

MARCH 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO MARCH



INSIDE THIS ISSUE:

Musings from the Executive Director
What Happened Last Month?
Our Community
March Celebrations
Health & Safety Information
March Events at Shalem



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



Grace Training

We all need, grace training so we can be more forgiving.

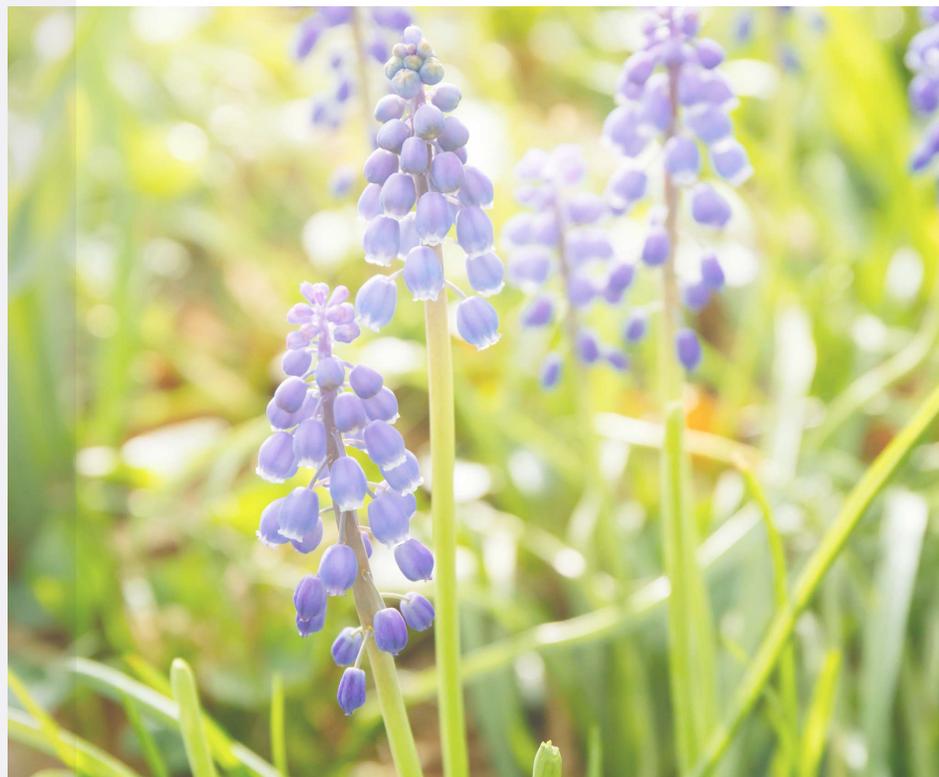
Then like Jesus, we'll transform as acts of love we perform.

We all need, to grow in grace so compassion we can embrace.

Then like Jesus, we'll reflect as His goodness we project.

We all need, to be more kind we all need . . . extra grace to find!

Grow in Grace



-By Deborah Ann

LIVING WELL TOGETHER

Musings from the Executive Director
MARCH 2021

The Wilderness of Worship

Psalm 13

*How long, Lord? Will you forget me forever?
How long will you hide your face from me?*

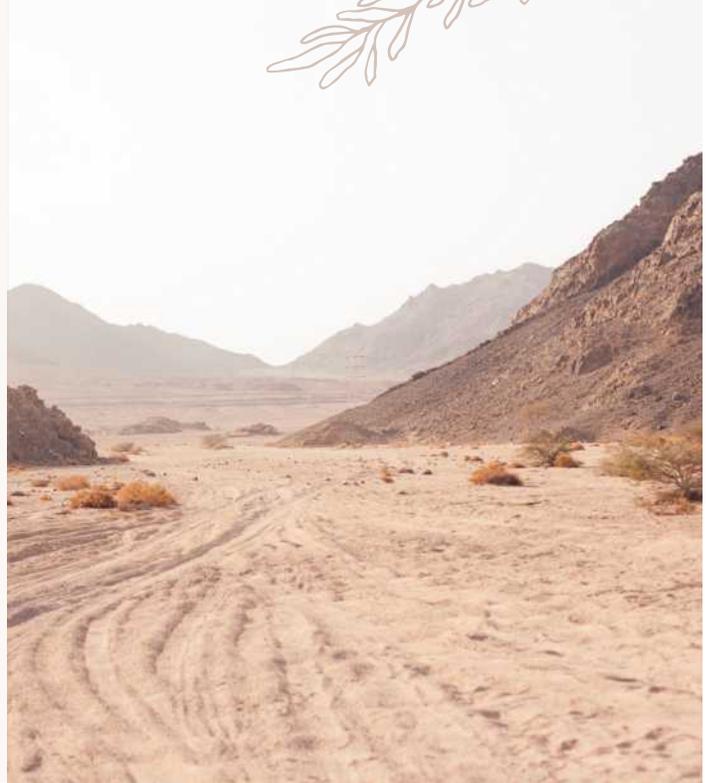
*How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?*

*Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death.*

*And my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.*

*But I trust in your unfailing love;
my heart rejoices in your salvation.*

*I will sing the Lord's praise,
for He has been good to me.*



As many of you know, before I came to Shalem I worked for Samaritan's Purse, an international aid organization. During my years there I had the privilege of seeing many places around the world where I, and those I worked with, sought to relieve the suffering so many people endured.

A couple of years ago, I gathered together in the US with several of our staff from around the world. Many of the staff had travelled from the frontlines of the disasters and suffering of the world - of war, of genocides, of disasters, of sickness.

One staff shared the story of a young girl who was held by ISIS for three years during the Syrian conflict with Mosul. The young girl had multiple forced miscarriages, some self-inflicted, was sold to 12 different men, and attempted suicide numerous times. She gave birth to one ISIS child which she left behind when she fled. Although she was now safe, she was, understandably, a physical and psychological wreck.

This was only one story of many our staff encountered and witnessed. How do you begin to reconcile this senseless and horrible suffering that occurs?

During our time of gathering together we had the opportunity to hear from Michael Card, a well-known musician and Bible teacher. Michael spoke to us about lament and described the journey from the law provided in the Old Testament and our required obedience to our desired perfect intimacy with God.

Continued...

Musings from the Executive Director - Continued.

Between these two, where we are now along the spectrum, is a journey through the wilderness where we are faced with the often senseless suffering and pain of the world where all we can do is sometimes cry out to God in lament. Often there are no answers. Nothing that seems to make sense of why God allows things to happen.

But the one thing we can be confident in is in God's Presence. That God is with us.

Michael called this the Wilderness of Worship.

Lent is a time for wrestling within as we wander through our wildernesses. It is a time of lamenting the felt separation from our Creator. It is also a time of coming to a deeper experience of the One who has called us to himself.

Whether or not we are confronted face to face with the suffering around the world, we all have areas of deep suffering and struggle in our own life. The human life is fraught with illness, decline, anxiety, broken relationships, isolation, fear, and confusion.

God doesn't always promise us answers as we go through our own wilderness. But He does promise us He will be with us. It is in these moments that we, like the psalmist, seek God's face.

And in God's Presence there we can find joy. And there we can find peace.

As we journey together through the wilderness know that we serve a God of mercy, of grace and of loving kindness. My hope for all of us during this season of Lent is that we are able to live honestly before God and find within us the boldness to struggle with God knowing that God wrestles with us through the anxiety to expectant rejoicing.

Be blessed!

Dorothy de Vuyst
Executive
Director



Into Lent Blessing

May the dust of the wilderness hold our footprints
lovingly
shaped as they are by your hurt
for dust remembers

May the journey into wilderness unfold
honestly
for honesty is the gift
your soul recognizes as you

May your time in this wilderness
be shaped by space
rather than minutes
so there is time enough for all of you

May the stones in this wilderness
cry out your name loudly
that your spirit recognizes the voice
that has been calling you always

And may you know this wilderness
has been expecting you
and you find between the stones
a promise growing

~ written by Roddy Hamilton

Lent



Mark 1:12-13

12 At once the Spirit sent him out into the wilderness, 13 and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

SHALEM PRAYER AND PRAISE PAGE

Congratulations to Roger and Doris Haynes who will be celebrating their 54th Wedding Anniversary on Thursday March 11.

Welcome to new Residents Madeleine Mills, Lou Damphousse, Wyke Kruitbosch and LaRee Bryan. We hope you will feel welcomed and enjoy your new home at Shalem.

Welcome to our 2 new Managers:

Grant Bieker has joined Shalem as our new Building Manager; and Wilma Lepage as our new Business Manager.

Let's continue to keep Lee VanderVeen's family in prayer as they mourn her passing. Lee passed away on February 17, 2021 and will be very missed by all.

