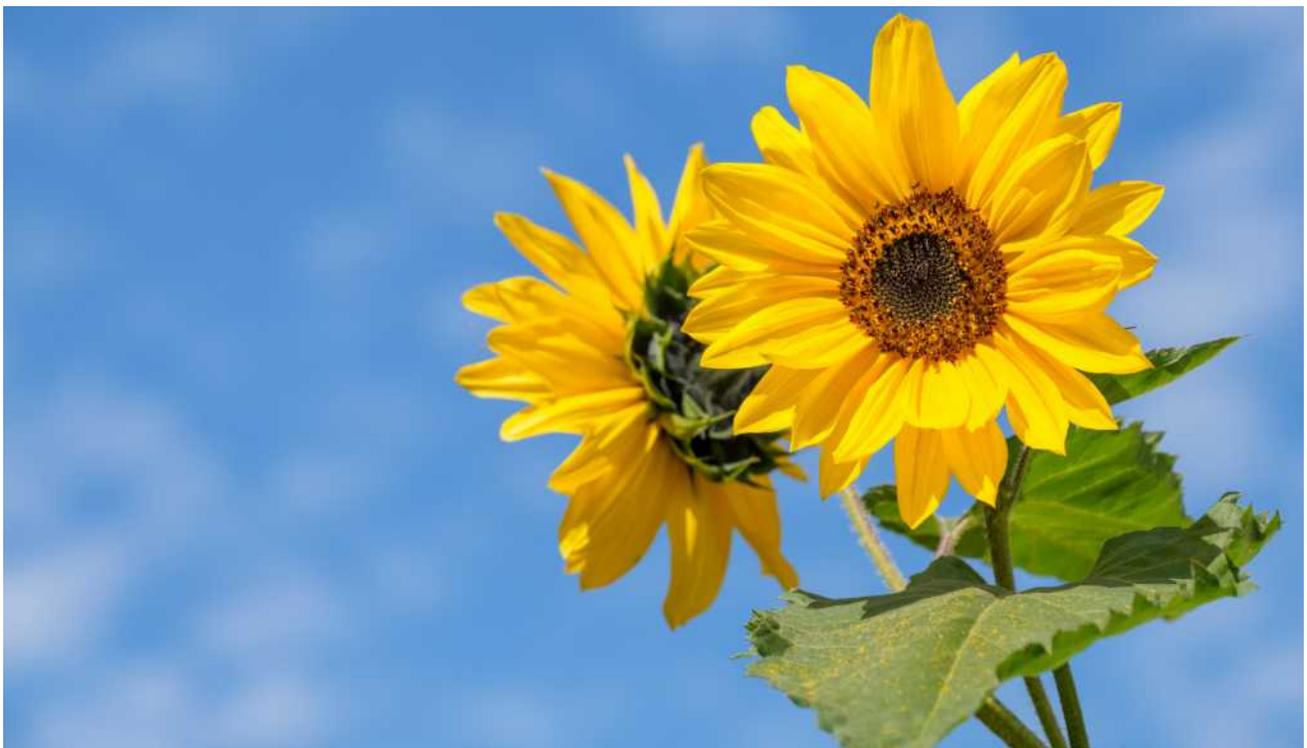


JUNE 2020

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO JUNE



INSIDE THIS ISSUE:

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



Shalem
Society for Senior Citizens Care

TABLE OF CONTENTS



PAGE 3	Shalem Mission Statement
PAGE 4-5	From Jerry's Desk
PAGE 6-9	What Happened Last Month
PAGE 10	Our Community David Swinney, Shalem Chaplain Liz Kahle, Intern Christian Counsellor
PAGE 11	Shopping Buddies
PAGE 12-14	Health & Safety Information: COVID-19
PAGE 15	Shalem Monthly Celebrations!
PAGE 16	Manor & Court Message
PAGE 17	Haven Message
PAGE 18	Volunteering Announcements
PAGE 19-20	Get to Know Our Volunteers
PAGE 21-23	Games
PAGE 24	Shalem Prayer & Praise Page



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

JUNE 2020

Hello Shalem Friends!

