

OCTOBER 2020

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO OCTOBER



INSIDE THIS ISSUE:

Musings from the Executive Director
What Happened Last Month?
Our Community
October Events & Birthdays
Health & Safety Information



Shalem
Society for Senior Citizens Care

TABLE OF CONTENTS



PAGE 3	Shalem Mission Statement
PAGE 4	Musings from the Executive Director
PAGE 5-10	What Happened Last Month
PAGE 11	Our Community David Swinney, Shalem Chaplain Liz Kahle, Christian Counselor
PAGE 12	Guest: Message of Thanksgiving
PAGE 13	Special Events/ Shopping Buddies
PAGE 14-15	Health & Safety Information: COVID-19
PAGE 16-17	Sandstone Pharmacies/ Flu Clinic
PAGE 18	Shalem Monthly Celebrations!
PAGE 19	Haven Message/ Emmanuel Service
PAGE 20	Volunteering Announcements
PAGE 21	Get to Know Our Volunteers
PAGE 22	Support Calgary Christian School
PAGE 23-25	Games
PAGE 26	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)

LIVING WELL TOGETHER

Musings from the Executive Director
OCTOBER 2020



*“God has made everything beautiful for its own time”
(Ecclesiastes 3:11a)*

A few months ago, as we were at the start of the summer season, I made the comment to someone that I wish I could hang on to the month of June. Everything around me was green and fresh and new and beautiful! It seemed that in June – at least here in Calgary – God’s creation was at its best. Nothing was tired looking – only bright and invigorating.

However, these past weeks I have been marveling at the beauty of fall and of the autumn season. And as the flowers fade and leaves turn their magnificent colours but grow susceptible to the winds, I found myself having the same thoughts as I did back in June in wishing I could hang on to the beauty of fall. For in the fall, despite its vulnerability to the strong, cold winds and lower temperatures, there is a depth of beauty and vibrancy not seen in the spring.

Whether the new life of spring or the richness of the autumn, however, I cannot hang on to either. Each season has an ending and moves onto the next.

So does the season of our lives. Once started the life cycle is unstoppable. As much as we may want to hang on to certain times of our lives or reverse the order of aging, we can’t. God has embedded this sequential pattern into creation and into human life.

But moving through the seasons of creation, I am reminded of the beauty that also comes with each season of life. The strength and vigour of youth but the wisdom and experience that comes with age.

I think Ecclesiastes 3:11 speaks of this: “God has made everything beautiful for its own time”. We should not go through life looking over our shoulder at the past, grieving for what is no longer attainable or present. Each approaching season will have its purpose and should be joyfully anticipated.

In a couple of weeks, we will celebrate Thanksgiving. A time of reflecting on what God has provided for us. A time of being grateful for the many blessings we have.

As we celebrate, let’s be thankful for the season each of us are in. And may we be reminded to use our days and our seasons of life wisely and well, embracing the beauty of the season we find ourselves in, trusting God and finding joy in the midst of the challenges and changes that come.

For God has made all things beautiful for its own time!

Dorothy de Vuyst
Executive Director



WHAT HAPPENED LAST MONTH? *Life at Shalem*



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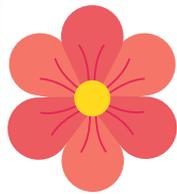
Happy Hour



5

WHAT HAPPENED LAST MONTH?

Haven Tea Party



Shalem Society for Senior Citizens Care AGM



WHAT HAPPENED LAST MONTH?



Chapel at Shalem



PICTIONARY



WHAT HAPPENED LAST MONTH?

Curbside Concert with Matt Masters



WHAT HAPPENED LAST MONTH?

Fitness Classes in the Shalem Atrium



Move Your Body!

Games & Activities

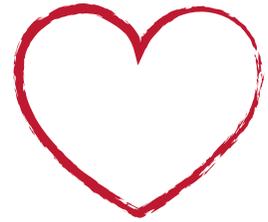


Wii

**GAMES
ARE
BACK**

WHAT HAPPENED LAST MONTH?

