

JULY 2020

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO JULY



### INSIDE THIS ISSUE:

From Jerry's Desk  
What Happened Last Month?  
Our Community  
July Events & Birthdays  
Health & Safety Information



**Shalem**  
Society for Senior Citizens Care

# TABLE OF CONTENTS



<b>PAGE 3</b>	<b>Shalem Mission Statement</b>
<b>PAGE 4</b>	<b>From Jerry's Desk</b>
<b>PAGE 5-9</b>	<b>What Happened Last Month</b>
<b>PAGE 10</b>	<b>Our Community</b> <b>David Swinney, Shalem Chaplain</b> <b>Liz Kahle, Christian Counselor</b>
<b>PAGE 11</b>	<b>Special Events/ Shopping Buddies</b>
<b>PAGE 12-13</b>	<b>Health &amp; Safety Information: COVID-19</b>
<b>PAGE 14</b>	<b>Shalem Monthly Celebrations!</b>
<b>PAGE 15</b>	<b>Manor &amp; Court Message</b>
<b>PAGE 16</b>	<b>Haven Message/ Emmanuel Service</b>
<b>PAGE 17</b>	<b>Volunteering Announcements</b>
<b>PAGE 18</b>	<b>Get to Know Our Volunteers</b>
<b>PAGE 19-21</b>	<b>Games</b>
<b>PAGE 22</b>	<b>Shalem Prayer &amp; Praise Page</b>



# 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

JULY 2020

Hello Shalem Friends!



Our Shalem community is slowly and carefully “summering” back to life. We can’t stay locked up forever and need to discover ways to live outside of our suites.

So, our “Life at Shalem” team, Dorothy, Pam, Michelle and myself, have been exploring ways to how we might bring a calendar of activities back to Shalem. “Life at Shalem” encompasses the overall wellbeing of our community. It includes many things from the exercise program, to who comes in to provide services such as foot care, to special events and chapel. They’re a busy group.

On June 23rd we reopened the dining room for breakfast and lunch for Haven residents. Considering all the sanitizing and distancing protocol, we felt this would be a good starting point. And after discussing our intentions with AHS, we were confident we could make it work. So far, so good. Thank you residents for your continued patience and cooperation.

In that first week of relaunching the dining room, I was struck by how many residents lingered and socialized after their meals. It was good to see that! We then felt confident enough to have a Canada Day BBQ. Although the weather didn’t cooperate as we wanted, it was still enjoyed by many residents. And then on June 30th we had the privilege of gathering for Chapel. Pastor Cari shared the same message twice, so as to be conscious of social distancing. And as we couldn’t sing (again COVID protocol), my son Kevin played guitar.

I wrote in the June ShowCase that perhaps COVID has given our world a “time-out”. That this time of self-isolation has also given us a time for self-reflection. An opportunity to evaluate ourselves, our relationships with others, and our relationship with our Triune God. We are after all uniquely created as relational beings with an innate desire to be in community. I see residents linger over coffee and enjoying each other’s company, people giving an extra degree of courtesy, a smile, and a thank you.

I see families’ eager to share a meal with loved ones or plan an outing. Volunteers are asking “when can I get back?” The staff is not only re-engaging an activities calendar, but exploring how we can do it better, more caringly, more inclusively perhaps, and more appropriately for our residents.

And so as we all continue to navigate through these often confusing times, I ask that we have an added measure of patience for each other and remember to pray for one another.

