

MAY 2021

# Shalem Showcase



Life at Shalem



## LOOKING FORWARD TO MAY



### INSIDE THIS ISSUE:

Musings from the Executive Director  
What Happened Last Month?  
Our Community  
May Celebrations  
Health & Safety Information  
May 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
- Justice
- Compassion
- Stewardship of resources
- Community



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



Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains.

— James 5:7

# LIVING WELL TOGETHER

Musings from the Executive Director  
MAY 2021

## Make Every Effort

“Be completely humble and gentle; be patient, bearing with one another in love.  
Make every effort to keep the unity of the Spirit through the bond of peace.”  
(Ephesians 4:2-3)

Growing up as the middle of seven children I somehow became established in the role of peacemaker in my family. Perhaps it was the negotiating and navigating within the family structure. Finding my way into being with my older siblings or being with my younger siblings depending on which subset of my siblings I most wanted to belong to in the moment. Or bridging the gap in between. And I am still most content when everyone is getting along.

Sometimes not an easy feat as the stresses of life get in the way.

Of the seven of us - my siblings and I - six are girls. A few years ago, we decided to go to the mountains for a 'sister's weekend'. We settled on a weekend, booked a place, and had a great time. So great we decided to do it again the following year. Only that year, life had been challenging in different ways for several of us and as we tried to plan the weekend one misunderstanding led to another, which led to another, which led to another, which led to some terse, angry e-mail communication cancelling the whole thing.

I hated the discord among us so tried hard to still make the weekend happen. I bought the food, researched the things to do, made sure there was lots of chocolate... I even bought six matching magnets we could each have on our fridges as a reminder of how wonderful it was to have such great sisters.

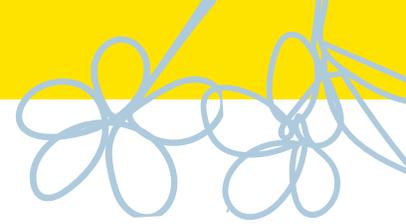
The weekend did happen to a point as everyone rallied to my efforts. But it was definitely not the time of encouragement, love, and laughter I had envisioned as the stresses and tensions in our lives followed us. I think we were all very glad when the weekend was over. I, for one, was completely exhausted after the experience. And I still have those magnets that I never shared.

I often think back to that experience and wonder where I went wrong. I so wanted it to be a time of bonding and support. In unity. In peace. If I am honest with myself, I had visions of all my sisters thanking me profusely at the end of the weekend, glad that I had persevered... Not so much...

Perhaps my own agenda crept in, my own insecurities, my own lack of understanding in what each one of us was going through, my own lack of reliance on God and his wisdom.

continued...

## Musings from the Executive Director (continued)



In this life of imperfect people and situations, profound pain and disappointments, intense fear and anxiety about the future, deep-rooted beliefs and value systems, especially now as we battle COVID-19, what does it mean to bind ourselves together with peace. To be truly at peace with one another. How do we do that well?

The words of Ephesians 4:3 are inescapable. It says, "Make every effort to keep the unity of the Spirit through the bond of peace." "Make every effort" is a compelling phrase. This phrase calls us to be eager and conscientious in everything we do. It calls us to be intentional.

Are we making every effort? Are we making every effort to live in unity and oneness with our families? With our neighbours? Within our community here at Shalem?

But even as we decide it is something we must do, we cannot live out Ephesians 4:3 apart from God's grace. Nor can we live out Ephesians 4:3 until we cultivate and live out the truth of Ephesians 4:2. Of humility. Of gentleness. Of patience. Of bearing each other in love.

The unity of the Spirit is a very difficult thing to maintain. Our own imperfections will very naturally break it. If we were all perfect, we would keep unity, and not need Paul's reminder to do so. But we can be proud. We can be envious. We can be angry. We can be disrespectful.

How can we keep on caring about a person who we think doesn't like us? Or a person who opposes our ideas of what we think is right? Or has a different level of comfort for easing COVID-19 restrictions within Shalem? How do we maintain the unity of the Spirit instead of becoming resentful or angry?

