

APRIL 2020

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO APRIL



INSIDE THIS ISSUE:

- From Jerry's Desk
- What Happened Last Month?
- April Events & Birthdays
- Resident Contributions
- Health & Safety Information



Shalem
Society for Senior Citizens Care

TABLE OF CONTENTS



PAGE 3	Shalem Mission Statement
PAGE 4	From Jerry's Desk
PAGE 5-7	What Happened Last Month
PAGE 8	Our Community
	David Swinney, Shalem Chaplain
	Liz Kahle, Intern Christian Counsellor
PAGE 9	Shalem Society Membership
PAGE 10	Shopping Buddies
PAGE 11	Prayer for Cantication
PAGE 12-14	Health & Safety Information: COVID-19
PAGE 15	Shalem Monthly Celebrations!
PAGE 16	Manor & Court Message
PAGE 17	Haven Message
PAGE 18	Fraud Awareness
PAGE 19	Volunteering Announcements
PAGE 20	Get to Know Our Volunteers
PAGE 21	Resident Contributions
PAGE 22-24	Games
PAGE 25	Shalem Prayer & Praise Page
PAGE 26	Bible Verses of Encouragement

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

APRIL 2020

Hello Shalem Friends!

How quickly life has changed! A month ago we were busy planning our Easter celebrations and anticipating signs of spring. Today we focus on staying healthy. COVID-19 has dramatically changed our lives and our world.

As Shalem staff, residents and visitors, our objective is to keep this pandemic away from us. To do that we are "physical distancing" (much nicer term than "social distancing"). We do that by stopping or changing our activities, canceling gatherings and by self-isolation. We do that by praying that our Heavenly Father watches over us and protects us.

In the last number of weeks, we have seen signage at Shalem change a few times. As health protocols change, so too the signs, tightening up the regulations established by AHS. Please remain vigilant.

As we navigate through the next number of weeks, we will all miss things that have become either a part of our daily life or things we look forward to. I think it's fair to say that we all miss the interaction of people that are so important to us; our friends, our family, our church community. Chatting with grandkids on an IPad, or watching a worship service on TV just isn't the same. Looking forward to celebrations such as the Shalem Easter Dinner is just one of the casualties of our decimated events calendar.

Like many of you, I learned at an early age that we sometimes don't miss someone or something until we don't have that person or thing anymore. Let's recognize we are created as "relational beings", uniquely designed to be in community. So, perhaps this is a good time to re-prioritize what's important.

Blessings and good health to each of you!

Jerry

*31 Heaven and earth will pass away,
but my words will never pass away.*

Mark 13:31 (NIV)



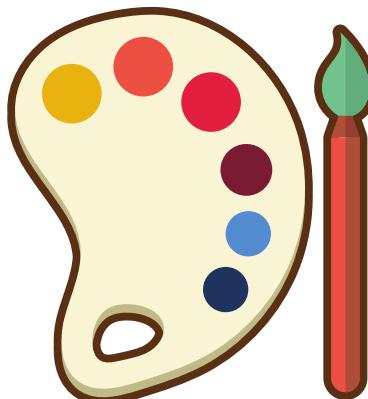
APRIL 2020

WHAT HAPPENED LAST MONTH?

Standing Fitness Class - Level 2



Painting with Margot



APRIL 2020

WHAT HAPPENED LAST MONTH?

Happy Birthday & Anniversary



WHAT HAPPENED LAST MONTH?

A family from the community blessing Shalem with messages of encouragement during COVID-19. God's love in action!



Volunteers create art on the sidewalk for our residents!



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** 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**



To support you in these difficult times we are offering additional Telecare or Prayer over the phone.

Contact **voluteering@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

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.**

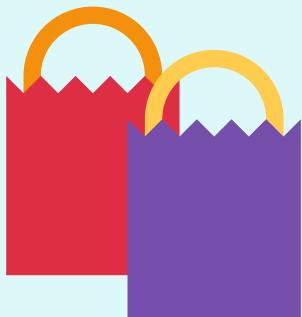
Please protect yourself and others!

