.**



# 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 Intern Counsellor, Liz Kahle. Liz is available to Shalem residents for free 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](mailto:pastor@highrivercrc.ca)** During COVID-19 protocol, David will not be at Shalem.

## *Liz Kahle, Intern Christian Counsellor*

Liz is available to offer free counseling services to Shalem residents. For a referral or more information, contact Liz directly at **[elizabeth.kahle@my.prov.ca](mailto:elizabeth.kahle@my.prov.ca)**



To support you in these difficult times we are offering additional Telecare or Prayer over the phone. Contact [volunteering@shalem.ca](mailto:volunteering@shalem.ca) if you need chaplain care.

## SHALEM COURT EXTERIOR RESTORATION PROJECT FUNDRAISING

Please consider a donation to help with costs associated with the repair of the Shalem Court Exterior.



**For Online Donations:**  
**[shalem.ca](http://shalem.ca)**

SHALEM SOCIETY MEMBERSHIPS

**IT'S TIME TO RENEW OR JOIN**



**Shalem**  
Society for Senior Citizens Care

**Online at**

**shalem.ca**

**click on "Support Us"**

Membership forms can be found at your Christian Reformed Church as well as at the Shalem Society office.

Payments can be made online or by dropping off or mailing a cheque to the Shalem Society at:

#101, 3010- 51 St., SW Calgary, AB T3E 6V8



***Fresh Homemade***  
**Frozen Soup**



Available for purchase  
in the Dining Room

Cost - \$3.75 (1 Litre)

**PAYABLE VIA CAFT**

# SPECIAL EVENTS

## PLEASE NOTE:

**As per Alberta Health Services protocol, Shalem has cancelled all upcoming activities, events and gatherings due to the COVID-19 pandemic. The safety of our residents and staff is our highest priority.**

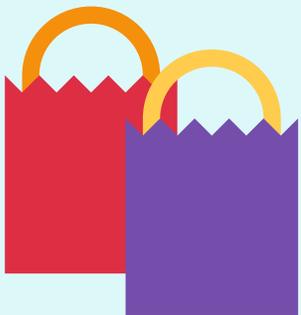
**Please protect yourself and others!**

## 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 these items and they will be delivered 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.



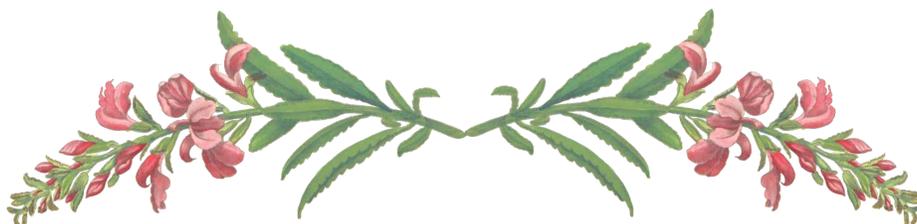
# EMOTIONS AND THE CHRISTIAN | SHAME

**BY: LIZ KAHLE**

**PROVIDENCE THEOLOGICAL SEMINARY COUNSELLING INTERN**

To be human is to experience emotions. Feelings when our needs are met include joy or peace and feelings when our needs are not met may be anger or sadness. Whether you were born in Canada, the Netherlands, or Japan, all humans have the capacity to experience these universal emotions. Through home environments growing up, you may have been inadvertently or advertently taught whether your emotions were acceptable or unacceptable. If a parent or caregiver communicated warmth when you were feeling sad about a bullying experience in third grade, you may have learned sadness was something to be experienced and processed in safe company. But if you came home upset about being bullied and a parent brushed your feelings of sadness aside, telling you tears were for babies, you may have learned it was best to keep emotions and thoughts to yourself. If repeated ruptures such as this one occurred in your home, over time, you may have learned to live from a narrative of shame.

In its basic definition, shame is the sense there is something wrong with me or the idea I am not enough. Shame's goal is to isolate by keeping us locked in repeated patterns of avoidance of our core identity - people made in God's image (Genesis 1:27). "Ultimately, we become what we pay attention to"[1] Thompson's statement encourages Christians to pay attention to those stories they are living from, acknowledging whether they have been living from a narrative of shame or from a narrative as sons and daughters of the Living God. The invitation is to pay attention to shame's target of your mind. Paul admonishes us to not "conform to the patterns of this world but be transformed by the renewing of your mind" (Romans 12:2). In this difficult time when we are more physically hidden from one another, may we authentically come to know the God who calls us out of hiding from our shame narrative, live more fully from our true core identity, and seek to live this out in community among each other, welcoming our neighbours as image-bearers of the Divine.



