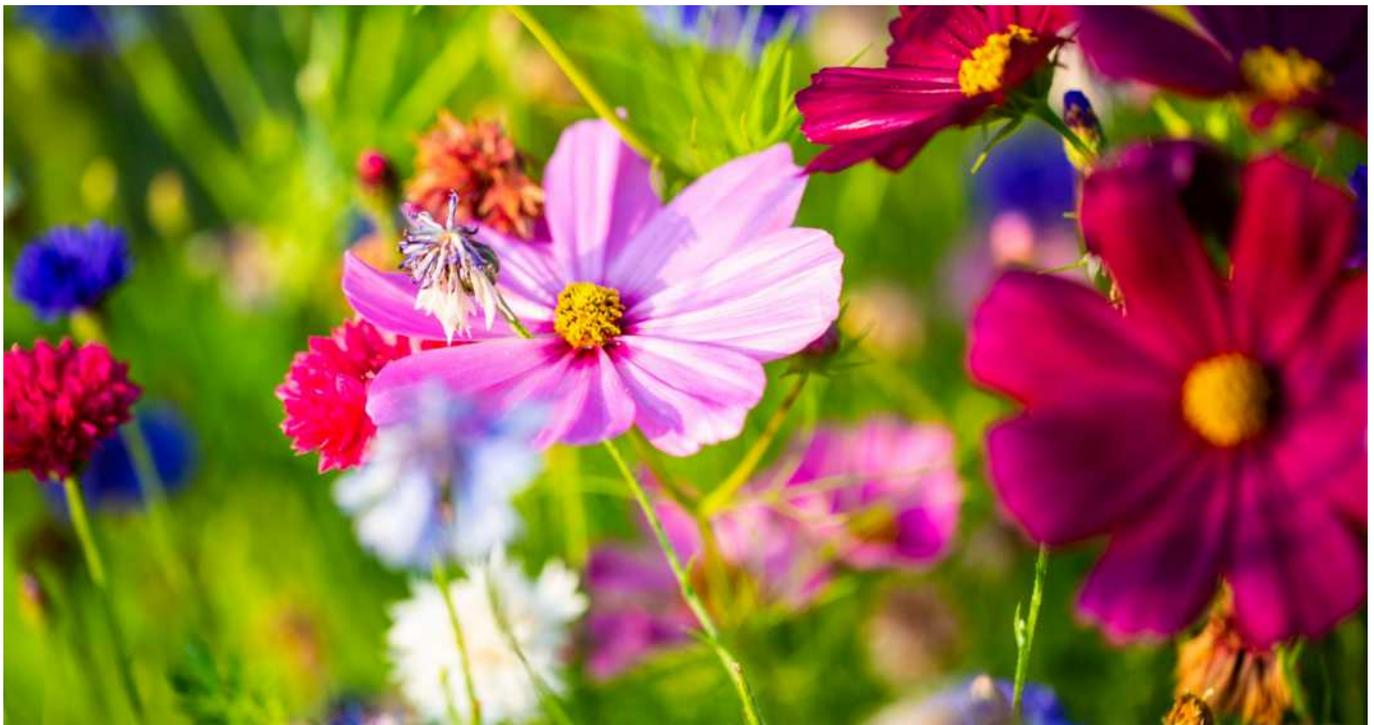


JUNE 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO JUNE



INSIDE THIS ISSUE:

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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:

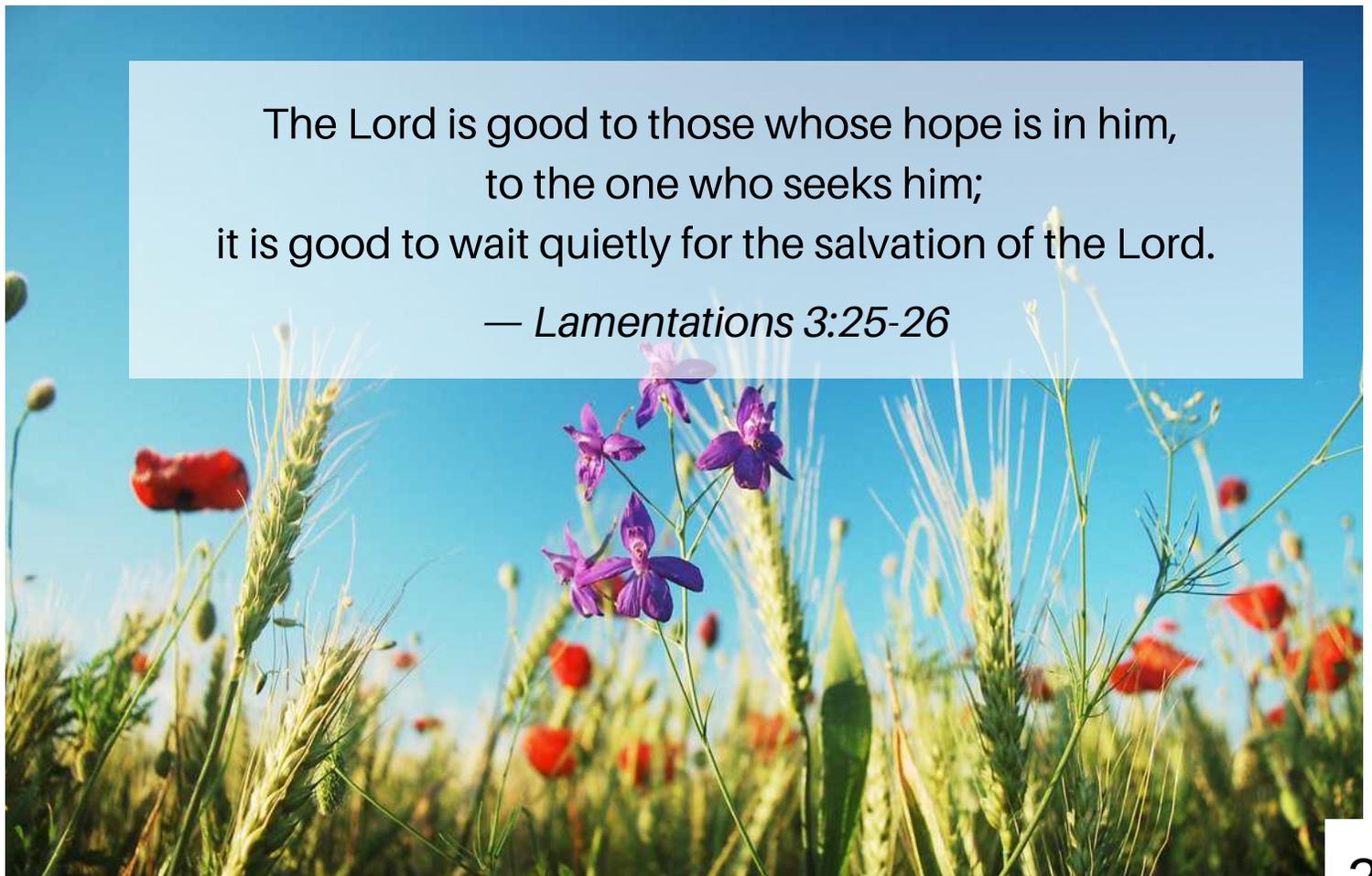
- Respect and acceptance
- Justice
- Compassion
- Stewardship of resources
- Community



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

The Lord is good to those whose hope is in him,
to the one who seeks him;
it is good to wait quietly for the salvation of the Lord.