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.



A Prayer for Containment

by Stacey Gleddiesmith

Director of the Worship Arts Program, Columbia Bible College

When we are tempted to be fearful, teach us peace.

When we are temped to hoard, teach us generosity.

When we want to look only to the wellbeing of our own family, teach us to expand our care.

When we become overwhelmed and disengaged, teach us to feel the pain of others.

When we are financially unstable, teach us to find ways to live smaller.

When we are disappointed, teach us joy in sacrifice. When we are tempted to despair, teach us to remember that you are still God, and that you are still good.

When we think we know it all, teach us to listen harder.

When we struggle to decide what to do in small ways, teach us to pray for those in positions of authority.

When we are tempted to despise the actions of others, teach us to see behind foolishness and negative behaviour to the hurt beneath.

When we respond to rising tension in haste and without consideration, teach us patience.

When we are tempted to blame others, teach us to have grace for decisions made in a time of fluctuating information and changing conditions.

When we are isolated, teach us to find ways to connect—with you and with others.

When we feel bored, teach us to expand our creativity.

When we feel alone, teach us to ask for help.

When we feel strong, teach us to care for those who are not.

When we are tempted to despondency, teach us to see all the varied goodness that surrounds us.

When we are tempted to be careless, teach us to see each action we take as resonating in the lives of others.

When we feel we can do nothing, teach us how very wrong we are.

Above all this, teach us to love.

Now more than ever.

Amen

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

INCREASED VISITOR RESTRICTIONS DURING THE COVID-19 PANDEMIC

(AS PER ORDERS FROM AHS)

- ▶ **ESSENTIAL VISITORS ONLY**
- ▶ **All essential visitors must enter at Shalem Haven
3008-51 Street SW**
- ▶ **If no Staff at front desk call 1000 for admission**
- ▶ **Health questionnaire for all essential visitors required**

EFFECTIVE IMMEDIATELY

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.

SOURCE: www.canada.ca/en/department-national-defence/maple-leaf/defence/2020/03/mental-health-covid-19.html

APRIL CELEBRATIONS AT SHALEM

Happy Birthday!

April 2	Randall Clark
April 4	Monique Carnegie
April 6	Beatrix Dalstra
April 8	Elsie Van Dyk
April 10	Loiuse Randle
April 11	Maribelle Davidson
April 18	Ann DeKlerk
April 19	Eva Hunter
April 20	Hes Roorda
April 30	Roger Haynes

Wishing you all a very Happy Birthday! May God be with you and bless you richly in the year ahead.



Happy Anniversary!

Peter and Ann Cupido will be celebrating their **67th Wedding Anniversary** on Wednesday, April 1st. Peter is living in Wentworth Manor.

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.



Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.

1 Peter 1:3 (NIV)

HAVEN MESSAGE - SHALEM BUS SERVICE



Shalem offers bus service for shopping
and other Shalem planned events

NO APRIL BUS TRIP

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



Christian Reformed **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

Isolation is a risk factor for scams. Feelings of loneliness were associated with being more likely to engage with and lose money to scammers.

Some things to watch out for:

The sale of fraudulent COVID-19-related 'miracle' health products that will cure or protect you from the virus.

Phishing emails impersonating the World Health Organization or government that prompt the recipient to download malicious software.

Fake charities claiming to be a government program or well known charity like Red Cross trying to raise funds for the development of a vaccine or to help the Relief efforts.

Emails that look like they are from the government saying to are to receive funds as part of the Emergency Response Benefit and they ask for your banking information to deposit.

Scam websites claiming to be selling face masks or hand sanitizer.

NOTE: To protect yourself from making a purchase from a phony online store, the BBB encourages customers to; buy from reputable stores and websites, ensure the company is legitimate by verifying a street address and that it has a working customer service phone number.

