

Shalem Newsletter



COMMUNITY CONNECTION

SEPTEMBER 2025

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Executive Director

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“But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown.”

Matthew 13:23

As the golden leaves begin to show and fields yield their final harvests, fall gently reminds us of the rhythm woven into creation. The crisp air, ripening fruit, and shorter days invite us to slow down and reflect. We're reminded that each moment—whether sowing, growing, or reaping—has its place and purpose. Fall encourages us to embrace change, trust in the timing of life, and be thankful for the blessings each season brings.

Did you know?

Did you know that crab apples trees can live up to a hundred years? While crab apples are the ancestors of commercial apples, many wild ones today are actually the seedling offspring of domestic apples that have reverted to a wilder form. Mistletoe, a semi-parasitic plant, often grows on crab apple trees, it relies on a host tree to survive.





PRAYER AND PRAISE

WELCOME AND GOODBYE...

Last month, we said goodbye to Lucie Hoefman, who has moved to a residence better suited to her care needs. Lucie was well known during her 7 years at Shalem and will be greatly missed.

We warmly welcome John and Joanne Vanderveen to the Court this month—may you feel at home in your new community.

We're also happy to welcome Doris Haynes back to Shalem after over two months in hospital and rehab. Welcome home, Doris, and continued blessings as you return to full strength!

PRAY FOR...

Let us pause to lift up in prayer those in our community who are going through difficult times—be it physical health, loneliness or the quiet struggles no one else can see. May they be wrapped in comfort, feel the strength of our support, and know the steady presence of God walking beside them.

To those in hospital, we send our love, holding hope for healing and a quick return home.

Please pray for:

Gladys Weidman
Norm Ross
Jason Smith
Thomas Ferguson
Arie De Bruyn
Dennis Green

MONTHLY VERSE(S)

"There is a time for everything, and a season for every activity under the heavens."

Ecclesiastes 3:1

PRAYER

Lord, we thank You
for each person at
Shalem. May Your
presence bless their
days with peace, joy,
and purpose. In times
of difficulty, watch
over them with Your
love and strength.
Surround this
community with care,
comfort, and hope.

Amen

LIVING WELL TOGETHER

Musings from the Executive Director

Let God Hold You

If you have found yourself in the Health Clinic in recent days, you may have noticed some new artwork on the walls: The Prayer of Serenity.

You'll likely recognize it—it's a familiar and beloved reflection for many. We chose to display this prayer with intention: as a gentle, visual reminder to approach our days with humility, courage, and spiritual wisdom.

The Serenity Prayer invites us to accept the things we cannot change, to take meaningful action where we can, and to seek the wisdom to know the difference. Especially in a place like the clinic—where questions, uncertainties, and care decisions often arise—we hope these words offer peace, perspective, and quiet strength.

Many of you are in your own aging journey but also have found or currently find yourselves caring for a loved one as well. Caregiving is often described as an act of love and sacrifice. But beneath the surface of caregiving—especially over time—can live quieter, heavier emotions: disappointment, guilt, and regret. Disappointment in how things turned out. Guilt for what was said—or left unsaid. Regret for not doing more, or for doing too much at the cost of ourselves or others. These emotions aren't always easy to name, and even harder to release.

In my own journey of caregiving, I wrestle with the feeling that I should know better, do better, or love more perfectly. I question my own limits, resent my exhaustion, and feel ashamed of my frustration. I wonder whether I am failing the people I love—or failing God—by not being more patient or more willing.

It's in moments like these that the Serenity Prayer comes gently to mind:

*"God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference."*

(cont'd on page 4)

**"Do not be
anxious about
anything, but in
every situation,
by prayer and
petition, with
thanksgiving,
present your
requests to
God."**

PHILLIPIANS 4:6



LIVING WELL TOGETHER

Musings from the Executive Director

Let God Hold You (continued)

These words ask us to hold our limitations—not as flaws, but as part of our humanity. The truth is, we cannot always change the progression of illness, the complexity of relationships, or the weight of family dynamics. We can't rewrite past decisions. But we can ask God for the serenity to live with what's behind us or out of our control, and the courage to choose love in whatever shape it takes today.