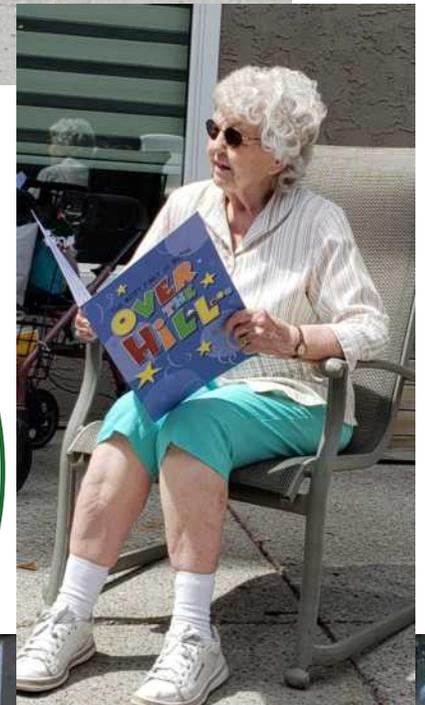
Blessings,  
Jerry

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

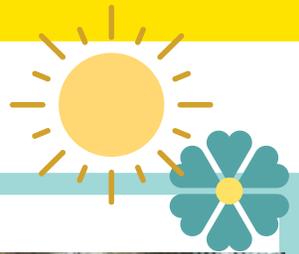
# WHAT HAPPENED LAST MONTH?

Marion Kettleson celebrated her 98th Birthday



*Happy Birthday!*

# WHAT HAPPENED LAST MONTH?



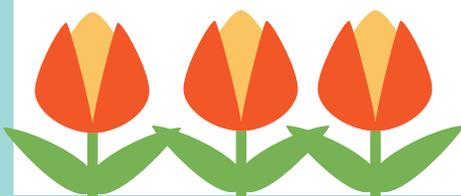
## Life at Shalem!



## Art for our Seniors!



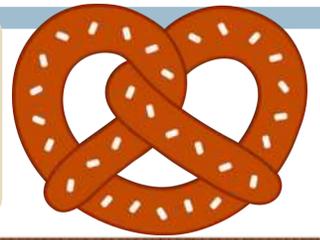
## Tulips blooming at Calgary Christian School to mark the 75th Celebration!



# WHAT HAPPENED LAST MONTH?

### A Father's Day Delivery to Shalem Residents

# Cheers



# WHAT HAPPENED LAST MONTH?

A Gift from the Canada Day Committee and the Calgary Fiddlers who we not able to come in this year.



## Canada Day BBQ



# WHAT HAPPENED LAST MONTH?



## Canada Day BBQ



## Chapel returns with COVID precautions in place



# 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 Counselor, Liz Kahle. Liz is available to Shalem residents for 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](mailto:pastor@highrivercrc.ca)** During COVID-19 protocol, David will not be at Shalem.

## *Liz Kahle, Associate Professional Counselor, MA*

Liz has completed her intern commitment and has now started her own practice. She is available for counseling services to Shalem residents, for a referral or more information, contact Liz directly at **[lizkahlecounseling@gmail.com](mailto:lizkahlecounseling@gmail.com)**



To support you in these difficult times we are offering additional Telecare or Prayer over the phone. Contact **[volunteering@shalem.ca](mailto:volunteering@shalem.ca)** if you need chaplain care or emotional support during these times.

Every day I call to You  
 Every day You answer my cry.  
 I take refuge in You and You comfort me  
 Then wipe the tears from my eyes.  
 No matter how deep these wounds cut  
 Or how many times I've fallen down,  
 You are the hope that lifts me high  
 And in my heart, Your name resounds.

~Written By Phoebe Raymundo



# SPECIAL EVENTS

# PLEASE NOTE

**As per Alberta Health Services protocol, Shalem had cancelled all activities, events and gatherings due to the COVID-19 pandemic. As some restrictions start to change we will slowly and carefully start adding some activities over the summer months while still keeping with 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.**

## THIS MONTH:

Watch for the return of Chapel and Exercise! All programs, times and locations, will be posted on the Bulletin Boards in each building as well as the Information TV in the Linked hallway near the dining room and entrance to the Café.



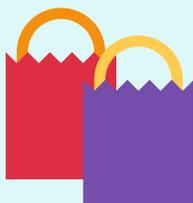
## PLEASE NOTE PHASE 2 DOES NOT APPLY TO SENIORS FACILITIES YET!

## 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 the items and deliver 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.



