

APRIL 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO APRIL



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Shalem
Society for Senior Citizens Care

SHALEM MISSION STATEMENT

MISSION:

Shalem, meaning wholeness, was formed with the mission and communal desire to provide a Christian setting that enhances the well-being of seniors.

VISION:

A caring community to call home.

VALUES:

At the heart of Shalem is a Christian community where God is at work and we care, share and celebrate.

We value:

- Respect and acceptance
- Justice
- Compassion
- Stewardship of resources
- Community

"To act justly and to love mercy and to walk humbly with your God."
(Micah 6:8 NIV)



The Resurrection of Your Son

Lord, the resurrection of Your Son has given us new life and renewed hope. Help us to live as new people in pursuit of the Christian ideal. Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it.

— *New Saint Joseph People's Prayer Book*



LIVING WELL TOGETHER

Musings from the Executive Director
APRIL 2021

Moments of Grace

I took a walk this morning in the middle of a windstorm warning.

As probably the same with many of you, I don't really like the wind. The wind can often be cold and makes for a much more difficult walk and I much prefer walking when its calm and peaceful. A strong wind normally keeps me inside, but today the need for exercise and fresh air won out. The car shook and the boughs of the trees swayed overhead as I got out and braced myself for getting tossed about. And sure enough, the wind came at me with great force.



As I persevered against the wind, however, I also experienced moments of grace.

Despite the wind, the sky was bright blue, and I felt the warmth of spring sun and the tree branches were already swelling with buds of new growth (see photo). And as I turned the corner into an area of the park sheltered from the wind, I had a brief reprise from the wind and felt the calm and warmth I had been seeking. All moments of grace.

As well, I unexpectedly ran into one of my sisters, on her way back from her own walk. Due to COVID we hadn't seen each other that much this past year so it was lovely to see her and catch up. Out of the blue she apologized to me for a conversation we had had several years ago that she knew had been very hurtful to me, a conversation I had long forgotten, but one in which she had been feeling bad about all this time. We hugged with all forgiven. Another moment of grace.

Life can sometimes be like the wind. We often find ourselves in the middle of challenges and concerns that we often must struggle against. The loss of a loved one, a difficult health diagnosis, financial stresses, fractured relationships, loneliness, change and transitions as we get older - all which can often seem overwhelming and toss us around. We often need to lean in and persevere longing for a reprise.

As I turned the corner back towards my car, the wind hit me with full force once again with a burst that almost took me off my feet. However, as I struggled to stay on the pathway and leaned in against the wind once again, I was filled with a sense of gratitude. Although the calm of the reprise from the wind had disappeared and the doubts and challenges remained, the peacefulness also remained.

That too, is a moment of grace, knowing that I am not alone in wrestling with the 'wind of life' and God's strength will help me lean in when I face obstacles and challenges. His overwhelming grace will allow me to have peace and gratitude in the midst of it.