I had been staring at a blank page for some time now wondering what to write about for the June edition of the ShowCase. Ordinarily it's easy as there are lots of things to talk about; the past month and the events we had, the coming month and the things we look forward to, building projects, general busyness, and occasionally things about staff. And in reviewing last month's edition, I promised we would have a quiet summer, free of the noise of construction. Well, COVID-19, our various forms of self-isolation and completed repairs has indeed kept our community quiet and low key.

So again, what to write about? Could it be I have nothing to write about? Hard to imagine! My thoughts went to the long running TV show, Seinfeld. Seinfeld dominated TV land throughout the 1990's. It was self-described as a "show about nothing". I didn't watch it because it was really a show about nothing.....and I guess I wanted something.

The show's primary location was Seinfeld's apartment. And in my opinion his New York flat was only a slight improvement over that of Ralph and Alice in the Honeymooners. Minimal props and rather boring. Again nothing. Other than Seinfeld being a standup comedian, the other characters had boring jobs. They all had rather boring lives. Again nothing. I guess what made the show were the 4 main characters themselves. They weren't particularly charismatic, bright or beautiful. They were however selfish and lazy, certainly from my perspective. They often did stupid stuff which in the end never worked out for them.

What they did have was a kind of friendship. They spent time together, went out together and socialized together. But even in their friendship they were often critical of each other giving the appearance of minimal depth in their relationship. In the final of 180 episodes they all ending up in jail, basically for being horrible people. A fitting end perhaps, to a show about nothing!

Seinfeld's popularity was enormous, having 10's of millions of regular viewers and winning numerous awards. I guess a show about nothing is both attracting and alluring.

Seinfeld



FROM JERRY'S DESK

JUNE 2020

Continued...

Two Bible passages came to my mind as I wrote this;

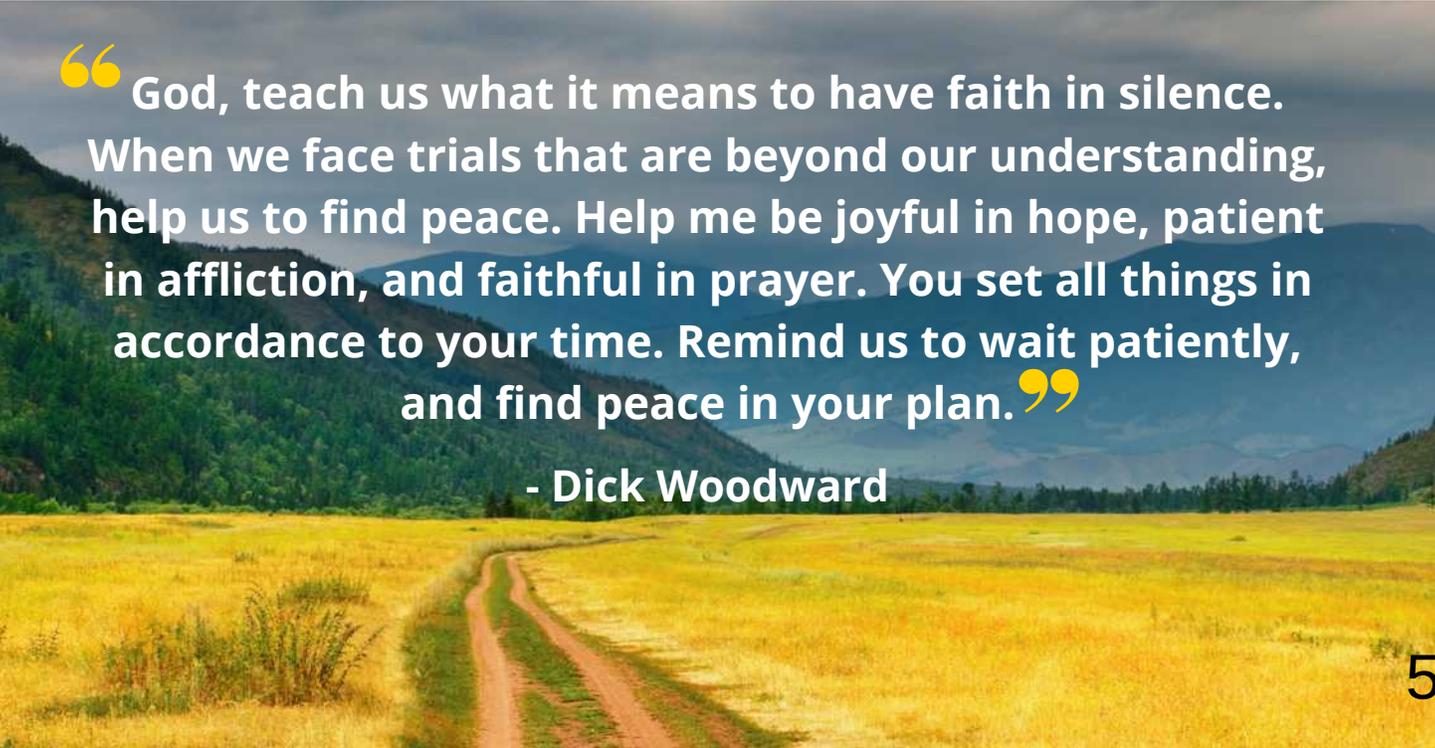
Matthew 7: 13 Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. 14 But small is the gate and narrow the road that leads to life, and only a few find it.