— *Lamentations 3:25-26*

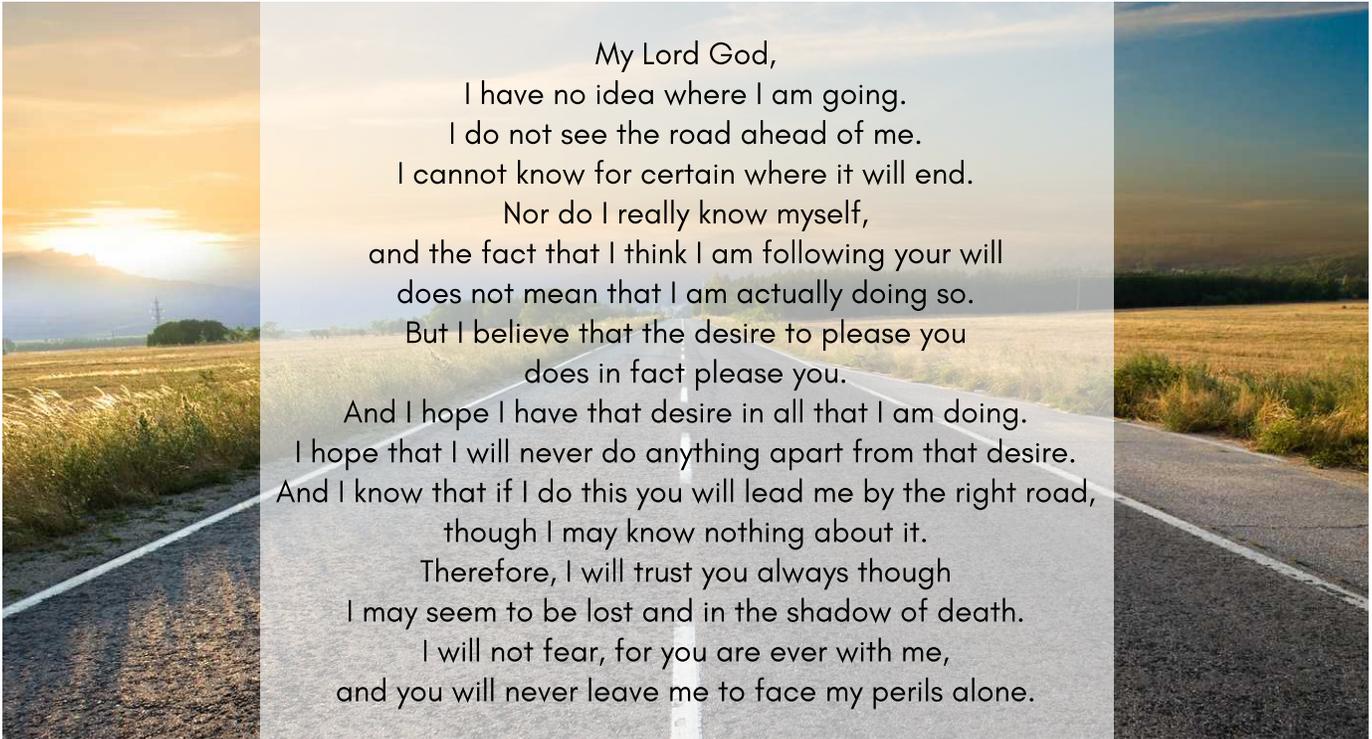


LIVING WELL TOGETHER

Musings from the Executive Director
JUNE 2021

Finding God's Will

I recently came across this prayer by Thomas Merton.



When I was in my teens and twenties, as I stood with most of life still before me, I remember often struggling with knowing what God's will was for my life. Do I go to this college, take this course of study, take this job, move to this city? Each decision had the potential to be life changing. What if I made the wrong choice?

It was only later in life that I realized, that although I needed to seek God's guidance in these decisions that being in God's will was much bigger than that. It was not so much **what** I was doing but more so **how** I was doing it.

At any and every age, we often can't see the road ahead of us. And as we age, we don't know what health issues we, or those we love, will face. We sometimes have to make difficult decisions about finances or receiving appropriate care. This past year we have all had to make difficult decisions about who we see and who we don't. It is easy to experience fear and indecision in these situations, in our desire to do what is right and best.

I love what Merton says in that the desire to please God in and of itself does please God. It is the desire to do what is right, the desire to please Him what God actually desires of us. And if we do that, we can trust Him even when we are a bit lost, when we don't know what the road ahead of us holds.

My prayer for each one of you is that you experience the gift of God's presence today. No matter what you may be going through may you feel a sense of gratitude and peace in God's love for you.

Dorothy de Vuyst
Executive Director

SHALEM PRAYER AND PRAISE PAGE

Welcome to Judy Kehler who has recently moved into Shalem. We also welcome Anne de Vuyst who will be moving into her suite in June. May you both enjoy the friendship and fellowship in our Shalem Community.

Our thoughts and prayers are with Gary de Graaff and his family in the passing of Joan on May 12, 2021. May God's peace and comfort be with you all.

Gary has written this note to our Shalem Community:

My family and I express our deepest appreciation for your prayers, kindness and expressions of sympathy during Joan's sickness and her joining our Lord and Saviour Jesus Christ. We pray for the Lord's presence and guidance during this difficult time. May the Lord also bless Shalem.

Gary de Graaff and family

With aging can come health issues and various degrees of frailty. Let us continue to keep Betty Luchtmeyer, Femmy Slagter, and Janny Brander in prayer.

*Be anxious for nothing,
but in everything by prayer and supplication,
with thanksgiving,
let your requests be made known to God;
and the peace of God,
which surpasses all understanding,
will guard our hearts and minds
through Christ Jesus.*

~ Philippians 4:6-7



WHAT HAPPENED LAST MONTH? *Life at Shalem*

Mother's Day Tea



WHAT HAPPENED LAST MONTH?

