

FEBRUARY 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO FEBRUARY



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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:

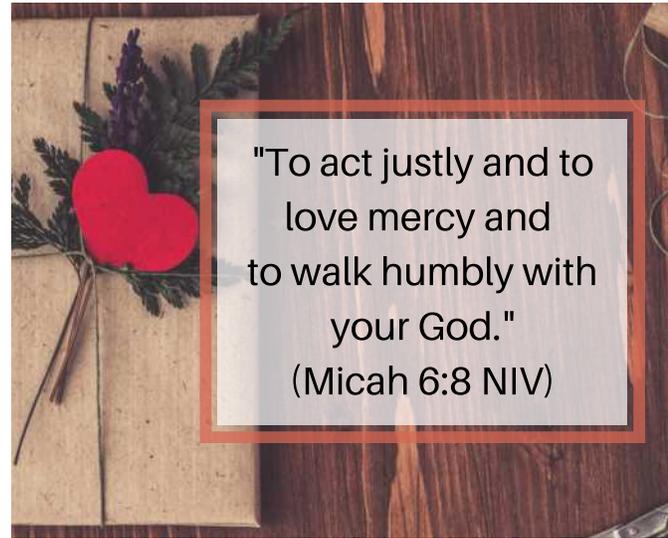
A caring community to call home.

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 Practice of Gratitude

Gratitude affirms that there is goodness in the world and actively appreciates its presence.

Gratitude is hopeful. It sees evidence that the world can be a better place.

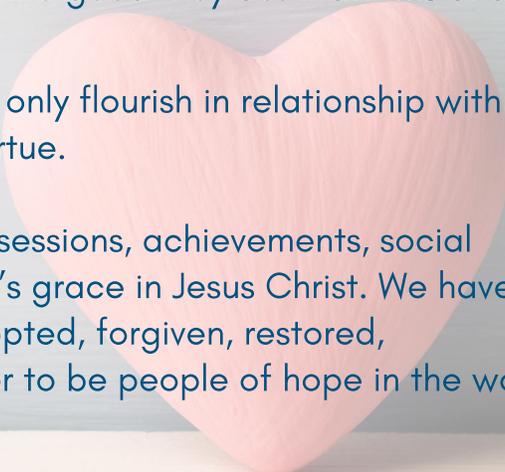
Gratitude is thankful: it recognizes that I am a recipient of undeserved benefits and goods. Being loved by others is the greatest gift of all.

Gratitude is other-orientated: it recognizes others and the good they do. It affirms and encourages others. It deepens relationship.

Gratitude fosters community and acknowledges that 'I' only flourish in relationship with others. This is why gratitude is a profoundly Christian virtue.

Every Christian - regardless of money, intelligence, possessions, achievements, social standing, gender, or skin colour - are recipients of God's grace in Jesus Christ. We have been given this gift. And that grace leads to being adopted, forgiven, restored, empowered, and reconciled to God and to one another to be people of hope in the world.

That's a lot to be thankful for.



Source: www.christianitytoday.com

LIVING WELL TOGETHER

Musings from the Executive Director
FEBRUARY 2021

To me, the annual celebration of love in February has always felt a bit off. Why celebrate romantic love and not other types of love? Why this one day to focus on love when love should be modelled and expressed every day? Most of us do appreciate a little romance in our lives (at any age...) but for some Valentine's Day can be a day wrought with unfilled expectations, disappointment, or loneliness. For many, the day is better to just be ignored.

Perhaps that is the weakness of human love. We are often imperfect in how we give love and in how we receive love. Pain and disappointments, regrets and failures, deep grief from loss of those we loved, often creep in.

But yet, amongst other great virtues, the Bible tells us that 'the greatest of these is love'.

One of the reasons that love is the greatest gift is that it is essential to God's nature. God is love. The Bible tells us this many times. Reflect on these verses:

"We love because He first loved us." (1 John 4:19).