That's where we go back to verse two. Be humble. Be patient. Be gentle. So that we can patiently endure each other's differences. Only in our humility can we be keenly aware of the immensity of God's love for us and God's amazing grace for us.

I look back on the failed weekend with my sisters and don't regret I made the effort. But I'm not such a great peacemaker. I need to show more love. More grace. More humility.

Whatever community or relationship we are part of, including this community of Shalem, our mandate is clear. Make every effort...

And unity and peace is always possible, because the Spirit is always present. We might not be able to, but the Spirit within us can! To say otherwise is to say that that God cannot do what He longs to do in each one of us.

Dorothy de Vuyst  
Executive Director



# SHALEM PRAYER AND PRAISE PAGE

*Song of Solomon 2:11-12*

*For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land.*

As the signs of fresh spring appear we too may be experiencing a lift, a sense of refreshing, Perhaps even hope as we continue to endure COVID-19. Our Lord reigns and He continues to carry us through from season to season as well as through this pandemic. Let's continue to grow in hope!

We welcome Anita Saner as a new Resident to Shalem in mid May.

As life continues to bring change, Shalem Residents also experience the joys or challenges of life.

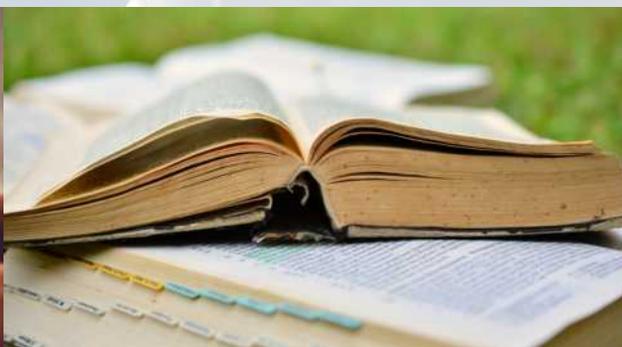
We wish the following Residents farewell: Jame Vause who is moving to a new place nearby, and Mary Lou Leitch who has left Shalem for a centre with more assistance. May you find new joys as you settle into your new homes.

Please continue to keep in prayer Betty Luchtmeyer as well as Femmy Slagter, as they are experiencing health issues. May God's love be felt by them and their families as we support them in prayer and friendship.

May the Lord continue to bless Shalem and keep our Residents and Staff safe.

*Because of the Lord's great love we are not consumed,  
for his compassions never fail.  
They are new every morning; great is your faithfulness.*

- Lamentations 3:22-23 (NIV)



# WHAT HAPPENED LAST MONTH? *Life at Shalem*

## Second Covid-19 Vaccine

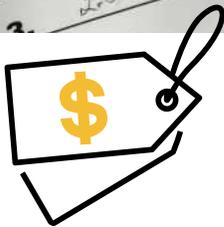


## Winners of our Spring Quiz!



# WHAT HAPPENED LAST MONTH?

## The Price is Right



## Horse Races



# WHAT HAPPENED LAST MONTH?

## Throw Back Thursday - Photo's From The Past



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## Brain Teasers



# WHAT HAPPENED LAST MONTH?

Students Volunteering to clean our spaces!



# WHAT HAPPENED LAST MONTH?

## Conversation Cafe



## A Bloomin' Good Time



# WHAT HAPPENED LAST MONTH?

## Life at Shalem



# OUR COMMUNITY

Shalem has 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](mailto:pastor@highrivercrc.ca)

*Liz Kahle, Associate Professional Counselor, MA*

Liz 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](mailto:hello@lizkahlecounseling.ca)




**Worship Service**  
**emmanuel church**

*Worship Services*  
*Every Sunday at 10:00am*

**Tune into Channel 398 on your TV for Emmanuel Church Service**

[www.emmanuelcrc.org](http://www.emmanuelcrc.org)

Poem submitted by resident: Ev Pocock  
As remembered from her childhood.