Please keep in prayer Len & Helen Keeler as they mourn the passing of Len's 2 sisters who passed away just two months apart. Kathy Bruce (Calgary) passed away on December 16, 2020 and Marie Jackson (Antigonish, NS) passed away February 21, 2021.

This month we also say farewell to Frank Potter and Jenny Drost who are both moving to new homes. We wish them well as they transition.

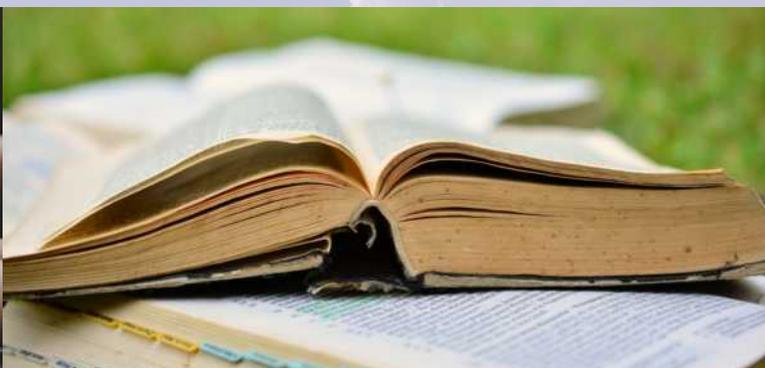
Some of our Residents are dealing with health issues, so we would like to keep them in prayer. Helene Friesen, Ozzie Finzel, Betty Cragg, John Kopala and Neil De Bree.

May God comfort you as you strive to regain full health.

As we continue to press on through this COVID-19 time, and as we continue to see the beauty around us in spite of the pandemic and all that it has brought, I am reminded of this verse from Isaiah 46:4. God maintains His love for us and will carry us through!

"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



WHAT HAPPENED LAST MONTH? *Life at Shalem*

Virtual Piano Concert with Nicola



Chinese New Year Dinner



WHAT HAPPENED LAST MONTH?

Enjoying the sun even in cold temperatures!



Exercise with Instructors Theresa & Heather



Chapel this month



Enjoying the Games Room

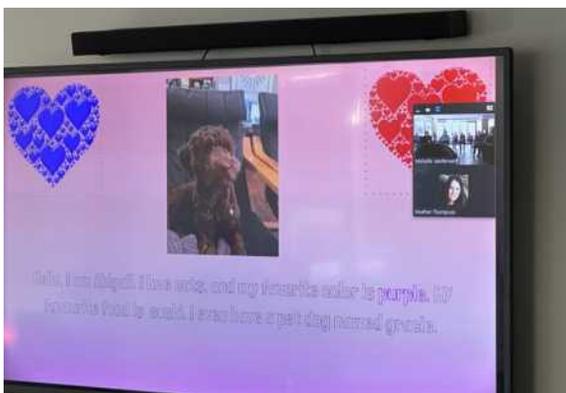
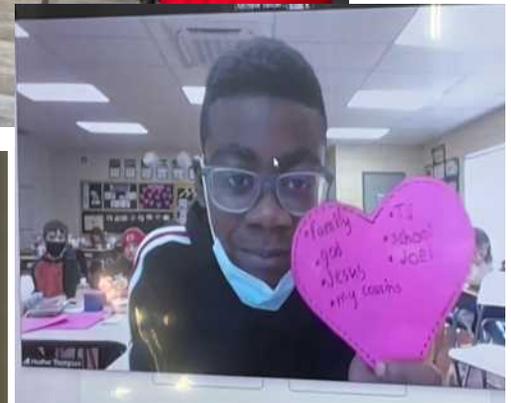


Visiting in the Haven Snack Room



WHAT HAPPENED LAST MONTH?

