

DECEMBER 2020

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO NOVEMBER



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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:

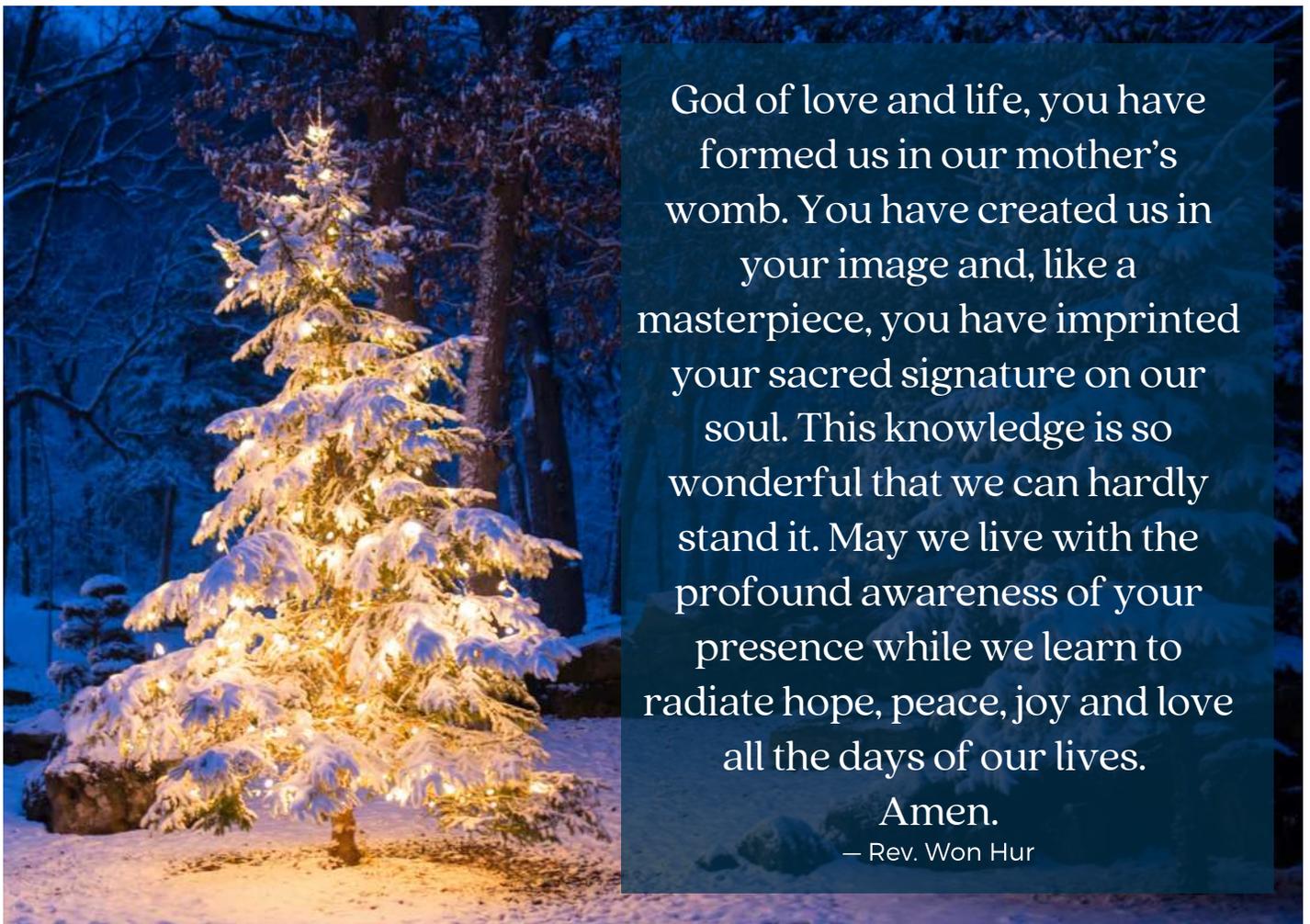
At the heart of Shalem is a Christian community where God is at work and we care, share and celebrate.

## 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)



God of love and life, you have formed us in our mother's womb. You have created us in your image and, like a masterpiece, you have imprinted your sacred signature on our soul. This knowledge is so wonderful that we can hardly stand it. May we live with the profound awareness of your presence while we learn to radiate hope, peace, joy and love all the days of our lives.

