

Shalem Newsletter



COMMUNITY CONNECTION

FEBRUARY 2025

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Executive Director

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"A new command I give you: Love one another.
As I have loved you, so you must love one
another. By this everyone will know that you
are my disciples, if you love one another."

John 13:34-35

When we do all things with love, we infuse even
the smallest actions with meaning and purpose.
Love transforms ordinary tasks into opportunities
to connect, uplift, and inspire. It softens
challenges, strengthens relationships, and
creates a ripple effect of kindness that touches
those around us. By leading with love, we trust
that our actions serve a greater good, allowing
His light to shine through us into the world.

Ways to Show God's Love

1. By Listening
2. With Your Generosity
3. By Being Encouraging
4. With Acts of Kindness
5. By Praying for Others





PRAYER AND PRAISE

WELCOME AND GOODBYE...

This month, we are pleased to welcome Sharon Evens, who will be moving into the Haven. We wish her all the best as she settles into her new home.

At the same time, we extend our best wishes to Pam Bil, who will be moving to a new home in the north part of the city. We also say goodbye to Sandra Robertson, who is currently in the hospital and will be moving into Palliative care. Our thoughts and prayers are with Sandra and her family during this difficult time. Her presence will be missed at Shalem.

PRAY FOR...

Challenges can arise for all of us, especially for those facing loneliness or health struggles. As we journey through the winter months, may the care and connection of community bring strength and moments of joy. You are all in our prayers, and we trust that you will feel His comforting presence and peace guiding you each day.

We think specifically of those in hospital:

Isobel Mackay
Ina De Bree
Victor Sinclair
Lucie Hoefman

MONTHLY VERSE(S)

Dear friends, let us love one another, for love comes from God.
Everyone who loves has been born of God and knows God.
Whoever does not love does not know God, because God is love.

1 John 4:7-8

PRAYER

Dear Lord,
We thank You for the
gift of community and
the love that binds us
together. May we
support and uplift one
another, reflecting
Your grace in our
words and actions. Fill
our hearts with
compassion and let
Your presence guide
us as we walk
alongside each other.
Amen.



LIVING WELL TOGETHER

Musings from the Executive Director

Run with Perseverance

On January 29, with the first new moon of the lunar calendar, Shalem residents and guests celebrated Chinese New Year. The authentic, delicious Chinese cuisine and the traditional music played beautifully on two guzhengs, 21-stringed zithers, made the evening fun and festive.

This year is the year of the snake, most commonly associated with intelligence, resilience, and love. In western cultures snakes are not well appreciated, but for those in eastern cultures, the snake is a celebrated and revered sign. The year of the snake is expected to be one of positive transformation and personal growth as people 'slither' into new beginnings – if they are willing to move on. It's a year of shedding the ego, letting go of the past, letting go of anger, and letting go of love lost.

The positive qualities attached to the snake are anchored in a folklore tale:

The snake was once a four-legged, happy creature who became angry after other animals isolated him because of his appearance. Blaming the emperor for creating him that way, the snake's anger morphed into growing fangs, prompting him to snap and hiss at the other creatures.

Word reached the emperor who punished him by taking away his legs. However, the emperor promised if the snake won a race against the other animals, which would eventually dictate the order of the zodiac, the snake could get his legs back. The snake didn't win, but he did place sixth. The emperor was so impressed with his perseverance and dedication he made the snake one of the 12 animals of the zodiac.

(cont'd on page 4)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.

HEBREWS 12:1





LIVING WELL TOGETHER

Musings from the Executive Director

Run with Perseverance (continued)

Through the race, the snake also learned how to control his anger. But because that anger was a part of him for so long, he often wanted to go out and harm and bite. When that happened, he would stay isolated until he grew out of his old skin to let go of that past.

As I learned a bit about the year of the snake, I was reminded of how similar we can be to the snake. Sometimes the hurts, regrets, and disappointments we've experienced fill us with anger and so 'easily entangles' us. It can be easy to do. It can be easy to metaphorically 'grow fangs'.