# HEALTH INFORMATION

## DO YOUR PART-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.

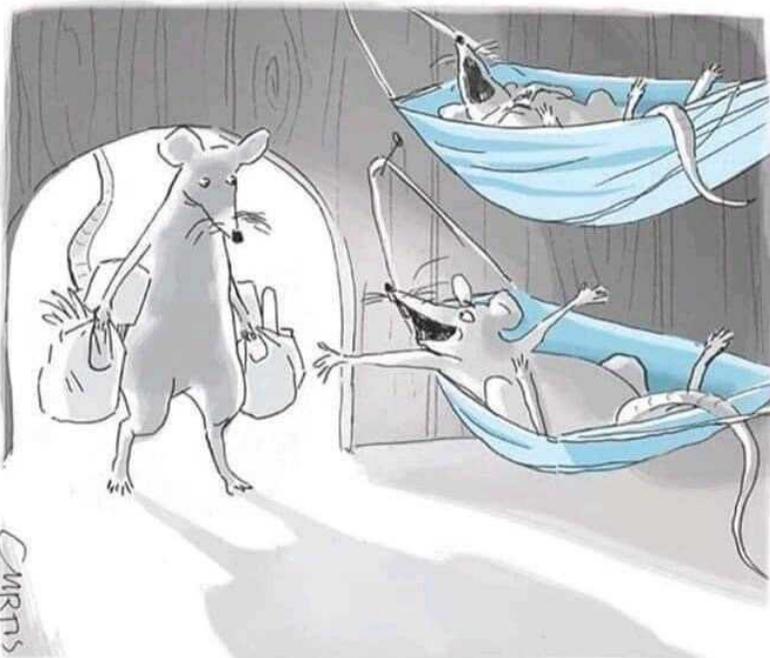
### COUGHING AND SNEEZING

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.



*"FREE HAMMOCKS, all over town. It's like a miracle!"*

Albertans are encouraged to wear non-medical masks in public when it's difficult to maintain physical distancing of 2 metres at all times.

**FREE** Masks are now available at all A&W, McDonald's & Time Hortons drive-thru locations.

Homemade masks are another tool to help prevent the spread of COVID-19.

# HEALTH INFORMATION

## COVID-19 INFORMATION

Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw has outlined enhanced restrictions with regard to Senior Housing. These are the guidelines currently in place.

The intent of this guidance is to protect the health and safety of residents and staff in Seniors facilities.

- ▶ **ESSENTIAL VISITORS ONLY REMAINS IN EFFECT!** Essential Visitors are defined as those providing care necessary for the well-being of the Resident.
- ▶ Children under the age of 18 are not permitted to enter Shalem.
- ▶ Shalem Haven doors are closed in the linked hallway, only to be accessed by Haven residents and Essential Visitors.
- ▶ All Haven Residents must stay on the facility's property, except in the case of necessity (eg. Walking, groceries, pharmacy) or exceptions such as medical appointments, while observing physical and social distancing requirements.
- ▶ We encourage Shalem Court and Manor Residents to also limit outings for the well-being of all Shalem.
- ▶ **All Staff, Haven Residents and Essential Visitors, plus visitors for all 3 buildings, must enter through the Haven Front Entrance** to undergo a Temperature check, and fill out a Health Screening Questionnaire, **each time** they enter the building.
- ▶ All guests will receive a **Guest Badge**.
- ▶ Outdoor visits with the **designated Essential Visitor plus one other person** (total group size of 3, including the resident) are encouraged. There is no age limit on outdoor guests. However, physical distancing must be practiced and all visitors must wear a mask or some other form of face covering.
- ▶ Visitors are responsible for bringing their own masks for outdoor visits.

As of May 15, Dr. Deena Hinshaw has approved outdoor gatherings of up to 50 people. The grounds of Shalem are unable to accommodate this number of people with the required physical distancing protocols, therefore Shalem can only allow outdoor gatherings of approx. 15 -20 people, at this time.