"And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." 1 John 4:16

"Though the mountains be shaken, and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed, says the Lord, who has compassion on you." Isaiah 54:10

"Give thanks to the Lord because He is good, because His faithful love endures forever." 1 Chronicles 16:34

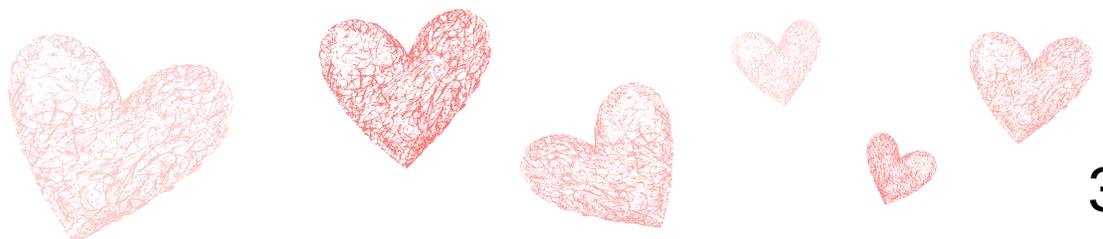
This is the love into which we are invited. This is the perfect love God desires us to receive. No matter what our situation in life may be, God promises to enfold us with His love.

There has been much suffering and loss that has occurred during COVID-19. Loss of life, loss of community, loss of independence. We will all be glad when the chaos and disorder of this pandemic are eased. But perhaps what COVID-19 has done is allowed us to refocus our priorities. The need for connection with each other, and with our friends and family have risen above all else. And with that the importance of our relationship with God and resting in His love.

In my short months here at Shalem, I have seen you bond together as a community. Together, we are weathering this pandemic. And we can do this knowing with certainty God's unconditional love for us will not be shaken. And knowing that, allows us to extend love to each other.

So, on this Valentine's Day, this day of celebrating love, let's celebrate God's love and our love and care for each other.

In His Love,
Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

As February enters in, we are reminded that although the winter months are still lingering, the days are slowly getting longer and soon spring will be letting us know it is on its way.

In this trying and unprecedented year we know that God is still in control and that COVID-19 will run its course in due time. We will continue to put our trust in our steadfast and loving Lord as we navigate the road ahead in 2021.

As COVID swirls around us, life continues at Shalem and we are so grateful for this.

Please join in and welcome Tom Downe to Shalem. Tom moved to Shalem mid January. Welcome Tom, we hope that Shalem is quickly becoming home!

Longtime Shalem Resident, Shirley McFadyen has moved to a care facility. We will miss her and wish her well as she manages her health concerns.

Susan Black has moved to a new facility, we wish her well in her new home.

Longtime Shalem Resident, Louisa Duncan, passed away on Monday, January 18, 2021 after a brief illness. Please keep her loved ones in your prayers as they mourn her passing.

We are grateful that John Kopala is home and doing well again!

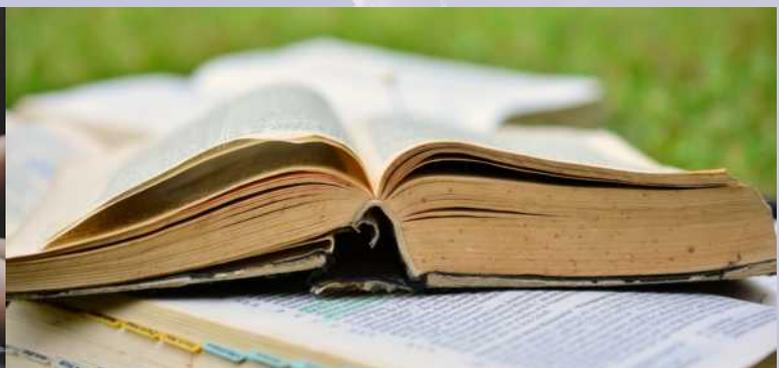
Please continue to pray for Jenny Drost as she experiences health concerns.

Please continue to lift up in prayer, others in our community who are experiencing health concerns or other issues.

We give thanks to our Lord for His protection over Shalem as we still remain COVID-19 free.

We wish our two former staff members, Building Manager Bill Van Starckenburg and Business Manager Brenda Tarr, God's blessings as they have left Shalem. Thank you both for sharing your gifts, care, wisdom, and hard work, which you selflessly offered for Shalem and our Residents over the years you served here on staff. You will be missed.

*“True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that — it is a spiritual transaction with the Creator of Heaven and Earth”
(Charles Spurgeon).*



WHAT HAPPENED LAST MONTH? *Life at Shalem*

Brain Teasers



Chapel

**Emmanuel Church
Virtual Concert**



WHAT HAPPENED LAST MONTH?