Making Cards of Encouragement for
Calgary Christian School Teachers & Staff



*Thank
You!*

For giving to
the community



**In the same way, let your light
shine before others, that they
may see your good deeds and
glorify your Father in heaven.**

MATTHEW 5:16



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

David will be available for individual care in our private Meeting Space from 1:00-2:45pm on the days he is leading Chapel. Once a month after Chapel he will stay to enjoy a meal with residents.

If you would like individual care with David you can contact him at **pastor@highrivercrc.ca** or stop by the Meeting Space as his door is always open when he is here.

Liz Kahle, Associate Professional Counselor, MA

Liz has now started her own practice and is still available for counseling services to Shalem residents. Liz offers a 20-minute free consultation where client and counselor can meet via the phone or Zoom to further discuss and understand the counselling process.

For a referral or more information, contact Liz directly at **hello@lizkahlecounseling.ca** or contact Michelle at **403-240-2800 ex.4** and she will connect you.



I Thessalonians 5:18

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

MESSAGE OF THANKSGIVING

PAYING ATTENTION TO CREATION IN A MEAL - BY JACQUI MIGNAULT



In scripture, the first directive given to humankind was to tend and serve the earth. In the fall, here in Alberta, we can taste and see the fruit of this holy collaboration. Harvested tomatoes, peppers, zucchinis, potatoes, corn, pumpkins, apples, carrots, beets, plus so many more wondrous things, are on our plates. And this is cause for celebration.

This fall, take a minute to marvel at the grace and beauty of God's handiwork. The variety and nutritional value in each harvest shows that God is not a utilitarian God, and creation is not just a stage for us humans to play out our lives on. This whole earth was made to work together for good and in redeeming it, God proves that over and over.

Here are some ways we can practice a life of praise when we pay attention to the unique displays of beauty we see on our plates.

The next time you eat a meal, notice the details. Notice the curve of the bell pepper, its firmness and brightness indicating that the vitamins we need are inside. Notice the tightly furled blooms on the crown of a broccoli. Notice the shape of a flame at the center of an onion. An onion! So common and yet so intricate and wondrous, with the capacity to leave its scent on your skin for hours.

Remember the miraculous conditions of the soil with its microbes and bacteria that nourish the roots. Remember the pollinators attracted by bloom and scent to do the work of making these plants continue.

Pause and remember the hands that brought you this food. The farmers, agriculturalists, the 60,000 migrant workers brought into Canada to pick our food every year. The truckers, the food processors, the supply chain managers, the grocery store clerks and tellers. All have a part to play to bring us our food.

Notice the effort of thought that went into pulling it all together in a balanced meal. Someone's creative consideration of taste and nutrition is yet another holy collaboration of which we can stand in awe of.

Cultivating a love of creation and our participation in it is a practice that cultivates a love for the Creator.

This fall, when you look at your plate, remember that is right and good to give our thanks and praise like a child in full wonder: "Oh Wow! Look at that! I've never noticed that before! Thank you. Wow!"



About Jacqui:

Jacqui Mignault is a pastor and spiritual director at The Road Church, a community built by merging two communities (New Hope Church and Hillside Church). Jacqui is also a campus Minister at Mount Royal University and has a blog This Incarnate Faith where she shares her walk in faith.

www.jacquimignault.com



SPECIAL EVENTS

PLEASE NOTE

Due to the COVID-19 pandemic, Shalem is adapting the allowance of all activities, events and gatherings as per Alberta Health Services protocol. As some restrictions change we will facilitate some activities 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:

Please see monthly calendar!



All programs, times and locations, will also 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.

Manor Residents Dinner

Wednesday Oct. 7 at 6:00 pm

Haven Residents Dinner

Thursday Oct. 8 at 4:30 pm

Court Residents Dinner

Thursday Oct. 8 at 6:00 pm

*Thanksgiving
Dinner*



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!

Please contact Michelle at volunteering@shalem.ca or 403-240-2800 Ext 4 with your request and one of our volunteers will purchase and deliver to Shalem.

