

JANUARY 2021

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO JANUARY



INSIDE THIS ISSUE:

Musings from the Executive Director
What Happened Last Month?
Our Community
January Celebrations
Health & Safety Information
January Events at Shalem



Shalem
Society for Senior Citizens Care

SHALEM MISSION STATEMENT

MISSION:

Shalem, meaning wholeness, was formed with the mission and communal desire to provide a Christian setting that enhances the well-being of seniors.

VISION:

A caring community to call home.

VALUES:

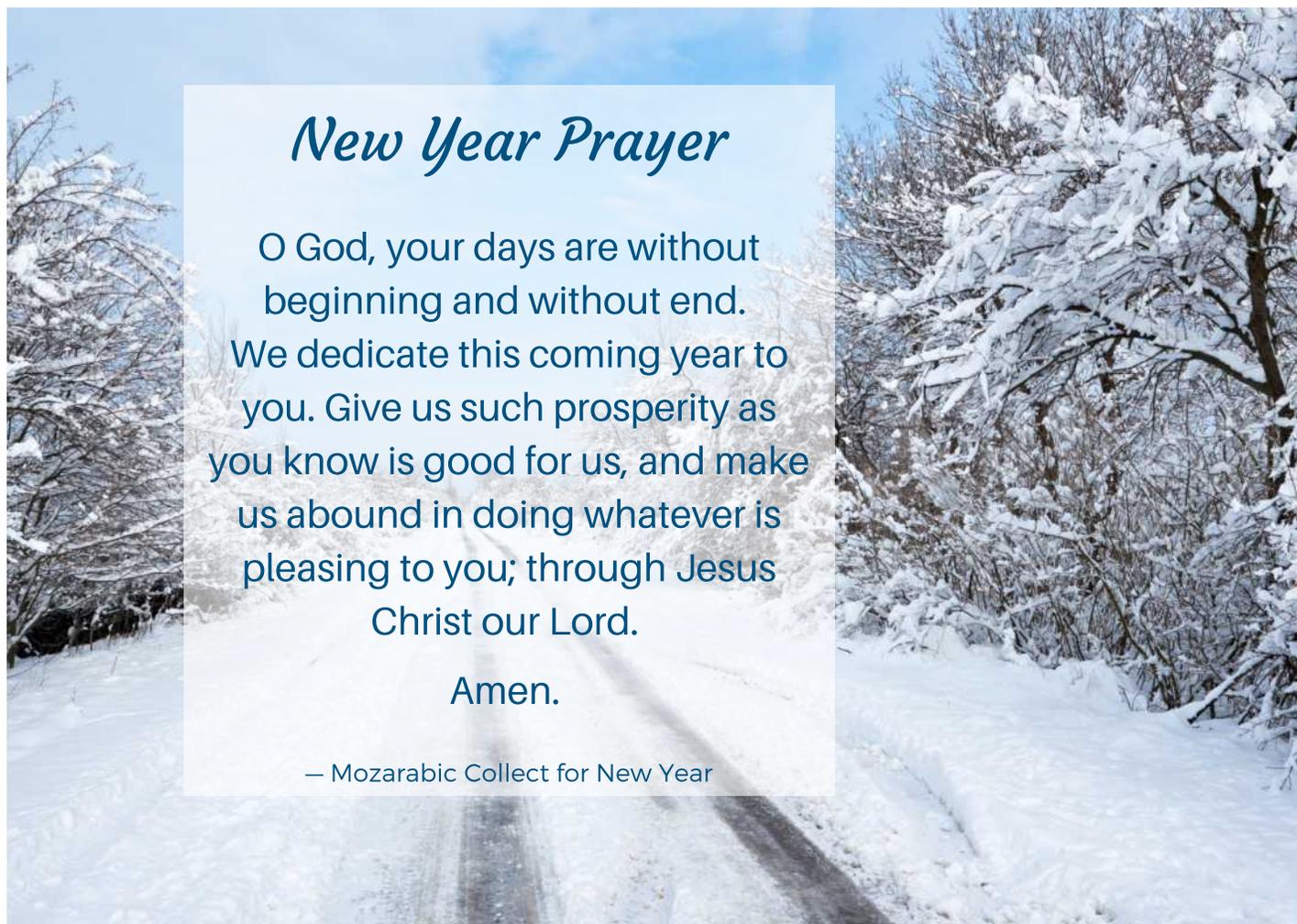
At the heart of Shalem is a Christian community where God is at work and we care, share and celebrate.