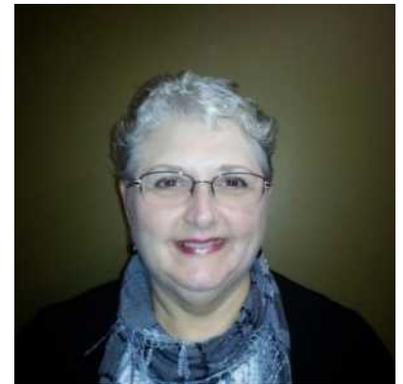
Virtual Health Seminar



Farewell to Bill & Brenda



Thank You!
Wishing you
all the best.



OUR COMMUNITY

Here at Shalem we have 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 has her own practice and 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

REMEMBERING - TINA DE VRIES

Tina de Vries, a life well lived

Tina de Vries, who served as the first Manager of Shalem back in 1981 when Shalem consisted of only the newly constructed 50-suite Manor building, died January 19, 2021. She was 85. A caring person always ready to help others, she became a Licensed Practical Nurse after having 5 children. During the 18 years she managed Shalem, she always said, "I would like everyone to love one another so that we could be one big happy family," according to her husband Richard who pitched in at times to help with the outings, and barbeques, piano playing and other Shalem events Tina organized, and there were many. Among the highlights mentioned in old newsletters from Shalem Manor, residents chipped in for trips like a train tour to Field, B.C., a trip to Carstairs to see the Olympic Flame, an overnight stay in Kananaskis, a trip to watch the salmon run, and more.



Before becoming Shalem Manor Manager, Tina served on the Shalem Board. Here she is receiving a bouquet in June of 1981 at the official opening of Shalem Manor.

continued...

REMEMBERING - TINA DE VRIES continued...

“She was a real go-getter,” reflects current Shalem Court resident Joanne VanKiempema whose husband was an early Shalem Board member. Tina had the right personality to be the first Manager of the first building constructed by the fledgling Shalem Society and “she dared”, says Joanne. She became a good advocate for the residents, encouraging them to stay engaged, also with the world beyond the building. Shalem was of course smaller than it is now and the average age of the residents was younger. There was no Haven or Court or dining hall or even administrative staff. Tina had a little office that took up some of the space in what is now the Café, against the wall where the television now sits recalls Joanne.

When Tina retired from Shalem Manor in 1999, she left some big shoes to fill. One of the residents reminisces about her in the Shalem Manor 1981-2001 Anniversary booklet and wrote, “After 18 years, I often wonder how Tina put up with 50 seniors – all with different dispositions, temperaments, likes and dislikes. She knew, and we also knew, that she was the ‘boss’. It takes a very special person to control and manage to keep on friendly terms with all of us. Shalem Manor is what it is today, a friendly place to live, thanks to her and Richard.” She ended her tribute with words that must have gladdened Tina’s heart, “We were such a happy family!”

We, the Shalem Family that exists today, are grateful for the caring and leadership that Tina dedicated to Shalem, by the grace of God. With gratitude we join Richard and his family in celebrating her life. Tina’s legacy continues even today since Shalem was chosen as the recipient of memorial donations made in memory of this able, energetic and caring woman.



Tina and Richard dancing the night away at a New years party in the Manor.



Tina and Richard barbequing at the annual Shalem Manor trip to William Watson Lodge in Kananaskis

*By Henrietta Koning on behalf of the
Shalem Society Board of Directors
January 2021
Photos courtesy of the de Vries family*

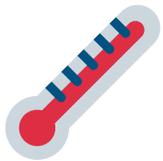
HEALTH INFORMATION

COVID-19 INFORMATION

DO YOUR PART TO STOP THE SPREAD!

- Conduct a daily self-check for COVID-like symptoms.

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 more details on current protocol please see the information handout that was 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

HEALTH INFORMATION

Parkinson's Disease

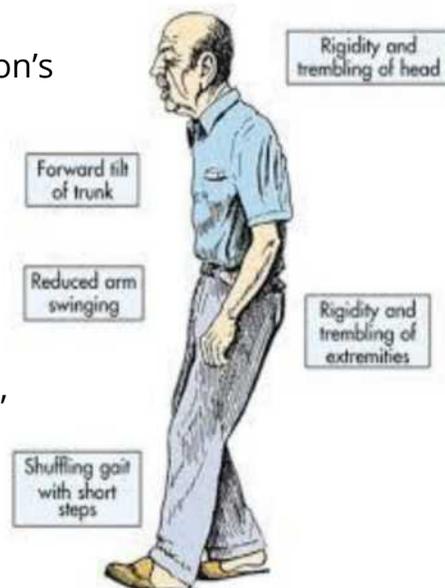


What is Parkinson's Disease?

