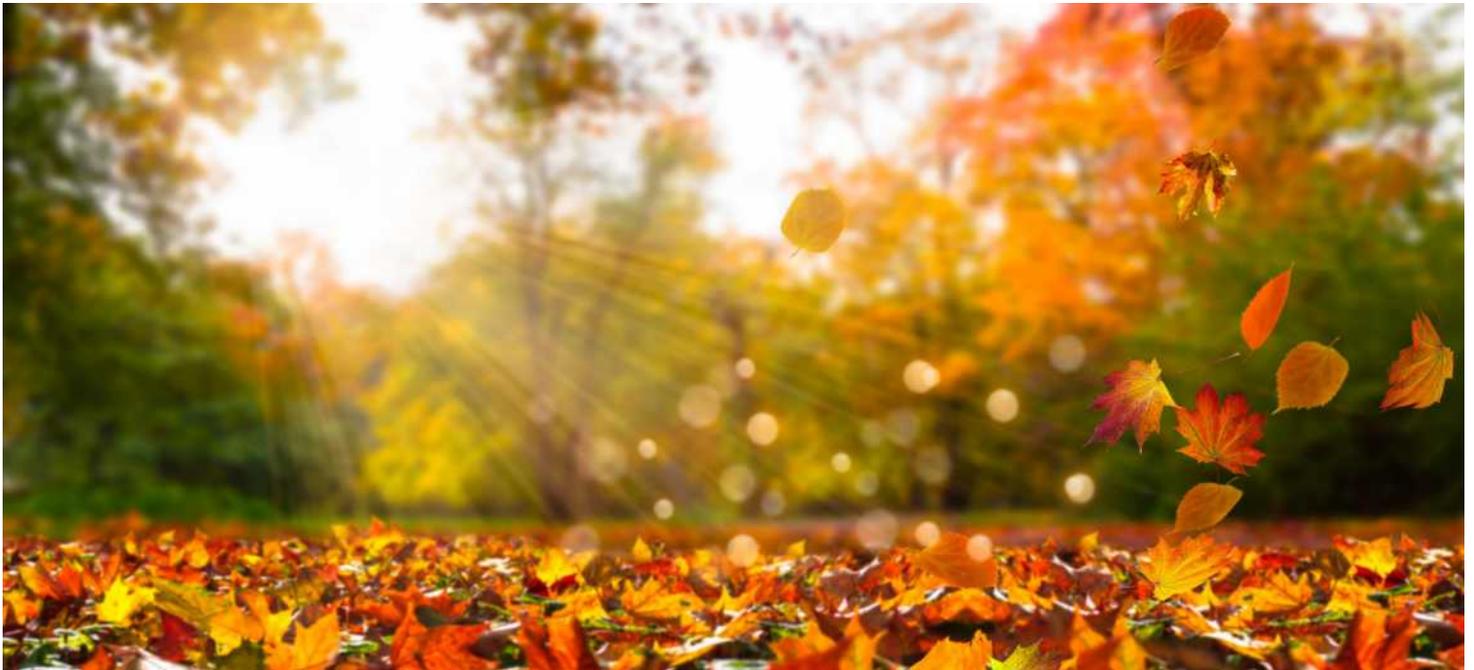


SEPTEMBER 2020

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO SEPTEMBER



### INSIDE THIS ISSUE:

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



**Shalem**  
Society for Senior Citizens Care

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# 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

SEPTEMBER 2020



As I complete my first weeks as your new Executive Director, I feel so very blessed to be a part of the Shalem community! I have enjoyed meeting many of you and look forward to getting to know all of you better.

As a teenager there was a song we used to sing at church. Maybe you know it. It goes like this:

This is the day, this is the day,  
that the Lord has made that the Lord has made.  
We will rejoice, we will rejoice  
and be glad in it, and be glad in it.

This is the day that the Lord has made,  
we will rejoice and be glad in it.  
This is the day, this is the day,  
that the Lord has made.