Galatians 5: 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

COVID-19 has given our world a "time-out". And not just for a day or two, but for months! Self-Isolation has also given us time for Self-Reflection.

An opportunity to evaluate ourselves, our relationship with others and our relationship with our Triune God.

Blessing,
Jerry



“ God, teach us what it means to have faith in silence. When we face trials that are beyond our understanding, help us to find peace. Help me be joyful in hope, patient in affliction, and faithful in prayer. You set all things in accordance to your time. Remind us to wait patiently, and find peace in your plan.”

- Dick Woodward

WHAT HAPPENED LAST MONTH?

Lee Vanderveen Celebrated her 90th Birthday with visitors at a safe distance, even a firetruck! Her story made the news on CTV! Some pictures shown here are courtesy of the CTV broadcast.



WHAT HAPPENED LAST MONTH?

Doris celebrated her birthday with friends in the Manor!

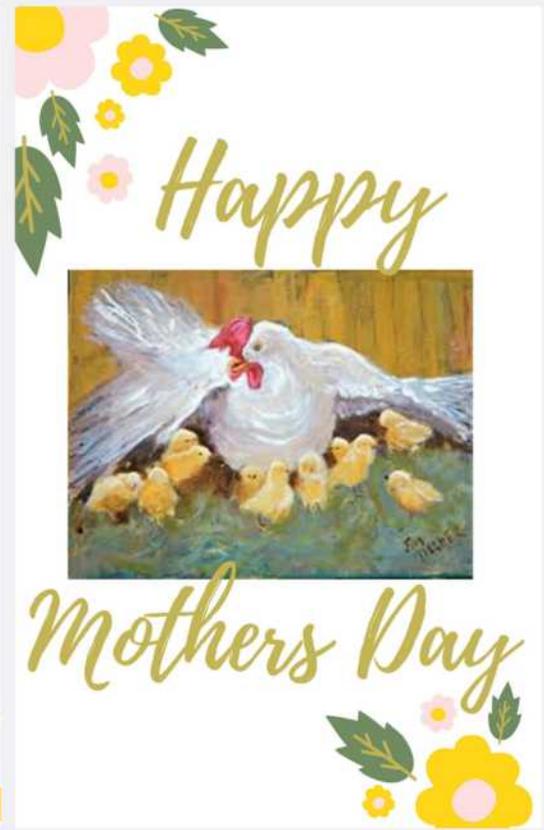


Tulips are coming up from last years planting at Calgary Christian School to mark the 75th Anniversary of Canada's Liberation of Holland. Can't wait to see all the orange tulips start to bloom!



WHAT HAPPENED LAST MONTH?

A Mother's Day Delivery to Shalem Residents



Reaffirming Love:

Psalm 36:7

How precious is your gracious and steadfast love, O God! The children of mankind find protection and take refuge in the shadow of Your wings.

God's love is like a mother's love. God is the giver of life. A similar bond forms between God and every human being because God bore you and all humanity in love.

Reassurance and Safety:

Psalm 63:7

You have been my help, and in the protective shadow of Your wings I will rejoice.

Psalm 91:4

He will cover you with His feathers, and under His wings you will find refuge; His truth and faithfulness will be your protective shield and strong armor.

