

Shalem Newsletter



# COMMUNITY CONNECTION

AUGUST 2025

## In This Issue

Musings from the  
Executive Director

Shalem Prayer  
& Praise

August Celebrations

Resident Notices

Monthly Events  
at Shalem

You, Lord, reign forever;  
your throne endures from  
generation to generation.

*Lamentations 5:19*

As August arrives and we begin to feel the slow shift toward a new season, it's a good time to pause and reflect on what remains steady in our lives. While routines change and time moves quickly, we can take comfort in the reminder that there is a constant foundation beneath it all. A lasting presence and stability that carries us through every stage of life—something especially meaningful as we grow older and appreciate the beauty of each passing season.

## Did you know?

Canada is the sixth-largest wheat producer in the world, with nearly 62,000 grain and oilseed farms across the country. Our diverse growing conditions are ideal for producing many types of wheat but we are the leading exporter of Canada Western Amber Durum (CWAD), grown only in southern Alberta and Saskatchewan.





# PRAYER AND PRAISE

## WELCOME AND GOODBYE...

As we mentioned last month, we welcome Doris Lucas to the Haven this month, make sure to say hello.

We also welcome John and Joanne Vanderveen to the Court. , They will be moving in once their suite is ready, most likely for September 1st.

## PRAY FOR...

Let's take a moment to hold in prayer those in our community who may be facing challenges—whether it's illness, loss, loneliness, or simply feeling weighed down. May they feel surrounded by care, supported by our prayers, and strengthened by the quiet presence of God. Together, we walk through every season with compassion and hope.

For those in hospital, we send our love and prayers for strength and speedy return home.

Please pray for:  
Doris Haynes  
Lucie Hoefmann  
Bruno Kurz  
Gladys Weidman  
Norm Ross  
Lois Kaake

## PRAYER

Dear God, thank You  
for the many  
blessings You give us,  
even in times of  
struggle, poor health,  
or challenges while  
aging. Help us to see  
Your goodness each  
day and find strength  
in Your presence.  
Remind us that we  
are never alone and  
always loved.  
Amen

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## MONTHLY VERSE(S)

" In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will"

- *Ephesians 1:11*



# LIVING WELL TOGETHER

Musings from the Executive Director

## A Sacred Unfolding

At Shalem, the heart of our mission lies not just in supporting residents with your physical needs, but in truly understanding what is most meaningful to you—right now, in this season of life. For older adults, meaning often becomes more distilled with time. It may shift from your past roles and accomplishments to something more intimate: connection, peace, legacy, and faith.

If we would take the time to ask, “What matters most to you today?” each answer may be unique. For one resident, it may be time spent in prayer or a walk outdoors. For another, it may be hearing from a distant family member, revisiting a beloved hobby, or simply being acknowledged and seen.

Yet what is meaningful can—and often does—change over time. Loss, illness, healing, reconciliation, or spiritual growth can all reshape a person’s sense of purpose. As what is meaningful to you changes, we want to walk alongside you, not as providers of housing or care alone, but as companions in your evolving journey toward wholeness (the meaning of Shalem!).

That is what living in community is. It’s cultivating spaces for joy, purpose, connection, and reflection. It’s recognizing that your life is more than your age, diagnosis, or history. It’s honoring your story, your present, and your hope for the future. It’s seeing you as whole—body, mind, and spirit. It’s being attentive not only to your physical health but to your emotional and spiritual well-being.

Faith plays a central role in this vision. Many of our residents carry a lifelong relationship with God—a relationship that brings comfort, strength, and meaning, especially in times of vulnerability or transition. The truth in 2 Corinthians 4:16 reminds us that while the body may age, the spirit can continue to grow, flourish, and deepen in faith.