The profoundness of the message of this simple song perhaps got lost to me back then. But in the intervening years as life has brought me and those around me various challenges and disappointments, I wonder if those simple words and the encouragement to live a life of gratitude are worth further reflection.

But what is living a life of gratitude? What does that actually mean?

Here's what I offer:

Grateful living is a way of life which asks us to notice all that is already present and abundant - from the tiniest things of beauty to the grandest of our blessings - and in so doing, taking nothing for granted.

You have all seen many difficult and painful situations in your lives. Situations of disappointment. Of loss. Of injustice. But we can learn to focus our attention on, and acknowledge, that even in the midst of this, or maybe even because of this, life is a gift. Even in the most challenging times, living gratefully makes us aware of the opportunities that are always available; opportunities to learn and grow, and to extend ourselves with care and compassion to others. And embracing gratitude during the trials may be the one thing that gets us through them and the times we sense God's presence the most.



# LIVING WELL TOGETHER

CONTINUED...

Musings from the Executive Director

SEPTEMBER 2020

I am learning that the most important thing I can do, is to remind myself that God is faithful, God's word is truthful, and God is compassionate and trustworthy. Therefore, I know in my soul that all things are working for my good.

As we work together to strengthen this community we call Shalem - this community of wholeness - living in gratitude is essential. When we are grateful, when we see the good, when we see the glimmer of hope, when we trust God and rest in His faithfulness, we can rise above the circumstances.

So join me in striving to live a life of gratitude. Let's see the blessings, big and small that God has provided. Let's live a life of grace for ourselves and for each other as we live in community.

And let's remember, 'This is the day that the Lord has made. Let us rejoice and be glad in it'.

"Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness." Col. 2:7

Dorothy de Vuyst  
Executive Director



# WHAT HAPPENED LAST MONTH?

## Life at Shalem



Gardening



Playing Pool



Patio Visiting



# WHAT HAPPENED LAST MONTH?

## Life at Shalem



Joy of Music

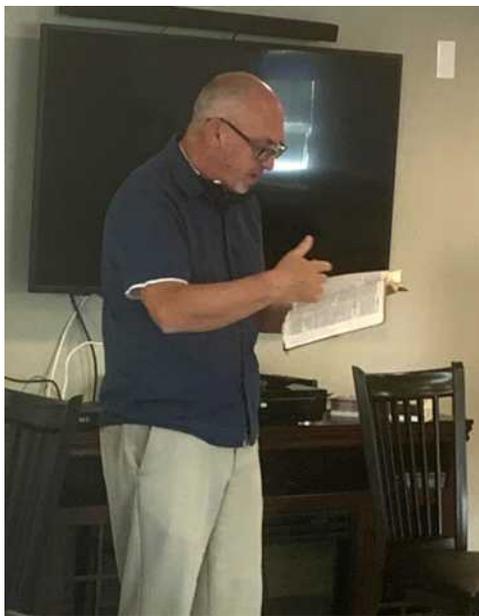
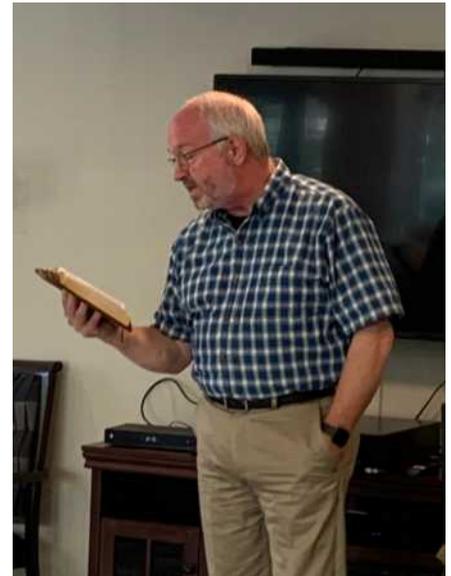