Money to be paid by cash or cheque when you receive the items.

Service provided 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

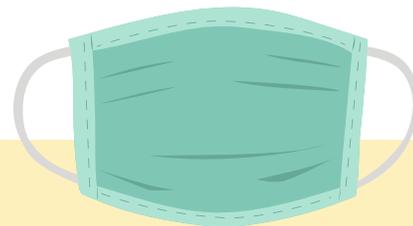
COVID-19 is most commonly spread from an infected person through respiratory droplets generated when they cough or sneeze. Try to avoid close contact with those showing illness symptoms. Avoid high traffic areas and large group outings or events. When sick, cover your nose and mouth with a tissue or 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.

PLEASE NOTE:



MASK WEARING

Calgarians are required to wear masks in public spaces including stores and public vehicles as part of the mandatory mask bylaw. Officers can ticket those who refuse to wear masks.

Please continue to maintain physical distancing of 2 metres when it is possible, a mask should be worn in areas where physical distancing can not happen.



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

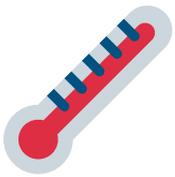
HEALTH INFORMATION

COVID-19 INFORMATION

DO YOU PART TO STOP THE SPREAD!

- Conduct a daily self-check for COVID-like symptoms.

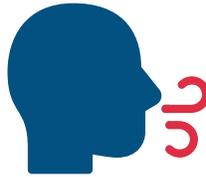
Typical Symptoms of COVID-19 Infection



Fever



Cough



Shortness
of breath



Difficulty
breathing



Sore
throat



Runny
nose

- If you have symptoms, stay in your room and notify staff immediately.
- Try to limit your outings to necessities (activities that maintain your physical or mental health, safety/security, or wellbeing).
- Follow all required safety precautions.
 - Maintain physical distance of 2 meters (6 feet) when you are able.
 - Wear a mask on all outings or in public spaces or where physical distancing is not available.
 - Ensure safe transportation
 - Maintain good hand hygiene

For more details on current protocol please see the information handout that was updated September 17, 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

Cold & Flu



The “common cold” and the “flu” are both caused by contagious viruses that affect our respiratory system.



The “common cold” – Normally much milder than the flu and symptoms are usually quite gradual, beginning with a sore throat and developing into a stuffy or runny nose and sometimes a cough.

The flu - More severe symptoms such as a high fever, chills, and muscle aches usually indicate the “flu”, short for “influenza virus”. Symptoms of the flu can be relieved by the same medications that are used for a common cold, but there is also an annual flu vaccine as well as antiviral medication options available. The flu can be quite serious in the very young and the elderly, causing complications such as pneumonia, kidney failure, swelling of the brain, and death.

Prevention & Treatment

Viruses are easily spread through tiny droplets from coughing, sneezing, and talking. These droplets can be inhaled or land in the mouths or noses of people close by, or live on a surface that others may touch.

Some prevention tips:

- ❖ **Wash your hands often with soap and warm water or a hand sanitizer** – Before you eat or serve food, before you brush your teeth, after you are near someone who is sick, and after coughing, sneezing, or blowing your nose.
- ❖ **Get a seasonal flu shot** – This is the best way to prevent the flu. It is important to remember that it takes 2 weeks for the flu shot to offer protection, and that it does not protect you from a cold.
- ❖ **Cover your cough** – Cough or sneeze into your sleeve if you don’t have a tissue. If you use a tissue, place it immediately in the garbage and wash your hands.
- ❖ **Stay home if you are sick** – To help prevent spreading a cold or flu to others.



HEALTH INFORMATION

Cold & Flu

Flu Immunization



SANDSTONE
PHARMACIES™

— Closer to you

Yearly flu vaccination begins in October or as soon as vaccine is available and continues throughout the influenza season, into December, January, and beyond. This is because the timing and duration of influenza seasons vary. While influenza outbreaks can occur as early as October, most of the time influenza activity peaks in January or later.

Who should get influenza vaccine?