Paul in his letter to the Phillipians reminds us to “not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

This peace doesn't always come immediately. Sometimes it begins with simply letting God see us—in our regret, our weariness, our unmet hopes. To let Him hold what we can't carry anymore.

If guilt tells us we failed, grace tells us we were never meant to be perfect—only present, honest, and open to learning. If disappointment whispers that our efforts didn't matter, faith reminds us that love never returns void. And if regret lingers over what we cannot undo, mercy assures us that God can still make beauty from the broken pieces.

So today, I pray: God, give me the courage to forgive myself, the wisdom to let go of what I can't fix, and the serenity to receive your peace, even in this moment.

Dorothy de Vuyst
Executive Director



OUR COMMUNITY

August Birthday & Anniversary Celebrations



RESIDENT NOTICES

Haven Elevator Update

The elevator is down for safety reasons, as the brakes need replacing. Unfortunately, a previous technician extended its use without ordering the required parts.

We've now approved a quote and placed the order, but parts aren't expected until mid-October. We're working to expedite delivery and will continue offering floor-based socials, activities, and support for Haven residents affected in the meantime.

Shalem has a mobile stair climber for residents with mobility challenges, but due to limitations, it's for emergency use with support and a responsible party present, it is not suitable for all residents.

Haven 2nd & 3rd Floor Birthday Cake

We'll be serving birthday cake during the Birthday Party on September 9th at 2 PM in both the Haven 2nd Floor Snack Room and the Haven 3rd Floor Activity Room. No one should miss out on birthday cake!

Social Hour in the Haven

You'll see a weekly Social Hour on the calendar, alternating between the Haven 2nd and 3rd Floors. We encourage mobile residents from all buildings to join—your presence helps bring connection to those unable to leave their floors while the elevator is out of service.

Moving the Designated Smoking Area

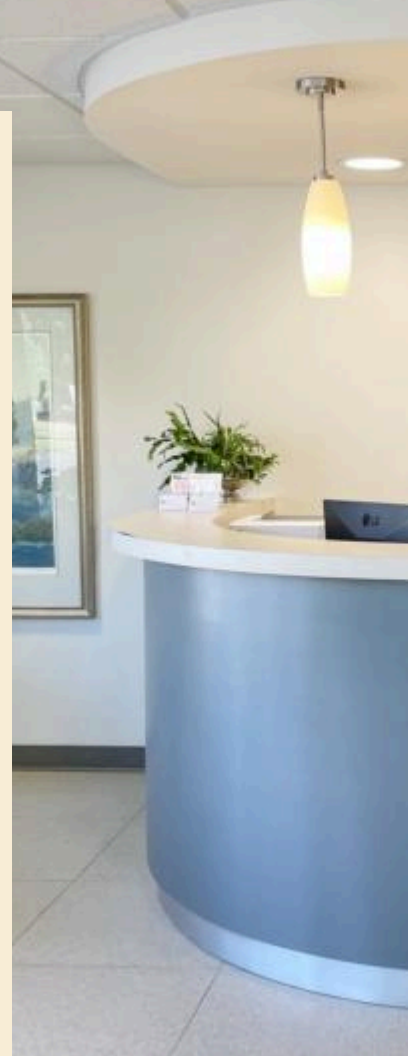
The designated smoking area has been moved to the west side of the garbage garage. Please use this area if you or your guests require a smoking area.

Scooter Safety in Elevators

We support the independence scooters provide and want to ensure their safe use. Residents using scooters are asked to call reception for staff assistance when using the elevator; family may assist if present. We're reviewing scooter guidelines and exploring ways to improve access. Thank you for helping keep Shalem safe and accessible for all. We also ask that all residents leave space at elevator entrances to allow residents to exit easily.

Hymn Sing

Hymn Sing returns in September and will be held on the 1st and 3rd Sunday each month. We hope you'll join us for community worship.