God is the only one who can truly provide this sense of security on the deepest level of love. We can thrive in His Reassurance.

Provider:

Matthew 6:26

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

Jesus told the story of the sparrows to illustrate God's provision and care, especially the everyday, routine care that God provides.

What we celebrate as the best in mothers is also characteristic of God. God longs to give us His Reaffirming Love, and to hear His Reassuring voice. He wants us to take refuge in the Safety and Security of His wings, and His faithfulness prepares and Provides for us. Everything we need in life, plus godliness, is through our faith in Jesus Christ.

WHAT HAPPENED LAST MONTH?



Signs of Summer



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 volunteering@shalem.ca if you need chaplain care.



**THE KISSES SHE BLEW
WERE BLESSINGS AND SHE
BLEW THEM TOWARDS
THOSE RUNNING TO HER
AND FROM HER. LIKE A
KID BLOWING BUBBLES...
SHE TRUSTED THE WIND
TO CARRY THEM UNTIL
THEY BURST OPEN WITH
GLORY.**

~ MEGAN

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.

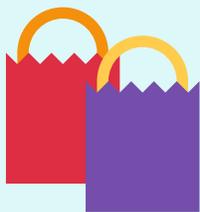
Please protect yourself and others!

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 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.



New Building and Grounds Committee

Shalem is establishing a new Building and Grounds Committee. We are looking for 1 qualified Resident to join this committee. If interested, please submit your name including qualifications to the Executive Director, Jerry Borst.



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

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.

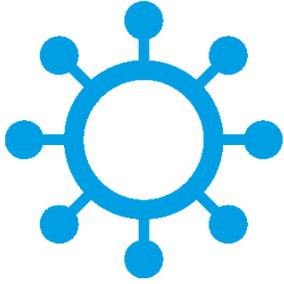
- ▶ **ESSENTIAL VISITORS ONLY REMAINS IN EFFECT!** Essential Visitors are defined as those providing care necessary for the well-being of the Resident.
- ▶ Children under the age of 18 are not permitted to enter Shalem.
- ▶ Shalem Haven doors are closed in the linked hallway, only to be accessed by Haven 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

HEALTH INFORMATION



COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19

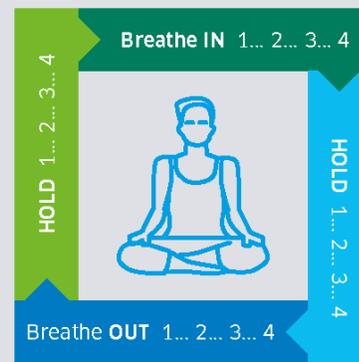
The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

What you'll experience if you're feeling stressed or anxious

- Fear or constant worry
- Anger or being easily irritated
- Difficulty sleeping
- Difficulty concentrating
- Struggling with decisions
- Consuming alcohol, cannabis, or other substances more than usual

Square breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed.



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

What you can do to cope

- Stay active and keep yourself busy** with activities you enjoy.
- Stay connected** with friends and family while still practising physical distancing.
- Find balance** by staying informed but know when to take a break from COVID-19 news and topics.
- Be kind to yourself**, this is a difficult time, and you're doing your best to manage a challenging situation.
- Take care of your body** by eating and sleeping well, exercising, and meditating.
- Reach out for help!** Talk to a family member or friend, and seek professional support if needed.

If you use substances

- 1 Monitor your use: pay attention to its frequency and context.
- 2 Follow *Canada's Low-Risk Alcohol Drinking Guidelines*.
- 3 Follow *Canada's Lower Risk Cannabis Use Guidelines*.
- 4 Avoid stockpiling alcohol, cannabis, and other substances.
- 5 Reach out for help if you feel your use is becoming a problem.

For more information, visit www.ccsa.ca or www.mentalhealthcommission.ca/English/covid19

JUNE CELEBRATIONS AT SHALEM

Happy Birthday!

June 14	Lola Brandsma
June 14	Marion Kettleson
June 15	Violetta Salmassi
June 16	Linda Stanlake
June 18	Shirley McFadyen
June 19	Donna Parker
June 21	Edna Robson
June 22	Helen Keeler
June 24	Dicky Joad
June 24	Gerda Jakobsen
June 26	Trudy DeGroot
June 26	John Leyenaar
June 27	Shirley Vance



May the joy of your birthday go with you throughout a heaven blessed year.