**Please know that COVID-19 is highly contagious, and our Residents and Staff are at high risk. Do your part to protect yourself and our entire Shalem Community!**

**THANK YOU**

# JULY CELEBRATIONS AT SHALEM

## *Happy Birthday!*

July 7	Frances Pisko
July 10	Mary Lou Leitch
July 17	Betty Roorda
July 18	Norma Sinclair
July 20	Peggy Chui-Black Ben Tan
July 22	Trudi Wiechula
July 24	Anna Kroontje Ruth Matthews Bertha Russell
July 27	Gary De Graaff
July 31	Carol Henderson



*We all want to wish you a very happy birthday, and may the year ahead be filled with good health, happiness and good friends.*

## *Happy Anniversary!*

On Tuesday, July 28th  
Hes and Betty Roorda  
will be celebrating their  
**19th Wedding Anniversary!**

*Congratulations to both of you. May God continue to be near to you, and grant you many more years together.*

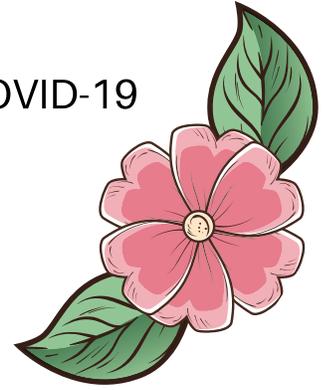
Please Note: Our Monthly Birthday Celebration in the Dining Room is cancelled this month due to the COVID-19 Pandemic.

# COURT & MANOR MESSAGE

Even though our shuffleboard season was cut short by the COVID-19 pandemic, we still enjoyed some very good and fun games.

Our congratulations to **Ev Pocock**, who came in first and to **Monique Carnegie**, who won second prize.

Your names will be added to the plaque in the near future. Hopefully we will be able to play again starting in September or October.



## SHALEM SOCIETY MEMBERSHIPS

### IT'S TIME TO RENEW OR JOIN



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



"I just want to say thank you to whoever gave me this beautiful plant. It brightened my weekend".

~Jean



# HAVEN MESSAGE - SHALEM BUS SERVICE



Shalem offers bus service for shopping and other Shalem planned events

## **NO JULY BUS TRIP**

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



Christian  
Reformed

## **Worship Service**

# 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.

# VOLUNTEERING



Please contact:

**Michelle Vanderwerff**

Volunteer Coordinator  
volunteering@shalem.ca

403-240-2800 Ext 4



Volunteers from churches in our community donated a number of items to Shalem Haven as care packages. We are so blessed by our community!



*Our volunteers are missing time at Shalem and are ready to come back when AHS restrictions have lifted!*

## Pet PALS



Unfortunately, our furry friends at PALS are still not able to visit us due to social distancing. Recently, PALS wrote to Shalem to let us know how much the pooches and their volunteer handlers miss us. We look forward to seeing them again soon, we hope. In the meantime, if you would like to see what the PALS pets do in their off-time, here are some videos that have been put together, <https://bit.ly/PALSYoutube>



# VOLUNTEERING

## Q&A - Get to Know Our Volunteers



Linda

**Q. Tell us a little bit about yourself?**

**A.** My name is Linda Baskin. I have been a volunteer at Shalem since the fall of 2019. I have really enjoyed getting to know some of you and look forward to the days ahead where we can connect again! I have lived in Calgary for 21 years. My husband, Kelly and I have 2 kids. My son Kael will be starting grade 10 at Bishop Carroll high school this fall. My daughter Kate is going into grade 8 at Calgary Christian. We have 2 family dogs as well. We enjoy playing tennis, card games, and going on holidays together as a family.



**Q. Why did you want to volunteer at Shalem?**

**A.** I started volunteering at Shalem because my daughter Kate really enjoyed her time there through connections at CCS. I have always enjoyed visiting with people of all ages and backgrounds.

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

**A.** I like going on shopping trips with Shalem and seeing the fun and conversations everyone has together. I think that is my favourite part of volunteering. The conversations had. It is always so interesting to hear about other people's lives and all the experiences they've had.