Time for a Medication Check-Up

As we grow older, our bodies and health needs naturally change—and the medications we take should change with them. A prescription that worked well five or ten years ago may no longer be the best option today. In some cases, certain medications may no longer be needed, while in others, new ones might be beneficial to better support current health conditions.

Equally important is checking for drug interactions, especially if you're taking multiple medications, including over-the-counter drugs, vitamins, or supplements. Some combinations can reduce effectiveness or even pose health risks.

That's why it's wise to do a regular medication review with your doctor or pharmacist. Bring along a complete list of everything you're taking—even occasional pain relievers or herbal remedies. They can help ensure your medications are still safe, effective, and suited to your current needs.

Taking the time to review your medications isn't just good practice—it's a simple step toward better health and peace of mind.

HEALTH CLINIC INFORMATION & HOURS

Dr. Tolu Solola

Dr. Tolu will have clinic hours on Fridays this month. 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.**

FRIDAYS
SEPTEMBER 5, 12, 19 & 26
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*

Due to the holiday Monday, Sept. 1, Josephine will be working Wednesday Sept. 3 instead.

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

Make Room for Better Health

Provided by our health partner Longevity Care



Clear the Clutter – Make Room for Peace, Purpose, Positive Living, and Reduced Fall Risk!

As we age, the spaces we live in play a larger role in our daily comfort and safety. A calm, organized, and welcoming home can make all the difference. Decluttering isn't just about cleaning—it's about creating an environment that reflects what matters most: your well-being, independence, and peace of mind.

Why Decluttering Matters

A clutter-free home can help reduce stress and mental fatigue, allowing you to feel more at ease and in control of your space. It can also improve focus and bring a sense of accomplishment and clarity. Most importantly, for seniors, a tidy space significantly lowers the risk of trips and falls—one of the most common causes of injury among older adults. Keeping pathways clear and surfaces clutter-free is a simple but powerful way to support your health and safety.

Start Small

There's no need to tackle everything at once. Choose one drawer, shelf, or corner of a room to start. Small wins build confidence and motivation to continue. Start with one spot a week!

Use the “Keep, Donate, Recycle, Trash” Method

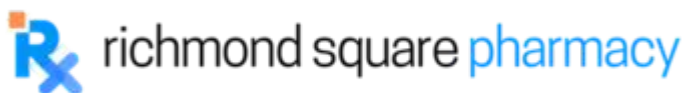
Be intentional as you go through your belongings. Ask yourself: Do I need this? Do I love this? If the answer is no, consider donating it to someone who can use it, recycling it, or letting it go.

Rethink Sentimental Clutter

Keepsakes are meaningful, but they can also take up a lot of space. Try keeping a few treasured items that truly spark joy. For others, consider taking photographs to preserve the memory, or passing them along to family members who will appreciate them.

Decluttering is more than a household task—it's a gift to yourself. By creating a safer, more organized home, you're supporting your independence, reducing potential hazards, and setting the stage for more peaceful days. You don't have to do it all at once. One step at a time, you can create a space that truly supports the life you want to live.

Let go of the clutter, and make room for what matters most.



Our Pharmacy Partners

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

OUR COMMUNITY

Outdoor Fun in the Sun





Move of the Month

Wall Push Up



1. Find a wall that is clear of any objects such as wall hangings and windows. Stand a little farther than arm's length from the wall. Face the wall, lean your body forward and place your palms flat against the wall at about shoulder height and shoulder-width apart.
2. Bend your elbows as you lower your upper body toward the wall in a slow, controlled motion as you count to 4. Keep your feet planted.
3. Pause. Then, slowly push yourself back until your arms are straight as you count to 4.
4. Make sure you don't lock your elbows.

Repeat the wall push-up 10 times for 1 set. Rest for about 1 minute. Then do a second set of 10 wall push-ups.



Theresa de Walle
Fitness Instructor

As we enter our later years, maintaining mobility isn't just about staying active—it's vital for preserving independence, safety, and well-being. Canadian research from the Canadian Study of Health and Aging shows that older adults who exercise—even in advanced age—have significantly better health outcomes.