June was a very special month to get married, as we will celebrate four Wedding Anniversaries this month:

Happy Anniversary!

June 9	Herb and Anne Vleeming will be celebrating their 58th Anniversary
June 10	Steve and Lola Brandsma will be celebrating their 65th Anniversary
June 23	Len and Dicky Joad will be celebrating their 64th Anniversary
June 27	John and Trudy Leyenaar will be celebrating their 61st Anniversary



Congratulations to all of you. We pray that God may bless you with health and happiness in the year ahead.

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.



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



*"Always remember the sunflower
Whose face looks toward the sun.
She drinks His beauty in her face
And like Him she becomes.*

*Her glory is like His glory-
It's strong and true and good.
You know she is a source of joy;
Her seed gives life and food.*

*This special flower has much to give
Though fragrance she has none.
She teaches us to look above
At God's own Perfect Son."*

Poem by L. Gayle Orf

HAVEN MESSAGE - SHALEM BUS SERVICE



Shalem offers bus service for shopping and other Shalem planned events

NO JUNE 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. Molly and Ann Kilbreath, graciously gave of their time to create care packages for each resident.



thank you for all you do!

Pet PALS



Unfortunately, our furry friends at PALS are still are 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



Lauren

Q. Tell us a little bit about yourself?

A. I am married, 35 years. I live walking distance to Shalem. Work part time. We have one daughter who just got married a year and a half ago so now we also have a son!

Q. Why did you want to volunteer at Shalem?

A. My mom lived in a retirement home for 10 years. She played Bingo twice a week till she died. If I had lived closer I would have volunteered at her residence. My way of saying "thanks" to all the volunteers at her home. Paying it forward I guess..

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

A. I love all the bingo players. I get so much energy from them. Love seeing them really missing everyone now.

Q. What is your favourite food, colour and season? **A.** My favourite food is whatever my husband cooks. He is a great chef. My favourite season is autumn when we got married.

Q. What is your favourite Bible verse? **A.** I get most comfort from the Beatitudes. Matthew 5:1-12

Q. Share one interesting fact about yourself! **A.** I was born in Montreal but only lived there till I was 22. Have lived in Western Canada for 38 years but my husband still refers to me as an "easterner" especially when the argument is not going his way!

Q. A personal reflection on COVID and how it has impacted you? **A.** Covid 19 has changed my work life, my dry hands may never recover and I miss hugs from my daughter. She gives great hugs.

I really miss all the Bingo players and can't wait to see everyone again real soon.



*Thank you Lauren,
for all you do!*

VOLUNTEERING

Q&A - Get to Know Our Volunteers

Favourite Bible Verse, Matthew 5:1-12

5 Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, 2 and he began to teach them.

The Beatitudes

He said:

3 Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

4 Blessed are those who mourn,
for they will be comforted.

5 Blessed are the meek,
for they will inherit the earth.

6 Blessed are those who hunger and
thirst for righteousness,
for they will be filled.

7 Blessed are the merciful,
for they will be shown mercy.

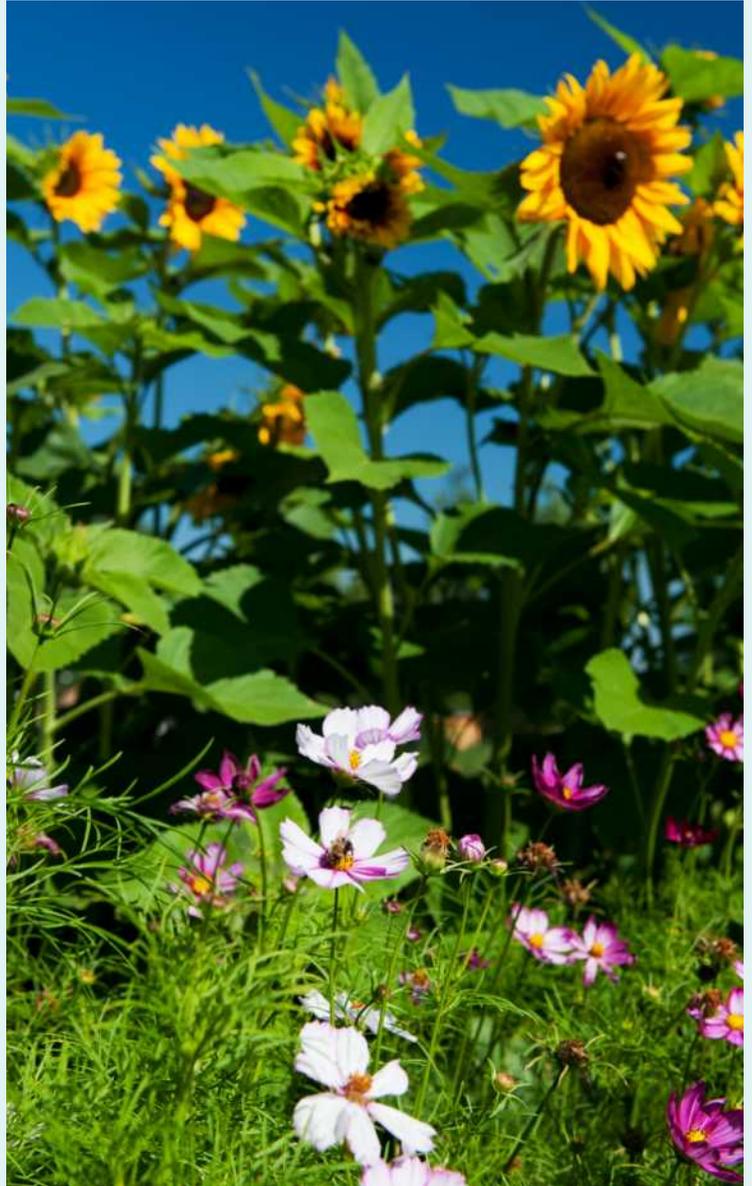
8 Blessed are the pure in heart,
for they will see God.

9 Blessed are the peacemakers,
for they will be called children of God.

10 Blessed are those who are persecuted
because of righteousness,
for theirs is the kingdom of heaven.

11 Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.

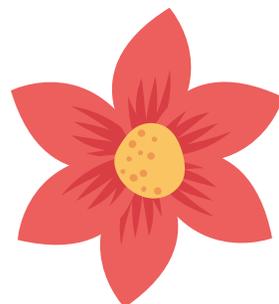
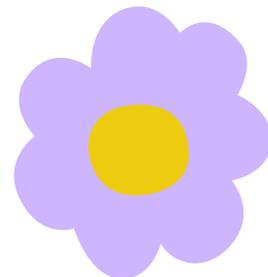
12 Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.