# PEACE IN A PANDEMIC

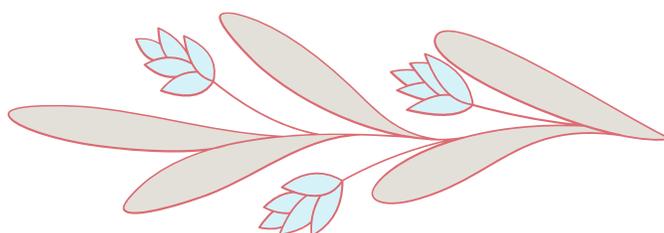
**BY: DAVID SWINNEY, SHALEM CHAPLAIN**

Some years ago, I sat in a hospital waiting room with a woman from my church whose husband was undergoing surgery on his heart. He was in good physical condition, but given his age, the doctors were only giving him a 50/50 chance and I wanted to be there with her to wait, and pray. Later, when the hospital chaplain came in, he assumed that I was her son, and that it was therefore his job to offer us some comfort. He listened to her story, then said, "I'm sure everything will be OK." I remember thinking that it was a bold thing to say. Not everyone is totally comfortable with 50/50 odds. It's one thing if you are purchasing pull tabs, it's something altogether different when you are talking heart surgery.



Still, when I lead worship, my go-to text for the benediction is often from Hebrews, chapter 13. "Because God has said, 'Never will I leave you; never will I forsake you,' we say with confidence, 'The Lord is my helper; I will not be afraid. What can man do to me?'" Since it is the Lord—the maker of heaven and earth—who is our help, I think it's fair to broaden the scope of that to, "What can anything do to me?"

That morning, the woman from my church turned to the chaplain and said, "Of course he will be OK. He belongs to God, body and soul, in life and in death. If he lives, he will be OK, and if he meets Jesus today, he will be even more OK." There was (and is) wisdom in her words, and maybe even peace in a pandemic, if we can join her, and the writer to the Hebrews, saying; "Because God has said, 'Never will I leave you; never will I forsake you,' we say with confidence, 'The Lord is my helper; I will not be afraid. What can anything, even a global pandemic, do to me?'"



# HEALTH INFORMATION

## DO YOUR PART TO 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.

# HEALTH INFORMATION

## COVID-19 INFORMATION

Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw has outlined enhanced restrictions with regard to Senior Housing.

▶ **ESSENTIAL VISITORS ONLY!**

An Essential Visitor is one who provides essential care/needs of a resident that would otherwise be unmet.

▶ Shalem Haven doors are closed in the linked hallway, only to be accessed by Haven Residents and Essential Visitors.

▶ All Haven Residents must stay on the facility's property, except in the case of necessity (eg. walking, groceries, pharmacy) or exceptions such as medical appointments, while observing physical and social distancing requirements.

▶ We encourage Shalem Court and Manor Residents to also limit outings, as well as follow all protocols outlined by AHS, for the well-being of all Shalem.

▶ All Staff, Haven Residents and Essential visitors, plus visitors for all 3 buildings, must enter through the Haven Front Entrance to undergo a Temperature check, and fill out a Health Screening Questionnaire, each time they enter the building.

If a Resident leaves the building, upon each return they will fill out a new Health Questionnaire and receive a temperature check.

▶ All Guests will receive a Guest Badge.

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

**THANK YOU**

# HEALTH INFORMATION

## MENTAL HEALTH AND COPING DURING COVID-19

The outbreak of novel coronavirus disease (COVID-19) may be stressful for people and communities. It is not unusual to feel anxiety about COVID-19, worrying about the potential impact on yourself and your family. Some distress is common in uncertain situations like this outbreak, and it may cause strong emotions.

### **Everyone reacts differently to stressful situations.**

The emotional impact of an unusual situation depends on the person's characteristics and experiences, their social and economic circumstances, and the availability of local resources. It is normal to feel sad, distressed, worried, confused, scared or angry when experiencing a situation such as COVID-19. However, signs of severe emotional distress, such as persistent insomnia, disabling fear or increased low feelings, indicate you should reach out for help.