Seniors who did very little physical movement faced a 7-fold higher risk of death and an 8.6-fold higher risk of institutionalization compared to their more active peers. Moreover, a Canadian secondary analysis also found that adults over 75 who were physically active had survival rates similar to inactive individuals a decade younger—and exercise provided the greatest health benefits to those with the most deficits.

Staying active also plays a crucial role in preventing falls and preserving cognitive function. Walking 8,000 steps a day—about an hour of walking—reduces the risk of dying from any cause by 51%, while strength training twice a week lowers fall risk by 34% and helps maintain bone density—both essential for aging well. These Canadian figures underscore a powerful truth: even modest activity levels can significantly boost longevity, mobility, and quality of life in the oldest among us.



Pic-TUNE-ary Fun



LIVING BY FAITH

God Designed Old Age On Purpose.

Original Source: Louise Morse

Did you know that God deliberately created old age? This surprises many—because so much of what we hear about aging is negative.

Rather than being seen as part of God's divine plan, aging is often feared and resisted. The anti-aging industry spends billions reinforcing this view. So it's no wonder that when I speak on this topic, some Christians are skeptical—until they see the truth in Scripture, and then they are often delighted.

We shouldn't be surprised by the world's failure to see old age as purposeful. Scripture tells us God has an enemy who seeks to distort His plans—and one of his tools is ageism. It's subtle but powerful, quietly sending messages that older people are less valuable. Over time, this robs many of their confidence and sense of worth.

But God sees aging differently. When He created the universe, He established the times, seasons, and the process of aging. Growing older is part of His design—a time of blessing and reward.

"With a long life I will satisfy him..." (Psalm 91:16)

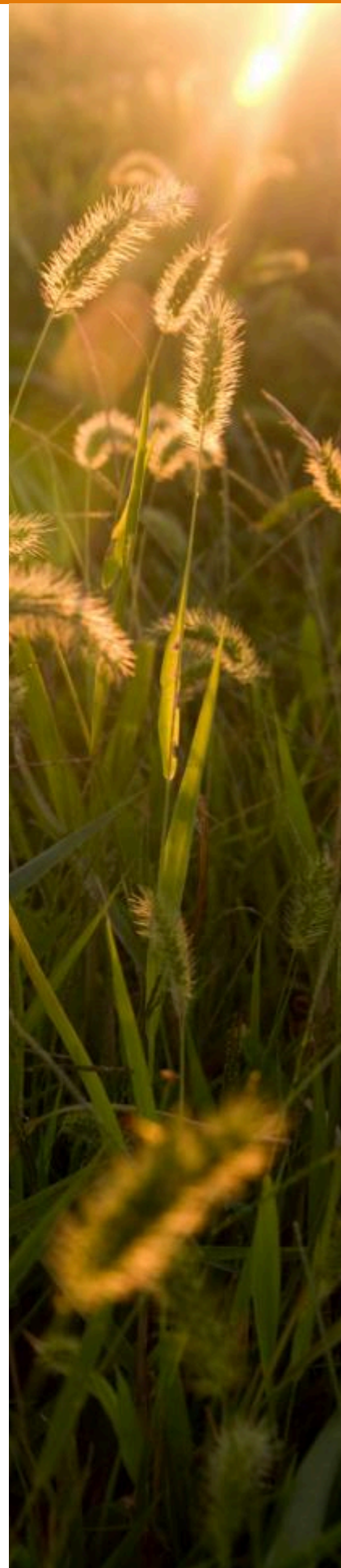
"Wisdom is with the aged, and understanding in length of days." (Job 12:12)

In biblical times, wisdom was the peak of cultural value—and wisdom comes with age. Scripture shows us that God has a purpose for older people. There is no "use-by" date in God's plan. Ephesians 2:10 reminds us that He's equipped us for the good works He prepared in advance for us to do.

Throughout life, God shapes our character—building wisdom, empathy, patience and perspective. This isn't wasted—it's preparation for elderhood: a time for mentoring, encouraging, listening, and telling of God's faithfulness.