Weekly Happy Hour



# WHAT HAPPENED LAST MONTH?

## Chapel at Shalem



## Movie & Popcorn



# WHAT HAPPENED LAST MONTH?

## Socials



## Games & Cards M&M Game

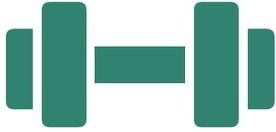


**TELL US**  
PICK AN M&M

- Red:** SOMETHING ABOUT YOUR CHILDHOOD
- Orange:** SOMETHING YOU DO WELL
- Yellow:** SOMETHING YOU'VE LEARNED
- Green:** SOMETHING YOU WATCH/USE TO
- Blue:** SOMETHING YOU CAN'T LIVE WITHOUT
- Brown:** SOMETHING ABOUT YESTERDAY

# WHAT HAPPENED LAST MONTH?

## Fitness Classes

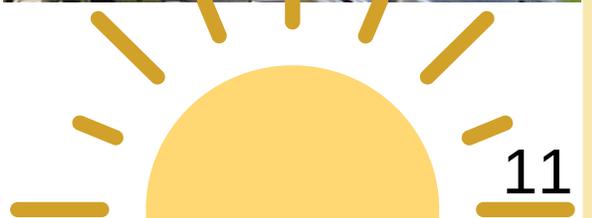


## Staff & Board Meeting our New Executive Director



# WHAT HAPPENED LAST MONTH?

Early August Summer BBQ



# WHAT HAPPENED LAST MONTH?

August BBQ - Farewell to Jerry, Welcome Dorothy!



# 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.

# Summer & Fall

Today is still Summer,  
 Tomorrow will be Fall.  
 I see the purple asters,  
 I hear the autumn's call.  
 I feel the warm sun shining  
 As a balmy south wind blows;  
 I see more flowers blooming,  
 And I see the grass still grows;  
 The goldenrod is waving,  
 The bees are in the clover,  
 I hear a distant honking-  
 The geese are flying over.

The maple leaves are golden;  
 The pumpkins, round and yellow.  
 The apple cheeks are rosy.  
 The pears are getting mellow.  
 The nuts are growing rounder.  
 The cornstalks, brown and sear.  
 By twenty lovely tokens  
 I know that Fall is near.  
 Today it still is Summer,  
 Tomorrow will be Fall.  
 Today I still am barefoot-  
 Oh, how I love it all!

# 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.

# 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

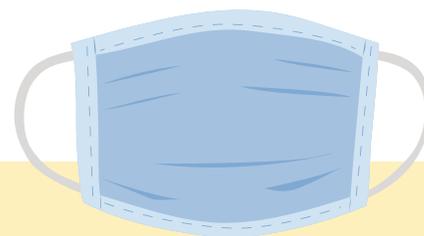
COVID-19 is most commonly spread from an infected person through respiratory droplets generated when they cough or sneeze. Try to avoid close contact with those showing illness symptoms. Avoid high traffic areas and large group outings or events. When sick, cover your nose and mouth with a tissue or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

### PLEASE NOTE:



#### STARTING AUGUST 1st

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, \$50 for each offence – but will start by trying to hand out a mask first. Please continue to maintain physical distancing of 2 metres at all times.

The Government's Free mask Program has ended, however some may still be available at various 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 communicated updated restrictions with regard to Senior Housing. These are the new guidelines set in place, which affect Shalem, as of July 23, 2020.

All Guests for Shalem HAVEN, Shalem MANOR, and Shalem COURT must sign in at the main desk located at the Shalem Haven entrance, 3008-51 Street SW.

All Staff, Haven Residents and ALL VISITORS must answer a Health Assessment Screening and undergo a Temperature check each time they enter the building.

### INDOOR VISITS:

- ▶ TWO designated guests are allowed in the facility for INDOOR visits.
- ▶ Other visitors (including accompanied minors) may be permitted for indoor visits.
- ▶ ALL Visitors must wear masks for INDOOR visits.