VOLUNTEERING

We have been so blessed by the volunteers who showed love and care to our community during this difficult time.

Donations, care-packages, grocery shopping, encouraging cards, tele-care, and prayer are just a few of the ways volunteers cared for Shalem residents.

Thank you volunteers for showing God's love in such tangible and practical ways!



Please contact:

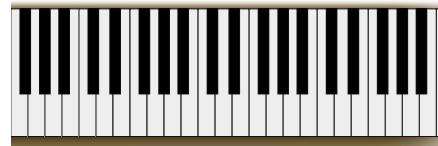
Michelle Vanderwerff

Volunteer Coordinator

volunteering@shalem.ca

403-240-2800 Ext 4

SHALEM RESIDENTS We are looking for...



- **Chapel Piano Players.** Do you play the piano? Know someone who does? We would like to increase our list of willing pianists who would be available to play for Shalem's Wednesday Chapel Services once they resume.



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 in a safe way and put them directly into the wash, along with the bag.

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



**Pattern can be found at: 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 am Florence Lowry, was married for 56 years and have 3 children, I should say 3 retirees, who also live in Calgary. I grew up in Manitoba and arrived here in 1971 and loved it so much we stayed. I taught school for 25 years in Manitoba (some of it subbing while living on a farm). Going to another province meant going to University here but I declined and instead, I was in special pilot programs, like metric, a primary reading program and finally in ECS. Loved it all!!

We lived in High River after retirement. I guess I would still be there if the flood hadn't come along and changed everything. Out there I volunteered in the church, the school and the hospital. I belonged to the Church Women's group, the Red Hatters and the Widows groups. I was definitely a joiner!!

Florence



Q. Why did you want to volunteer at Shalem?

A. When I was here at first, Janet was here only 3 days and had everything to do so I volunteered to write on the board, which suited her just fine and I enjoyed doing it, and I especially enjoy hearing the giggles at the whiteboard. I also like to keep my memory going so I volunteered to lead exercises at least once a week. I seem to have to keep busy and want to contribute as long as I am able.

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

A. I just enjoy helping people and I consider my volunteering a service to Shalem.

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

A. My favourite color is tourquoise, food, as all the dining staff knows is potatoes and winter is too cold for me so summer is welcome!!

Q. What is your favourtie Bible verse? A. My favourite bible verse is John 3: 16.

Q. Share one interesting fact about yourself!

A. I think everyone around here knows I have a passion for making greeting cards. I like to think of it as being a service around here, and judging by the number of knocks on my door, I believe it is. I make each card different and try to make each one better than the last one.

Thank you Florence, for all you do!

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

~John 3:16 (NIV)

RESIDENTS CONTRIBUTIONS

Some things shared by Florence on our activity whiteboard.

What do you call a bee
that can't make up his mind?
- A maybe,



Some people eat snails.
They must not like fast food!

Why did the golfer need
new socks?
Because he had a hole in one!



Never laugh at your
wife's choices.
You're one of them!

What date doesn't the
army like?
March 4th!

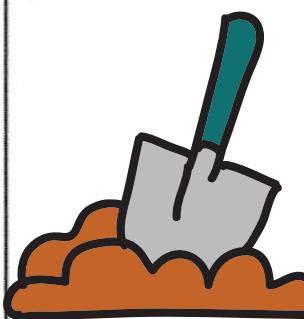
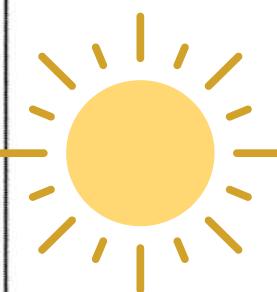