After one of my talks, a woman told me, "I'm 70 and retired. I thought I was done. But God's got more for me yet!" So many respond the same way—set free into God's purpose.

Imagine thousands of older Christians well into their 90's catching this vision. Think of the strength and wisdom released for sharing the gospel, supporting others, and blessing the next generation.





CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

September 2	Evelyn Dempster
September 4	Maartje Kovacs
September 8	Susan Spoor
September 10	Lou Broadbent
September 13	Ali Pasveer
September 16	Joyce South
September 18	Marj Nieuwenhuis
September 19	Harvey Scheuchner

MILESTONE BIRTHDAYS

We have two wonderful milestones to celebrate this month — Ali is turning 80 and Marj is turning 90! May God bless you both as you celebrate these incredible milestones. Wishing you joy, health, and many more cherished moments ahead!

ANNIVERSARY CELEBRATIONS

We celebrate a milestone anniversary this month as well, on September 8 Len & Helen Keeler celebrate their 75th Wedding Anniversary.

Happy Anniversary!

BIRTHDAY PARTY

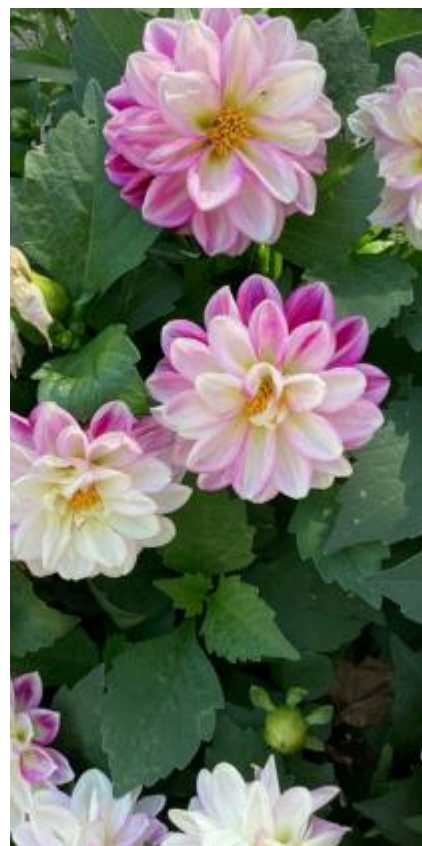
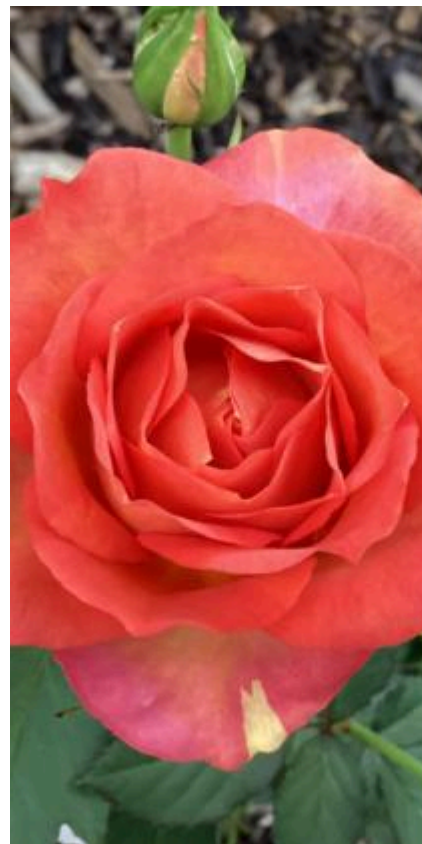
Tuesday
September 9
2:00PM
Dining Room