*(cont’d on page 4)*

**“Though  
outwardly we  
are wasting  
away, yet  
inwardly we are  
being renewed  
day by day.”**

2 CORINTHIANS  
4:16





# LIVING WELL TOGETHER

Musings from the Executive Director

## **A Sacred Unfolding** (continued)

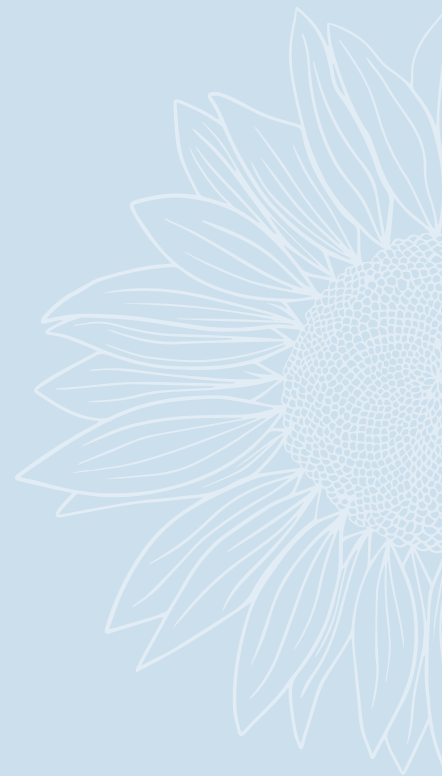
What makes this renewal possible is the sustaining power of God's grace. Even amid physical decline, loss, or uncertainty, God's grace holds us together. It strengthens what feels weak and revives what feels lost. His presence renews our hope day by day, reminding us that we are never alone in our journey.

Care is not a one-way street. Over a shared cup of coffee, telling of a heartfelt story, or dancing to the beautiful music of fiddlers, it is a gentle reminder that we are not alone. You each reveal the beauty of vulnerability, the strength of faith, and the quiet courage it takes to embrace each day with grace.

In the end, creating a community means more than meeting needs—it means walking together in trust. It means allowing space for laughter and tears, for questions and prayers, for silence and song. It means building a place where God's love is not just spoken of but woven into the fabric of our community.

This is the heart of Shalem: a place where aging is not a decline, but a sacred unfolding. A place where each person's story matters. A place where, through God's sustaining grace, we all become more whole—together.

Dorothy de Vuyst  
Executive Director





# OUR COMMUNITY

## July Birthday & Anniversary Celebrations



# RESIDENT NOTICES

## **Advance Care Planning Session - Save the Date**

Would your loved ones know your wishes if you couldn't speak for yourself? Join us for a conversation on Advance Care Planning, Personal Directives, Goals of Care, and Green Sleeves. Presented by Corinne Spronken, Education Consultant, AHS Advance Care Planning Team.

**Thursday, Sept. 11 | 6:30 PM | Dining Room**

## **Heading Out? Please Inform Us**

If you'll be away (e.g., on vacation or in the hospital), please inform reception of your departure and return dates. This helps emergency responders avoid searching for residents who are away or missing those who have returned.

## **Excessive Heat Response Plan**

During periods of excessive heat (29°C high and 14°C+ low for 2+ days), we work to keep everyone comfortable by:

- Adding extra hydration stations in common areas
- Opening the Haven 3rd-floor activity room as an air-conditioned cooling space
- Posting reminders and updates on boards

Please stay hydrated, take breaks in cool areas, and let staff know if you need assistance.

## **Let's Talk Care & Connection with Josephine**

Join our monthly conversation with real-life stories and simple tools for compassionate connection. Family is welcome to join!

**Saturday, August 23 at 10:00am.**

## **Hymn Sing**

The resident-led hymn sing is off for the summer, it will reconvene in September.

## **Outdoor BBQ & Music**

Save the date for our August BBQ & Music event with delicious food and the music of Walkin On Sunshine. Family and friends are welcome. **Wednesday, August 13 at 5:00pm.**





# OUR COMMUNITY

## Retro Dinner & Dance



## Bible Trivia



## Karaoke



## Music with Heather





# HEALTH

## Our Bodies Are Meant to Move—At Every Age

If we were designed to sit still, our strongest muscles wouldn't be below our waist. From the moment we take our first steps as babies, movement becomes a key part of what it means to be human. Walking, standing, stretching—these are not just actions, they are essential ingredients in a long and healthy life.