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

**A.** My favourite color is light blue. I find it very soothing and am very drawn to it. It is a color God has used in nature a lot! My favourite season is springtime with all the newness and growth and colors that come out after being asleep all winter. I really do enjoy all the seasons though and love living in a part of the world where we get to experience it all. I will admit I could do with a shorter winter though!!

**Q. What is your favourite Bible verse?**

**A.** One of my favourite scriptures is Romans 15:13 "I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit." I love those words: CONFIDENT HOPE! Our God is forever our loving Father and has always been and will always be!

**Q. Share one interesting fact about yourself!**

**A.** Something about me not everyone knows is that I am a cancer survivor. I had breast cancer 9 years ago. God was very faithful in getting me through that time. I really learned to trust in Him in a new way. I have seen since then how He has been able to use that experience to help other people through me. I am so thankful!

**Q. A personal reflection on COVID and how it has impacted you?**

**A.** The last 3 months of being at home because of COVID has given me so much time with my kids. I have really enjoyed the time together and the opportunities we have had together in this unusual time. I am so proud of seeing how well my kids have responded to this and the strength they have shown. I am looking forward to the days of being able to go out more freely. I miss the times of interacting with others and community in person. I am very thankful my family and friends have stayed healthy. God is good!

*Thank you Linda, for all you do!*

# GAMES

## Trivia About Canada

1. How many oceans border Canada?  
a) 1      b) 2      c) 3      d) 4
2. Where does the word Canada come from?  
a) Jacques Cartier      b) Samuel de Champlain  
c) Jean Nicolle      d) A foreign language
3. What is Canada's national sport?  
a) Hockey      b) Lacrosse  
c) Curling      d) None of the above  
e) Both a and b
4. When did O, Canada officially become the national anthem?  
a) 1880      b) 1920      c) 1950      d) 1980
5. How many points did Wayne Gretzky score in his career?  
a) 1,876      b) 2,295      c) 2,857      d) 3,204
6. What year was the Trans-Canada Highway finally completed?  
a) 1969      b) 1980      c) 1978      d) 1971
7. The Great Lakes contain what percentage of the world's fresh lake water?  
a) 10%      b) 2%      c) 23%      d) 18%
8. Who was Canada's longest-serving prime minister?  
a) John G. Diefenbaker      b) William Lyon Mackenzie King  
c) Jean Chrétien      d) Sir John A. Macdonald

# GAMES

# JULY WORD SCRAMBLE

1. EALCSSTDNA \_\_\_\_\_

2. PAICGMN \_\_\_\_\_

3. ELVATR \_\_\_\_\_

4. OAANICVT \_\_\_\_\_

5. UYJL \_\_\_\_\_

6. SOSTHR \_\_\_\_\_

7. ESNNCRESU \_\_\_\_\_

8. MSWI \_\_\_\_\_

9. UTASGU \_\_\_\_\_

10. HTO \_\_\_\_\_

11. PYLA \_\_\_\_\_

12. CMERICEA \_\_\_\_\_

13. FNA \_\_\_\_\_

14. ALDSASN \_\_\_\_\_

15. BECAH \_\_\_\_\_

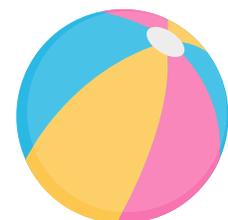
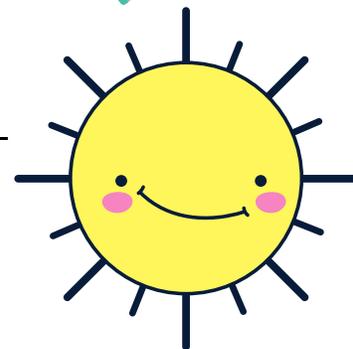
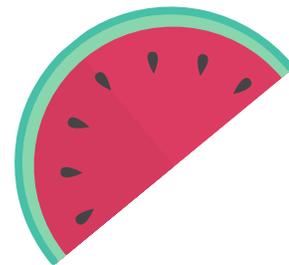
16. TMSIWSUI \_\_\_\_\_