All Albertans 6 months and older should receive influenza vaccine. It is very important for people who have a higher risk for complications from influenza. It is also important to immunize anyone who might spread influenza to people at high risk of influenza-related complications (e.g., healthcare providers, caregivers).

Your Medication Experts™



FLU SHOT CLINIC

THURSDAY, OCTOBER 15TH

HAVEN 9:00 - 9:50

MANOR 9:50 - 10:40

COURT 10:40 - 11:30

IN THE SHALEM ATRIUM



OCTOBER CELEBRATIONS AT SHALEM

Happy Birthday!

October 9	John Jager
October 10	Connie Plenert
October 12	Eva Visscher
	George Van Dyk
October 13	Neil DeBree
October 16	Joan Coulter
October 17	Nell Sanderse
October 19	Ina DeBree
	Betty Sampson
October 31	Riet Folkerts



*Happy birthday to you all!
May God fill your birthday with
laughter, hope, rejoicing and love.*



Please Note: We will be introducing a Monthly Birthday Celebration in the Café for those who are celebrating each month. This smaller celebration will be keeping within the COVID-19 guidelines.



*For those with a birthday this month,
watch for your invite!*

HAVEN MESSAGE - SHALEM BUS SERVICE

Shalem offers bus service for shopping and other Shalem planned events



NO BUS TRIPS UNTIL FURTHER NOTICE

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



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

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.

National Seniors Day is October 1

This is an occasion for all Canadians to join in celebrating older adults across Canada—whether a parent, a co-worker, a neighbour or a friend. In these trying times during the COVID-19 pandemic, the Government of Canada is proud to acknowledge the lifelong contributions our nation's seniors have made and continue to make to their families, communities and society. The Government of Canada are focused on improving income security, social inclusion, health and housing for seniors.



VOLUNTEERING

Welcome Back Volunteers!



AHS has given the okay for volunteers to return on-site to Shalem. Over the next few months, we will slowly bring in some of our valued volunteers.

Shalem will continue to have careful safety measures in place to mitigate risks for residents, staff and volunteers.

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

Terrariums for residents from CCS student Adrianna

Judy decorating for Fall!

PEN PALS & ZOOM PALS



Are you missing connecting with children? We have creative options to help you connect with Paper & Pen OR through the popular App called Zoom. We will help facilitate connections with kids from local schools and community agencies. All you have to do is write a letter or sign up for a Zoom call (FULLY facilitated by Shalem Staff) It's that simple! Connecting generations can be a huge benefit to both seniors and kids. Give it a try! For more information, please contact Michelle.

Are things too quiet for you right now? Maybe you are lonely or feeling isolated?

We have 2 volunteer programs that can help:

Social Calling Program
Volunteers are matched with Shalem seniors looking to have social conversations or someone to “check-in” over the phone.

Friendship Partner
Volunteers are matched with Shalem seniors looking for a face-to-face connection with 1x1 time together.

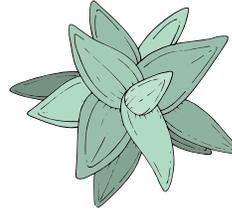
Contact Michelle for more information.

VOLUNTEERING

Q&A - Get to Know Our Volunteers



Adrianna



Q. Tell us about what/how you volunteer at Shalem?

A. I have made cards and bookmarks for the seniors in the past for my passion project. I really enjoyed it and wanted to do more. Recently my brother and I made terrariums with succulent for the seniors at Shalem.

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

A. I enjoy getting to be creative and blessing others with the gifts God gave me. I enjoy knowing that I made someone at Shalem smile and feel extra special.

Q. Tell us a little bit about yourself?

A. I am a grade 10 student at Calgary Christian School. I'm passionate about sports, especially soccer. But I also enjoy playing Ultimate Frisbee, painting and making terrariums.

Q. What is your favourite Bible verse?

A. I don't really have a favourite verse but one that means a lot to me is John 3:16. I learned it when I was little at Sunday school and have been able to mostly have it memorized since. But I like Isaiah 40:31.