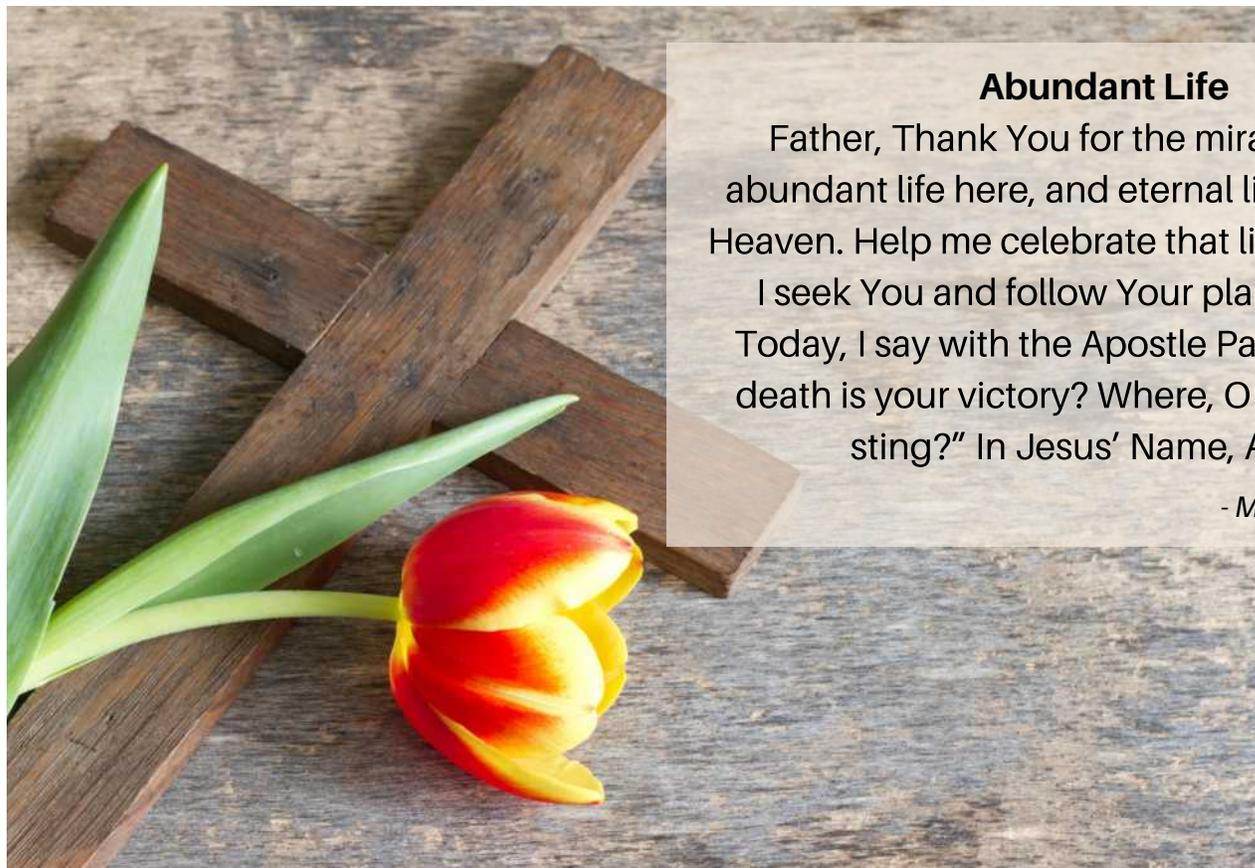
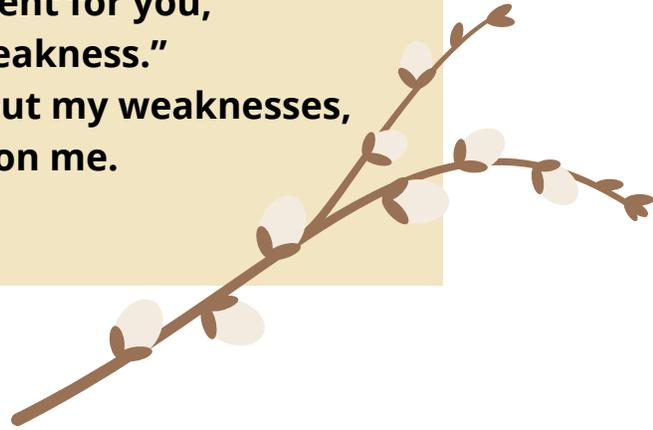
Musings from the Executive Director... **Continued**

As you wrestle with your own 'wind of life', I pray that you will see the moments of grace God provides, sometimes in the most unexpected places. And be grateful for these moments, these moments of hope, these moments of beauty which remind us of God's faithfulness and love to each one of us.

**But He said to me, "My grace is sufficient for you,
for my power is made perfect in weakness."
Therefore, I will boast all the more gladly about my weaknesses,
so that Christ's power may rest on me.**

2 Corinthians 12:9

Serving our Risen Lord,
Dorothy de Vuyst
Executive Director



Abundant Life

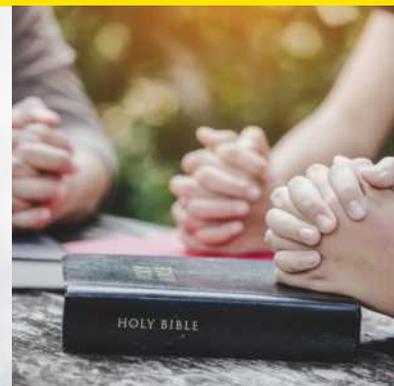
Father, Thank You for the miracle of life – abundant life here, and eternal life with You in Heaven. Help me celebrate that life every day as I seek You and follow Your plan for my life. Today, I say with the Apostle Paul, "Where, O death is your victory? Where, O death is your sting?" In Jesus' Name, Amen.

- Mary Southerland

SHALEM PRAYER AND PRAISE PAGE

Welcome to Ali Pasveer who has moved to Shalem this month. We hope that Shalem will be a blessing to you, Ali, as you make your new home here.