We value:

- Respect and acceptance
- Stewardship of resources
- Justice
- Community
- Compassion



"To act justly and to love mercy and to walk humbly with your God."
(Micah 6:8 NIV)



New Year Prayer

O God, your days are without beginning and without end. We dedicate this coming year to you. Give us such prosperity as you know is good for us, and make us abound in doing whatever is pleasing to you; through Jesus Christ our Lord.

Amen.

— Mozarabic Collect for New Year

LIVING WELL TOGETHER

Musings from the Executive Director
JANUARY 2021

Hope and Peace

I have heard the word 'hope' used frequently as we have welcomed and looked forward to this New Year. I have used it often myself.



Most of us were not sorry to say good-bye to 2020 with the physical distancing, the isolation from those we love, the economic worry, the fear of getting sick. Although we are still experiencing all those things, we enter this year with the hope of effective vaccines, the hope and expectancy of life and activities returning to normal, the hope and anticipation and joy of unlimited hugs from loved ones.

However, before we turn our backs on 2020, I think it is important to reflect in gratitude for what this past year has brought. It has been a difficult year in so many ways, but the year has also taught us many things. It has taught us resiliency and perseverance. It has taught us to be grateful for the simple things in life. It has taught us of the importance of relationships and community. It has taught us to trust in God for His protection and perhaps more importantly, to find peace in whatever happens.

We are all hopeful for what the New Year will bring. But we must do so through the lens of what this past year has taught us. Because hope can sometimes be fleeting. Hope can sometimes lead to disappointment. But the beauty of trusting in a God who knows each of us by name, who loves us completely, who wants the best for us, no matter what stage of life we may be in or what situation we may be facing, is that with COVID or no COVID we can find peace.

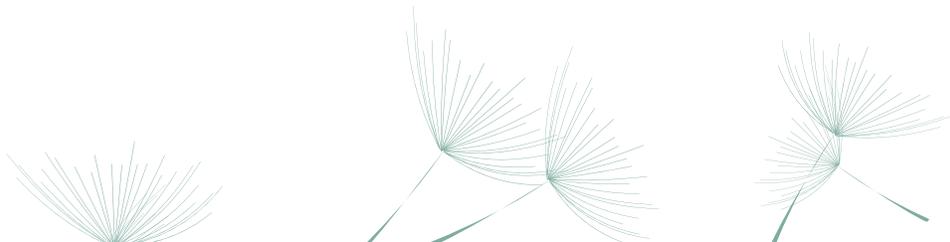
Earlier this year, my mother shared with me the words of a Dutch poet that she had been reminded of, written now over 100 years ago, in 1920. For those of you from the same culture and tradition, you may be familiar with it. Translated into English the words are:

*Whatever the future brings, the Lord's hand will lead me.
With courage I accept a future that is unknown.
Lord, teach me to follow you without doubting.
Father, whatever you do is good.
Even when things are difficult, teach me to trust in you today, with a calm, quiet spirit.*

Psalm 33:20 - 21 says, 'We will wait in hope for the Lord. He is our help and our shield. In Him our hearts rejoice, for we trust in His holy name.'

So, let's be hopeful for what 2021 will bring! It is good to be excited, to feel a sense of expectation of living life more freely once again. To hug without reservation the grandchildren we haven't seen in person for months. To enjoy the fellowship of friends and community. But whatever 2021 will bring, we can confidently follow our Lord - without doubt and without fear - finding peace in whatever happens.

Dorothy de Vuyst
Executive Director



SHALEM PRAYER AND PRAISE PAGE

Please continue to uphold Marj Nieuwenhuis as she and her family mourn the passing of Peter, who passed away on Wednesday December 2, 2020.

Our prayers also go out to the family of Dodie (Devota) Anderson. Dodie passed away on Wednesday December 16, 2020.

Let us also keep John Kopala, and Jenny Drost in prayer as they continue to experience health concerns.

We wish Louisa Duncan farewell as she will not be returning to Shalem in the new year, she will be moving to a new centre. Let us also keep her in prayer as she is dealing with new health issues.