- Parkinson's disease is a disorder that affects the cells of the brain and spinal cord. Parkinson's disease causes destruction of the cells that produce dopamine, a chemical that is important for movement. As these cells die, movement becomes affected as well as other symptoms that can be seen in Parkinson's Disease.
- The cause of Parkinson's disease is currently not known but it is probably due to changes in the brain that occur over time. Parkinson's disease only runs in families in 5-10% of people with the condition.

What are the symptoms of Parkinson's Disease?

- Symptoms usually first appear in people over 50 years old and these include movement motor symptoms such as **hand tremor, stiff muscles and slowness or difficulty with walking.**
- Non-movement symptoms can also be seen in Parkinson's Disease, can **vary from person to person**, and can develop **months to years after you have been diagnosed with the disease.**



How is Parkinson's Disease Treated?

- Unfortunately, there is no cure for Parkinson's Disease. Medications can be taken to help slow the progression of the disease and manage symptoms.
- There are many different types of medications used in Parkinson's disease. Talk to your doctor or healthcare professional to see which treatment is right for you.

Other Services Offered by Sandstone Pharmacies:

Medication Reviews:

A Sandstone clinical pharmacist will conduct an annual medication review along with regular follow ups. The review includes the following:

- Creation of an updated medication history, including prescription medications, over-the-counter items, vitamins and supplements
- Blood pressure assessment
- Lab values assessment
- Kidney function assessment
- Physician notification of the review
- Follow up on any identified drug related problems
- Electronic health record review including vaccinations
- Health and medication goal setting
- Comprehensive communication with your physician regarding refills and any issues

Reviews help prevent adverse reactions from medications, improve medical conditions, identify lower cost generic medications and reduce unnecessary or duplicate use of medications.

FEBRUARY CELEBRATIONS AT SHALEM

Happy Birthday!

February 4	Hammy DeJong
February 6	Joanne Vankeimpema
February 11	Betty Hunte
February 15	Adrien Banner
	Lillian Johnston
	Mary Tipping
February 19	Margaret Vander Wekken
February 20	Virginia Van Veen
	Ozzie Finzel
February 21	Ann Spitteler
February 25	Sylvia Marshall
February 26	Paulette Stalinski
February 27	Anna Christensen
February 29	Marjorie Barfield



We hope your birthday is one of blessing, joy, peace, and love. Another year older is another year of learning to pray, to love, and to feel God's grace. Here's to many more! Blessings to you on your day!

Answers for Games & Fun, Page 13

Languages



Sentence with left over letters:

Esperanto is an artificial language that was created so that different cultures could understand each other.

Misspelled Words:

- | | |
|--------------|----------------|
| 1. Drudgery | 5. Battalion |
| 2. Hurriedly | 6. Connoisseur |
| 3. Grammar | 7. Dormitories |
| 4. Biscuit | |



GET TO KNOW OUR NEW RESIDENTS



Betty
Cragg



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

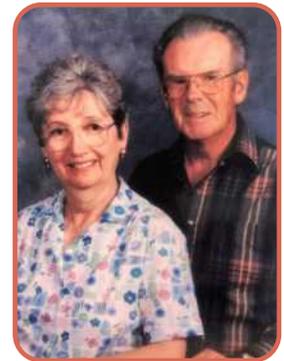
Betty grew up in Drumheller, AB. Two weeks before her 16th birthday she married. She quit school in Grade 8 and got a job cleaning pots & pans at the Drumheller hospital. Betty says: "I told my husband that I didn't know how to cook or clean. I just feel in love and that was that.

He was very good to me and taught me how to cook and clean." In 1956, they moved to Calgary and settled in the Bowness area, where they raised 5 children. In 1977 they moved to Oliver BC, where they purchased and ran a small motel that catered to seniors. They were married for 60 years. Betty says losing her husband to leukemia 14 years ago was very difficult, and the first time she had ever been on her own.



2. Why did you choose Shalem as your residence?

Betty said: "My daughter lives on this street so she thought it was a good place for her mother to go. It's nice here. The food is very good. The people are nice, so are all the helpers and staff. I'm very satisfied, really." While Betty is enjoying Shalem, she says she does not particularly like the chilly winter weather, and Calgary is too big a city for her liking.



3. What activities and events do you enjoy and look forward to?

Reading and listening to music. Betty likes meeting new people and she is looking forward to playing Bingo here.