Farewell to Pat Nelson who has moved to another facility. We wish you God's blessings as you start new beginnings in your new home.



We are grateful to God for His continued grace and healing in the lives of our Shalem family.

Betty Cragg is improving and able to start to engage in the Dining Room again. Neil de Bree, and Ozzie Finzel have both returned home and are gaining strength and health again. Joanie Grecko is also home and doing much better. Mary Lou Leitch has also come home and is gaining strength.

Let's continue to uphold in prayer our fellow Residents who are experiencing health concerns, John Kopala, Kim Armitage, Trudy Weichula, and Betty Luchtmeyer. Please also keep in prayer Janna De Klerk, whose son Ray passed away recently. Please pray for God's loving comfort to carry Janna and her family through.

It is comforting to know that our heavenly Father is with each one of us as we go through the valleys of life. I recently heard that when we climb mountains in our life and look around, the views are incredible! However as we go into the valleys, this is where the fruit grows and flourishes.

"Be still, and know that I am God (Psalm 46:10a)

Jesus said, "Don't let your hearts be troubled. Trust in God, and trust also in Me."(John 14:1)

"When I am afraid, I put my trust in You."(Psalm 56:3)

I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."(John 14:27)

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."(Isaiah 40:31)

"So do not fear, for I am with you: do not be dismayed, for I am your God."(Isaiah 41:10)

And let the peace that comes from Christ rule in your hearts."(Colossians 3:15a)

"You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!"(Isaiah 26:3)

"But I will sing of Your strength, in the morning I will sing of Your love; for You are my fortress, my refuge in times of trouble."(Psalm 59:16)

Jesus said "And be sure of this: I am with you always, even to the end of the age."(Matthew 28:20)

EASTER MESSAGE

GUEST PASTOR - JACQUI MIGNAULT

Love Made Known

Our family loves a website called The Dodo which collects videos about animals from around the world. My daughter's favorite ones are where animals are rescued, brought back to health, and then are seen living healthy, happy lives. I asked her why she liked these videos so much and she said, "Because you can see what love does." She loves to hear these stories about how animals who are sick, fearful, neglected are found, their wounds bound up, their nature encouraged. The best parts, she says, are when they start to play and enjoy their lives.

When I heard her say that I was reminded of Jesus' prayer in John 17:

"I have made you, Father, known to them and **will continue to make you known in order that the love you have for me may be in them and I may be in them.**" He is praying for love to be made known to his disciples - the kind of love you can see.

Jesus prays this right before he is arrested. Before the horror of Good Friday takes place, before the long uncertainty of Holy Saturday, and before the incredible power of Resurrection Sunday rocked the world. Jesus took time to pray that all who trust in God, would see God's tangible Love. Love that results in the fearful, neglected, diseased parts of us being made whole.

This Easter season, I've been reminded of how powerful stories of visible love are. This kind of love is for all of creation - for us, our families and communities, cultures and even the animals! We need to remember our truest stories are the stories of being loved into health. Loved into trust. Loved into our nature - that of a people whose only comfort in life and in death is that we belong, body and soul, to this faithful Jesus who makes love visible.

Do you have stories of being loved back to wholeness by the living God and his body? Tell these stories every chance you get. Because we need to hear them in these days. We need the hope that seeing these stories of love-made-known gives us all.



Jacqui Mignault is a pastor and spiritual director at The Road Church, a community built by merging two communities (New Hope Church and Hillside Church). Jacqui is also a campus Minister at Mount Royal University and has a blog This Incarnate Faith where she shares her walk in faith. www.jacquimignault.com

WHAT HAPPENED LAST MONTH? *Life at Shalem*

Life at Shalem



St. Patrick's Day Celebrations



WHAT HAPPENED LAST MONTH?

Virtual Armchair Travel

Dorothy de Vuyst shares her travel experience

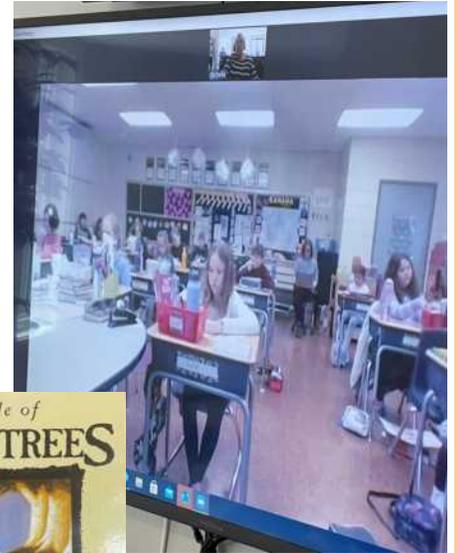


Exercise Classes



WHAT HAPPENED LAST MONTH?