For God so loved the world, as to give his only begotten Son; that whosoever believeth in him, may not perish, but may have life everlasting.

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.

Q. Share one interesting fact about yourself!

A. I don't like bats. I find them very creepy and gross. They are like flying mice to me and they also scare me.

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

A. I guess Covid-19 has impacted me mentally. I'm a pretty social person. I get energy from being with people and when I'm not, I find it mentally hard. I also really enjoy school because I get to be with my friends and learn. So I missed school a lot.

*Thank you Adrianna,
for all you do!*



VOLUNTEERING

Support Calgary Christian School Fundraising



**Calgary
Christian
School**

CCS COMMUNITY MAKER BOXES

This will be similar to the ever-popular subscription style boxes, but offered as a curated one-time gift box. We hope to offer these boxes twice, once before Christmas and another in the Spring.

These boxes will:

- 1) Highlight and advertise some talented makers/small businesses within our community.
- 2) Provide a unique and handmade gift option to the community.
- 3) Raise funds for CCS.

In order to offer these boxes, we are seeking approximately 50 items from each maker, ideally purchased at a bulk or wholesale price in order to create a margin for fundraising. We are hoping to partner with you, the maker, to determine which product is best for your participation in this project. Included in the boxes would be your business cards or any applicable information. As the boxes are advertised and sold, we would love to highlight the product and makers via our social media and communications.

If you have any questions about this project please contact Leona Schapp at Calgary Christian School via email: lschaap@calgarychristianschool.com

You can also connect with Michelle on the Shalem Recreation Team if you are interested.

Thank you for your interest. Please note that many factors will contribute to the contents of these boxes, while we would like to include every CCS Maker, this may not be possible.

We are grateful to be part of such a warm and positive community!

Leona Schaap and Niki Brandsma



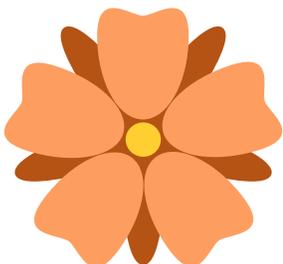
GAMES



October Play with Words

Finish these Similes

- 1 As strong as an _____
- 2 As busy as a _____
- 3 As wise as an _____
- 4 As quiet as a _____
- 5 As stubborn as a _____
- 6 As gentle as a _____
- 7 As happy as a _____
- 8 As cunning as a _____
- 9 As blind as a _____
- 10 As slow as a _____
- 11 As proud as a _____
- 12 As brave as a _____
- 13 As faithful as a _____
- 14 As hairy as a _____
- 15 As flat as a _____
- 16 As pleased as _____
- 17 As sick as a _____
- 18 As slippery as a _____
- 19 As bold as _____
- 20 As bright as a _____
- 21 As clean as a _____
- 22 As clear as _____
- 23 As cool as a _____
- 24 As dead as a _____
- 25 As deaf as a _____
- 26 As keen as _____
- 27 As large as _____
- 28 As neat as a _____
- 29 As sharp as a _____
- 30 As smooth as _____



GAMES

OCTOBER CROSSWORD

Frosty Airs

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20			21					22						
23							24					25	26	27
		28				29					30			
31	32			33	34				35					
36			37		38			39			40			
41				42			43			44		45		
46						47				48	49			
50				51					52				53	54
			55					56						
57	58	59						60					61	
62						63							64	
65						66							67	

ACROSS

- 1 Short mornings
- 4 British isle
- 9 Sign
- 14 Romantic narrative poem
- 15 Dike, Eunomia, and Irene
- 16 Suffix with moth
- 17 St. Pierre is one
- 18 "Here We Come ____"
- 20 Aussie girls
- 22 Unlucky fisherman's catch
- 23 Source of gallic acid
- 24 Hangman's rope
- 25 Airbus product
- 28 32K ounces
- 29 Narcissus relatives
- 31 Clavell's *Tai*-____
- 33 Freshman 15, for one
- 35 Tone deafness
- 36 Covent Garden song
- 38 Crane or heron
- 40 Frankenstein's gofer
- 41 MBA or MSA
- 43 Poet Juana ____ de la Cruz
- 45 Army COs
- 46 Under little pressure, say
- 48 Agony
- 50 Memo abbrev.
- 51 Dated term for a college girl
- 52 Sweeney Todd, for one
- 55 Wild cat
- 56 Undeceptive
- 57 Sharps and flats
- 61 Trevino or Elder
- 62 Platter player
- 63 Argentine dance
- 64 Laptop display
- 65 Lone Star State
- 66 Merlin in *Little House on the Prairie*
- 67 Easy and Wall