### **Reactions during an infectious disease outbreak can include:**

Fear and worry about your own health and that of your loved ones, changes in sleep or eating patterns, difficulty sleeping or concentrating, worsening of chronic health problems, feelings of helplessness, boredom, loneliness and depression due to being isolated, symptoms of other health problems can be mistaken for COVID-19 and lead to fear, some people may become more distressed if they see repeated images or reports about the outbreak in the media.

### **Things you can do to support yourself and your community:**

- Stay informed, but take breaks from watching, reading, or listening to news stories.
- Try to eat healthy, balanced meals, get some exercise and plenty of sleep for good health.
- Accept that there may be disappointment or frustration at changing plans.
- Connect with others in your social networks through e-mail, phone calls or social media.
- Share if you're feeling concerned with friends or family. Maintain healthy relationships.
- Maintain a sense of hope and positive thinking. Focus on aspects of life you can control.
- Stay prepared; apply physical distancing, frequent hand washing and cough etiquette.

During times it is important to maintain an ongoing awareness of your health and well-being. Note significant changes and listen to friends and family if they express concern for your well-being. Ensure that coping strategies remain positive and effective.

# MAY CELEBRATIONS AT SHALEM

## *Happy Birthday!*

May 4	Frances Parks
May 4	Ev Pocock
May 5	Willie Alberts
May 5	Pat Nelson
May 12	Doris Reitze
May 19	Betty Inkster
May 19	Lee Vanderveen
May 20	Jill Moroney
May 27	Helene Friesen
May 29	Sue Weicker
May 29	Beverly Brown



*We would like to wish all of you a very Happy Birthday, and pray that the year ahead may be blessed by our Heavenly Father.*