But we have a God that has the strength, love, and desire to help us throw off everything that hinders us, to let go of the burdens of the past, to move us forward with a heart full of hope and a mind focused on all that there is to be grateful for in the present moment. To journey with us as we run with perseverance the race marked out for us!

No matter what challenges you may be facing, no matter how long you have yet to live, may you continue to persevere to experience the life God intended you to live.

Dorothy de Vuyst
Executive Director



OUR COMMUNITY

January Birthday & Anniversary Celebrations



**Romeo always has everyone
moving to the music!**

RESIDENT NOTICES

Accessible Parking Spaces in Parkade

We understand that many residents need wider parking spaces for easier access. Our parkade currently has limited accessible spots, so we are adjusting to increase the number to 14. By converting some three-car spaces into two wider spaces near the Haven and Court entrances, we can provide more accessibility while maintaining parking for all residents.

To implement this, parking spaces may no longer align with storage lockers, and some residents will be reassigned. The new spaces will be approximately 12 feet wide and reserved for residents with a City of Calgary handicap parking permit.

Lines will be repainted on February 12, and affected residents will soon receive a letter with their new parking details. During this time, you will be required to park outside for the day.

Mice!

With the colder weather some mice have taken up residence in several Manor suites. We are working with pest control to get rid of them but there are a few things you can do to help:

- Avoid leaving bird feed or bread on balconies/patios, as it attracts mice.
- Keep cabinets and areas behind appliances clean and free of food crumbs.
- Put out scents that naturally repel mice away.

Peppermint Oil: Soak cotton balls and place them in problem areas. The strong scent overwhelms their sensitive noses.

Cayenne Pepper: Sprinkle near entry points. The spicy pepper makes it hard for mice to breathe.

Vinegar: Wipe down surfaces to disrupt scent trails.

Cinnamon: Place sticks or powder in your suite making it hard for mice to navigate through your home.

Dryer Sheets: Place near cracks or holes to deter mice.

Tax Clinic

As in past years, John Spronk, Society Board Treasurer, will offer a tax clinic to assist residents needing support with their taxes. Stay tuned for notices and a sign-up later this month with more details.





Music with the Wildrose Duo



February is Age-Related Macular Degeneration (AMD) Awareness Month!

Source: www.fightingblindness.ca

Did you know that AMD is the leading cause of vision loss in people over the age of 55 and affects over 2.5 million Canadians?

In AMD, central vision is affected, making it harder to do activities like reading, driving, and distinguishing faces. There are two kinds of AMD: dry AMD and wet AMD. Geographic atrophy is an advanced form of dry AMD.

Healthy eye: The macula is a small section of the retina located at the back of the eye. The macula contains a high concentration of photoreceptor cells and is responsible for central and detailed vision.

Eye with Dry AMD: As you age, your macula gets thinner. Sometimes fat deposits, called drusen, build up and can damage the macula, causing vision loss.

Eye with Wet AMD: As the macula thins, blood vessels under the macula may start to swell and grow more than normal. They can break and leak blood into the eye causing vision loss.

There are usually no symptoms in early dry AMD, making regular eye tests essential. An ophthalmologist or optometrist will check for a yellowish deposit called drusen, indicating early macular deterioration.

In intermediate dry AMD, you may notice slight central vision blurring. You can detect changes at home using an Amsler grid, which, along with other tests, may be used during an eye exam.

The wet form of AMD is less common but more severe. About one in ten people with dry AMD develop wet AMD, where abnormal blood vessels grow under the thinning macula. If untreated, they can leak blood and fluid. Symptoms include vision distortion, central blurring, dark spots, trouble seeing in low light, and sensitivity to bright light. Regular eye tests help monitor eye health and detect symptoms early.

Various treatments can slow AMD's progression. See an optometrist if you have concerns.

GOOD SLEEP HYGIENE FOR SENIORS

Unlocking the Secrets to Restful Nights

Provided by our health partner Longevity Care



LONGEVITY CARE
WITH YOU NOW & EVERYDAY

As we age, getting a good night's sleep can sometimes feel like a challenge. Changes in sleep patterns, health conditions, and lifestyle adjustments often affect how well seniors rest. However, developing good sleep hygiene and habits that support consistent, high-quality sleep can make a world of difference. Let's explore practical tips to help seniors enjoy restful nights and wake up feeling refreshed.