Easter Virtual Sharing with Calgary Christian School Grade 5 Students



Spring Craft



WHAT HAPPENED LAST MONTH?

Chapel



OUR COMMUNITY

Shalem has been growing our community to support you when you need it! We are so blessed to have our Shalem Chaplain, David Swinney, as well as access to counseling services with Liz Kahle.



David Swinney, Shalem Chaplain

David is available for individual care in the Shalem private Meeting Space. If you would like more information, please contact him at pastor@highrivercrc.ca

Liz Kahle, Associate Professional Counselor, MA

Liz is available for counseling services to Shalem residents. Subsidization options are available, if needed. For a referral or more information, contact Liz at hello@lizkahlecounseling.ca




Worship Service
emmanuel church

Worship Services
Every Sunday at 10:00am

Tune into Channel 398 on your TV for Emmanuel Church Service

www.emmanuelcrc.org

OUR COMMUNITY

Shalem Atrium Update

You may recall from an update provided last November on various Shalem common spaces, we mentioned that we had applied for funding to help us update the Atrium into a space that would be more conducive for learning and other activities.

We are excited to announce that this funding has been approved!

The funding, that we will be receiving from the federal government, will provide us with the resources we need for new flooring, painting, new lighting, technology, new furniture and other updates for the space that we hope will allow us to enjoy this already beautiful space even more.

Call for Resident Volunteers!

As part of the project, we want to ensure that Residents have an opportunity to engage in and contribute to the project as it unfolds, including furniture choices, identifying topics and learning sessions that Residents themselves believe will be of interest and beneficial for our Shalem community, and participating in the planning of these activities.

We are looking for a group of volunteers, representative of all three buildings, to help us with this project. If this is of interest to you, we want to know! Please contact Michelle Vanderwerff to let her know of your interest.

Use of Space during the Renovation

As you can well imagine, the Atrium will not be able to be used by Residents during the renovation. The renovation is scheduled to start in April and expected to go through until May. In the interim we will use the Café or other spaces as appropriate for activities currently held in the Atrium. Watch the information boards for updated notices on these locations.

We recognize, that due to the flow through traffic from the Manor to other areas in Shalem, using the Café is not always practical. We also plan to update the sitting area on the second level at the same time so appreciate your flexibility and patience!

We are excited about this renewal project and the additional activities we will be able to offer Residents once completed!

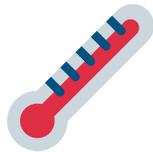
Dorothy de Vuyst
Executive Director



HEALTH INFORMATION

COVID-19 INFORMATION STOP THE SPREAD!

Typical Symptoms of COVID-19 Infection



Fever



Cough



Shortness of breath



Difficulty breathing



Sore throat



Runny nose

- **Safe Visiting:** No social gatherings, identify two other people with which to visit either from Shalem or outside. Homecare/ support people will continue to be allowed. Ensure names of visitors are given to the Haven front desk.
- **Haven Front Reception/ Hallway:** Priority in decreasing foot traffic in the Haven. Haven Residents and visitor/ support care to continue to use this entrance. Court & Manor Residents please use your own building entrance for yourself as well as for deliveries when possible. Please do not use Haven hallway unless necessary.
- **Dining Room:** Open for Haven Residents and those who have meal plans. There will be assigned tables/ eating partners or you may sit alone should you choose. Take-out orders will continue, available to all residents and delivered until further direction from AHS regarding COVID-19 protocols.
- **Recreational Group Activities:** We are limited to 10 people per activity and there will be sign-up sheets available. Activities are focused on spiritual/ mental and physical health.
- **Masks Protocol:** For activities offered, masks are mandatory. All residents are encouraged to wear masks in hallways and common spaces.