17. DGRANE \_\_\_\_\_

18. OLOP \_\_\_\_\_

19. IBNIKI \_\_\_\_\_

20. NSU \_\_\_\_\_



# GAMES ANSWERS

## Trivia Answers



1. c) Three different oceans border Canada: the Atlantic, Pacific and the Arctic oceans.
2. a) Kanata was a word used by the St. Lawrence Iroquois people in Quebec in the 16th century. It means village or settlement. French explorer, Jacques misused the word to describe the area and within ten years' time the Europeans were using it to describe the entire region.
3. e) Canada has two national sports. Hockey is Canada's national winter sport and lacrosse is Canada's national summer sport. The "National Sport Act" was created in 1994 and states, "An act to declare hockey and lacrosse as the national sports of Canada."
4. d) O, Canada didn't officially become Canada's national anthem until 1980 - 100 years after it was written.
5. c) Wayne Gretzky holds the record for most career points in the NHL. He scored 2,857 points in 20 years.
6. d) 1971 The system was approved by the Trans-Canada Highway Act of 1949, with construction commencing in 1950. The highway officially opened in 1962, and was completed in 1971.
7. d) 18% Superior, Huron, Michigan, Ontario and Erie — make up the largest body of fresh water on Earth.
8. b) William Lyon Mackenzie King, prime minister of Canada 1921–26, 1926–30 and 1935–48 Leader of the Liberal Party.



## Word Scramble Answers

- |               |              |               |              |
|---------------|--------------|---------------|--------------|
| 1. SANDCASTLE | 6. SHORTS    | 11. PLAY      | 16. SWIMSUIT |
| 2. CAMPING    | 7. SUNSCREEN | 12. ICE CREAM | 17. GARDEN   |
| 3. TRAVEL     | 8. SWIM      | 13. FAN       | 18. POOL     |
| 4. VACATION   | 9. AUGUST    | 14. SANDALS   | 19. BIKINI   |
| 5. JULY       | 10. HOT      | 15. BEACH     | 20. SUN      |

# SHALEM PRAYER AND PRAISE PAGE

As the COVID-19 pandemic lingers we are all experiencing the various levels of frustration with regard to the restrictions. Staff is working diligently to follow all the protocols set out by AHS (Alberta Health Services). When changes occur, notifications are posted and the website updated to reflect changes. Please continue to check the Bulletin Boards and the Information TV in the linked hallway.

As time continues we look forward to some easement of restrictions, and hope to continue to bring some life and services back to Shalem. Thank you for your continued prayers, patience, and understanding during this stressful time.

Being able to enjoy a modified resident BBQ on June 29th, to celebrate Canada Day, was certainly a highlight for residents and staff! Thank you to Nick and his team for treating us all to the delicious meal! Trust Nick to turn a BBQ hamburger lunch into a culinary delight! This was the start of a brighter 2020!

We ask for continued prayer as we work to bring Chapel back, with changes to work with the COVID-19 protocols. We look forward to some of our skilled Fitness Instructors returning to Shalem, again within the COVID-19 protocols.

We would like to welcome Lois Kaake, and Catherine Boyd who have recently moved to Shalem. We hope you experience a warm welcome and that Shalem will soon feel like home.

Farewell to Marguerite Dixon who has moved from Shalem to a home with more care. Please keep her and her family in prayer as they adjust to this new situation.

Vi Robson, who used to live at Shalem Court, passed away on Wed June 24. She was an Aunt to Maribelle Davidson. Please keep her family in prayer as they mourn the passing of Vi.

Let's continue to keep Peter and Marj Nieuwenhuis in prayer as Peter continues to struggle with health issues.

Also keep Liz Dour in prayer as she too is dealing with health and healing.

Please keep staff member Jean, and her family, in prayer as they mourn the passing of her father.

In times of stress let us work hard to encourage those around us and extend kindness to all we see.

## **Psalm 31:21**

“Praise be to the Lord, for he showed me the wonders of his love when I was in a city under siege.”

The Good News:

Even when things seem to be in disarray, God still finds a way to show love and kindness. As we are made in His image, we have the ability to do the same to others.