Amen.

— Rev. Won Hur

# LIVING WELL TOGETHER

Musings from the Executive Director  
DECEMBER 2020

## Emmanuel, God With Us

*All this took place to fulfill  
what the Lord had said  
through the prophet:  
The virgin will conceive and  
give birth to a son, and  
they will call him Emmanuel,  
which means "God with us".*

Matthew 1:22-23



I love this time of year. I love the lights, the coziness of sitting by the fire with the snowing falling outside, the gatherings of family and looking forward to the traditions established, the Christmas music and just the general merriment of the season - even with the adjustments to our celebrations we will all need to make this year.

But sometimes that feeling of joy and happiness that comes with all the Christmas 'trappings' seems so fleeting. That any moment the joy could just slip away. Perhaps this is because the lights and music often fall short of providing us with the hope and joy we so truly desire. And I know that for many this season can highlight challenges. Of torn relationships. Of discouragement or isolation. Of disappointments or regrets.

But that is the beauty and joy of Christmas. Knowing that the joy is not in the lights or music or gatherings but in resting in the fulfilled promise of Emmanuel. God with us. God doesn't always promise us answers as we go through our journeys, but He does promise us He will be with us. And in God's presence there we can find joy.

This is the same God who healed the sick and can bring healing to wounded hearts. This is the same God who raised the dead and can bring life back into lifeless families and friendships.

He came to bring hope. He came to bring peace. He came to bring joy.

God loves us with a love that nothing can shake, a love that loved us long before we were created, a love that will be there long after everything has disappeared. This season is a reminder that God sent his Son to be with us and continues to be with us. His presence is enough. And knowing that fills us with life and goodness and laughter—and joy.

Let us find joy this Christmas season no matter what our situations may be and remember:  
Emmanuel - God is with us!

Dorothy de Vuyst  
Executive Director



# SHALEM PRAYER AND PRAISE PAGE

As we enter into the season of Christmas, I read a beautiful summary of what this season is all about. It read 'I'm not getting ready for Christmas, I'm getting ready for Christ!' As each week of Advent passes, let us anticipate the joy of celebrating the birth of Jesus, our Saviour!

Divine Messiah predicted in the Old Testament: Isaiah 7:14: "Therefore the Lord himself will give you a sign: The virgin will be with child and will give birth to a son, and will call him Immanuel." "Immanuel" literally means: "God with us." See also Matthew 1:23; Jesus is "God with us."

During the past month we have said farewell to four of Shalem's residents. Gerda Jakobsen and Gerrit Dooge were living at Shalem, Eva Hunter and Marguerite Dixon had been former residents who had moved from Shalem. Let us continue to keep their loved ones in prayer as they mourn the loss of their dearly loved parents.

Our prayers continue for Peter and Marj Nieuwenhuis as Peter's health continues to decline. May our Lord sustain them as they experience this trying time.

Let us also keep John Kopala, Jenny Drost, and Dodie Anderson in prayer as they too are experiencing health concerns.

We are grateful that Hes is back home from the hospital and doing well.

Three new residents have moved into Shalem this month. Let's all welcome Betty Cragg, Norah Graham and Susan Black! We trust that you will enjoy your new home as you experience new blessings and new friends here.