GAMES**April Word Search**

ANNUAL
BLOOM
FERTILIZER
FLOWER
GLOVE
GRASS
HOE
HORTICULTURE
HOSE

IMPLEMENT
IRRIGATION
NURSERY
PERENNIAL
PLANT
PLOT
POT
PRUNE
RAKE

SEED
SHEARS
SHOVEL
SOIL
SUNLIGHT
TILL
VEGETABLE
WATER
WEED



GAMES

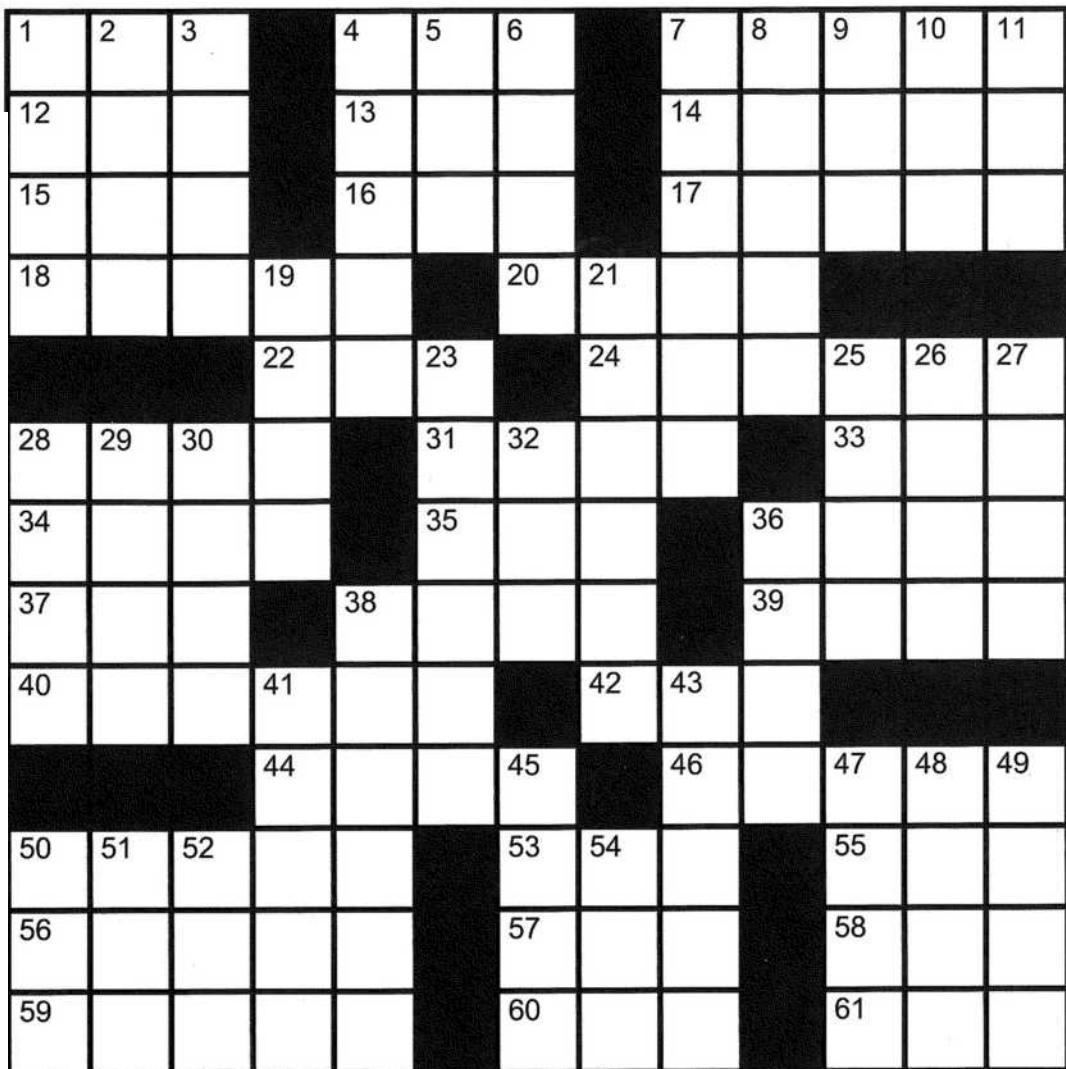
Across

- 1 Circus routine
- 4 Prescription, for short
- 7 Did a film critic's job
- 12 Disapproving shout
- 13 Bullfight cheer
- 14 Any online mag
- 15 Letters after T
- 16 Doctrine
- 17 Apple cofounder Jobs
- 18 Is inclined (to)
- 20 Bassoon cousin
- 22 And so on, for short
- 24 Mischievous boy
- 28 Cat's cry
- 31 Do damage to
- 33 Metal-bearing rock
- 34 Teeny
- 35 Anger
- 36 Degrees for some CEOs:
Abbr.
- 37 Coll. or acad.: Abbr.
- 38 Annapolis institution: Abbr.
- 39 Ages and ages
- 40 Morally pure
- 42 Admiral's organization:
Abbr.
- 44 11th President James K.
- 46 Midday meal
- 50 Be bratty: 2 wds.
- 53 "Just as I thought!"
- 55 "The Greatest" boxer
- 56 "Me too!": 3 wds.
- 57 Yuletide quaff
- 58 Buddy