### OUTDOOR VISITS:

- ▶ There is a limit of 4 visitors for OUTDOOR VISITS per resident or resident couple.
- ▶ Outdoor Visitors may include Resident's children/grandchildren (no age limit).
- ▶ Non-family members may continue to visit outside.

All Visitors at Shalem should minimize contact with other Residents.

Physical distancing should be maintained as much as possible, but it is permissible for it not to be maintained at all times, particularly with minors and those who are hard of hearing.

Residents are free to visit each other within Shalem Buildings, up to 2 guests per suite.

Residents must remain vigilant in their actions to protect themselves and others.

Residents not required to isolate are encouraged (but not required) to stay on the facility's property.

Residents are encouraged to wear face masks while off the property if in close contact with others.

*Should a Resident choose to go off facility property, for necessity or otherwise, the Resident is responsible to:*

- Maintain physical distancing
- Wear a mask at all times and ask anyone you may be with to also wear a mask
- Ensure safe transportation
- Maintain good hand hygiene
- Be screened upon re-entry (Shalem Haven Residents)

*Residents, families & friends are also responsible to follow all Public Health guidelines applicable to all Albertans.*

- Visitors are responsible for bringing their own masks.
- Pets/Animals are not permitted to visit or allowed in suites, at this time.

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

## Seniors Wellness in Challenging Times

### A COVID-19 resource for seniors & those who care for them.

It's important to maintain mental and physical wellness during challenging times. Here are some ways that can help you stay mentally and physically healthy.

#### Understanding change and stress

Stress is a normal response to danger. When you sense danger or feel threatened or uncertain about the future, your body tries to protect you by releasing stress hormones, which cause changes in your body. Distress or negative stress can be short-lived or long-term. You may feel emotions like fear or anxiety. It can also lead to physical changes like digestive problems or aches and pains. You may notice trouble with thinking clearly or thinking about the same thing over and over. You may find you are having sleep problems or are irritable. All of these symptoms can be signs of stress. There are ways that you can manage your stress to help you feel better and keep you healthy.

#### How can seniors cope with change and manage stress?

- Maintain meaningful relationships with others.
- Reach out to family and friends by phone, email, video calls, or texting.
- Connect with neighbours in ways that keep you and them safe.
- Use delivery services, or ask friends/ family to pick up things or do other errands for you.
- Try to keep up daily routines as much as possible.
- Share how you are feeling with others. Others likely feel the same way.
- Listen to others' feelings. It's nice to feel understood
- Find something funny to have a good laugh.
- Stop throughout the day and take a few deep breaths, especially if you feel anxious.
- Maintain physical activity by going for a walk or being active in some way.
- Eat healthy food and maintain a regular sleep routine.
- Seek professional help if you are having difficulty coping day to day.

#### Media and information gathering on COVID-19

There is a large amount of information about COVID-19 on the TV, the radio, the newspaper, and the Internet. Too much information can actually increase stress. Try to limit the amount of time you spend on COVID-19 news. Use reliable sources of information such as:

**[www.ahs.ca/covid](http://www.ahs.ca/covid) and [www.alberta.ca/covid](http://www.alberta.ca/covid)**



# Hearing Loss



## What are possible signs of hearing loss?

- Speaking louder than usual
- Constantly asking for words to be repeated
- Straining to hear
- Misunderstanding conversations, especially in noisy situations
- Favoring one ear
- Turning the television or radio louder than usual
- Difficulty hearing on the telephone
- Ringing or buzzing in one or both ears



## What are treatment options?

- **Removing wax blockage.** Ear wax blockage is a reversible cause of hearing loss. Your doctor may remove ear wax by loosening it with oil and then flushing, scooping or suctioning out the softened wax.
- **Surgical procedures.** Surgery may be necessary if you've had a traumatic ear injury or repeated infections that require the insertion of small tubes that help the ears drain.
- **Hearing aids.** If your hearing loss is due to damage to your inner ear, a hearing aid can help by making sounds stronger and easier for you to hear. An audiologist can discuss with you the potential benefits of using a hearing aid, recommend a device and fit you with it.