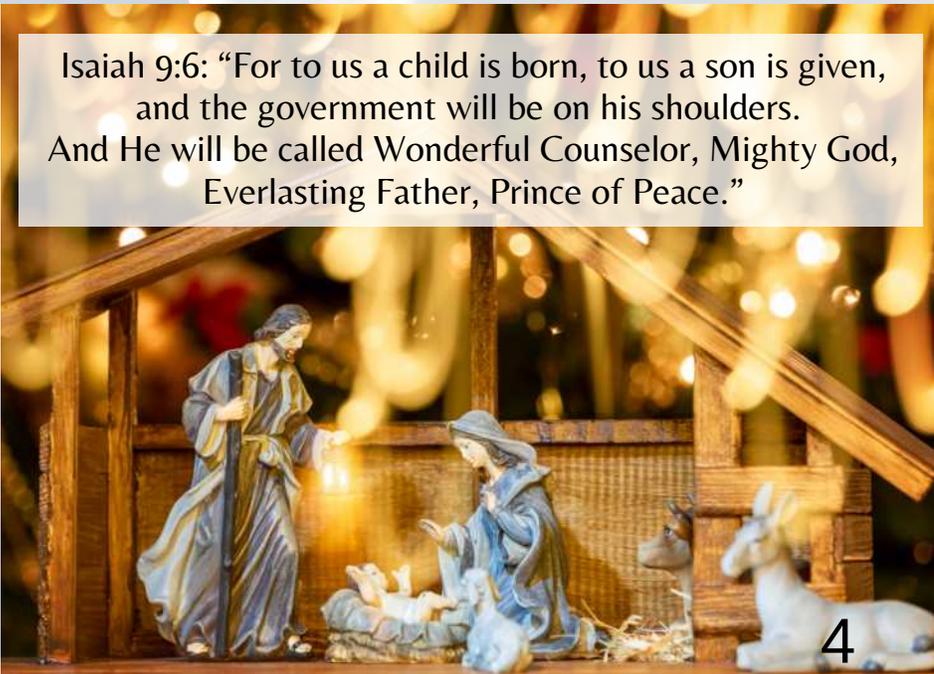
Farewell to Peggy Chiu-Black as she has moved to a new home, and also farewell and thank you to Lynda Swinney for giving Shalem your gifts and talents in these last 3 months.

May the Lord bless and keep each of our residents and staff in His care as we continue to manage COVID-19.

Advent doesn't deny the dark within us,  
 Advent isn't afraid of the dark around us,  
 Advent doesn't rush through the dark ahead of us,  
 Advent sits in the dark and yearns for the Light  
 of the only One who went to the Tree of Calvary,

TO SHATTER THE DARK

*for all of us.*



# WHAT HAPPENED LAST MONTH? *Life at Shalem*

Art Class with Guest Artist Margot



Chapel with David Swinney



Brain Teasers in the Shalem Atrium

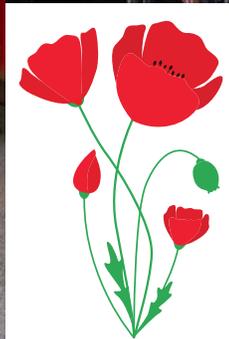
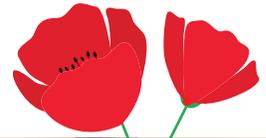


Virtual Learning



# WHAT HAPPENED LAST MONTH?

## Remembrance Day Services



# WHAT HAPPENED LAST MONTH?

Fitness Fun, Move your body!



Starting to look like Christmas



# 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.

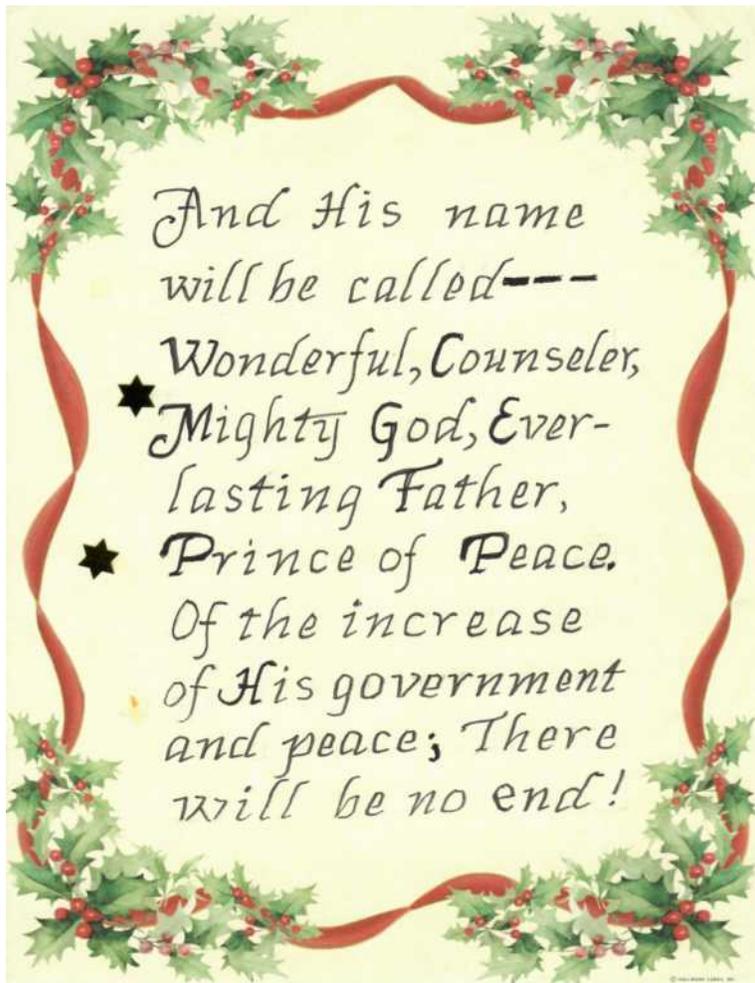
If you would like more information, please contact him at [pastor@highrivercrc.ca](mailto:pastor@highrivercrc.ca)