We also wish Karin Longland farewell as she has moved to a new home and will be closer to some of her family.

With the New Year on us, we look forward to new beginnings and new joys. COVID-19 has certainly changed everything in our lives, however we continue to know and trust that God's peace can supernaturally transcend any troubles we face.

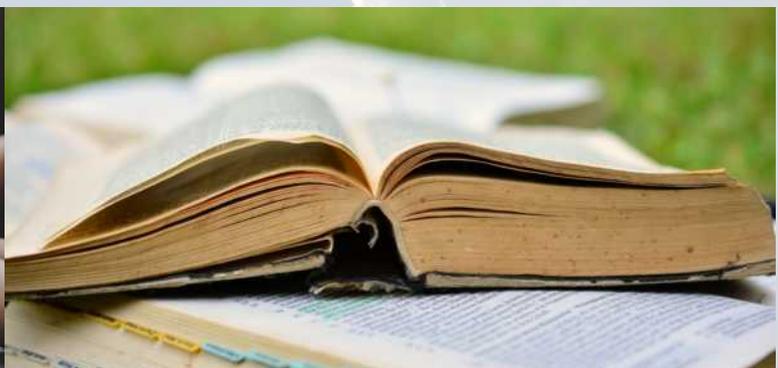
Deuteronomy 31:8

The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

John 14:27

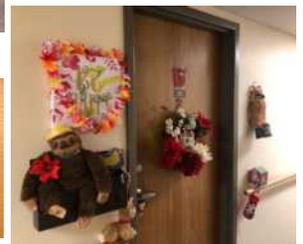
Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

As we enter 2021 let us hold onto this peace that does pass all understanding. Let us encourage and support each other in the unknown territory ahead of us.



WHAT HAPPENED LAST MONTH? *Life at Shalem*

Christmas Door Decorating - Thanks for Participating!



Christmas Season Prize Winners



WHAT HAPPENED LAST MONTH?

Chapel Services



Mental Health Seminar with Liz Kahle



Round the Record - Music Reminiscing Activity



Thanks to Bart for the use of his Record Player!



Life around Shalem



WHAT HAPPENED LAST MONTH?



Virtual Music Concert



Brainteasers



Life is like a CAMERA
just focus on what's IMPORTANT
& CAPTURE the good times
DEVELOP from the negatives
& if things don't work out
JUST take another SHOT



WHAT HAPPENED LAST MONTH?

Sharing Christmas Traditions Virtually with Calgary Christian School



Christmas Dinner



WHAT HAPPENED LAST MONTH?

Cristmas Dinner



Merry
Christmas



WHAT HAPPENED LAST MONTH?

Care Packages for our Seniors! Thank you to Michelle and her work organizing all our volunteers from the community including; Calgary Christian School, local church connections, The Calgary Stampede, Prospect Downs Stable as well as friends and families in the community. The Recreation Team was delighted to make the Christmas season a little brighter delivering all these care packages to every senior at Shalem. We are truly blessed by the generosity of our community.



GRATEFUL



OUR COMMUNITY

Here at Shalem we have been growing our community to support you when you need it! We are so blessed to have our Shalem Chaplain, David Swinney, as well as access to counseling services with Liz Kahle.



David Swinney, Shalem Chaplain

David is available for individual care in the Shalem private Meeting Space.

If you would like more information, please contact him at pastor@highrivercrc.ca

Liz Kahle, Associate Professional Counselor, MA

Liz has her own practice and is available for counseling services to Shalem residents. Subsidization options are available, if needed.

For a referral or more information, contact Liz at hello@lizkahlecounseling.ca



Thank You message from a Resident:

Thanks & God Bless
Florence from the Haven.

We recognize her as one of
the most caring individuals
this season as she
continued to bless us with
exercise class every morning
including Christmas Day.
She is a joy to Shalem.

Thank You!



Poem Shared by Anne Kroontje

GOD'S GIFT

God gave us ears because there would
be music:
Great symphonies of wind and sea
and small
Bright bird notes falling, instruments and
voices.
He gave us ears that we might hear
them all.

God gave us eyes because there would be
beauty:
Brown summer fields, all green and
tender springs,
Fall's pageantry and winter's long white
silence.
He gave us eyes to look upon these things.