DOWN

- 1 Tilting, asea
- 2 Sharapova's nickname
- 3 A Christmas carol
- 4 Activity loathed by Greenpeace
- 5 Des Moines denizen
- 6 Fat, in New Orleans
- 7 Owns
- 8 Stand the ____ time
- 9 Eccentrics
- 10 Breathing sound
- 11 "Like ____ love it!"
- 12 "Good" casino card
- 13 Essex loc.

19 United charge

- 21 Daughter of Harmonia
- 24 Encrusted with sugar
- 25 A Christmas carol
- 26 J. Alfred Prufrock's creator
- 27 Some Fabergé egg owners
- 29 24 horas
- 30 "Where ____ Begin?"
- 31 *The Taming of the Shrew* setting
- 32 Question opener
- 34 "Groovy!"
- 37 Macaw genus

39 Result

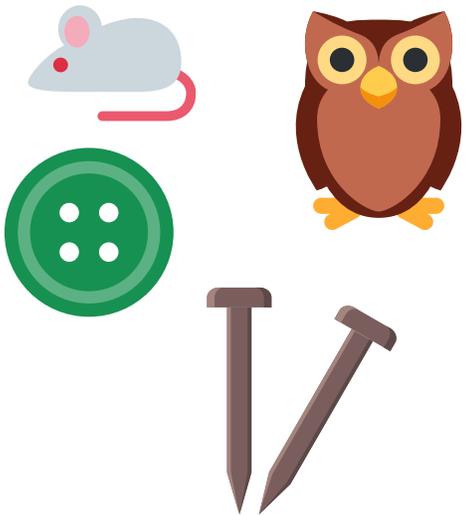
- 42 Cape Verde coins
- 44 Kristy in *The Phantom*
- 47 Makeshift shelter
- 49 Frodo's foe
- 52 Part of a hull
- 53 Construct
- 54 Clarinet and oboe
- 55 Choreographer Bausch
- 56 Lacking
- 57 Given
- 58 4th Spanish letter
- 59 Courteney of *Friends*
- 60 Guitarist Farlow



GAMES ANSWERS

- 1 As strong as an - Ox
- 2 As busy as a - Bee
- 3 As wise as an - Owl
- 4 As quiet as a - Mouse
- 5 As stubborn as a - Mule
- 6 As gentle as a - Lamb
- 7 As happy as a - Lark
- 8 As cunning as a - Fox
- 9 As blind as a - Bat
- 10 As slow as a - Snail, Molasses
- 11 As proud as a - Peacock
- 12 As brave as a - Lion
- 13 As faithful as a - Dog
- 14 As hairy as a - Spider
- 15 As flat as a - Flounder, Board
- 16 As pleased as - Punch
- 17 As sick as a - Dog
- 18 As slippery as a - Eel
- 19 As bold as - Brass
- 20 As bright as a - Button, Star
- 21 As clean as a - Whistle
- 22 As clear as - Crystal
- 23 As cool as a - Cucumber
- 24 As dead as a - Door nail
- 25 As deaf as a - Post
- 26 As keen as - Mustard
- 27 As large as - Life
- 28 As neat as a - Pin
- 29 As sharp as a - Razor, pin
- 30 As smooth as - Silk, glass