And yet, many of us spend the majority of our day sitting—at a desk, in the car, or on the couch. It's no surprise that 50 to 70% of people do no intentional movement each day. Over time, this sedentary lifestyle takes a toll. Our muscles weaken, our bones lose strength, and our organs function less efficiently. Simply put: we age faster when we stop moving.

But there's good news—it's never too late to start. Whether you're 70 or 97, small steps can still lead to big changes. Even if movement means walking circles around your kitchen or standing up from a chair a few extra times, your body responds. Why? Because it was designed to move, to grow, and to heal at any age.

Research shows that physical activity helps treat and prevent the 33 chronic diseases most associated with aging—like heart disease, stroke, diabetes, and dementia. A medication may help one condition. But movement is the medicine that helps them all.

Improving our health span—the number of years we feel strong, active, and joyful—starts with believing we're worth the effort. Every stretch, every walk, every step is a daily investment in our own vitality. So no matter your age or ability, don't underestimate the power of movement. Your body was made for it.

## HEALTH CLINIC INFORMATION & HOURS

### Dr. Tolu Solola

Dr. Tolu will have clinic hours on Thursdays each month and dates will be posted. Walk-ins are welcome, but please note you may need to wait if she has a scheduled appointment. **Appointments can be booked through the LPN's at the Health Clinic.**

**THURSDAY  
AUGUST 28  
9:00AM - 1:00PM**

### Licensed Practical Nurse (LPN)

Kim and Shelly, both LPNs, will be sharing the role at Shalem. For assistance, visit the Health Clinic or use the phone or email to the right. Please continue to use the SARA system for immediate assistance, and **call 911 in a medical emergency.**

**MONDAY - SATURDAY  
8:00AM-1:00PM  
403.629.6762  
nurse@shalem.ca**

### Josephine Tite, *Manager of Care & Culture*

Offering psychosocial support for memory care, dementia, and life transitions. Residents and families are welcome to stop by the Health Clinic, call, email, or book online: <https://calendly.com/josephine-shalem/30min>

**MONDAY, TUESDAY & THURSDAY  
9:00AM-5:00PM  
368-889-8020 Cell  
403-240-2800 Ext.9  
josephine@shalem.ca**



# The Power of Stretching for Seniors

*Provided by our health partner Longevity Care*



LONGEVITY CARE  
WITH YOU NOW & EVERYDAY

As we age, maintaining physical activity becomes increasingly important for overall health and well-being. One of the simplest yet most effective forms of exercise for seniors is stretching. Stretching can help improve flexibility, increase mobility, reduce pain, and enhance quality of life.

A study published in the Journal of Gerontology looked at the 12-month results of a stretch and flex program for older adults. The participants demonstrated positive changes in areas like physical fitness, self-efficacy, perceived functioning, and well-being.

## Why Stretching is Essential for Seniors

### Improves Flexibility

Flexibility naturally decreases with age, leading to stiffness and reduced range of motion. Regular stretching helps to maintain and even improve flexibility, allowing seniors to perform daily activities more easily.

### Enhances Mobility and Balance

Mobility is crucial for independence, and stretching can play a significant role in preserving it. By keeping muscles and joints flexible, stretching helps maintain mobility and balance, reducing the risk of falls—a common concern for older adults.

### Reduces Muscle and Joint Pain

Chronic pain in muscles and joints, particularly in areas like the back, hips, and knees, can be alleviated through consistent stretching. Stretching increases blood flow to muscles, which can help reduce pain, stiffness, and inflammation.



*Our Pharmacy Partners*

**Contact:** 3715 51 Street SW, Unit #142  
403-249-4346  
[rx@richmondsquare.ca](mailto:rx@richmondsquare.ca)  
Free delivery to Shalem



# OUR COMMUNITY

## Allen Bill Day Use Area with a stop for Ice Cream







## Move of the Month

### Tandem Stance



The tandem stance is a movement that will help you improve balance and stability, which can reduce the risk of injuries and falls. It can help you increase strength in your hips, knees, and ankles, which will help you maintain balance.

1. Stand with the left side of your body facing the back of a chair.
2. With your left arm, grab the back of the chair for support (if needed).
3. Place your right foot in front of your left foot so you are heel to toe.
4. Balance in this position for one minute, then switch sides.