God gave us hands because there would
be labour;
Small simple tasks and great ambitious
schemes,
Wrought out in steel, or marble, or on
canvas.
He gave us hands with which to shape
our dreams.

God gave us hearts because there would
be longing
To share with those around, and Him
above,
The beauty and the music and the
labour.
God gave us hearts -- because there
would be love.



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*

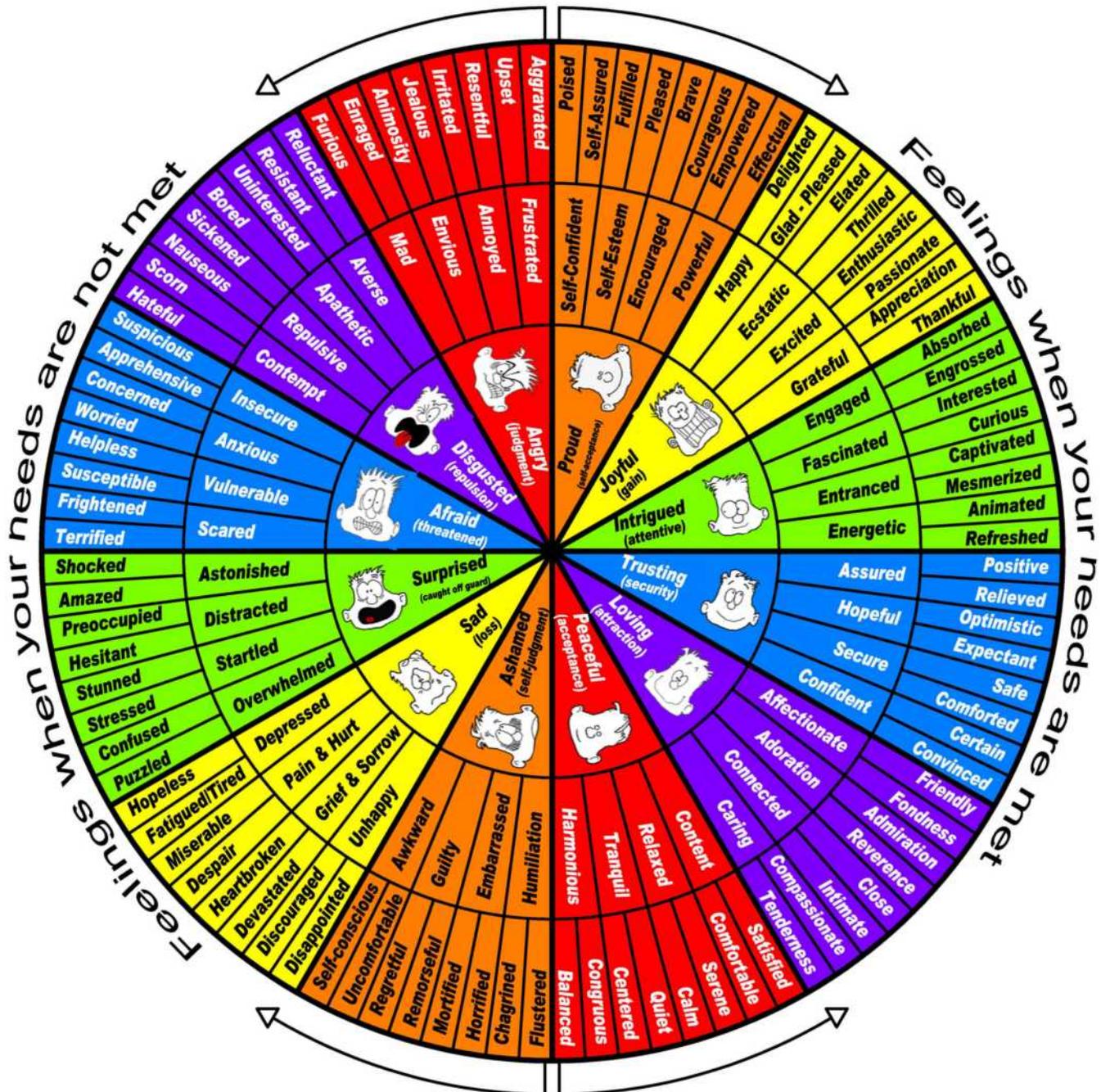
HEALTH INFORMATION

Last month Liz Kahle, Associate Professional Counselor, shared the "Feelings Wheel." In order to talk about, and even make sense of our feelings, we need to be able to name them - especially in this pandemic.