GAMES

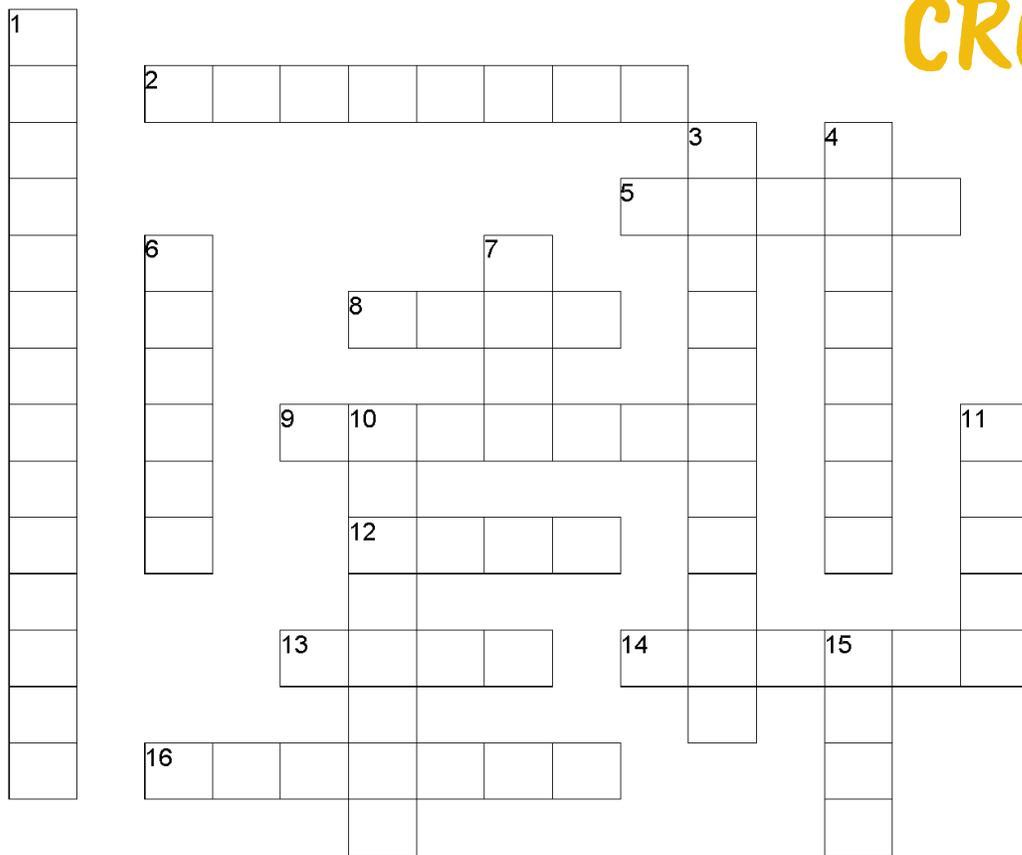
June Riddles

1. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?
2. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. What am I?
3. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
4. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
5. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?
6. What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great one, while the entire word signifies a great woman. What is the word?
7. What English word has three consecutive double letters?
8. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?
9. I have keys, but no locks and space, and no rooms. You can enter, but you can't go outside. What am I?
10. A is the brother of B. B is the brother of C. C is the father of D. So how is D related to A?



GAMES

JUNE CROSSWORD



Across

2. What bugs get their name because the transition of larva to adult happens in this month. These are usually seen in the dark when they are attracted to light.

5. Father's Day became a permanent national holiday in 1972 when this US President signed it into law.

8. June is one of how many months with a length of 30 days?

9. For a long time, the most popular month to tie the knot was June. What month officially surpassed June as the most popular wedding month?

12. What is June's Birth Month Flower?

13. September has twice as many summer days as what month?

14. Spring holidays account for the third, fourth and fifth spots on the list of most popular holidays to send cards. What spot does Father's Day place?

16. From what geographic area does the saying 'June's too soon, July's too late for summer' come?

Down

1. This day in June has the longest daylight of the year, typically on June 21st.

3. In the old saying what is 'a swarm of bees in June' worth?

4. Some believe that June was named for the word juniores, a Latin word. What does it mean?

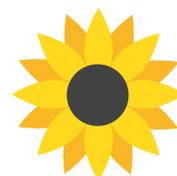
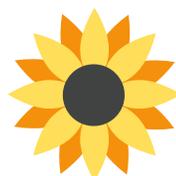
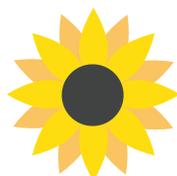
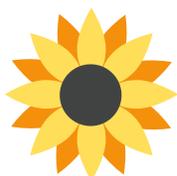
6. People born in June fall under two zodiac signs either Gemini or?

7. June is named for what Roman queen?

10. From what musical does the song 'June is busting out all over' come?

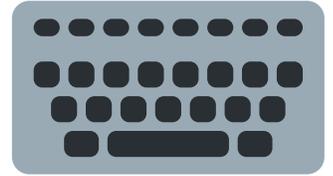
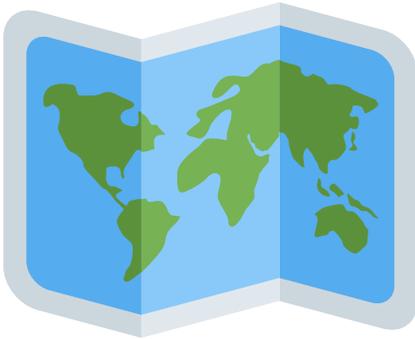
11. What number of the month is June in both the Julian and Gregorian calendars?