For details on current protocol please see the handout updated December 18th, 2020

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

Answers for Games & Fun, Page 17

5. List five seven-letter words relating to the body:
 abdomen patella tonsils knuckle
 bladder stomach forearm

4. List five six-letter words relating to the body:
 kidney marrow finger molar
 nerves hammer organs retina
 muscle rectum tendon uterus
 tongue spleen thorax palate
 fibula coccyx

3. List five five-letter words that relate to the body:
 heart anvil thigh ankle
 thumb mouth liver penis
 brain veins joint tibia
 teeth chest wrist ovary
 skull femur

2. List 10 four-letter words that are parts of the body:
 chin nape skin iris head hair back
 foot hand calf knee ulna
 shin bone nail palm nose
 lung brow lash

1. List 10 three-letter words that are parts of the body:
 toe ear rib hip
 eye arm jaw leg gum



HEALTH INFORMATION



Cholesterol

Cholesterol is a fatty substance carried in the bloodstream and needed in small amounts by the body to rebuild cells and make certain hormones. People with high cholesterol have too much LDL cholesterol in the bloodstream. Cholesterol levels generally rise with age and can increase the risk of heart disease, stroke, and peripheral vascular disease. The liver is responsible for making about 80% of the body's cholesterol; the rest comes from the diet. Dietary cholesterol is found in foods from animal sources, such as eggs, meats, and dairy products.

There are two types of cholesterol:

Low-density lipoprotein (LDL), or "bad" cholesterol

High-density lipoprotein (HDL), or "good" cholesterol

People often have more LDL cholesterol than the liver can handle which is where the issues occur. HDL is considered "good" cholesterol because it picks up the LDL cholesterol from the arteries and tissues and carries it back to the liver, where it can be broken down and flushed out of your body. Higher HDL levels might actually help protect against heart attacks and strokes. LDL cholesterol promotes buildup of harmful fatty deposits (or plaques) in the walls of the arteries. These plaques can clog the arteries, including the coronary arteries that feed the heart. This process is called atherosclerosis (hardening of the arteries) and can result in angina (chest pain), heart attack, or stroke. A healthy lifestyle is the best defense against high LDL cholesterol. A diet lower in saturated fats, eating a wide variety of vegetables, whole grains, fruits, nuts and seeds is a great way to limit high LDL cholesterol. Boosting your level of physical activity, maintaining a healthy body weight, limiting alcohol consumption and packaged foods can also help. Medication therapy may be added to lifestyle change if cholesterol target levels are not reached, consult your doctor if you have concerns about your cholesterol levels.



Do you sometimes forget when it's time to take your next medication dose? Sandstone has you covered!

MedBox by Sandstone has a prescription reminder system that is available as a FREE service to you and will make it easier to stay on track with your medication schedule.

Your Medication Experts™

APRIL CELEBRATIONS AT SHALEM

Happy Birthday!

April 2	Randall Clark
April 4	Monique Carnegie
April 6	Beatrix Dalstra
April 8	Elsie Van Dyk
April 11	Maribelle Davidson
April 18	Janna (Ann) DeKlerk
April 20	Hes Roorda
April 30	Roger Haynes



May you feel the warmth of God's love surrounding your heart today and always. Prayers for a Happy Birthday!



Peter & Ann Cupido are celebrating their **68th Wedding Anniversary** on Thursday, April 1. Congratulations and may God continue to bless you both.

April 1st, April Fools Day - Did You Know?

Until the 16th century, the new year began in spring on March 25th and was celebrated with an eight-day festival ending on April 1st. In approximately 1564, European countries adopted January 1st as the beginning of the year. Some people however, did not want to give up the old custom and were called "April Fools". The change confused others but in time people exchanged false greetings on the old day.



VOLUNTEERING

Resident Volunteers Needed!

Are you interested in helping design and participate in updates to the Atrium and topics for activities and other sessions that the space will be used for?

If so, we want to hear from you!

We are looking for volunteers to meet throughout this project to ensure that Resident voices from all three buildings are heard.

See Page 11 in this Newsletter for further details on the project and contact Michelle Vanderwerff to get involved.



Please contact:
Michelle Vanderwerff
volunteering@shalem.ca
403-240-2800 Ext 4



Thank you to ALL our Volunteers !



Easter Poem by Florence Written for CCS Grade 5 Sharing



Easter heralds the Spring.
New life abounds
Gone are the cold days of Winter
New growth, new sounds

The flowers begin to bloom
Birds fly back
New animal babies are born
Frogs croak, ducks quack

The fun part for some children is
an Easter egg hunt
Or friends painting eggs together,
if good weather - out front

The gift of Easter is Hope
Especially this year when COVID
took over our lives
Now face masks are our gear

So now we live in Hope
Hope for a good year ahead
Time with our family and friends
Our freedom back again

Our lives are very precious
How blessed are we to live,
laugh and love
Then go on to eternity

Another gift of Easter is Love
And how it never dies
It lives on in our heart and soul
As sure as the sun will rise

So now, celebrate Easter
at home this year
Pray a little, play a little
Just have a good day!