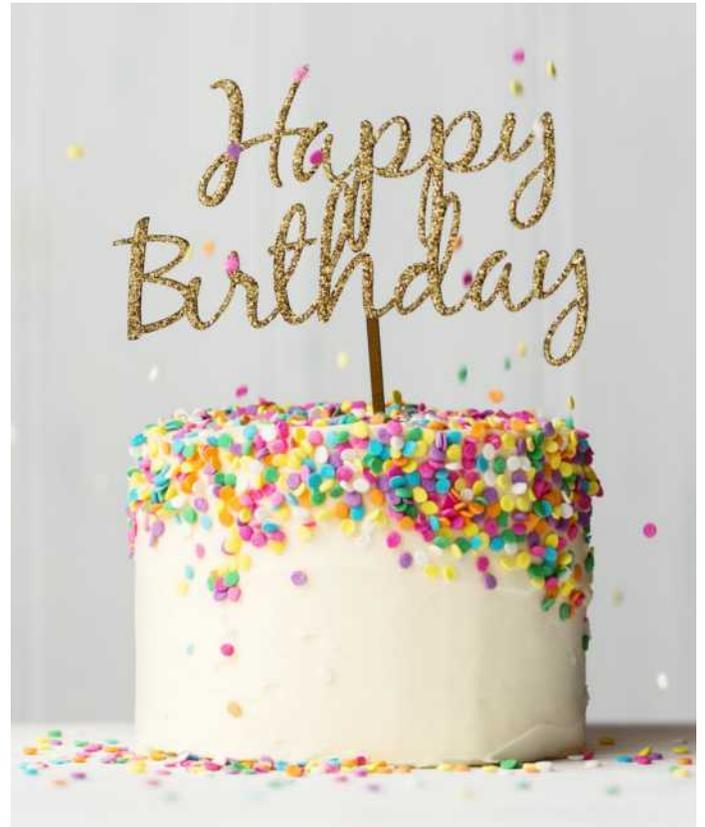


*Your Medication Experts™*

# SEPTEMBER CELEBRATIONS AT SHALEM

## *Happy Birthday!*

September 6	Steve Brandsma
September 9	Janny Brander
September 17	Dodie Anderson
September 18	Marj Nieuwenhuis Alida VanderVeen
September 19	Harvey Scheuchner
September 21	Lucie Hoefman
September 28	Lois Niven



*Happy birthday to you!  
May God continue to be with you  
and grant you a happy  
and healthy year ahead.*

## *Happy Anniversary!*



Tuesday September 1  
Gary & Joan De Graaff will be celebrating  
their **65th Wedding Anniversary.**

Tuesday September 8  
Len & Helen Keeler will be celebrating  
their **70th Wedding Anniversary.**

*An important milestone for each couple!  
Congratulations to all four of you. We hope you will have a grand celebration for this  
important occasion. We pray that the year ahead will be filled with many blessings.*



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

# HAVEN MESSAGE - SHALEM BUS SERVICE

Shalem offers bus service for shopping and other Shalem planned events



## NO SEPTEMBER BUS TRIP

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



[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*

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.

**There's no masking  
how much we love our  
Shalem Community**



# VOLUNTEERING



Please contact:

**Michelle Vanderwerff**

Volunteer Coordinator  
volunteering@shalem.ca

403-240-2800 Ext 4



*Thank You!*

To all the volunteers that continue to make a difference in the lives of Shalem Residents! Chalk drawings, shopping trips, care packages and prayers continue to be a light during this uncertain time.