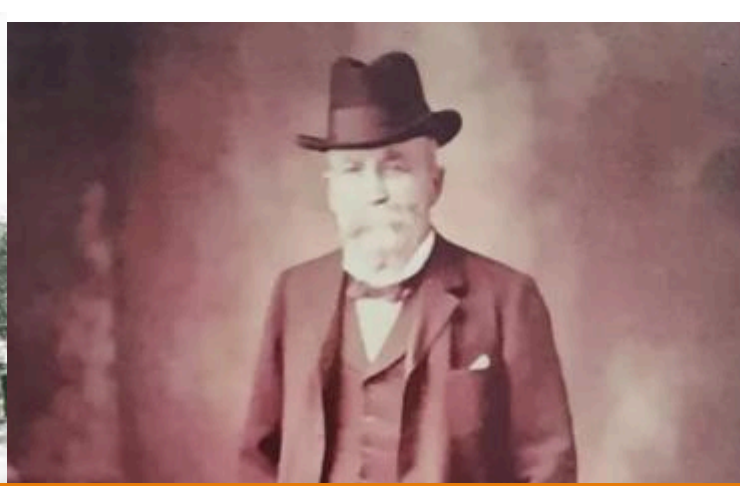
Entertainment:
Wild Rose Duo



OUR COMMUNITY

Where Flowers Bloom, Joy Grows
Photos by Anita S.





MEMORY LANE PRINCE HOUSE

Peter Anthony Prince was a lumber and hydroelectricity magnate who, as the story goes, obtained an exclusive contract to provide Calgary with electricity after taking a fall on an unlit sidewalk.

Mr. Prince moved to Calgary in 1886 and formed the Calgary Water Power Company in 1890, built a dam on the Bow River to harness hydroelectricity, and later became involved in other business ventures in Calgary, including a flour mill, a meat-packing plant, grain elevators and a brewery. He ran the Calgary Water Power Company until 1925 and was the manager of the Eau Claire and Bow River Lumber Company until 1916.

In 1894, Prince built this house for his family on the west end of town at 238 4th Avenue West. It is believed that he based the design of his house on the plan of a cottage in Glenbrook, Connecticut, published in the November 1893 edition of Scientific American.

This building is an Edwardian home which was one of the first architect-designed brick homes in Calgary. It's 3,300 square feet. features: parlor, dining room, kitchen, eight bedrooms, servant's quarters, and it had four things we take for granted today; indoor plumbing, central heating, electricity and out back, a garage. Mr. Prince jr. was the first man in Calgary to own a car.

The Prince House was preserved and relocated to Heritage Park in 1967, thanks to donations by Alberta Natural Gas Co., Alberta & Southern Gas Co., and various private citizens.



OUR COMMUNITY

Life at Shalem



OUR COMMUNITY



“For where two or three gather in my name,
there am I with them.”

– Matthew 18:20



CREATIVE CORNER

We would love for you to share. Submit items to Pam in person or by email, communications@shalem.ca

THE OLDER I GET

Song by Alan Jackson

*Written by Adam Wright, Hailey Whitters
& Sarah Turner*

The older I get
The more I think
You only get a minute, better live while you're in it
'Cause it's gone in a blink
And the older I get
The truer it is
It's the people you love, not the money and stuff
That makes you rich

And if they found a fountain of youth
I wouldn't drink a drop and that's the truth
Funny how it feels I'm just getting to my best years yet

The older I get
The fewer friends I have
But you don't need a lot when the ones that you got
Have always got your back
And the older I get
The better I am
At knowing when to give
And when to just not give a damn

And if they found a fountain of youth
I wouldn't drink a drop and that's the truth
Funny how it feels I'm just getting to my best years yet
The older I get

And I don't mind all the lines
From all the times I've laughed and cried
Souvenirs and little signs of the life I've lived

The older I get
The longer I pray
I don't know why, I guess that I've
Got more to say
And the older I get
The more thankful I feel
For the life I've had and all the life I'm living still

Submitted by resident Sandy

Wordplay
What Does it Say?

...

2 WAS A RACE HORSE
1 WAS 1 2
2 1 1 RACE
1 1 1 2



*"Good friends are never truly apart—
maybe in distance, but never in heart."*

UPCOMING WELLNESS EVENTS

Family & Friends are Welcome

ADVANCE CARE PLANNING SESSION

A conversation on Advance Care Planning by
Corinne Spronken, Education Consultant,
AHS Advance Care Planning Team.