- 59 Divided Asian nation
- 60 Auto navigation aid: Abbr.
- 61 Germane

Down

- 1 Be next to
- 2 Sheltered harbor
- 3 Dot on a state map

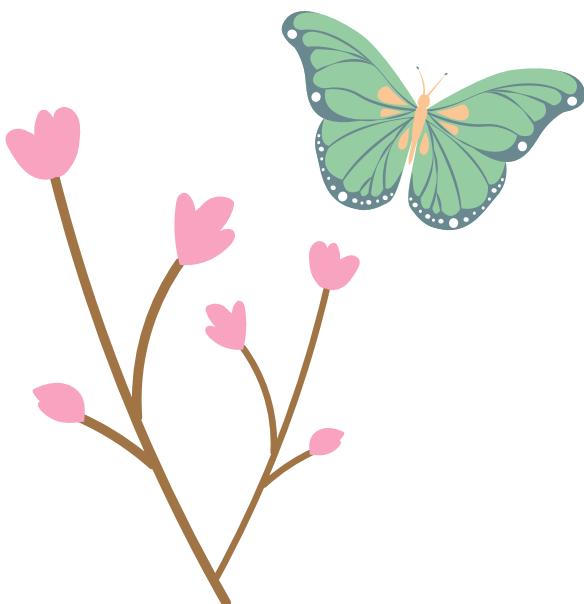
APRIL CROSSWORD



- | | |
|-----------------------------------|--------------------------------|
| 4 A bit damp | 32 Caterer's coffee brewer |
| 5 Kay followers | 36 Bistro handout |
| 6 Floor model | 38 Ideal place |
| 7 Vacation facility | 41 Wave froth |
| 8 Ancient Mexican | 43 Plods (through) |
| 9 7-7 score, for instance | 45 King ___ (big ape of films) |
| 10 Greeting-card holder:
Abbr. | 47 California wine area |
| 11 Below-average grade | 48 Applaud |
| 19 Damp, as a morning lawn | 49 Sword handle |
| 21 Chest of drawers | 50 Inquire |
| 23 Sculptor's tool | 51 Dove call |
| 25 "King of the road"
vagabond | 52 Black paving material |
| 26 Iraq neighbor | 54 Bounce like a rabbit |
| 27 Eliot of "The Untouchables" | |
| 28 Catchall category: Abbr. | |
| 29 Carve with acid | |
| 30 Fed. workplace monitor: Abbr. | |