Gone are the days of the robotic, "Hi, how are you?" with the classic, "I'm good thanks." Finding the right words to describe our experience is key in keeping us connected.

To use this wheel just start from the center with the simpler emotions to name, and work your way outwards to the more specific ones.

Feelings Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication. Graphics and organization of feelings and needs wheels by Bret Stein. artisantf@hotmail.com Revised 1/1/11

HEALTH INFORMATION

COVID-19 INFORMATION

DO YOUR PART TO STOP THE SPREAD!

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

Typical Symptoms of COVID-19 Infection



Fever



Cough



Shortness
of breath



Difficulty
breathing



Sore
throat



Runny
nose

- **Safe Visiting:** No social gatherings, identify two other people with which to visit either from Shalem or outside. Homecare/ support people will continue to be allowed. Ensure names of visitors are given to the Haven front desk.
- **Haven Front Reception/ Hallway:** Priority in decreasing foot traffic in the Haven. Haven Residents and visitor/ support care to continue to use this entrance. Court & Manor Residents please use your own building entrance for yourself as well as for deliveries when possible. Please do not use Haven hallway unless necessary.
- **Dining Room:** Open for Haven Residents and those who have meal plans. There will be assigned tables/ eating partners or you may sit alone should you choose. Take-out orders will continue, available to all residents and delivered until at least January 12, 2021 at no charge.
- **Recreational Group Activities:** We are limited to 10 people per activity and there will be sign-up sheets available. Activities are focused on spiritual/ mental and physical health.
- **Masks Protocol:** For activities offered, masks are mandatory. All residents are encouraged to wear masks in hallways and common spaces.

For more details on current protocol please see the information handout that was updated December 18th, 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

Sleep Disorders



Sleep disorders make it difficult for a person to fall and stay asleep. Sleep disorders are caused by different factors such as stress or illness; medical conditions such as cardiovascular disease, chronic pain or GI conditions; and environmental disturbances such as noise, light and temperature. There are different types of sleep disorders; examples include insomnia and sleep apnea. Insomnia is the most common and can sometimes be caused by other sleep disorders.



How do you improve on your ability to sleep?

- ❖ Avoid napping during the day
- ❖ Reserving your bed for only sleep
- ❖ If you are unable to go to sleep within 15 minutes of getting into bed, get out of bed and do a quiet activity such as reading or meditation, then try going back to bed.
- ❖ Go to bed and wake up at the same time every day
- ❖ Exercise later in the afternoon
- ❖ Avoid caffeine consumption 4 hours prior to bedtime
- ❖ Avoid eating heavy meals before going to bed
- ❖ Avoid nicotine an hour before bedtime
- ❖ Find a comfortable place to sleep and ensure there is little noise and light
- ❖ Eating foods rich in tryptophan such as milk, yogurt, poultry, and eggs

If lack of sleep is caused by pain, look for solutions that help with pain management.

Your Medication Experts™

Did you know? - Older adults need about the same amount of sleep as younger adults -- 7-9 hours of sleep per night. Unfortunately, many often get less sleep than they need. One reason is that they often have more trouble falling asleep, being restless or more sensitive to changes in their environment, such as noise. As you age, you may produce and secrete less melatonin, the hormone that promotes sleep. Many older adults tend to get sleepier earlier in the evening and awaken earlier in the morning then feel like they need a nap which then makes them less tired at bedtime. Sleep patterns change as we age, but disturbed sleep and waking up tired are not part of normal aging. Try to follow the recommendations above to improve sleep and if you're having trouble sleeping, make sure to see your doctor.

JANUARY CELEBRATIONS AT SHALEM

Happy Birthday!

- January 3 Hennie Wagenaar
- January 4 Corrie Nederveld
- January 7 John Kopala
- January 8 Jeannette Miller
- January 10 Bert Zabel
Gail Farago
- January 11 Susan Black
- January 12 Vera Kennedy
- January 25 Ann Cupido
- January 31 Oveen Kaner-Reese



*Happy Birthday to you all.
May the New Year bring you many blessings and joy!*

Do not have your concert first, and then tune your instrument afterwards. Begin the day with the Word of God and prayer, and get first of all into harmony with Him.