## Mother

*M* - IS FOR THE MILLION THINGS SHE GAVE ME  
*O* - MEANS THAT SHE IS GROWING OLD  
*T* - IS FOR THE TEARS SHE SHED TO SAVE ME  
*H* - IS FOR HER HEART OF PURE GOLD  
*E* - IS FOR HER EYES OF LOVE LIGHT SHINING  
*R* - MEANS RIGHT AND RIGHT SHE WILL BE

PUT THEM ALL TOGETHER THEY SPELL MOTHER,  
THE WORD THAT MEANS THE WORLD TO ME.



# RESIDENT NOTICES

## HOME MATTERS

Provided by: **DeJong's Insurance Ltd.**

*Insuring Albertans since 1962!*

### **Did You Know?**

*While living at Shalem you are required to maintain current tenant insurance which includes \$2,000,000 personal liability and contents coverage.*

*Tenant insurance is there to protect the belongings in your home and so much more.*

## TENANT INSURANCE MYTHS

There are many misconceptions when it comes to what tenant insurance is and what it covers. Some of the most common myths about tenant insurance are as follows:

### **I don't have enough stuff to get tenant insurance.**

- Things add up fast! Your electronics, appliances, clothes and even food are all large expenses that can be protected under your policy.

### **Shalem's insurance will cover the damages to my belongings.**

- Shalem's insurance policy only covers the physical building, not anything that is within your walls.

### **Personal belongings are the only things covered under tenant insurance.**

- Tenant insurance can also cover damage to someone's property within your home. And, depending on the limits of your liability coverage, it can cover some or all of the medical expenses if someone happens to get injured on your property.

### **I can't afford tenant insurance.**

- Tenant insurance can be incredibly affordable. Although pricing can always vary, some policies can cost as little as the equivalent to a couple cups of coffee at your favourite cafe.

### **Don't wait until it's too late to start thinking about tenant insurance.**

We spend a lot of time and energy filling our living spaces with items that make it feel like home—it only takes one unexpected event to have it all stripped away. Tenant insurance can give you peace of mind knowing that you and all of your belongings are covered.

# RESIDENT NOTICES



**Yes. Put these compostables into your green cart.**

Remember to include the food from meal preparation, cleaning out the fridge and plate scrapings too.



## REMINDER: ORGANICS COMPOSTING

(In compliance with Calgary Green waste disposal)

All kitchen/organic waste must be disposed of in the Green Bins located outside, near the exit of the Dining Room doors.

Organic material must not be left in garbage areas.

Kitchen Organics pails are available for purchase at Resident Manager's office, payable by CAFT. Cost is \$20.00 for pail and 1 roll of compostable bags. Additional bags available for \$5.00 per roll.



## COVID-19 INFORMATION

- **Safe Visiting:** We have received new AHS protocols which will be communicated to Residents in the first week of May.
- **Haven Front Reception/ Hallway:** A priority is to continue to limit foot traffic in the Haven. Haven Residents and all visitor/ support care will continue to use this entrance. Court and Manor Residents, please use your own building entrance for yourself as well as for deliveries when possible. Please do not use or linger in the Haven hallway or entrance unless necessary.
- **Dining Room:** The Dining Room will continue to be open for Haven Residents and those who have meal plans with assigned tables/ eating partners, or Residents may sit alone should they choose. Take-out orders will continue, available to all Residents and delivered to Resident's suites until further notice.
- **Recreational Group Activities:** Updates on permitted group activities based on new AHS protocols will be communicated to Residents in the first week of May.
- **Masks Protocol:** For all indoor activities offered, masks are mandatory. All residents are encouraged to wear masks in hallways and common spaces.