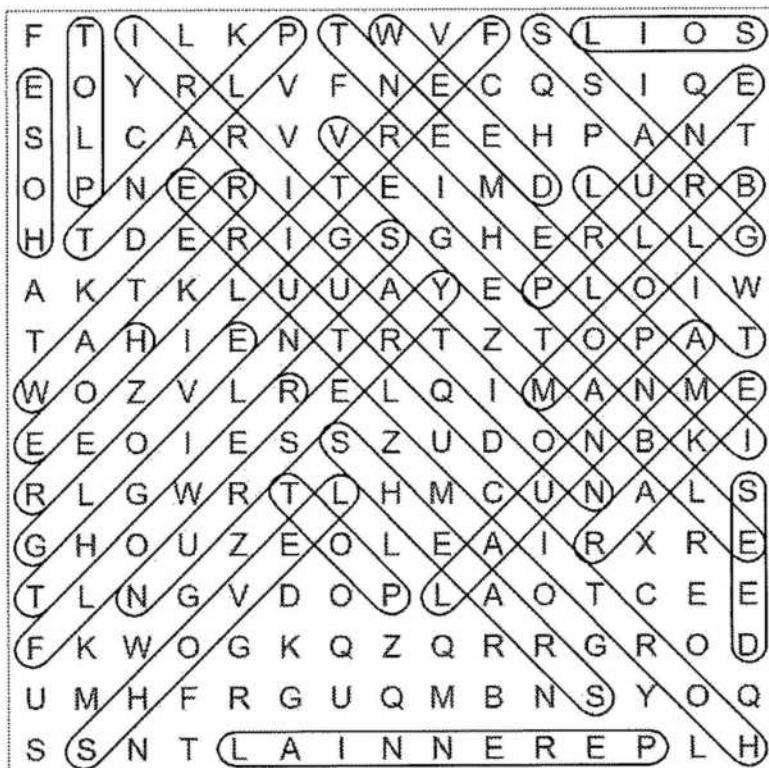
GAMES ANSWERS

Word Search Answers



GARDENING

Puzzle 1



Crossword Answers



SHALEM PRAYER AND PRAISE PAGE

In these uncertain and unprecedeted times, we realize the world is being brought to its knees. A World Day of prayer had been called on March 22 at 12:00 noon. Although many participated, some may not have been able to. These prayers can be prayed each and every day as we navigate through these trying times.

Christians to Unite Against COVID-19

Please Pray for:

- The stop of the spread of the virus
- The recovery of those already infected
- Peace for the families who have lost loved ones
- Restoration of the economies of the world
- Wisdom for the governments who have to manage the outbreak



Never before has there been a call like this, against a threat that affects the entire world.

Management and staff at Shalem have been faced with unprecedeted responsibilities to do all that they can to help keep our Shalem community safe.

Guidelines are being followed to ensure the health and safety of all our Residents and staff. This has included communicating with, and following the updates and protocols set out by AHS, and the World Health Organization.

Updated signage and letters to Residents have been written to ensure that we all receive the most recent information.

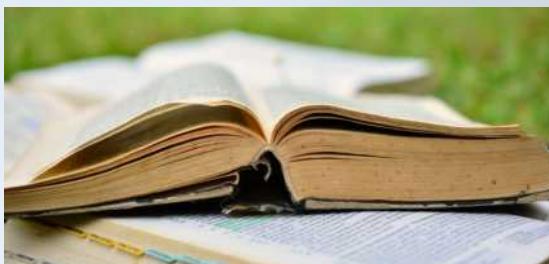
Our prayer is that all staff and Residents work together so that this virus will not enter Shalem.

We also have a prayer request:

- Dicky Joad's sister, Rieny, passed away on Monday, March 23. She was living in Holland Christian Homes in Brampton, Ontario. Please keep Len and Dicky in your prayers.

In trying times there are also times of joy. Many volunteers have come forward asking how they can help our vulnerable seniors at Shalem. It's been humbling to see them grocery shop, write cards and letters, write chalk art of encouragement on the sidewalk, etc.

We also witnessed a family member come and play music for their loved ones as they sat on their patio.



**Because He lives, I can face tomorrow
Because He lives, all fear is gone;
Because I know He holds the future
And life is worth the living
Just because He lives!**

"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)

"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)

"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)