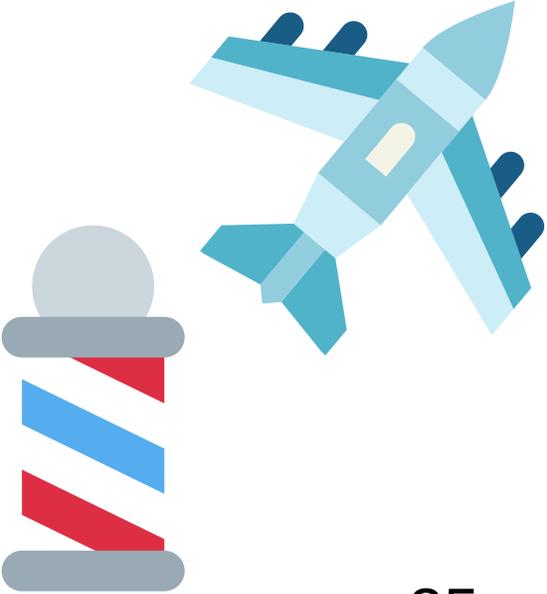
Simile Answers



Frosty Airs

A	M	S		W	I	G	H	T		W	R	I	T	E
L	A	I		H	O	R	A	E		E	A	T	E	N
I	S	L		A	W	A	S	S	A	I	L	I	N	G
S	H	E	I	L	A	S		T	I	R	E			
T	A	N	N	I	N		C	O	R	D		J	E	T
		T	O	N		D	A	F	F	O	D	I	L	S
P	A	N		G	A	I	N		A	S	O	N	I	A
A	R	I	A		W	A	D	E	R		I	G	O	R
D	E	G	R	E		I	N	E	S		L	T	S	
U	N	H	A	S	S	L	E	D		W	O	E		
A	T	T		C	O	E	D		B	A	R	B	E	R
			P	U	M	A		S	I	N	C	E	R	E
A	C	C	I	D	E	N	T	A	L	S		L	E	E
P	H	O	N	O		T	A	N	G	O		L	C	D
T	E	X	A	S		O	L	S	E	N		S	T	S

Crossword Answers



SHALEM PRAYER AND PRAISE PAGE

As we move towards the winter season we are aware that COVID-19 concerns may increase both here at Shalem, as well as the world around us.

We are thankful to our Lord for His hand of protection in keeping us COVID free up till now.

Thank you to all Residents, guests, and staff, for your ongoing efforts to follow the AHS protocols in order to do your part in keeping our Shalem community safe.

Updated AHS information and protocols that pertain to Shalem have been distributed to all residents and staff, and is also available on our website.

The flu season is soon upon us which may also bring new challenges. This may seem overwhelming in addition to COVID-19, however we know that God is in control of our lives and our world. Our hope and trust is in Him!

Shalem has much to be thankful for.

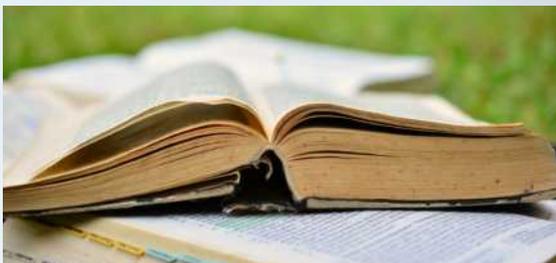
- We have been able to open our Dining Room again for all 3 meals! Thank you to the Kitchen and Dining Room team for all their hard efforts to make this happen.
- We look forward to enjoying a Thanksgiving Dinner for all residents, while following COVID-19 protocols.
- Some of our activities are restarting, with caution, and we are so grateful our Recreation team is working hard to find new ways to bring back these joys.

We would like to welcome Mary Morrison and Martha Ryskamp, who have recently moved to Shalem. Welcome ladies, we hope you find new friends and new joys in our caring Shalem community.

This month we say farewell to Louise Randle. Louise has moved back 'home' to High River to be closer to her family. We wish her all the best.

We continue to keep Peter and Marj Nieuwenhuis in prayer as Peter struggles with health issues.

Please also keep in prayer others who may be struggling with their health.



Let us hold unswervingly to the hope we profess, for He who promised is faithful!