Stick to a Sleep Schedule. Maintain a consistent bedtime and wake-up time, even on weekends. A regular sleep routine reinforces your body's internal clock and helps regulate your sleep cycle.

Create a Relaxing Bedtime Routine. Wind down before bed with calming activities, such as reading, listening to soft music, or practicing gentle stretches. Avoid stimulating activities like watching TV or using electronic devices that emit blue light, which can disrupt your ability to fall asleep.

Optimize Your Sleep Environment. Your bedroom should be a sleep sanctuary. Keep it cool, dark, and quiet. Consider using blackout curtains, white noise machine, or fan to create a comfortable atmosphere.

Watch What You Eat and Drink. Avoid large meals, caffeine, and alcohol close to bedtime. Caffeine can stay in your system for hours, and alcohol, though initially sedating, can interfere with restful sleep.

Stay Physically Active. Engage in regular physical activity, such as walking, yoga, or swimming. Exercise promotes better sleep but avoid vigorous activity within a few hours of bedtime.

Limit Naps. While a short nap can be refreshing, long or late-afternoon naps can interfere with nighttime sleep. If you nap, aim for 20-30 minutes earlier in the day.

Manage Stress and Anxiety. Practice relaxation techniques like deep breathing, meditation, or journaling before bed. Stress and worry can significantly impact your ability to fall and stay asleep.

Seek Professional Help When Needed. If sleep problems persist, consider speaking with a sleep specialist. Sleep apnea or insomnia conditions are treatable, professional guidance can mean better rest.

Good sleep is essential to overall health, especially for seniors. It boosts memory, mood, and immune function while reducing the risk of chronic conditions. By adopting these sleep hygiene habits, you can create a restful environment that supports restorative sleep and enhances your quality of life.

Health Clinic Contact Information

Nurse Izel: Monday - Thursday 8:30am- 4:30pm. **403-629-6762**

Outside of these business hours please call reception for assistance or to book with Izel.

If you have an immediate health concern, use your SARA Pendant or **dial 911 in an emergency.**



Happy Hour Highlights





Move of the Month

Marching in Place



Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter.

Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg.

Lift and lower your legs 20 times. Increase as you feel more comfortable.



Theresa de Walle

Fitness Instructor

Indoor Walking Tips for Seniors

Staying active during the winter months is essential, and walking indoors is a great way to maintain your health and mobility. At Shalem, the hallways provide a safe and convenient space to get your daily movement in, regardless of the weather outside. Aim for a steady pace and wear supportive footwear to ensure comfort and stability. Use the walls or railings for balance if needed, and consider inviting a neighbor to make it a social activity.

Walking daily not only improves circulation and strength but also boosts mood and mental clarity, helping you feel your best all winter long! Indoor walking is also a great way to improve joint flexibility and maintain independence. By incorporating small walking routines into your day, you can enjoy the physical and mental benefits of movement while staying safe and warm indoors.

The shortest days are behind us and soon we welcome warmer weather to get outside and enjoy walking without the risk of ice. Until then, make use of our connected buildings and hallways!

NEW CLASS – CHAIR CARDIO

A new Chair Cardio class has been added to the calendar! This fun, heart-pumping fitness class features online instructor Paul Eugene—and led by Anne-Marie. A great way to stay active and energized!

OUR COMMUNITY

Walker Decorating With Love



Chinese New Year - Year of the Snake



Falling in Love with God on Valentine's Day

During the children's moment at church on Sunday we talked about Valentine's Day and how this day gives us an opportunity to tell the ones we love how much we do love them. I took the kids over to the painting in front of the church and we looked at Jesus praying.

Who is He talking with? Who is Jesus listening to? Do you think they are telling each other about their love for one another?

A few years ago, I read a reflection where the writer wrote how much she loved God and was falling in love with God more and more. It was at that point, I realized, though I felt I had a good relationship with God, I was NOT madly in love with Him.

God and I had an honest conversation about the distance of my heart from His. I asked Him to help me fall in love with Him. God answered that prayer and now I find myself over and over again amazed at His love, head over heels in love with the Creator and wanting to spend time with Him.