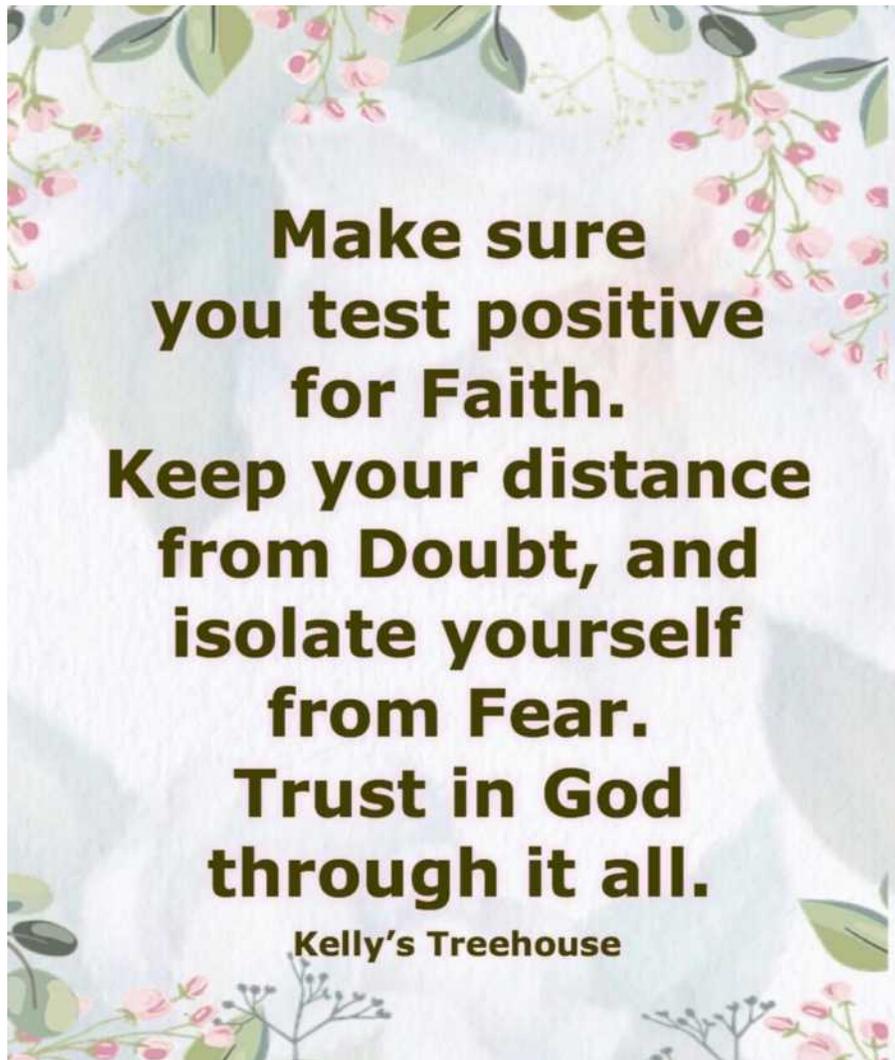
## *Happy Anniversary!*

John and Margaret Kehler will be celebrating their **66th Wedding Anniversary** on Friday, May 15th  
Congratulations! We hope that you will have a wonderful day, in spite of our social distancing... May God continue to bless both of you.

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

# COURT & MANOR MESSAGE

ALL building group activities are cancelled until further notice due to the COVID-19 Pandemic.



*The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.*

*Deuteronomy 31:8*

# HAVEN MESSAGE - SHALEM BUS SERVICE



Shalem offers bus service for shopping and other Shalem planned events

## **NO MAY BUS TRIP**

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



Christian  
Reformed

## **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.

# FRAUD AWARENESS

## PROTECT YOURSELF

### Scammers Preying on COVID-19 Pandemic Anxiety

**Seniors aged 65 and over reported losing a median of \$350 last year when falling victim to a scam. One in four seniors are reporting a loss this past year.**



Here are some tips for seniors to protect against scams:

**Don't be afraid to contact someone.** Reach out to a family member, neighbor, or someone you trust for advice. Research shows that individuals that are living alone, widowed, or those feeling isolated from others are more likely to engage with and lose money to scammers. If a scammer tries to keep you on the phone or rush you to a decision, hang up and ask someone for advice.

**Avoid "miracle" product claims that can protect you or your home from disease.**

Companies targeting older consumers with products and services claiming to protect from diseases like COVID-19 are shams without a proven cure. Don't just believe testimonials on a company's website; instead, research the company and product through trusted organizations like the Better Business Bureau.

**Be wary of offers sounding too good to be true.** They won't help you get ahead.

Scammers look for individuals looking to "catch up" or "get ahead" financially, and if your retirement was affected by the market's ups and downs – don't panic. Periods of high emotion are rarely the right time to re-evaluate your financial future. Instead, take a deep breath and contact a trustworthy broker or financial advisor.

**Be smart and aware.** Knowing about the scams out there significantly reduces the likelihood of financial loss. When someone contacts you about an "amazing opportunity," it's easier to separate fact from fiction.

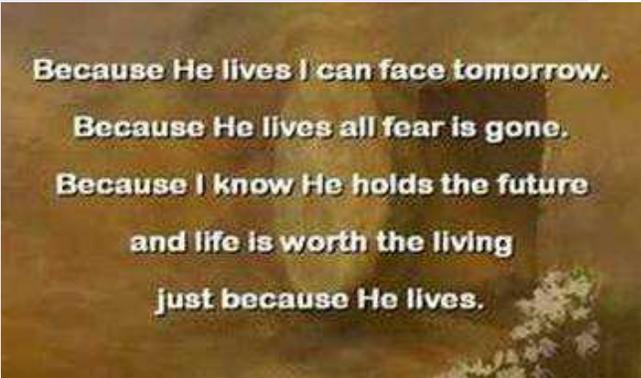
# VOLUNTEERING

## Words of Encouragement

One of my favourite things about celebrating Easter is singing hymns. There are so many wonderful hymns that tell of God’s love for us. One of my personal favourites is “Because He Lives”. In this crazy time of Covid-19 affecting our lives so profoundly, isn’t it reassuring that our tomorrows are secure because our God lives and He knows the future?

I am praying for all of you and look forward to the days ahead where can see each other again.

Lots of love, Linda  
(Volunteer)



Please contact:

**Michelle Vanderwerff**  
Volunteer Coordinator  
volunteering@shalem.ca  
403-240-2800 Ext 4

I have really enjoyed doing telecare and some visits at the window with Helen. It has been great to hear her story and be asked to pray with her in this difficult time of COVID-19. Highlights have been hearing Helen share how God brought her through a previous tough time, as a child she was separated from her family during WWII. She also told me she's been reciting the Lord's prayer during this time. She knows it in English, German and Russian. Her Russian is a little rusty so I asked her to recite it to me in German. It was a beautiful reminder that the whole world is dealing with COVID together, and God hears us all in our own languages!