Valentine's Day Virtual Sharing with Calgary Christian School Grade 5 Class

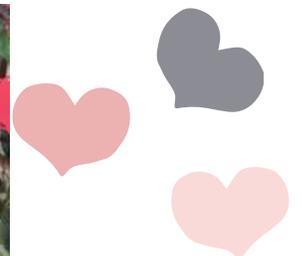
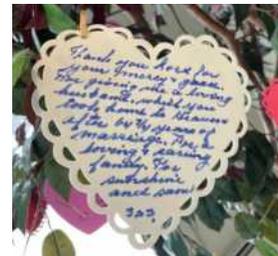
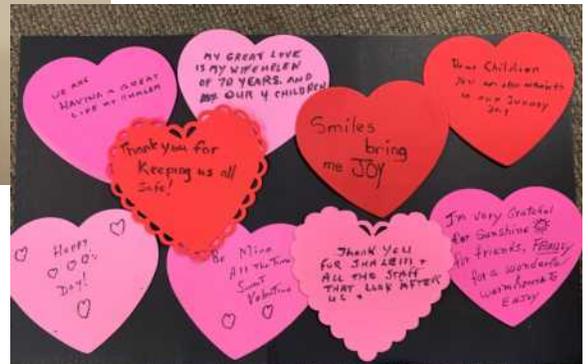
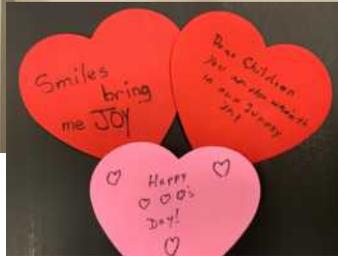
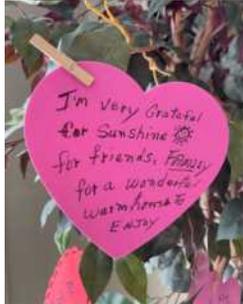


WHAT HAPPENED LAST MONTH?



Shalem Heart Tree

What Brings Your Heart Joy?

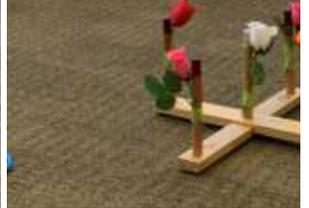


Mental Health Seminar with Liz Kahle

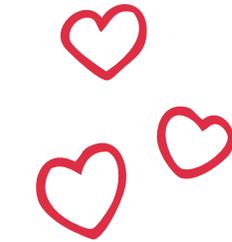


WHAT HAPPENED LAST MONTH?

Valentine's Games



Valentine's Social Dinner in the Manor



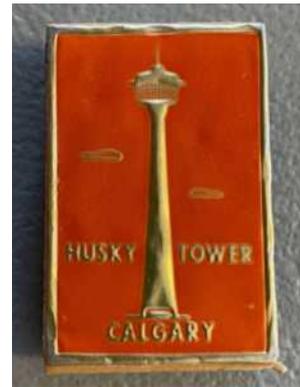
Thanks to Randall for cooking these amazing meals and to everyone that helped deliver them!

WHAT HAPPENED LAST MONTH?

Shalem Video and Photo Shoot with PSICORP Group - Capturing Life at Shalem. Look forward to seeing these!



WHAT HAPPENED LAST MONTH?



ANTIQUES &

Memories

Did you know an item needs to be at least 100 years old to be considered an antique?

WHAT HAPPENED LAST MONTH?

Clothing Sale at Shalem with Personal Touch Fashions



WHAT HAPPENED LAST MONTH?

COVID-19 Vaccine, a successful 1st Dose



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



Poem by Florence Lowry

WE LIVE IN A PLACE CALLED SHALEM
IT'S WONDERFULLY SAFE-IT'S OUR HOME!
SO COMFORTABLE, WITH EVERYONE SO CARING
NO LONGER DO WE NEED TO ROAM.

COVID HAS UPSET THE WORLD,
BUT HERE, NO CASES, THANKS TO GOD.
OUR CLEANERS HAVE BEEN KEPT VERY BUSY
TO THEM WE MUST SURELY APPLAUD.

WE STILL CELEBRATE EACH OCCASION-
WEARING MASKS AND STAYING APART.
BUT OF COURSE WE'RE PRAYING THAT THE VIRUS
WILL LEAVE US ALONE, HEAR OUR HEART!

WE LONG TO GET BACK TO NORMAL,
SEEING FAMILY AND FRIENDS ONCE MORE.
THANKFULLY WE'RE IN A WONDERFUL COMMUNITY-
THE STAFF, RESIDENTS, AND HELPERS GALORE

SO HOLD UP YOUR HEADS AND REMEMBER
BY DOING OUR PART, WE'LL OVERCOME
AND HOW HAPPY WE'LL BE TOGETHER,
WHEN THE WORLD WILL ONCE AGAIN HUM.



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



SCAMS & FRAUD

Cyber Threats - Now Exploiting COVID-19 Vaccines

Always busy trying to capitalize on every facet of the coronavirus pandemic. Now that vaccines for the virus are on the horizon, they have yet another area to exploit.