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

LET'S TALK CARE & CONNECTION

with Josephine

Join our monthly conversation with real-life stories and
simple tools for compassionate connection.

Saturday, Sept. 27 | 10:00am | Atrium



UPCOMING EVENTS

TUESDAY - SEPT. 2

Shalem Atrium
1:30PM

THURSDAY - SEPT. 4

Dining Room
6:30PM

WEDNESDAY - SEPT. 10

Manor Social Room
10:00AM

THURSDAY - SEPT. 11

Meet at Reception
10:30AM

MONDAY - SEPT. 15

Shalem Atrium
1:00PM

2nd Floor Haven Snack Room
2:00PM

TUESDAY - SEPT. 16

Dining Room
2:00PM

THURSDAY - SEPT. 18

Shalem Atrium
10:30AM

The Last Repair Shop Documentary

"The Last Repair Shop" is a short documentary about a unique LA workshop where skilled craftsmen repair musical instruments for public school students—free of charge.

Evening of Music with Dwayne Fetting

Join Dwayne for some toe tapping tunes, a great way to spend an evening.

Bible Study with Pastor Allan

Join us for a new Bible study series that will be on Wednesdays starting September 10th. Pastor Allan will be exploring the parables of Jesus—timeless stories with powerful lessons. Come to every session or drop in anytime.

BUS TRIP: Carburn Park Picnic

Enjoy a day outdoors taking in the beautiful scenery and savoring a bagged lunch at the scenic Carburn Park.

Piano with Heather

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

Art with Geri - Level 1

An art class meant for anyone that wants to give their creative hat a try. An easy class lead by local artist Geri Karsten. Moved to the Haven 2nd floor for this Level 1 class.

Afternoon Music - Walkin' On Sunshine

Come sing along and dance to the upbeat tunes of Walkin' On Sunshine! Always a good time with lively music and joyful energy to share.

Let's Play: "Have You Ever?"

It's a lighthearted game of *Have You Ever* questions — a fun way to share stories, laugh together, and discover something new about each other!

UPCOMING EVENTS

MONDAY - SEPT. 22

Shalem Atrium
6:30PM

Chinese Massage & Tea

Join us for an Evening with students from CITCM Massage & Acupuncture College. Enjoy a free massage and cup of tea while visiting with these soon-to-be Doctors of Traditional Chinese Medicine. Relaxation awaits!

TUESDAY - SEPT. 23

Pergola at Emmanuel
5:00PM

Outdoor Hot Dog Roast & Fire

Join us for a classic summer evening around the outdoor firepit with a hotdog roast—the true signs of summer and a reminder of cozy camping experiences. Come enjoy campfire food, crackling fire, and great company!

NATIONAL DAY FOR TRUTH AND RECONCILIATION

TUESDAY - SEPT. 30

Meet at Reception
10:30AM

BUS TRIP: North Hill Centre

Shop for all your needs and enjoy lunch at your favourite food court spot—everything you need, all in one trip!

Movie: Sugarcane

Join us for a screening of Sugarcane — a powerful Oscar nominated documentary that explores residential schools and the journey toward healing and justice. Let's reflect, remember & honour truths of Indigenous communities.

Shalem Atrium
2:00PM

What is the National Day for Truth and Reconciliation?

Written By Shreya Shah, theindigenousfoundation.org

Also known as Orange Shirt Day, September 30 is a time to honour the Indigenous children taken by the Residential "School" System, and to recognize the deep and lasting impacts on their families and communities. It is a day to reflect on the trauma caused by these institutions, and the ongoing harm Indigenous peoples continue to face today.

Established in 2021, this day fulfills Call to Action #80 from the Truth and Reconciliation Commission, which urges the federal government to create a statutory holiday to honour Survivors and ensure public remembrance remains a central part of the reconciliation journey.

While the holiday is an important step, true reconciliation requires ongoing learning, meaningful engagement, and year-round solidarity with Indigenous communities.



Michelle Stoney
Indigenous Artist