God bless you all Shalem!  
Layne Kilbreath, MDiv  
Director of Faith Formation, Calgary Christian School

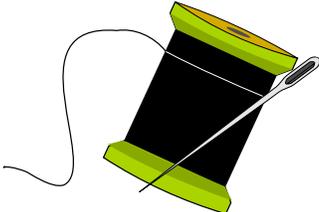


### Experienced Sewers - Help Nurse & Healthcare Workers by Making Scrub Bags

Nurses & Healthcare Workers would like drawstring bags to put their scrubs in after work. This allows them to take dirty clothes home safely and along with the bag, directly in the wash.

If you are interested in making these, please contact Michelle.

Pattern can be found at: [www.willowcreekquilts.ca](http://www.willowcreekquilts.ca)  
Choose COVID SCRUB BAGS from the menu



# VOLUNTEERING

## Q&A - Get to Know Our Volunteers



### Q. Tell us a little bit about yourself?

A. I have been a teacher at Calgary Christian School since 2000. I mainly teach Math to Gr. 9 and Gr. 11 students. I have taught Middle School choir in the past, as I enjoy singing and playing piano. My husband is an Occupational Therapist and works at the Rockyview Hospital. He and I are also part of our church worship team, as he sings, plays piano and guitar.

### Q. Why did you want to volunteer at Shalem?

A. It started off as a school project to challenge myself to "step out of my comfort zone". Through some research I realized that there were not many choirs that are made up of people living in Senior homes and/or Assisted Living establishments. So, I decided to put together a choir consisting of members from a senior home, I looked into Shalem since there were close ties to Calgary Christian School, where I worked.

### Q. What do you enjoy most about volunteering at Shalem?

A. I enjoy meeting with the choir and the members involved. I look forward to hearing them sing and also chat with them. I cherish the time we spend together at practice and have grown to know them more at a personal level.

### Q. What is your favourite food, colour and season?

A. Favorite food is Korean food. Favorite color is green. Favorite season is winter.

### Q. What is your favourite Bible verse? A. Phillipians 3:5-6

### Q. Share one interesting fact about yourself! A. I am pretty good at hula hooping.

### Q. A personal reflection on COVID and how it has impacted you?

A. It has been a steep learning curve trying to teach my students online as schools are closed. It has been tough not seeing students in person, but I am grateful to be working. I am hopeful that we will all get through this difficult time together.

## Vera



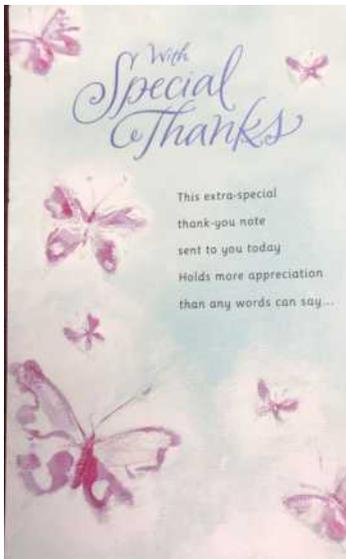
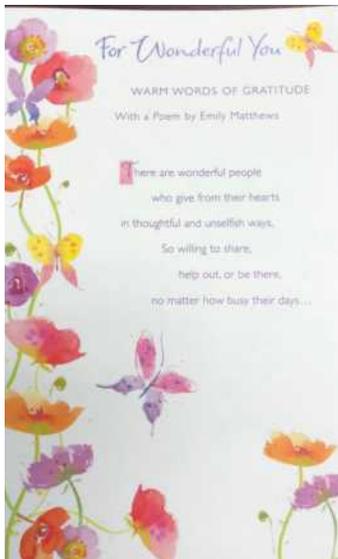
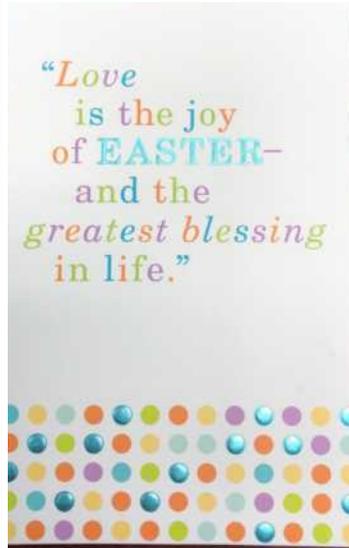
*Thank you Vera, for all you do!*

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Phillipians 3:5-6

# RESIDENTS CONTRIBUTIONS

Many Cards of Thanks from Shalem Residents!