*Liz Kahle, Associate Professional Counselor, MA*

Liz has her own practice and is available for counseling services to Shalem residents. For a referral or more information, contact Liz at [hello@lizkahlecounseling.ca](mailto:hello@lizkahlecounseling.ca)



*From Haven Resident, Florence*



 [www.emmanuelcrc.org](http://www.emmanuelcrc.org)  
**Worship Service**  
 emmanuel church

**Tune into Channel 398 on your TV  
for Emmanuel Church Service**

*Worship Services  
Every Sunday at 10:00am*

There's More to Christmas...  
-Author Unknown

There's more, much more to Christmas  
 Than candlelight and cheer;  
 It's the spirit of sweet friendship  
 That brightens all the year;  
 It's thoughtfulness and kindness,  
 It's hope reborn again,  
 For peace, for understanding,  
 For goodwill to men!

# CHRISTMAS MESSAGE

David Swinney, Shalem Chaplain  
DECEMBER 2020

## MERRY CHRISTMAS. JESUS IS LORD!

Some years ago I came across a poem with the title, “Christmas Is Really for the Children”, which went on to say, “Especially for children who like animals, stables, stars and babies wrapped in swaddling clothes. Then there are wise men, kings in fine robes, humble shepherds and a hint of rich perfume,” and, of course, it’s kind of true. The way that we have come to celebrate Christmas and Advent is often about that sort of thing. But in Revelation chapter 12, we get a different sort of Christmas story, one that includes pregnant women crying out in childbirth, great red dragons, and war in heaven. The former is comfortable for us—familiar, and pleasant. The latter, while not the kind of Christmas story that we have come to expect, has the advantage of being true.

So, when thinking of Christmas, we need to stop thinking in terms of gifts and trees and traditions (and fairy tales), and start thinking in terms of cosmic level spiritual warfare.

The text tells us that the woman, “gave birth to a male child, one who is to rule all the nations with a rod of iron, but her child was caught up to God and to his throne,” and then goes on to say that in the aftermath, “the great dragon...that ancient serpent, who is called the devil and Satan, the deceiver of the whole world—he was thrown down to the earth, and his angels were thrown down with him.”

“Not very Christmassy”, one might conclude, and yet in all of this, the conclusion is nothing less than good tidings of great joy, because Christmas is ultimately about the gospel, and the gospel is about the Kingdom of the one who came to reconcile a broken and fallen world to the God who made it. Revelation chapter 12 goes on: “And I heard a loud voice in heaven, saying, “Now the salvation and the power and the kingdom of our God and the authority of his Christ have come...” As the author said in the previous chapter of Revelation, “The kingdom of the world has become the kingdom of our Lord and of his Christ, and he shall reign forever and ever.”

Merry Christmas. Jesus is Lord!

David Swinney



# HEALTH INFORMATION

## Tips for Battling Anxiety During this Public Health Situation

Considering the level of attention and seriousness being paid to the COVID-19 pandemic, it's normal to feel anxious. Here are some tips to help people to remain calm and balanced as this public health situation unfolds.

1. Try not to avoid, ignore or suppress anxious thoughts. Instead, be aware of your anxiety and accept that you're feeling anxious in this situation.
2. Try to keep things in perspective; notice and challenge your thoughts if they may be extreme or unhelpful.
3. Lean on social supports (virtually if needed), pray or engage in pastoral care, try to get enough sleep, eat healthy, exercise and engage in enjoyable activities (use caution to follow COVID-19 protocol).
4. Seek information from reliable news sources only. Limit checking in on the latest news to short, defined periods.
5. Remain focused on things that are within your control, such as washing hands, covering your mouth during coughs and sneezes, avoiding non-essential travel, etc.