"Let your religion be less of a theory and more of a love affair."

G.K. Chesterton

Valentine's Day is the day to express our love for "someone special." Yes our family and friends and even acts of kindness to strangers fulfill our desire to spread love, but don't forget that "SomeOne Special" who created us, loved us first, and waits for us in love. God loves you!

Falling in love with God and/or deepening that love begins by asking Him. God wants a relationship with us and longs to be with us too. How do I strengthen my love for Him?

- I talk with God and spend time with Him.
- I think about all His amazing gifts, creations, and blessings.
- I remember all that God has done for me.
- I read His story and learn from His wisdom.
- I tell Him I love Him. I write it in my journal. I close my prayers by telling Him how much I love Him.
- I spend time in His presence and seep in His love for me.
- I choose to act in His love by obeying Him, serving others, trying to see Him in others.

The more I beheld the wonder, depth, and endless love of God the more my heart turned to him. This month, with the celebration of Valentines day, is the perfect time to fall in love with God again.



OUR COMMUNITY

A Stroll Through Gasoline Alley at Heritage Park



Weekly Chapel & Worship



CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

February 2	Judy Kehler
February 3	Sherry De Roos
February 4	Hammy DeJong
February 6	Joanne Vankeimpema
February 10	Elaine Emerson
February 11	Betty Hunte
February 12	Bea Gammie
February 13	Jerry Weidman
February 15	Adrien Banner
February 15	Lillian Johnston
February 15	Mary Tipping
February 16	Gerda Weening
February 19	Margaret Vander Wekken
February 20	Ozzie Finzel
February 21	Ann Spitteler
February 25	Sylvia Marshall
February 27	Anna Christensen

BIRTHDAY PARTY

Tuesday

February 11

2:00PM

Dining Room

Entertainment

MILESTONE BIRTHDAYS

We are celebrating two milestone birthdays this month! Elaine turns 85 and Lilian turns 80! Congratulations to you both.

RESPIRATORY SYNCYTIAL VIRUS CLINIC (RSV)

Tuesday, February 4

**9:30AM-11:45AM (By Building)
SHALEM ATRIUM**

Haven 9:30am-10:15am

Court 10:15am-11:00am

Manor 11:00am-11:45am

RSV immunization is recommended for adults:

- 75 years of age and older, particularly for those who are at increased risk of severe RSV disease
- 60 years of age and older who are residents of nursing homes and other chronic care facilities.

Immunization of older adults can reduce medically attended RSV respiratory tract infections and hospitalizations due to RSV.



MEMORY LANE

HOW CALGARY GOT ITS NAME

*Sources: City of Calgary, CBC
and Muralact*

Our city had many names before becoming what it is known as today—Calgary. Many Indigenous names for Calgary refer to the point where the Elbow River abruptly turns north into the Bow River, creating an "elbow-like" curve. For these Indigenous peoples, the city was named after their word for "elbow": **Moh-kíns-tsis** (Blackfoot), **Wincheesh-pah** (Stoney), **Otos-kwunee** (Cree), and **Kootsisáw** (Tsuut'ina). The Slavey name for Calgary, **Klincho-tinay-indihay**, describes the area differently, meaning "horse town."

In 1875, shortly after the North-West Mounted Police arrived in Alberta, they built a fort near the meeting of the Bow and Elbow Rivers. The officer in charge, Insp. Ephrem Brisebois, initially named the post **Fort Brisebois** after himself.

A year later, the name was changed to Fort Calgary at the suggestion of Lt.-Col. James Macleod of the North-West Mounted Police. He named it after Calgary Castle, located on the picturesque Scottish Isle of Mull, which he had recently visited and is believed to have admired. The historic Calgary Castle, built in the mid-1700s, sits on 27.9 acres overlooking the ocean with a beautiful sandy beach.

Calgary dropped "Fort" from its name when it was incorporated as a city in 1884.