*Not every day may be a good one, but there is some good in every day.*

# RESIDENTS CONTRIBUTIONS

From Marry Muller

As things continue to get more serious and more restrictive, we can draw wisdom from our predecessors. In 1527 when the Bubonic Plague came to his town, Martin Luther wrote the following:

## **MARTIN LUTHER PLEDGE DURING THE BUBONIC PLAGUE 1527**

“I shall ask God, mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine and take it. I shall avoid places and persons where my presence is not needed in order not to become contaminated and thus perchance inflict and pollute others and so cause their death as a result of my negligence. If God should wish to take me, he will surely find me and I have done what he has expected of me and so I am not responsible for with my own death or the death of others. If my neighbour needs me, however, I shall not avoid place or person but will go freely, as stated above. See, this is such a God-fearing faith because it is neither brash nor foolhardy and does not tempt God.”



# GAMES

## May Word Scramble All About Gardening

1. ndegar \_\_\_\_\_

2. lsio \_\_\_\_\_

3. lirefetriz \_\_\_\_\_

4. lenplo \_\_\_\_\_

5. wsfole \_\_\_\_\_

6. hcuiczin \_\_\_\_\_

7. gcoanir \_\_\_\_\_

8. tnsuintre \_\_\_\_\_

9. nalsuna \_\_\_\_\_

10. nlnriapes \_\_\_\_\_

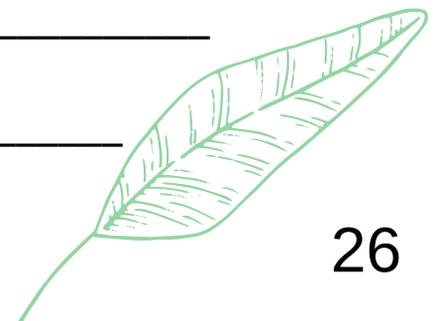
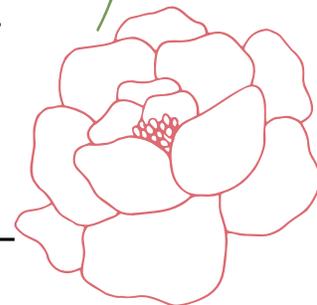
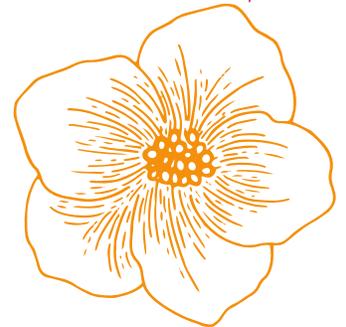
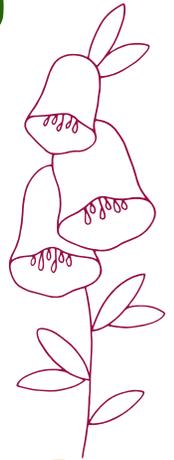
11. mopctos \_\_\_\_\_