15. Which of these is not one of the three June gems – moonstone, pearl, alexandrite, ruby?

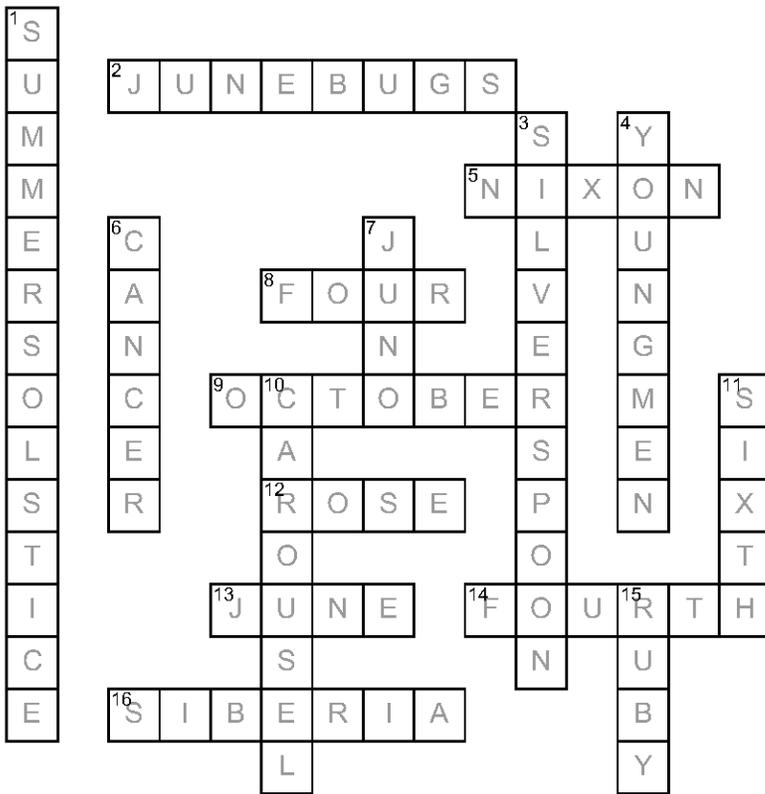


GAMES ANSWERS

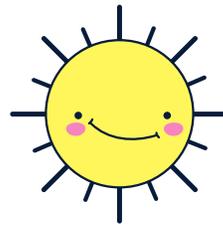
Riddle Answers



1. An echo
2. A candle
3. A map
4. The letter "R"
5. All the people were married
6. Heroine
7. Bookkeeper
8. Four sisters and three brothers
9. A keyboard
10. A is D's Aunt



Crossword Answers



SHALEM PRAYER AND PRAISE PAGE

**“it’s not the strength of your faith that saves you,
but the strength of Him upon whom you rely.”**

~ Charles Spurgeon

In these unprecedented times dealing with the pandemic as it unfolds before us, we are certainly called to reflect more deeply where our strength and our hope comes from.

Dr. Ravi Zacharias, who recently entered into glory, also said “If you are not a praying person, you must carry your faith. If you are a praying person, your faith carries you.”

We can be grateful that our God is our hope, our strength, and our salvation. He has gone before us, He is with us today, and He is already in our future. Whatever the world may bring, God is in control.

Let’s take time to enjoy the emerging freshness of early summer. Thank our Lord for the measure of health He has given each of us. Give Him thanks for keeping Shalem safe and free of COVID-19, and pray that this will continue as we all do our part.

We welcome Janice back (our talented ‘flower lady’) after this long winter, and we look forward to the arrangements she will put together which will add to the beauty around us.

We wish to welcome Herb and Anne Vleeming, as well as Frank Potter, who have recently moved into our Shalem community. Welcome and may you find Shalem a wonderful place to call home!

Prayer items:

Darleen Morrow’s twin sister, Doreen, passed away May 7th. She had been ill for over a year. Please keep Darleen and all of her family in prayer as they mourn and carry on.

Keith Davidson’s brother, Brian, who was also the brother-in-law to Betty Hunte, passed away on May 4th. Please keep the Davidson family in prayer as they also grieve.

Bob Wilde and Doreen Coleman have moved from Shalem to facilities with more care. Please keep them and their families in prayer as they adjust to a new home and new surroundings.

Please also keep Peter and Marj Nieuwenhuis in prayer as Peter continues to experience health issues.