This mural, "A View of Calgary Bay, Scotland," is part of a historical display in the foyer of Calgary City Hall. The Devonian Foundation sponsored this legacy project, and resident Sandy worked for the foundation, which provided funding for many public projects. Painted by Calgarian artist Stan Phelps, the mural measures 8 ft by 22 ft, making a striking impression on visitors. Next time you're downtown, take a moment to stop and view this piece of Calgary's history.



Ebonies Hats - Spreading Joy



PET POLICY AND CONSIDERATION FOR ALL RESIDENTS

At Shalem, we value the companionship pets provide to residents while also considering the well-being of those with allergies or sensitivities. To maintain a respectful and harmonious community, we remind all residents and guests of our pet policy:

- Dogs and cats must be on a leash in hallways and public spaces.
- Pets are allowed in most public areas, residents' suites, and outside.
- Pets are not permitted in activity areas (e.g., H3, Games Room, Atrium) without management approval.
- Pets are not allowed in dining areas (Dining Room, H2, Café).
- A designated pet relief area is on the south side of the Manor; please dispose of waste properly.
- Visitors may bring pets if they are leashed, well-behaved, and cleaned up after.

Additional Guidelines for Cat Owners

To support residents with cat allergies, we ask cat owners to:

- Keep cats leashed if outside their suite and carry them through common areas when possible.
- Prevent cats from sneaking out unattended.
- Reduce the spread of cat hair into hallways by keeping door cracks clear and cleaning tracked hair.
- Maintain a clean litter box for a hygienic environment.

Following these policies ensures a comfortable and inclusive community for all. If you have questions, please contact Management. Thank you for your cooperation!



BLACK HISTORY MONTH

Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations.

The month of February gives us all the chance to celebrate the diversity and achievements of Black people in Canada. However, it is also a time to reflect on Canada’s painful history and the distinct challenges that Black people in Canada continue to face in their daily lives, such as systemic barriers, racism and discrimination. Here we would like to recognize a woman from Calgary that became a role model for many to follow.

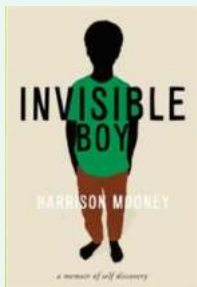
Violet King (1929-1982) *Source: ucalgary.ca*

Born in Calgary to descendants of the Black pioneers of Alberta, Violet King was a woman of many “firsts.” She grew up in Sunnyside, attended Crescent Heights High School and, in Grade 12, she became the president of her high school’s girls’ club. In Law School, she was the only woman in her graduating class, and the first Black person to graduate with a law degree in Alberta (UofA 1953). After articling with the Calgary law firm of Edward J. McCormick, Q.C., in 1954 King became the first Black person admitted to the Alberta Bar and the first Black woman lawyer in Canada.

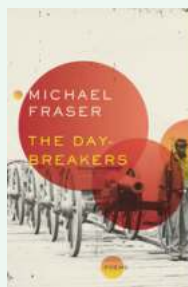


During a November 1955 speech, King noted, “It is too bad that a Japanese, Chinese, or coloured girl has to outshine others to secure a position.” King practiced as a lawyer for several years before leaving Calgary to work at the Department of Citizenship and Immigration in Ottawa. King later migrated to the United States to work at the YMCA. In 1976 when she was promoted to Executive Director of the YMCA’s National Council, she became the first woman to hold a national executive position with that organization. She was only 52 years old when she died of cancer in New York on March 30, 1982.

BOOK RECOMMENDATIONS BY BLACK CANADIAN AUTHORS



Invisible Boy
by Harrison Mooney



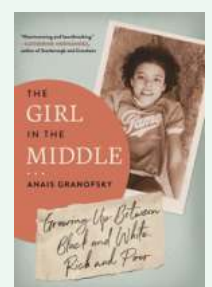
The Day-Breakers
by Michael Fraser



Finding Edward
by Sheila Murray



Shame on Me
by Tessa McWatt



The Girl in the Middle
by Anais Granofsky

UPCOMING EVENTS

SATURDAY FEBRUARY 1

Shalem Atrium
10:30AM

TUESDAY FEBRUARY 4

Shalem Atrium
STARTING AT 9:30AM

THURSDAY FEBRUARY 6

Meet at Reception
9:30AM

SUNDAY FEBRUARY 9

Shalem Atrium
4:30PM

MONDAYS FEBRUARY 10 & 24

3rd Floor Haven Activity Room
2:00PM

TUESDAYS FEBRUARY 11 & 25

Dining Room
10:00AM

Books & Brew

Grab a coffee and listen to a short story with volunteer Cheri. A great way to spend a Saturday morning.