# HEALTH INFORMATION

## High Blood Pressure



### WHAT IS HIGH BLOOD PRESSURE?

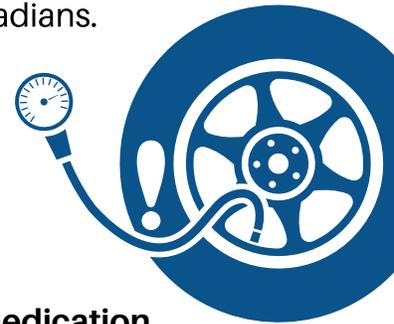
Hypertension is the medical term used to describe high blood pressure. Blood pressure is the force of the blood pumped from the heart against the blood vessels. This force makes blood flow possible, delivering nutrients and oxygen to organs and tissues throughout the body.

Hypertension occurs when there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. Anyone can develop high blood pressure, but it becomes more common as you get older. Hypertension affects 7.5 million Canadians.

High blood pressure is similar to pumping too much air into a tire or balloon.

Uncontrolled hypertension increases the risk of:

- stroke • kidney disease • heart attack • eye problems (retinopathy)
- heart failure • erectile dysfunction • dementia • diabetes



**Hypertension can be prevented and controlled with healthy lifestyle and medication.**

### Prevention tips:

- Eat a healthy diet of fruits and vegetables, whole grains and meat alternatives.
- Limit your salt intake. Adults should consume less than 2000 mg of sodium daily. Choose unprocessed foods and those with less than 5% Daily Value for sodium per serving.
- Maintain or reduce your weight to a target healthy range for you.
- Be physically active for 30 to 60 minutes most days of the week.
- Manage stress levels and improve your coping skills.

If you have any questions regarding your blood pressure, please speak with your health care professional to ensure what plan is right for you.



Do you sometimes forget when it's time to take your next medication dose? Sandstone has you covered!

MedBox by Sandstone has a prescription reminder system that is available as a FREE service to you and will make it easier to stay on track with your medication schedule.

*Your Medication Experts™*

# MAY CELEBRATIONS AT SHALEM

*Happy Birthday!*



*Wishing you all God's abundant blessings on your birthdays as well as the new year ahead of each of you.*

- May 4 Frances Parks  
Ev Pocock
- May 9 Anita Saner?????????
- May 12 Doris Reitze
- May 19 Betty Inkster  
Betty Cragg
- May 20 Jill Moroney
- May 22 Ann Vleeming
- May 27 Helene Friesen
- May 29 Sue Weiker  
Beverly Brown



Congratulations to **John and Margaret Kehler** who will be celebrating their **67th Wedding Anniversary** on Saturday May 15. May God continue to bless your marriage!

## Answers for Games & Fun, Page

Word Search - Card Games

Crossword - Mellow Yellow

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



# VOLUNTEERING

## THANK YOU

To the Residents for taking part in the first planning meeting for the Shalem Atrium. If you have suggestions for learning topics or activities you would like to see in that space, we want to hear from you! Please connect with Michelle.



## RESIDENT VOLUNTEER NEEDED...

To manage the Calgary Public Library books.

Duties include:

- Connecting with the Library to organize book drop off/pick ups.
- Forwarding resident book requests in to the Library
- Resident Volunteer should be comfortable communicating through emails

Please contact:  
**Michelle Vanderwerff**  
[volunteering@shalem.ca](mailto:volunteering@shalem.ca)  
 403-240-2800 Ext 4

## **Got recipes? WE WANT TO SEE THEM!!!**

Shalem is excited about this opportunity to collect, celebrate and share your recipes.

We have partnered with Food Photographer & Story Teller Shallon. Her project is to collect recipes, and tell the stories of the food and the people. Please consider sharing some of your recipes with us -- recipes passed down, your favorite or least favorite and the stories behind them.