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

# VOLUNTEERING

## Q&A - Get to Know Our Volunteers



*Randall*



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

**A.** I am making soups every week & handing them out in the Manor & Court to who ever requests them. They are free, but I accept donations to the soup fund.

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

**A.** I love cooking & like to stay busy & visiting with people when I drop off their soup.

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

**A.** I was born in Lethbridge Alberta, I no longer have family here other than my church family. I have been volunteering in the Glenbrook area for close to 9 years with a number of programs connected with the Church. I am the resident Chef for Emmanuel church.

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

**A.** Chinese buffets, taco's, lemon meringue pie. Favorite color is BLACK. Favorite season is Autumn.

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

**A.** 23 Psalm

1 The LORD is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: He leadeth me beside the still waters.

3 He restoreth my soul: He leadeth me in the paths of righteousness for His name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.

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

**A.** Twice married, both passed.

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

**A.** Covid has put a halt to a lot of the programs that I am involved in, like the community dinners.

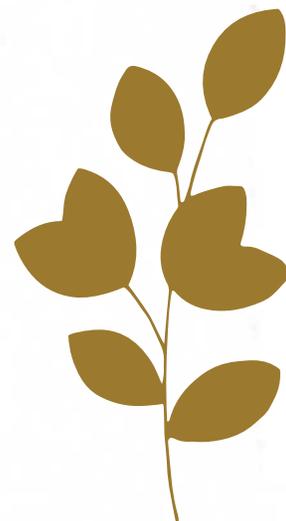
*Thank you Randall,  
for all you do!*



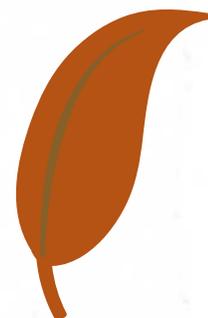
# GAMES

## September Word Search

# I Need Thee Every Hour



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



*I need Thee ev'ry hour,  
 Most gracious Lord;  
 No tender voice like Thine  
 Can peace afford.*

NEED	TENDER
THEE	VOICE
HOUR	LIKE
MOST	THINE
GRACIOUS	PEACE
LORD	AFFORD

# GAMES

## SEPTEMBER CROSSWORD

**ACROSS**

- 1 "Breakdance" singer  
Irene
- 5 Sadistic
- 10 He aims for the heart
- 14 Penn State mascot
- 15 "Do I \_\_\_ Waltz?"
- 16 Hawaii's "Valley Isle"
- 17 Latin 101 verb
- 18 Improv joke
- 19 Chorale member
- 20 Flabby
- 22 Maine feline
- 24 Achilles \_\_\_
- 25 Gaseous house hazard
- 26 Icelandic speakers
- 28 Announces
- 30 Sudden outpouring
- 32 Ananias and Matilda
- 34 Extinct relative of  
37-Across
- 35 *Dies* \_\_\_ ("Judgment  
Day")
- 36 Phone messages
- 37 120-pound Australians
- 38 "Glue" for feathers
- 39 "\_\_\_ Eclipse of the  
Heart"
- 40 Accords
- 41 Purchase

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			

- 43 Dig discovery
- 45 Audio signal receiver
- 46 "Dover Beach" poet
- 49 Leslie in *Mr. Magoo*
- 51 Like pacifists
- 52 Prefix meaning "eight"
- 53 *Titanic* room
- 55 Hawaii's state bird
- 56 *Enterprise* android
- 57 Pageant crown
- 58 Happy flower?
- 59 Musher's transport
- 60 Price for clearance
- 61 Dove into home

**DOWN**

- 1 Chin dimple
- 2 Passageway
- 3 *Desperately Seeking Susan* star
- 4 Raconteur's offering
- 5 Jacob Marley's burden
- 6 Foxx in *Sanford and Son*
- 7 "Friendly Skies" airline:  
Abbrev.
- 8 Stonestreet of *Modern Family*
- 9 Hands
- 10 Mr. Spock's mother