Mother's Day Tea Continued.



Winner of the Mother's Day Quiz!

A woman in a yellow shirt is smiling and holding a "Mother's Day Trivia" quiz. The quiz has five questions:

1. When is Mother's Day celebrated?
2. Who created Mother's Day?
3. What is the most common Mother's Day flower?
4. What are the 3 most common Mother's Day gifts?
5. How many countries celebrate Mother's Day?
6. Share your favorite Mother's Day memory!



WHAT HAPPENED LAST MONTH?

Bus Trip - Drive to Priddis



Resident Card Sale

by Florence



WHAT HAPPENED LAST MONTH?

Morning Coffee is back in the Café!



Thanks to Jill for sharing some of her pictures!



WHAT HAPPENED LAST MONTH?

Throw Back Thursday - Remembering Mothers and Motherhood



Hats On for Mental Health



Looking a little more like summer!



Thriving plants from our Bloomin' Good time!



WHAT HAPPENED LAST MONTH?

Mental Health Seminar with Liz Kahle



Goodies in the Gazebo



WHAT HAPPENED LAST MONTH?

Life at Shalem



Clothing Sale

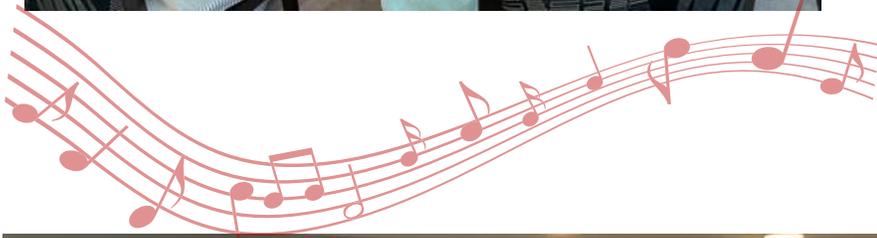
*with
Personal Touch
Fashions*



WHAT HAPPENED LAST MONTH?

Virtual Music in the Cafe

with Vera & Friends



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



An excerpt from **Wait Well**

By Dr. Mark Sandle, Professor of History

To wait well means to live on a day-to-day basis. To face and accept the reality of the situation we are in every day. We must recognize the pain and the stress, the despair and the longing, that we are all experiencing. But the key is not to allow this acceptance to move us into passivity or a spiral of despair.

Instead we should ask ourselves: what then shall we do today, given where we are at? Faith that we will get through this has to go hand-in-hand with the acceptance each day of the reality we are living through. It takes patience and discipline to focus on the day that stands before us.

*Full Article in the King's University
Winter 2021 Issue of their Connection Magazine
<https://www.kingsu.ca/about-us/campus-publications/past-issues-of-connection>*

RESIDENT NOTICES



PLEASE NOTE: Window Washing

Outside window cleaning will take place for all three buildings. The Court balcony glass will also be cleaned at this time.

**Monday, June 7 to
Thursday, 10th**

REMINDER: ORGANICS COMPOSTING (IN COMPLIANCE WITH CALGARY GREEN WASTE DISPOSAL)



Yes. Put these compostables into your green cart.
Remember to include the food from meal preparation, cleaning out the fridge and plate scrapings too.



Plate scrapings



Meat, fish and bones



Fruits and vegetables
Remove any stickers.



Bread and noodles



Eggshells and dairy products



Coffee filters and tea bags



Food soiled paper
• Paper plates • Paper towel
• Napkins • Used tissues



Cooking oil, sauces and grease

Tip: Use a paper towel to soak up any fats, oils or grease and put it in your green cart too.



Grass clippings
Use paper yard waste bags to prevent grass from sticking to your cart.



Branches
Should be smaller than 1.25 metres (4ft.) and 15 cm (6") in diameter.



Sod and soil
Carts have a 60 kg weight limit. If you can easily roll your cart, that's ok.



Plants and weeds



Leaves



Pet waste and kitty litter (all varieties)
Put in a certified compostable bag or paper bag and tie/roll closed.

All kitchen/organic waste must be disposed of in the Green Bins located outside, near the exit of the Dining Room doors.

Organic material must **NOT** be left in garbage areas.

Kitchen Organics pails are available for purchase at Resident Manager's office, payable by CAFT. Cost is \$20.00 for pail and 1 roll of compostable bags. Additional bags available for \$5.00 per roll.