Do 3x per side one minute each



**Theresa de Walle**  
Fitness Instructor



“

In my 30s, I exercised to look good.

In my 50s, to stay fit.

In my 70s, to stay ambulatory.

In my 80s, to avoid assisted living.

Now in my 90s, I'm just doing it  
of pure defiance.

– Dick Van Dyke

# OUR COMMUNITY

## Creative Expressions



## Walking Club





# LIVING BY FAITH

## Four Fruits of Faith

Original Source: [www.desiringgod.org](http://www.desiringgod.org)

First, underneath the growth and strengthening of faith in God's promises, there's going to be a joy welling up in your heart — the "joy of faith," as it's called (Philippians 1:25). If you trust God to take care of you, you're happier than if you don't trust Him. So joy will happen.

Second, God will be glorified by that joy in Him, but it's an invisible glory because joy starts in your heart. It might come out (that's number three), but before it does, your joy is within. God sees it and is honored when you believe His promises and feel joy. He looks at it, smiles, and says, "I'm made big by that joy." God is most glorified in us when we are most satisfied in Him.

Third, if you have that joy, and if He gets that glory, then you are going to be set free to think about other people and not just about your poor aging self. That's a great outward need of older people. We tend to get together and all we talk about is how we hurt: "My eyes aren't right, my ears aren't right, my joints aren't right, my digestion is not right. Nothing's right." But God wants you to be freed to serve wherever you are and do good to those around you. So number three is this: being freed from self-preoccupation so that you can serve.

And the fourth point is that God gets public glory from that. That's visible. "Let your good works shine," and God will get glory when you are freed from selfishness and sent into the lives of other people to bring good. And it doesn't have to be a big thing — all acts of good, big or small, are recognized by Him for His glory.

Faith in God's promises doesn't just change our hearts — it changes how we live. From inner joy to outward service, these fruits of faith ripple into the world around us, bringing glory to God. As you trust Him, may your life overflow with joy, freedom, and acts of love that point others to His goodness.





# OUR COMMUNITY

## Furry Friends Visiting from Pet PALS





# CELEBRATIONS AT SHALEM

## HAPPY BIRTHDAY

August 3	Rudy Muller
August 3	Sjaak Meester
August 5	Stan Phillips
August 9	Karen Karperien
August 12	Robert Keitel
August 14	Midge McKillop
August 16	Teresa Forest
August 18	Ruth Hargrove
August 23	Martha Tischer
August 24	Irmgard Stoffels
August 25	Gertie Vegter
August 27	Norma Bricker
August 28	Eileen Smith
August 29	Bernice Chase

## BIRTHDAY PARTY

**Tuesday  
August 12  
2:00PM**

**Dining Room**

**Entertainment:**  
Cole Briggs Music

## MILESTONE BIRTHDAYS

There are no milestone birthdays this month.

## ANNIVERSARY CELEBRATIONS

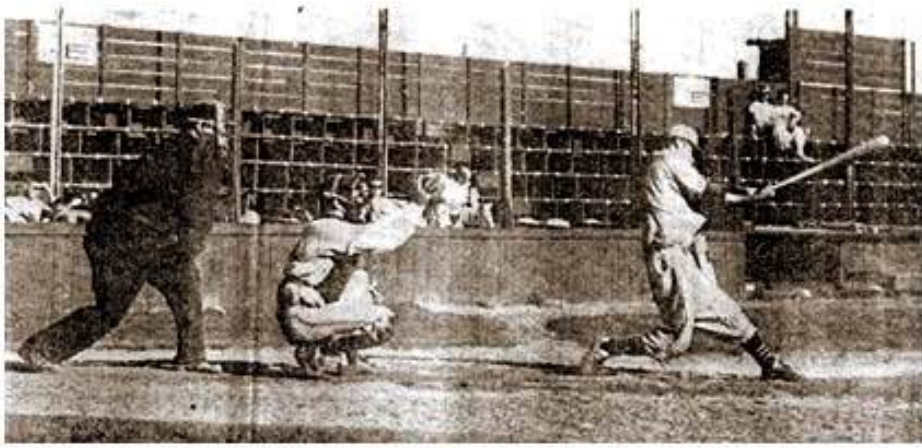
Happy 64th Wedding Anniversary to Neil & Ina De Bree on August 26th! May your day be filled with joy, love, and cherished memories from a beautiful life together.