- 11 *A Clockwork Orange* star
- 12 Utter
- 13 Warden's worry
- 21 It's melted in a  
meltdown
- 23 Regatta athletes
- 27 Be heart-pleasing
- 28 "From the \_\_\_ of  
Montezuma ..."
- 29 "Yo mama," e.g.
- 30 "Come in and \_\_\_ spell"
- 31 Kind of joke
- 33 Dockworkers' union
- 36 Rectifies

- 37 Annual report data
- 39 Father's Day gifts
- 40 Component
- 42 Pawn off
- 44 Disney's Montana
- 47 Maui neighbor
- 48 Judge played by  
Stallone
- 49 Auction bids
- 50 Catch red-handed
- 51 Affectations
- 54 Ovine sound

# GAMES ANSWERS

*I Need Thee Every Hour*

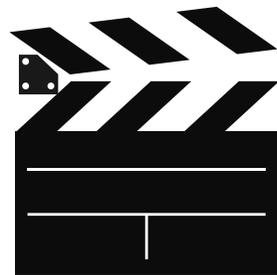
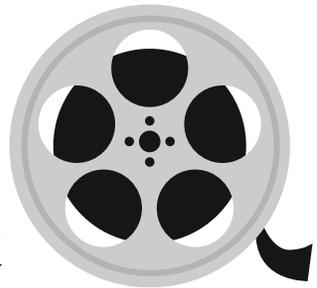
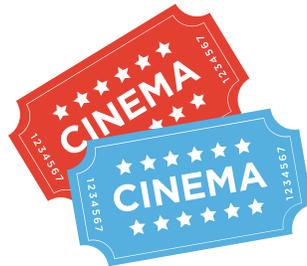
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 D Q J Y L W O H D G Z M  
 J Q Z Z N Y B S E L L E  
 G R A C I O U S T E K L  
 D X E J M W P L Y I Z Y  
 V E N D G R J R L R D E  
 C O C Y N N N B D R N R  
 Y A I A J E N N O I H D  
 D Y N C E P T F H O R K  
 V Y G M E P F T U O Q O  
 T M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

Word Search  
Answers



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

Crossword  
Answers



# SHALEM PRAYER AND PRAISE PAGE

Although Willie Alberts left Shalem in June, her residency at Shalem has officially ended at the end of August. We wish Willie farewell and God's blessings as she and her family work to provide new living accommodations for her.

We also bid Edna Krahn farewell as she too has moved from Shalem to a home with more care. Please keep Edna and her family in prayer as Edna adapts to her new surroundings.

Please pray for Trudy Leyenaar as she undergoes hip surgery on September 10th. Prayers that surgery goes smoothly and a speedy recovery.

Please keep Ebonie in prayer as she is recovering from surgery.

Peter Nieuwenhuis continues to deal with health issues. May we all keep him and Marjorie in prayer.

Please keep Margaret Keller in your prayers as she struggles with health issues.

Let us also keep Liz Dour in prayer as she continues to recover from surgery.

John Kopala also continues to struggle with health concerns, so let's keep him in prayer too.

Ben Tan passed away on Wednesday Aug 26th. He will be missed by all.

Please keep his loved ones in prayer as they carry on his legacy of faith and servanthood.

In among the struggles of life we can also rejoice in the joy and beauty around us. This season we are enjoying the remainder of beautiful summer weather, knowing fall and winter are on their way.

We want to thank all our residents, family, and friends, for continuing to support all the COVID-19 protocols as we all work to keep our community safe. Our hope and prayer is that the COVID-19 virus will continue to elude Shalem.

Please to pray for God's continued grace for Shalem.

We want to welcome our newest resident, Lois Niven, to Shalem.

We also welcome our newest staff members:

Lynda in Recreation

Jane in Dining

Tanisha and Faith at the Haven front desk.

We wish to welcome our new Executive Director, Dorothy de Vuyst! May you experience joy and purpose as you take on the leadership of Shalem.