Please dispose of recycleable waste such as; paper, cardboard, plastics, glass jars and glass bottles in appropriate bin in the disposal building.

All garbage such as foam packaging, rubber hoses, mixed packages, plastic cutlery/straws as well as lotion and toothpaste tubes must go in the gargabe bin in the disposal building.



RESIDENT NOTICES



Community Coffee

with Dorothy de Vuyst

First Coffee Time: Monday, June 7th at 1:30PM

On the first Monday of every month join Dorothy in the Dining Room for coffee and treats. It's a time to connect, share and ask questions you may have. Everyone is welcome.

COVID-19 INFORMATION

As there are many changes in the province with COVID-19 "Alberta's Open for Summer Plan" we too will have changes here at Shalem.

Information will be updated throughout the month as new details are passed on from Alberta Health Services in regards to protocols at Shalem.

Please watch the bulletin boards, as well as handouts, which will be made available as changes occur.

THANK YOU

SAVE THE DATE!



FUNDRAISER

TAKE-OUT PIZZA



FRIDAY
JUNE 25TH
4:00-7:00PM

Tell your friends and family. They can order dinner from Shalem and support our community. Order forms coming soon to www.shalem.ca

HEALTH INFORMATION

Physical Activity is Essential to Healthy Aging

The biggest gain in benefits occurs when going from no physical activity to being active for just 60 minutes a week. As an older adult, or any age actually, regular physical activity is one of the most important things you can do for your health.

Adults need a mix of physical activity to stay healthy.

<p>Moderate-intensity aerobic activity Anything that gets your heart beating faster counts.</p> <p>at least 150 minutes a week</p> 	<p>Muscle-strengthening activity Do activities that make your muscles work harder than usual.</p> <p>at least 2 days a week</p> 
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AND

It can prevent many of the health problems that seem to come with age such as high blood pressure and diabetes. It also helps strengthen your muscles so you can keep doing your day-to-day activities without becoming dependent on others. It also helps with bone mass, regular exercise generally results in greater peak bone mass (maximum bone density and strength). Movement is also one of the most effective ways of increasing the function of our lymphatic system. The Lymph system is part of the immune system, it does not have it's own pump like the circulatory system, it is dependent on muscle contractions through movement to help it pump.

Some physical activity is better than none at all. Your health benefits will increase with the more physical activity that you do.

Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week (for example, 30 minutes a day, 5 days a week) because of chronic conditions, they should be as physically active as their abilities and conditions allow.

The goal is to **"Move More and Sit Less"**. Take a short walk in the hall or to the courtyard, take the stairs if you're able, take out the recycling, go to the mailbox, join one of our fitness classes. Think of ways that you can add just a little more movement in your day.



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

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

JUNE CELEBRATIONS AT SHALEM

Happy Birthday!

- June 14 Lola Brandsma
 Marion Kettleson
- June 16 Linda Stanlake
- June 19 Donna Parker
- June 20 Helen Keeler
- June 21 Edna Robson
- June 24 Dicky Joad
- June 26 Trudy De Groot
 John Leyenaar
- June 27 Shurli Vance



Wishing each of you a wonderful birthday and may God continue to bless you and keep you in His care.



Happy Anniversary!

Congratulations to each of these four couples as they celebrate their Wedding Anniversaries this month. Your Anniversaries are a testament to God's faithfulness in your marriages.

June 9 - **Herb and Anne Vleeming, 59th** Wedding Anniversary.

June 10 - **Steve and Lola Brandsma, 66th** Wedding Anniversary.

June 23 - **Len and Dicky Joad, 65th** Wedding Anniversary.

June 27 - **John and Trudy Leyenaar, 62nd** Wedding Anniversary.

Answers for Games & Fun, Page

WORD SCRAMBLE

- 11. lettuce
- 12. zucchini
- 13. fiddleheads
- 14. kohlrabi
- 15. sunchoke
- 16. tomato

- 1. alfalfa sprouts
- 2. asparagus
- 3. celery
- 4. tomato
- 5. squash
- 6. pepper
- 7. pumpkin
- 8. cucumber
- 9. artichoke
- 10. beetroot

WORD LADDERS

- 1. MITE, MATE, MATS
- 2. NIL, NIP, NAP, GAP
- 3. POOL, POLL, PALL, PALE, PAGE
- 4. SEARS, STARS, STARE, STALE, STILE



VOLUNTEERING

RESIDENT VOLUNTEERS NEEDED...