*Happy Anniversary!*









# MEMORY LANE BUFFALO STADIUM

In 1944,a wooden riverside ballpark was built on the west side of Eau Claire. Built on land between Fifth and Sixth Streets, north of First Avenue, the area had been a filled in sawmill log pond. The project was financed by the Calgary Brewery, known for its iconic buffalo-label beer. "The new park will fill a long-felt want," reported The Albertan that spring. Wartime baseball games would attract around 3,000 spectators.

Eight local teams played at Buffalo in the Foothills Baseball League in 1944, and in 1945 the league became a farm circuit for the Seattle Rainiers of the Pacific Coast League—meaning the Rainiers had first dibs on the best players.

Buffalo Stadium is where the Calgary Stampeders took the field for the first time in 1953 before a large crowd. No, not those Stampeders; this was a short-lived pro baseball team in the Western International League. The club collapsed after running out of money partway through the 1954 season. The Elks took over the management of Buffalo Stadium for the 1956 season.

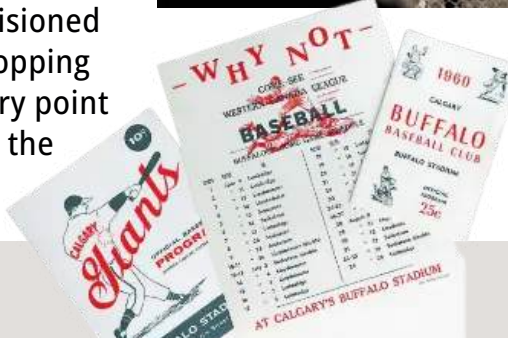
In winter, during the same era as the Old Victoria Arena (Calgary Buffalo Athletic Association), Buffalo Stadium built and flooded six hockey rinks used to operate their minor hockey league. The idea was that money made on baseball would support the minor hockey program, but revenues weren't sufficient. By the mid-1960s, the stadium was for sale, and developers planned to protect people from the outdoors by building "the ultimate in convenient living" in Eau Claire. A 1964 press release from investors envisioned an "enclosed promenade" linking apartments, a shopping centre and more—so residents could "travel to every point of the development under cover." Perhaps this was the starting vision of Calgary's Plus 15 system?



Calgary Buffalos Stadium 1956- when the The Elks took over. (above)



A picture from a film, Canadian Cameo, showing the summer activities of hockey stars. It's from Library and Archives Canada. Buffalo Park, in 1950. (above)









# OUR COMMUNITY





# CREATIVE CORNER

We would love for you to share. Submit items to Pam in person or by email, [communications@shalem.ca](mailto:communications@shalem.ca)

## *I Still Matter*

*by Patricia A. Fleming (Submitted by Sandy)*

### *I'M STILL HERE*

*My looks are nothing special,  
My face reveals my age,  
My body shows some wear and tear,  
And my energy's not the same.*

*Too often my memory fails me,  
And I lose things all the time.  
One minute I know what I plan to do,  
And the next it may just slip my mind.*

*I try hard to avoid my mirror.  
There are things I would rather not see,  
And even those times when I just catch a glimpse,  
I can no longer recognize me.*

*The things I used to do with ease  
Can now cause aches and pains,  
And the quality of the things I do  
Will never be quite the same.*

*I always compare my older self  
To those younger versions of me,  
And I know I'm wasting too much time  
Missing who I used to be.*

*But the thing that really makes me sad  
Is despite what people see,  
Underneath my tattered, worn out shell,  
I'm still the same old me.*

*My heart can still feel endless love,  
And at times it still can ache.  
My heart can fill with so much joy,  
And then it can suddenly break.*

*My soul can still feel sympathy  
And longs for forgiveness and peace,  
And there are times its light shines boldly  
through,  
And times when it longs for release.*

*It's true, maybe now that I'm older,  
Feeling lonely may be status quo,  
But it also has made me more willing  
To forgive and let past conflicts go.*