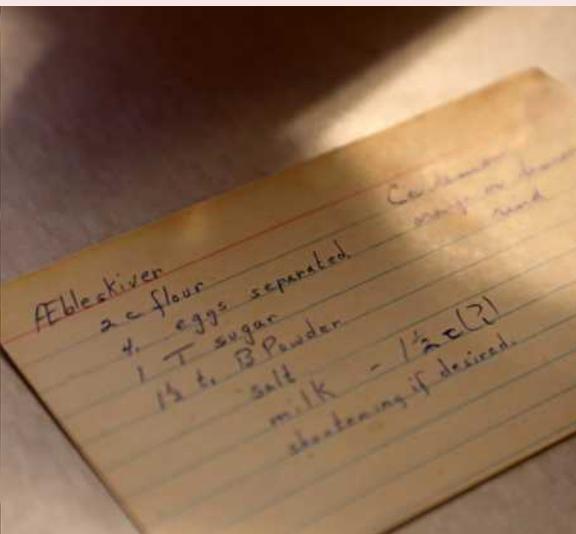
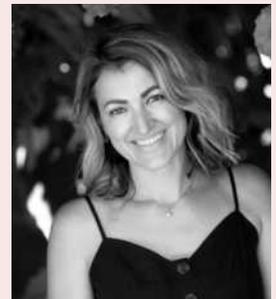
Please connect with Shallon or Michelle for more information or to share.

*Email: shallon@saltfoodphoto.com Phone: 403-998-1447*

My name is Shallon, I live in Calgary, with my family -my husband and two small children. I am a professional food photographer, I have a love of food, collecting old pictures, and listening to peoples stories. I have started a project and I need your help.

I am truly inspired by the lives of our seniors, I think and feel they have so much to share and teach. In our beautiful city, we have so many different cultures and stories to celebrate. I have started a project, celebrating culture, individuality and food. I am gathering stories, recipes, handwritten answers to questions, and pictures -all in various ways, due to the situation with Covid.

One day, I would like to take this information, and create a book, to showcase our fabulous seniors and Matriarchs. I hope that you might be interested to learn more about my project, which I call Food Found Forgotten and participate.



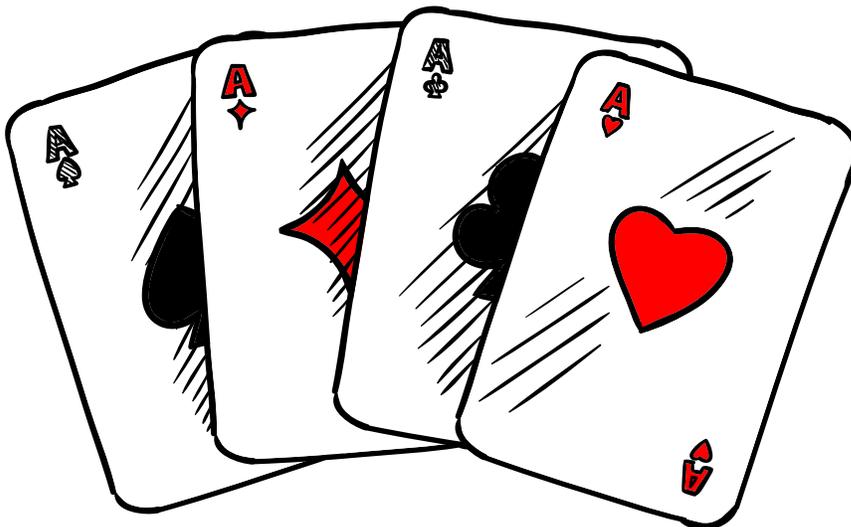
# GAMES & FUN

## CARD GAMES

### Word Search

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

BLACKJACK  
 BLITZ  
 BLUFF  
 BRIDGE  
 CANASTA  
 CRIBBAGE  
 EUCHRE  
 GIN  
 HEARTS  
 KAISER  
 NINES  
 PINOCHLE  
 PITCH  
 POKER  
 ROOK  
 RUMMY  
 SNAP  
 SOLITAIRE  
 SPADES  
 SPEED  
 SPIT  
 SPOONS  
 TRUCO  
 UNO  
 WAR  
 WHIST  
 WIZARD