If you're noticing that your symptoms of anxiety (in association with COVID-19 or otherwise) are causing you significant distress or are interfering with your ability to function normally, reach out for formal mental health supports. Shalem can help you get in touch with one of our additional Care Providers or you can contact services through the Canadian Mental Health Association (CMHA). <https://alberta.cmha.ca/>

### MASK WEARING

In Calgary effective Nov. 24, masks are mandatory in all places of worship and in all indoor workplaces in addition to all public stores and transportation. This includes all employees, visitors, delivery personnel and contractors.

For Shalem this means masks are mandatory:

- For all group activities offered, masks will continue to be mandatory for all Residents.
- We encourage all Residents to wear masks in hallways and common spaces.



**We're all in this together,  
respect each other's space!**

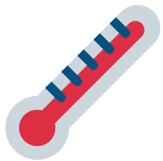
# HEALTH INFORMATION

## COVID-19 INFORMATION

### DO YOU 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 for the next three weeks at no charge.
- **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 November 26th, 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**

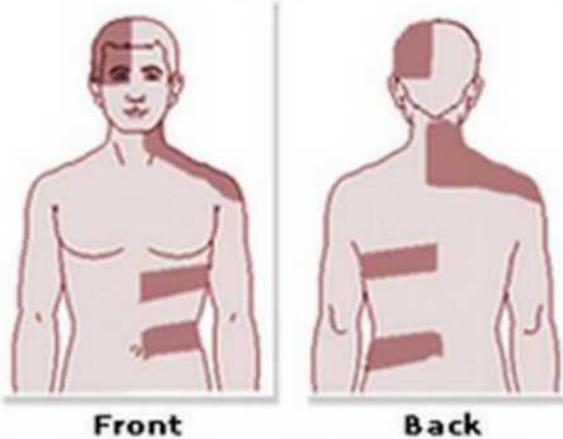
## HEALTH INFORMATION


**SANDSTONE**  
 PHARMACIES™

Closer to you

# Shingles

## Common sites of shingles



Front

Back

Shingles is a painful disease that approximately 30% of people will develop in their lifetime. It occurs when there is a re-activation of the virus that causes chicken pox in children. The risk of getting shingles increases as we get older, with about half of all cases occurring in people age 60 or older. People typically have only one episode in their lifetime, but in very rare cases, people may experience second or third episodes.

## Why should I get the shingles vaccine?

Shingrix is the new shingles vaccine that came out in 2017 and is the recommended shingles vaccine. It is more than 90% effective in preventing shingles, compared to 50% with the previous shingles vaccine (Zostavax). Shingrix is still up to 70% effective

in preventing shingles in people over the age of 70, while Zostavax was only 40% effective. The vaccine is also 90% effective in preventing nerve pain (pain from injury to the nerves from the virus) that can be lifelong. The older you are when you get shingles, the greater your chance of experiencing nerve pain. Shingles can also cause vision loss and lead to blindness in some people as the virus may spread to the eye. It is also believed that the vaccine reduces the severity of both shingles and nerve pain if a person should develop shingles after vaccination.


**SHINGRIX**

 (ZOSTER VACCINE  
 RECOMBINANT, ADJUVANTED)

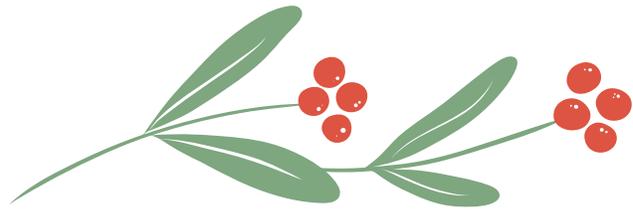
*Your Medication Experts™*



# NOVEMBER CELEBRATIONS AT SHALEM

*Happy Birthday!*

December 1	Louisa Duncan Herb Vleeming
December 2	Doris Haynes Trudy Leyenaar
December 8	Thomas Ferguson Lorraine Neuman
December 14	Jenny Drost
December 15	Ebonie Allen
December 22	Vern Jordan
December 23	Joanie Grecko
December 25	Denny Post
December 26	Isobel Mackay
December 28	Gloria Zembiac



*Happy birthday to all of you! We pray that God may be near to you during the coming year, and grant you a year filled with His blessings.*



*Saturday, December 26  
John and Sylvia Marshall will be celebrating their  
61st Wedding Anniversary.*



*Thursday, December 31st  
Sandy and Donalda Bosovich will be celebrating their  
52nd Wedding Anniversary.*

*Congratulations to all four of you. We hope you will have a wonderful day, followed by a year of blessings from above.*

**Answers for Word Scramble Page 15**

Mistletoe, Nativity, Stocking, Saviour, Wreath, Sleigh, Snowman, Jesus, Ornaments, Christmas. Scrooge, Caroling, Star, Chestnuts, Rudolph, Santa, Packages, Shepherd, Manger, Angel.