RSV Vaccine Clinic

Haven 9:30am-10:15am
Court 10:15am-11:00am
Manor 11:00am-11:45am

Bus Trip: Humane Society

Enjoy a guided tour, meet an animal, and help create Bunny Bags for our furry friends. Return to Shalem for *Dogs & Delights*—a hot dog lunch inspired by four-legged friends!

Lunch Options (pre-order required):

The Golden Retriever – Classic hot dog with mustard, ketchup, and relish.

The Husky Howler – Crispy onions, BBQ sauce, cheddar cheese, and bacon.

The Chihuahua – Jalapeños, salsa, nacho cheese, and crushed tortilla chips

Super Bowl Watch Party at Shalem!

Watch Super Bowl LIX on the big screen! Kansas City Chiefs vs. Philadelphia Eagles—bring your favorite snacks and drinks to share, and enjoy the game.

Art with Geri Karsten - NEW ART CLASS

Led by local Calgary artist! Whether you're picking up a brush for the first time or have some experience, there's a class for you! First two classes are FREE, then just \$5 per class—an affordable way to explore your creativity!

Level 1 – Perfect if new to painting, a step by step guide.

Level 2 – For those who have put brush to canvas before and want to refine their skills.

ESL & Seniors Chat and Connect

Connect with English as a Second Language learners eager to practice English. Friendly conversations, and your wisdom and life experiences make you the perfect conversation partners. Enjoy a warm cup of coffee, build friendships — your presence matters!

UPCOMING EVENTS

WEDNESDAY FEBRUARY 12

Shalem Atrium
10:30AM

THURSDAY FEBRUARY 13

Shalem Atrium
10:30M

Dining Room
5:00PM

TUESDAY FEBRUARY 18

9:30AM - Meet at Reception

TUESDAY FEBRUARY 25

Shalem Atrium
2:00PM

WEDNESDAY FEBRUARY 26

7:00PM - Shalem Atrium

THURSDAY FEBRUARY 27

10:30 AM - Manor Social Room

FRIDAY FEBRUARY 28

Meet at Reception
12:15PM

Workshop: Heart & Ethical Wills Eden Brook Funeral Home & Cemetery

Join us for a special workshop on creating a Heart & Ethical Will—a personal document that shares your values, life lessons, and hopes for the future. Unlike a legal will, this is your chance to leave behind wisdom, guidance, and love for future generations. Lead by Eden Brook Memorial Gardens.

Pic-TUNE-ary: Guess the Love Song

A fun filled activity where name that tune meets Pictionary. Music laughs and prizes to be won.

Hearts and Roses - Dinner & Dance

A delicious dinner and music to enjoy for the Hearts & Roses dinner and dance. RSVP required.

BUS TRIP: Shopping at North Hill Centre

Perfect time to pick up all the essentials, grab a coffee and walk the mall to avoid the chilly weather.

CBC Documentary: We are the Roots

As part of our education for Black Heritage month we will view the movie: *We are the Roots: Black Settlers and Their Experiences of Discrimination on the Canadian Prairies*. Join us for this award winning film and stay for a chat afterwards.

Vintage Spirits

Join Sandy & Dorothy for the first of many Vintage Spirits evenings—featuring mystery drinks, great company, and plenty of laughs! Come and enjoy Sandy's selection of spirits.

Sugar & Stories: A Sweet New Activity!

We'll make delicious no-bake treats and enjoy them while sharing stories about food, family, and kitchen memories.

BUS TRIP: Lougheed House

Step back in time with a private tour of one of Calgary's most treasured historic sites. This beautifully restored sandstone mansion holds stories of the past, offering a glimpse into women's history, Métis culture, and historical architecture.