12. betvseagle \_\_\_\_\_

13. matinginroe \_\_\_\_\_

14. cortintuelur \_\_\_\_\_

15. armuen \_\_\_\_\_



# GAMES

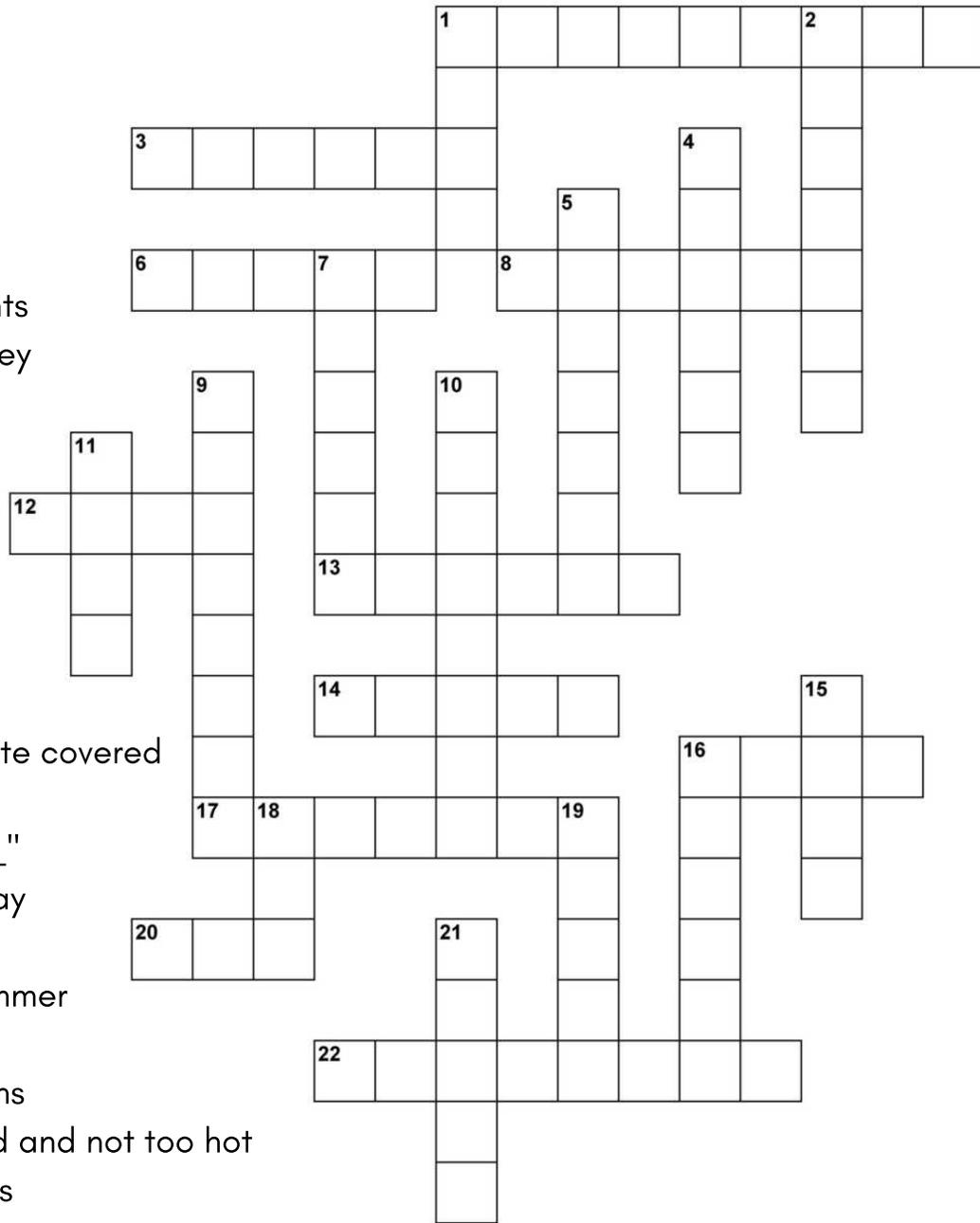
## ACROSS

- 1 A caterpillar turns into this
- 3 Female parent
- 6 Herbage suitable for grazing animals
- 8 Part of our world not made up of humans
- 12 Water falling from the sky
- 13 Place to plant flowers and plants
- 14 Birth flower "\_\_\_\_\_ of the Valley"
- 16 Composition in verse
- 17 Birthstone that means love and success
- 20 Mother's \_\_\_\_\_
- 22 Insect that stores honey