Some Examples of Current Phishing Attacks:

- An email contain files with names like "Download COVID 19 New Approved Vaccines"
- A subject line of the email is "Pfizer's COVID Vaccine, 11 things you need to know" and includes a file named "COVID-19 Vaccine Brief Summary"

In both cases, clicking on the file installs an InfoStealer Malware capable of gathering usernames, passwords, Outlook passwords and other account info.

As people anxiously await for the vaccines to become available, people are taking advantage of the intense interest and eagerness to be vaccinated. Don't be susceptible to fake promises and phony sales.

Always be Aware!

Check the full email address on any message you receive and be alert to hyperlinks that may contain misspellings of the actual domain name.

NEVER click on links in emails.

Beware of lookalike domains, spelling errors in emails or websites, and unfamiliar email senders.

Make sure that your endpoint detection software/virus scanner is up to date.

Use two-factor authentication for ALL internet accounts.

Never supply login credentials or personal information in response to a text or email.

Regularly monitor financial accounts for any strange transactions.

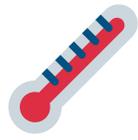
Always note the language in an email. Criminals know that people are more likely to make mistakes when they're in a hurry and are inclined to follow the orders of those in positions of authority. Phishing attacks commonly use these techniques to convince their targets to ignore their potential suspicions about an email and click on a link or open an attachment.



HEALTH INFORMATION

COVID-19 INFORMATION

DO YOUR PART TO STOP THE SPREAD!



Fever



Cough



Shortness
of breath



Difficulty
breathing



Sore
throat



Runny
nose

Typical Symptoms of COVID-19 Infection

- **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

\$0.30 Six meatballs cost $6 \times 2 = 12$
 sausages. 9 beef cubes cost
 $9 \times 2 = 18$ meatballs $\times 2 = 36$
 sausages. You pay a total of
 $\$16.20$ for $12 + 36 = 48$ sausages
 or $16.20 / 54 = \$0.30$ per sausage.

Math Brainteaser

1. High crimes & misdemeanors
2. One thing after another
3. For old times' sake
4. Turn a blind eye
5. Forgive me
6. No ifs, ands or buts
7. Falling in love
8. Slipped between the cracks
9. Scatterbrained
10. Back in the saddle
11. Sign on the dotted line
12. Double talk

HEALTH INFORMATION



Vitamin D

Vitamin D (also known as Vitamin D2, Vitamin D3) comes from three sources:

- The sun
- Food
- Dietary supplements

Vitamin D is a fat-soluble vitamin, meaning it can accumulate in the body because it is stored in the liver and fat tissues. Since it's a fat-soluble, it is better to choose oil-based supplements or take them with food that contains some fat. Vitamin D improves the absorption of calcium and also improves the absorption of phosphorus, a mineral that is important for the development of bones and teeth. It also plays a role in immune function.

There are two common forms of vitamin D: vitamin D2 (Ergocalciferol) and vitamin D3 (Cholecalciferol). Vitamin D2 comes from plants and is cheaper to produce so it's the most common form in fortified foods. Vitamin D3 is made in our skin when it is exposed to sunlight and found in animal-sourced foods. Most studies show that vitamin D3 is more effective than vitamin D2 at raising blood levels of calcifediol - the main circulating form of vitamin D that shows in blood levels to reflect your body's stores of this nutrient.

If you spend a lot of time indoors or live at a high latitude (such as Calgary), you'll need to get this vitamin from diet and supplements. There are only two months in Calgary that you can possibly get enough vitamin D through skin exposure and that is July & August so most people will need to supplement. There are several forms of vitamin D supplements available and is usually listed in international units (IU). Health Canada gives recommendations for upper level intake of vitamin D by age and for 51 and older it is 4,000IU.

Always ask your doctor or pharmacist for information on how much vitamin D you should take, as it may be different depending on your age and what you are using it for.



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™

MARCH CELEBRATIONS AT SHALEM

Happy Birthday!



- March 5 Wyke Kruitbosch
- March 10 Frank Potter
- March 13 Joan De Graaff
- March 16 Joyce Hall
- March 16 John Kehler
- March 17 Len Keeler
- March 22 Kim Armitage
- March 26 Marry Muller
- March 31 Betty Luchtmeyer

Many blessings on your Birthday! Wishing you a day filled with happiness and a year filled with joy. God bless you all, Happy birthday!



Congratulations to **Roger and Doris Haynes** who will be celebrating their **54th Wedding Anniversary** on March 11th

VOLUNTEERING



Marj & Volunteer Karen organizing and sorting our book collection!



Thank You



Thanks to our Shopping Buddies that continue to help our seniors!