# GAMES & FUN

## MELLOW YELLOW

### Crossword

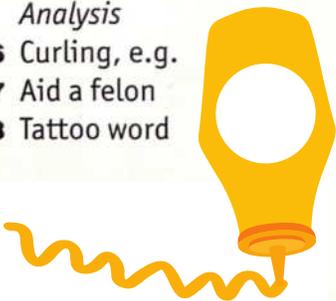
**ACROSS**

- 1 Duck dog
- 4 Delany of *Pasadena*
- 8 Jewish grandma
- 13 Prefix for biology
- 14 Mosconi shot
- 15 Baseball great Buck
- 16 Yellow Manhattan vehicles
- 19 Microsoft cofounder Paul
- 20 Factotum
- 21 Job at a gas station
- 22 Communicate manually
- 24 Estimator's phrase
- 26 Yellow condiment
- 32 Mercury or Saturn
- 33 Oise water
- 34 Steinbeck migrants
- 36 Letters after Sen. Shaheen's name
- 37 Camera accessory
- 40 Average grade
- 41 Decalogue mount
- 43 1969 Peace Nobelist: Abbrev.
- 44 Gumbo pod
- 45 Yellow birds
- 49 Of flying craft
- 50 Let off steam
- 51 Nas hit
- 54 Prefix for dextrous
- 56 W African country
- 60 Floral yellow
- 63 Overthrow, e.g.
- 64 Nick in *The Good Thief* star
- 65 Thurman in *Final Analysis*
- 66 Curling, e.g.
- 67 Aid a felon
- 68 Tattoo word

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				
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				49					50					
51	52	53			54		55			56		57	58	59
60					61					62				
63						64						65		
66							67						68	

**DOWN**

- 1 Olin in *The Reader*
- 2 Boitano jump
- 3 Hollowware item
- 4 \_\_\_ es Salaam
- 5 Little Rock resident
- 6 Reply to the Little Red Hen
- 7 Spongy tinder
- 8 "Sk8er \_\_\_": Avril Lavigne
- 9 Take the wraps off
- 10 Boyfriend
- 11 Light green lettuce
- 12 Besides
- 14 Like a dunce cap
- 17 Kind of question
- 18 Gen-\_\_\_ (boomers' kids)
- 23 Indian butter
- 25 "Whoa!"
- 26 They come and go
- 27 Like Viking letters
- 28 Prefix for centric
- 29 Ragtime, e.g.
- 30 *Gigli* heroine
- 31 "John \_\_\_ Tractor": Judds
- 35 Third Day creation
- 37 Fruit of the Keys
- 38 Collarbone
- 39 Top-notch
- 42 \_\_\_ *All Seasons* (1966)
- 44 Prefix for pedic
- 46 Toward the mouth
- 47 Latin names
- 48 Go after trout
- 51 Caesar's bad day
- 52 Nag
- 53 Beehive's kin
- 55 Spout like a whale
- 57 Calla lily
- 58 Disney clownfish
- 59 Aussie golfer Scott
- 61 Kitchen scrap
- 62 "Master Melvin" of baseball



# SPECIAL EVENTS

# PLEASE NOTE

## THIS MONTH: Please see monthly calendar for all activities!

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 and the Information TV for most up-to-date information.

DATE	TIME/ LOCATION	ACTIVITY
Friday, May 7	Café & Patio Spaces 10:30 - Haven 11:30 - ALL Residents	Mother's Day Tea Celebrate Mother's with Tea & Treats
Tuesday, May 11	Bus Trip 2:00PM - 4:00PM Sign Up Required	Countryside Drive & Afternoon Snack Limited Seats Available
Thursday, May 13	Haven 3rd Floor 2:00PM	Throwback Thursday Remembering Our Mothers
Tuesday, May 18	Shalem Café 2:00PM	Conversation Café Talking about topics that interest you.
Friday, May 21	Walk to Gazebo 2:00PM	Goodies in the Gazebo Walk over to the Emmanuel Gazebo
Tuesday, May 25	Shalem Café 2:00PM	Mental Health Seminar - Liz Kahle Coping with Loneliness
Thursday, May 27	Shalem Atrium 10:00AM-2:00PM	Clothing Sale Personal Touch Fashions
Saturday, May 29	Shalem Café 6:30PM	Virtual Music in the Café With Vera & Friends