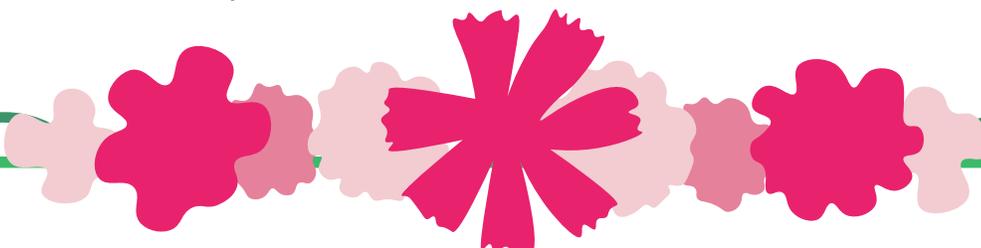
## DOWN

- 1 Warm blooded, beaked vertebrate covered in feathers
- 2 "April showers bring May \_\_\_\_\_"
- 4 Zodiac sign for the month of May
- 5 Symbol of fertility
- 7 Season between winter and summer
- 9 Sun's light
- 10 Hold this to stay dry while it rains
- 11 Temperature that is not too cold and not too hot
- 15 Place where birds lay their eggs
- 16 Spot on the ground where rain gathers
- 18 Fifth month of the year
- 19 Horse race
- 21 Mexican holiday "\_\_\_\_\_ de Mayo"

# MAY CROSSWORD



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

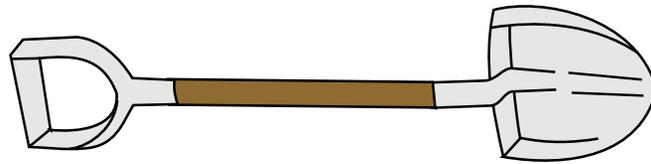


# GAMES ANSWERS

## Word Scramble Answers



- 1.garden
- 2.soil
- 3.fertilizer
- 4.pollen
- 5.flowers
- 6.zucchini
- 7.organic
- 8.nutrients
- 9.annuals
- 10.perennials
- 11.compost
- 12.vegetables
- 13.germination
- 14.horticulture
- 15.manure



## Crossword Answers



# SHALEM PRAYER AND PRAISE PAGE

Even to your old age and gray hairs  
 I am He, I am He who will sustain you.  
 I have made you and I will carry you;  
 I will sustain you and I will rescue you.                      Isaiah 46:4

In April, Monique Carnegie lost her sister Lise to COVID-19. She was only 74. Lise lived in Quebec so Monique was not able to travel to be with her family during this time. Please keep all of Lise's loved ones in prayer as they process her unexpected passing.

Move-ins at Shalem:

Henrietta Fisher has recently moved to Shalem. Welcome, Henrietta! We hope Shalem will soon become HOME!

Kim Armitage has moved 'down the block' to the Haven. We are glad that Kim is still a part of our Shalem family!

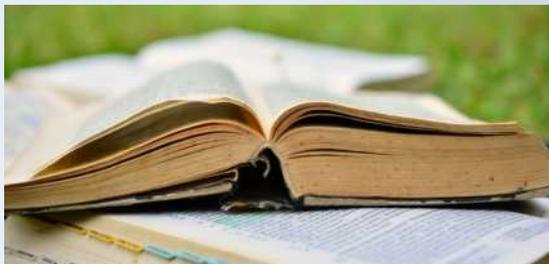
We also think of Eva Hunter and her family, as Eva has left Shalem for a centre with more assistance.

One item to be thankful for is that the new Manor elevator is up and running. Many thanks to Bill for working closely with the elevator company. Thank you also to the Manor residents for their patience as well as for supporting each other throughout the process.

Spring seems to have finally arrived, bringing a lift in the COVID-19 time.

We are very grateful that Shalem continues to be a safe place for our seniors, especially during this uncertain time.

We also congratulate Jerry, and Audrey, as he has made plans to retire this summer. Please pray for Jerry as he makes this transition. Please also pray that God will place the right person at Shalem to continue to bring strong, faith-filled leadership for our Shalem community.





Spring urges us to plant some, grow some and bloom some. Even before the earth and air really hint at warmth, green shoots push up through the brown ground with encouragement. "You can do it," they say. "Look at us!" With all the newness unfolding around us, we may begin to wonder if there might not be something new we'd like to see in our lives. Anytime is a great time for spiritual growth, but there is an urgency to grow especially in the Spring. The warmer weather inspires us to cast off what we no longer need, whether it is a sweater or an old habit. We may clean debris from a flower bed or a closet—or we may want to "clean out" our minds. Make a commitment to serve and be ready for the growth that happens. Discover the ways that spiritual well-being shows up in every area of your life when you are grateful for even the smallest things. Before you know it, you are off and growing.

-Joy Wyler