# VOLUNTEERING

## THANK YOU SHALEM VOLUNTEERS FOR MAKING OUR SPACES LOOK FESTIVE!



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



## Additional Care Options for Shalem Residents

We are committed to the emotional and spiritual health of Shalem residents. There are three care options available that you may not be aware of. If you would like to utilize one of these additional care services please contact Michelle Vanderwerff at the contact above.

- 1 **Companion/Friend Visiting** - If you are feeling lonely or isolated a qualified volunteer would connect with you as a caring and listening friend.
- 2 **Professional Counselling with Liz Kahle** - Available on location at Shalem or via telecare. Operating on a pay what you can scale (financial support may be available through Emmanuel Church)
- 3 **Pastoral/ Minister Care** - Conversation, scripture and prayer over the phone. Strengthening faith and filling spiritual needs during this difficult time.

# GAMES & FUN

Be sure to check out the Christmas Carol Picture Game! There is a poster on each buildings bulletin board with 24 pictures and each represents a Christmas Carol! **Name all 24 and you will will be entered in a prize draw!** There will be one winner from each building. Leave your entry in the marked Christmas gift bag on the table outside the Resident Managers Office. Please submit entries by Dec.14th at noon.

# Merry Christmas

## Christmas Carol Picture Game

Can you name all 24 Songs? Prizes will be awarded!



## Door Decorating Challenge!

Let's spread some joy and cheer by brightening up the hallways! Join in on our "Decorate Your Door Challenge" and you could win a Christmas gift!

We will have some Christmas decorations available if you need them.

Decorations available:  
**Thursday, December 3rd**  
**10:00am-2:00pm**

Haven Residents (Haven Third Floor Activity Room)  
 Court & Manor Residents (Café)

**Doors to be completed by Dec.14th at noon.**

## CHRISTMAS WORD SCRAMBLE

- |                    |                     |
|--------------------|---------------------|
| 1. Groceos _____   | 11. Limesotte _____ |
| 2. Naclorig _____  | 12. Vaniyitt _____  |
| 3. Rats _____      | 13. Gotscink _____  |
| 4. Scunttshe _____ | 14. Virasou _____   |
| 5. Porduhl _____   | 15. Traweh _____    |
| 6. Naast _____     | 16. Gisehl _____    |
| 7. Skagceap _____  | 17. Wamsonn _____   |
| 8. Dressephh _____ | 18. Ejuss _____     |
| 9. Gramen _____    | 19. Stranneom _____ |
| 10. Galen _____    | 20. Scamsthir _____ |

# 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.

### Tuesday December 8th - Christmas Music - Virtual Event

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

**2:00pm** Shalem Café - For Manor & Court Residents

Enjoy the music of Dean Jarvey, Folk Musician - Acoustic Guitar & Vocalist



### Tuesday December 15th - Mental Health Throughout the Lifespan

*Living Well No Matter What Age We Are*

**2:00pm** Shalem Café

Taking care of ourselves involves more than a healthy diet, exercise, and remaining close to those in our community. Living well also involves taking care of our mental health. What is mental health, when is extra support needed and simple ways we can take care of ourselves.

### Tuesday December 15th - CCS Virtual Christmas Concert

**6:30pm** Haven 3rd Floor - For Haven Residents

Shalem Café - For Court & Manor Residents



**Calgary  
Christian  
School**

## Christmas Dinner 2020

### Wednesday, December 16th

**6:00pm** - Manor Christmas Dinner, Delivery Service

### Thursday, December 17th

**4:30pm** - Haven Christmas Dinner in the Dining Room

**6:00pm** - Court Christmas Dinner, Delivery Service



### Friday December 18th - Virtual Piano Recital with Piano Students

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

**2:00pm** Shalem Café - For Court & Manor Residents