Jesus died on the cross to show
His love for us
New hope was born on Easter morn.



GET TO KNOW OUR NEW RESIDENTS



Madeleine
Mills



1. Tell us a bit about yourself and where you came from before Shalem?

Madeleine is a French Canadian and grew up speaking French in her family with several siblings. She spent years in Saskatchewan, living in Prince Albert, Nipawin and Melfort before coming to Calgary. Madeleine was married and had four children, two boys and two girls. She lost her husband to kidney complications and one son has since passed.

2. What do you enjoy about Shalem so far?

Madeleine moved here from another residence and reflects that the best part so far is having her meals made for her. Her favourite foods are fried chicken and chocolate.

3. What activities and events do you enjoy?

Madeleine likes to play Skip-Bo, bingo, do words searches and called herself a "TV addict". She also loves to watch game shows. She has collected cream and sugar sets for many years and has some in her china cabinet along with a few from her collection of angels.

4. What did you do as a career?

Madeleine spent years in stationary sales and then used her sales and sewing talents at the Flag Shop.



1. Tell us a bit about yourself and where you came from before Shalem?

Lou has lived in several towns in Alberta, spending time in Brooks, Didsbury, Valleyview, Lac la Biche, Fort MacLeod and he most recently came from the Pemmican Lodge in Lethbridge. Lou was married to his wife for 33 years before she passed and has two children. Lou's son lives in Arkansas and his daughter lives here in Calgary.



Lou
Dampousse



2. What do you enjoy about Shalem and what do you look forward to?

Lou has been keeping active using the treadmill in the Court, walking 20 mins 3 times a day. He is a very creative person, sharing his talents through wood work carving, acrylic painting and water colour pencil painting. He's even learning painting through YouTube step-by-step videos. He enjoys reading online books through the library and likes playing crib, which he does with his daughter often.

3. What did you do as a career?

Lou worked 34 years in municipale administration in the various Alberta towns he lived. He gained knowlege, skills and experience along the way.



GAMES & FUN

Body Words

1. List 10 **three-letter** words that are parts of the body.

2. List 10 **four-letter** words that are parts of the body.

3. List 5 **five-letter** words that are parts of the body.

4. List 5 **six-letter** words that are parts of the body.

5. List 5 **seven-letter** words that are parts of the body.



Spot The Difference - Find 10 things that are different in the two pictures above.

SPECIAL EVENTS

PLEASE NOTE

Due to the COVID-19 pandemic, Shalem is continually adapting the allowance of all activities, events and gatherings as per 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.

Please stay updated with our current COVID-19 Protocols.

THIS MONTH: Please see monthly calendar!

Due to the constant change of the COVID-19 pandemic, activities are subject to change. Thank you for your understanding in this manner.

See Bulletin Boards and the Information TV for updated information.

Thursday, April 1st - COVID-19 Vaccination Clinic
STARTING at 8:30AM - Shalem Café and Shalem Atrium

*Easter
Dinner*

Thursday, April 1st
4:00pm - Manor Dinner Delivery
5:00pm - Haven in Dining Room Service
6:00pm - Court Dinner Delivery



Friday, April 2nd - Good Friday Service at Emmanuel

10:00am - Tune into Channel 398 on your TV

Friday, April 2nd - Easter Hymns by Henric & Robin Ideström (Recorded 2020)

11:00am - 7:00pm - Virtual Worship: shown throughout the day -Café and Haven 3rd Floor TV's

Sunday, April 4th - Easter Sunday Service at Emmanuel

10:00am - Tune into Channel 398 on your TV

Tuesday, April 13 - Conversation Café

2:00pm - Shalem Café - Conversation around something you've read, heard or seen.

Thursday, April 15 - Throw Back Thursday

2:00pm - Haven 3rd Floor - Bring a photo from the past and share the story with us.

Thursday, April 22 - A Bloomin'Good Time

2:00pm - Haven 3rd Floor - For the love of flowers, planting Spring seeds or plants to enjoy

Tuesday, April 27 - Armchair Travel - Guest Presenter: Tara Weening

10:45am - Shalem Café - Visit Egypt & surrounding areas including Mount Sinai & the Red Sea

Tuesday, April 27 - Goodies in the Gazebo (Weather permitting - Emmanuel Church)

2:00pm - Meet at Haven Entrance - Walk to the Garden Gazebo at Emmanuel for a snack & visit

Thursday, April 29 - Hymns From Home - Traditional Hymns

2:00pm - Virtual event, Shalem Café & Haven 3rd Floor, by Henric & Robin Ideström