4. What did you do as a career and what did you like most about it?

Betty was extremely busy raising 5 kids and also helped look after two of her grandchildren. She took a job at Woodward's department store, where she worked as a cashier for 8 years. Later in life they purchased a small motel in Grand Forks, BC. They operated the Riverside Motel for 13 years. Betty says she really enjoyed running the motel and meeting new people.



VOLUNTEERING

Thank You to all the volunteers that are giving their time! Even though we don't see them in the halls due to covid their presence is felt. We have friendship partners, shopping buddies, Shalem welcome ambassadors and pastoral care.



Please contact:

Michelle Vanderwerff

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

GAMES & FUN

WORD SEARCH

Languages

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

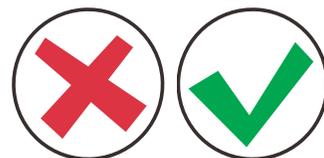
A L B A N I A N E S P E C R A
 D A N I S H N G T O I S I A N
 A R T T I F I R C I A L B L W
 S A A N G U A E G E T H A E A
 L G D T W A S E H C N E R F C
 O R E U E A T K H E D B A C E
 V P O R T U G U E S E S A S O
 E T H U M C A T D H I T E I F
 N F E S R A H E S P A N I S H
 I N T S C C N U L L I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

- AFRIKAANS
- ALBANIAN
- ARABIC
- BENGALI
- CATALAN
- CHINESE
- CROATIAN
- CZECH
- DANISH
- DUTCH
- ENGLISH
- FINNISH
- FRENCH
- GERMAN
- GREEK
- HEBREW
- ITALIAN
- KAZAKH
- KOREAN
- LATIN
- PERSIAN
- POLISH
- PORTUGUESE
- RUSSIAN
- SERBIAN
- SLOVENIAN
- SOMALI
- SPANISH
- TIBETAN
- TURKISH
- ZULU



1	Drugery	Conscious	Governor	Forty
2	Anxiety	Hurridly	Friend	Erroneous
3	Genius	Gauge	Career	Grammer
4	Eligible	Bisciut	Audience	Descent
5	Arctic	Competitive	Batalion	Aisle
6	Ecstasy	Cylinder	Fiery	Connoisseur
7	Athletic	Balloon	Height	Dormitores

Circle the word in each row that is misspelled! One incorrect word in each.



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.

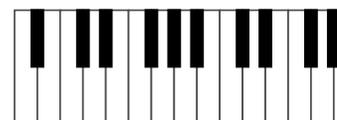
THIS MONTH: Please see monthly calendar!

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 in each building and the Information TV for updated information.

Wednesday, February 3 - Live Virtual Piano Worship Pianist Nicola Johnson will bless us with your favourite hymns

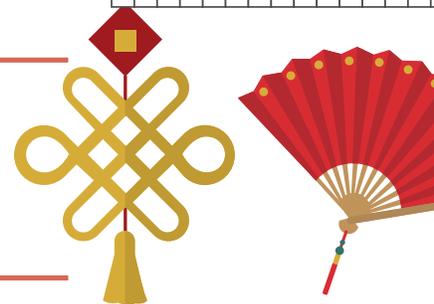
2:00pm - Shalem Café



Tuesday February 9 - Chinese New Year Dinner

4:30pm - Food Delivery for Court & Manor (order in advance, \$17.00)

5:00pm - For Haven Residents - In the Dining Room



Thursday, February 11 - Valentine's Day - Virtual Sharing Sharing stories with Calgary Christian School Grade 5 Students

11:15am Shalem Café



Tuesday, February 23 - Mental Health Seminar with Liz Kahle Your Emotions: Grief & Loss

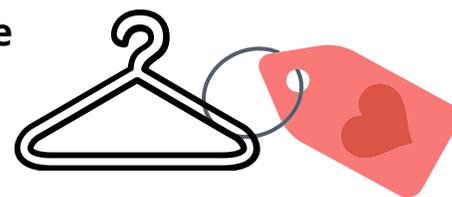
Learning to identify and express your emotions in a healthy way.

2:00pm - Shalem Café



Thursday, February 25 - Personal Touches Clothing Sale Sign Up Required to shop following Covid-19 protocols

10:00am-2:00pm - Shalem Atrium



Friday, February 26 - Covid-19 Vaccination Clinic Tentative Date & Time (subject to change)

8:30am-3:00pm - Shalem Atrium