— James Hudson Taylor



Answers for Word Scramble and Trivia on Page 17

WORD SCRAMBLE: 1. January 2. Calendar 3. Celebrate 4. Countdown 5. Midnight 6. Resolution 7. Clock 8. Goals 9. Confetti 10. Noisemaker
TRIVIA: (1) Answer: 154, (2) Answer: 1952, (3) Answer: Ontario, (4) Answer: True, (5) Answer: Kim Campbell, (6) Answer: Three times, 1976 Summer Olympics, 1988 Winter Olympics, 2010 Winter Olympics, (7) Answer: Roberta Bondar, (8) Answer: All of them, (9) Answer: 9,984,670, (10) Answer: From sea to sea

VOLUNTEERING

Thank You to all the Volunteers and Community Partners that made the Christmas Season at Shalem a little Brighter!

Please contact:
Michelle Vanderwerff

Volunteer Coordinator
volunteering@shalem.ca
403-240-2800 Ext 4

From CCS Teacher, Miss VanderMeer

"It was absolutely amazing to see how excited and motivated the students were to help create these special care packages. Every day for a week they would come with items, money or even completed bags to school. They watched as the mountain of items kept growing and growing. In the end we put all of the gift bags into the hallway so that all of the students from the 6 classes could see the rows of gift bags with their own eyes. We could hear comments like "Wow! WE did this?" and "Come and see how many bags we have! The seniors are going to love this!"



Thank you again to all the volunteers that donated care packages to the seniors. We had enough for every senior here at Shalem and were able to take a few extra packages and donate them to seniors at the Southwood Care Centre.



Thank you to Boston Pizza, Glamorgan Bakery, and Personal Touch Fashions for donating prizes for our holiday winners!



Thank you
Adema Family
for the donation of this beautiful Christmas tree.

Additional Support Options for Shalem Residents

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

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

GAMES & FUN



- | | |
|--------------------|----------------------|
| 1. JYRUAAN _____ | 6. TNORIUOEL _____ |
| 2. ANLAREDC _____ | 7. OLCKC _____ |
| 3. BRCLEAET _____ | 8. OGALS _____ |
| 4. NOTCUDONW _____ | 9. ETFCIOTN _____ |
| 5. HDNITGIM _____ | 10. SEEINMAORK _____ |

Canadian Trivia



- 1) In 2021, how old will Canada turn on July 1st?
- 2) In what year did Queen Elizabeth start her reign over Canada?
- 3) Which province has the highest population?
- 4) True or False – Saskatchewan & Alberta were created out of land that had been a part of the Northwest Territories?
- 5) Who was the first female Prime Minister of Canada?
- 6) How many times has Canada hosted the Olympic Games?
Bonus points to name the years.
- 7) Name the first Canadian woman in space?
- 8) Which of these were invented by Canadians?
Basketball, 5-Pin Bowling, Snowblower
- 9) How many square kilometres is Canada?
- 10) What is Canada's motto?

SPECIAL EVENTS

PLEASE NOTE

Due to the COVID-19 pandemic, Shalem is continually adapting the allowance of all activities, events and gatherings as per Alberta Health Services protocol. Shalem considers the safety of our residents and staff our highest priority so please note safety precautions will be mandatory to facilitate these activities.

Please stay updated with our current COVID-19 Protocols.

THIS MONTH: Please see monthly calendar!

Due to the constant change of the COVID-19 pandemic, activities are subject to change. Thank you for your understanding in this manner.

See Bulletin Boards in each building and the Information TV for updated information.

Tuesday January 5th - Arts & Crafts Making Thank You Cards for our Volunteers

10:30am Haven 3rd Floor - For Haven Residents
10:45am Shalem Atrium - For Manor & Court Residents



Wednesday January 6th - Emmanuel Virtual Piano Recital

10:45am Shalem Café
A prerecorded concert from Emmanuel Church



Tuesday January 19th - Armchair Travel - Glenbow Museum

10:45am Shalem Café - Virtual Tours

Tuesday, January 26th - Mental Health Seminar with Liz Kahle

2:00pm - Shalem Café



*Difficult roads often
lead to beautiful
destinations.*