*So maybe to some I look ugly and old,  
A person who barely exists.  
I'm still quite aware of the beauty inside,  
And my value should not be dismissed.*

*So although not as strong and no beauty,  
it's true,  
I'm still here and want so much to live,  
And I know that there's no one in this  
world quite like me,  
And no one who has more to give.*



# OUR COMMUNITY

## Perfect July Evening for a Summer BBQ







Pastor Cari and Norma at Badlands Passion Play







# UPCOMING EVENTS

## TUESDAY - AUGUST 5

Shalem Atrium  
1:30PM

## WEDNESDAY - AUG. 6 & 27

Dining Room  
7:00PM

## THURSDAY - AUGUST 7

Café  
10:00AM

## MONDAY - AUGUST 11

Dining Room  
1:30PM

## TUESDAY - AUGUST 12

Shalem Atrium  
10:30AM

## WEDNESDAY - AUGUST 13

Courtyard  
5:00PM

## THURSDAY - AUGUST 14

Shalem Atrium  
2:00PM

## MONDAYS - AUGUST 18

3rd Floor Haven  
2:00PM

## Shark Whisperer Documentary (*View & Chat*)

Join us for a screening of *The Shark Whisperer*, a look into the world of sharks and those who work closely with them. Stay for a group discussion to share insights & reflections!

## BINGO with Volunteer Lauren

Everyone is invited to join volunteer Lauren for a fun game of BINGO! Don't forget to bring your dimes! Come to win and stay for the laughs!

## Fifth Avenue Jewelry Sale

Come browse a beautiful selection of jewelry from Fifth Avenue! Treat yourself or find the perfect gift then stay for a coffee in the Café.

## Coffee Connect with Dorothy

Join us for a warm cup of coffee and a time to hear updates, chat, and share ideas together! It's our monthly catch up.

## Let's Play: "Have You Ever?"

It's a lighthearted game with a series of *Have You Ever* questions. A great way to share stories, laugh together, and learn something new about each other!

## BBQ & Music in the Courtyard

Another fun summer evening filled with delicious BBQ, great music, and time with friends. Relax, enjoy the warm weather, and make memories together! Invite your family and friends to join us for a delicious meal and enjoy the music of Walkin on Sunshine!

## Karaoke at Shalem

Pick your favourite song and get your singing voice ready — it's time for Karaoke! Whether you love the spotlight or just enjoy cheering others on, come join us for the fun.

## Art with Geri (Level 1 & 2)

Led by local Calgary artist Geri Karsten! Just \$5 per class—an affordable way to explore your creativity, both Level 1 & 2.

# UPCOMING EVENTS

## **TUESDAY - AUGUST 19**

Meet at Reception  
1:30PM

## **THURSDAY - AUGUST 21**

Shalem Atrium  
2:00PM

## **SATURDAY - AUGUST 23**

Shalem Atrium  
10:0AM

## **MONDAY - AUGUST 25**

Shalem Atrium  
1:00PM

## **TUESDAY - AUGUST 26**

Shalem Atrium  
10:30AM

## **Bus Trip: Bowness Park**

Enjoy a relaxing afternoon at beautiful Bowness Park! Join us for a scenic outing, fresh air, and good company.

## **Violin Music for Senior Citizen's Day**

Sean Lee Child will bless Shalem with his beautiful violin playing, filling the Atrium with music and joy for Senior Citizens Day.

## **Let's Talk: Care & Connection**

A monthly gathering with Josephine Tite, Manager of Care and Culture. Explore care, emotion, and community through real-life stories and simple tools for responding with compassion. Family and friends are invited to join.

## **Piano with Heather**

A joyful piano and vocal session with Heather sharing all your favourite songs and enjoying uplifting music together.

## **Pic-TUNE-ary - Campfire Songs**

The gamer that mixes Pictionary and Name That Tune. Come for some fun, music, laughter and prizes!

## **WALKING CLUB JOIN US**

WEDNESDAYS

August 6 at 10:15am

August 20 & 27 at 3:30PM

## **CRIBBAGE**

WEEKLY

See Calendar for dates  
and times