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



Welcome to our new Volunteer Chaplain David Mikitka, blessing our residents!

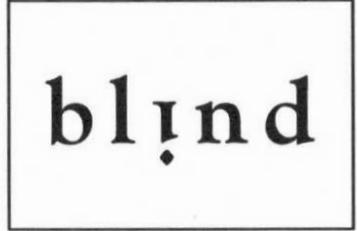
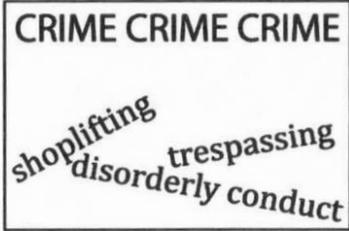


Grateful for all our Volunteers working behind the scenes to make life at Shalem just a little better!

GAMES & FUN

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each box?

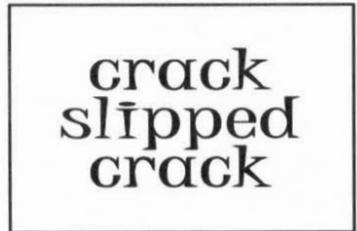
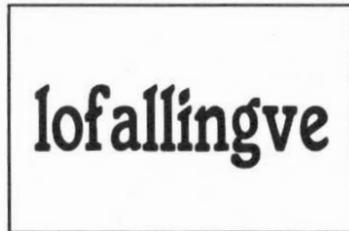
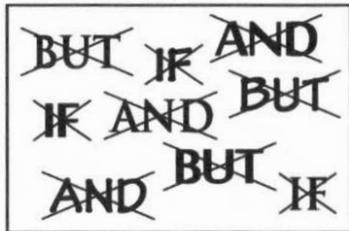


1. _____

2. _____

3. _____

4. _____

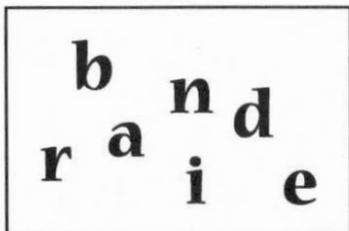


5. _____

6. _____

7. _____

8. _____

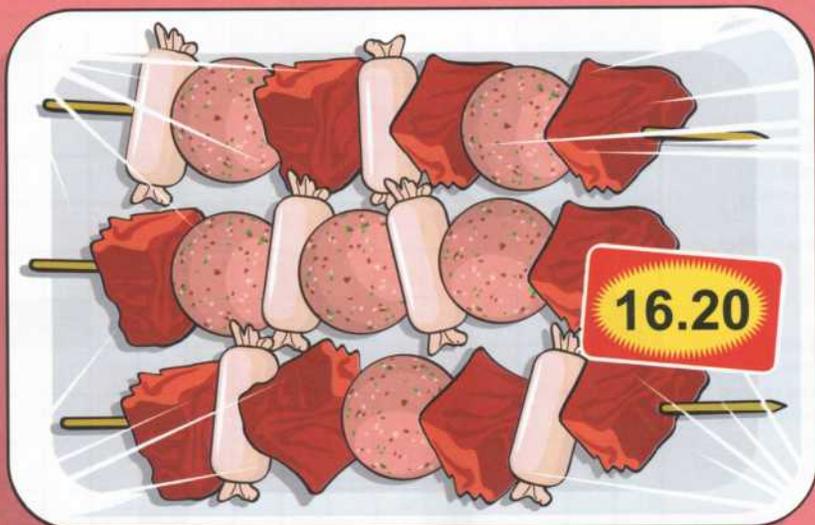


9. _____

10. _____

11. _____

12. _____



Math Brainteaser

A sausage costs half as much as a meatball and a beef cube costs twice as much as a meatball. The entire package costs \$16.20.

How much does a sausage cost?

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, March 17 - St. Patrick's Day Dinner

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

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



Thursday, March 18 - Spring Arts & Craft

Making a spring bulb plant pot or Easter Door Hanging Cross

10:30am - Haven 3rd Floor - Haven Residents

2:00pm - Shalem Atrium - All Residents



Wednesday, March 24 - Armchair Travel

Dorothy de Vuyst shares her experience on an adventure to Africa

2:00pm - Shalem Café



Thursday, March 25 - Virtual Sharing - The Blessings of Easter

With Calgary Christian School Grade 5 Class

11:15am - Shalem Café



Easter Dinner

Thursday, April 1st

Information to come

Details will be posted on

bulletin boards and the information TV!