We are having a Pizza Fundraiser on June 25th to raise money for the Shalem Society. We're selling pizzas made in house to the community and Shalem residents. To help make this a huge success we need you! Please consider volunteering a few hours of your time for this event. For more information please contact Michelle.



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

Thank you to all the volunteers! We look forward to welcoming more volunteers in the coming months.



Friendship partner Ann enjoying an outdoor visit.



Wendy delivering roses at our Mother's Day Tea!



Emma has blessed us with handmade bookmarks and flowers this month!



Pastor Layne connecting with Helen.



A few of our residents volunteering time to share their favourite Psalm with Emmanuel Church for an upcoming sermon series.



Share Your Favourite Family Recipe

Shalem is excited about this opportunity to collect, celebrate and share your recipes.

We have partnered with Food Photographer & Story Teller Shallon. Her project is to collect recipes, and tell the stories of the food and the people. Please consider sharing some of your recipes with us -- recipes passed down, your favorite or least favorite and the stories behind them.

Please connect with Shallon or Michelle for more information or to share.
Email: shallon@saltfoodphoto.com Phone: 403-998-1447



GAMES & FUN

WORD LADDER

In a word ladder puzzle, you have to change one word into another by altering a single letter at each step. Each step on the word ladder must be a valid word. This type of puzzle was invented in 1878 by Lewis Carroll, the author of Alice in Wonderland.

MICE
RATS

WORD LADDER 1

- Turn MICE into RATS
- 1 Small creature
 - 2 Win at chess
 - 3 Floor coverings

FOOL
SAGE

WORD LADDER 3

- Turn FOOL into SAGE
- 1 Common fund
 - 2 Number of votes cast
 - 3 Become wearisome
 - 4 Wan
 - 5 Attendant

OIL
GAS

WORD LADDER 2

- Turn OIL into GAS
- 1 Nothing
 - 2 Pinch
 - 3 Doze
 - 4 Aperture

TEARS
SMILE

WORD LADDER 4

- Turn TEARS into SMILE
- 1 Scorches
 - 2 Heavenly bodies
 - 3 Look fixedly
 - 4 No longer fresh
 - 5 Steps for climbing over a wall

1. aaaffll stuorps _____
2. aguarpasa _____
3. eelcyr _____
4. oomtat _____
5. hqsusa _____
6. erpppe _____
7. pnikmup _____
8. ucmrebuc _____
9. ihoekcrat _____
10. ttooeabr _____

11. tuelcet _____
12. iuzhcinc _____
13. idheedaldfs _____
14. ilbkrhao _____
15. nkcoshue _____
16. illamttoo _____

WORD scRaMble

Vegetables

SPECIAL EVENTS

PLEASE NOTE

HIGHLIGHTED ACTIVITIES FOR THIS MONTH:

Please see monthly calendar for all activities!

Bulletin Boards and the Information TV will have the most up-to-date information.

DATE	TIME/ LOCATION	ACTIVITY
Monday June 7	Dining Room 1:30PM - Everyone	Community Coffee with Dorothy de Vuyst A time for conversation and community
Thursday June 10	Shalem Café Courtyard 2:00PM	Happy Hour Pet Pals Visit with dogs in the Courtyard
Friday June 11	Shalem Atrium 2:00PM	Paint N' Sip Create an original art piece to take home and enjoy a drink while you paint.
Monday June 14	Shalem Atrium 10:30AM	Learning Seminar: Elder Abuse Presented by the Kerby Center
Tuesday June 15	Bus Trip 10:00AM-1:00PM	Bus Trip to Climbing High Farm Limited Seat - Sign up Required
Thursday June 17	Shalem Games Room 2:00PM	Father's Day Celebration Beer, Pretzels and Games
Friday June 18	Shalem Atrium 10:15AM	Recipe Reminiscing Food Photography with Guest Shallon
Monday June 21	Shalem Atrium 2:00PM	Virtual Sharing Calgary Christian - Grade 5 Class
Tuesday June 22	Shalem Atrium 2:00PM	Armchair Travel: Egypt & Area Guest: Tara Weening
Thursday June 24	Shalem Courtyard 10:00AM-2:00PM	Clothing Sale: Alberta Clothing Outdoors unless poor weather
Monday June 28	Meet in Courtyard 2:00PM	Goodies in the Pergola Walk over to the Emmanuel Pergola