

Shalem Newsletter



COMMUNITY CONNECTION

OCTOBER 2025

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Executive Director

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“Let them give thanks to the Lord for his
unfailing love and his wonderful deeds for
mankind, for he satisfies the thirsty
and fills the hungry with good things.”

PSALM 107:8-9

As we enter this season of Thanksgiving, we are reminded of the countless blessings God has given us—especially the gift of faith, community, and the grace of each new day. It is a time to pause, give thanks, and reflect on His unwavering presence through every joy and challenge. May our hearts be filled with gratitude, and may we continue to find strength and peace in His promises.

Did you know?

Pumpkin spice blends trace back to medieval European “pudding spice” and “sweet powder” mixtures, brought to America by immigrants and used in pumpkin pies. These blends included cinnamon, nutmeg, ginger, and cloves. In 1934, McCormick & Company commercialized it as “pumpkin pie spice,” which eventually became today’s popular “pumpkin spice,” made famous by Starbucks’ Pumpkin Spice Latte in 2003.





PRAYER AND PRAISE

WELCOME AND GOODBYE...

Last month, we said goodbye to Norm Ross, who has moved to a new home where he can receive different care options. Norm was a beloved fixture at Shalem for 13 years. His creative poems and writing, his enthusiastic participation in worship, karaoke sing-alongs, pool games, and dancing brought joy and vibrancy to our community. We miss his presence deeply and hold Anne in our prayers as she continues to adjust to this new chapter.

We would like to say welcome home to Gladys, Arie & Tom back to Shalem after recent lengthy stays in hospital.

PRAY FOR...

Let us take a moment to think of those who are facing hard days—whether it's illness, isolation, or silent burdens carried alone.

May they find peace in the midst of their struggles, draw strength from the care of this community, and sense God's quiet nearness.

To those in hospital, we send our love and encouragement, and we look forward to your healing and homecoming.

Please pray for:

Jason Smith
Shurli Vance
Henk Dunnewold

MONTHLY VERSE(S)

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18 (NIV)

PRAYER

Lord, In Your presence, we find our refuge and peace. When our hearts are weary, You are our steady comfort. Together, we ask: help us to find joy—not in ease or certainty—but in the quiet assurance that You are with us.

Amen

LIVING WELL TOGETHER

Musings from the Executive Director

Gratitude in Every Season

As the leaves turn and the days grow cooler, Thanksgiving offers us a beautiful invitation to pause—and give thanks. It's a season that reminds us to look around, reflect on the year behind us, and recognize the many blessings in our lives. And here at Shalem, we have so much to be grateful for—because of you.

Grateful for Each of You

You are the heart of this community. Every smile in the hallway, every story shared over coffee, every quiet act of kindness—you create the warmth and spirit that make Shalem a place of belonging. We are continually encouraged by the way you care for one another: walking alongside friends through joy and sorrow, offering encouragement, and building friendships that lift the soul.

Your presence, your resilience, and your grace inspire not only each other, but also every member of our staff. Thank you for being such a vital part of what makes this community strong.

Grateful for the Gift of Community

Living in community is a gift—one that brings richness, meaning, and joy to each day. At Shalem, we see community in action all the time: in the way you celebrate life's moments together, support each other in times of need, and welcome new faces with open hearts. This deep sense of connection is something truly special, and we don't take it for granted.

Grateful for Growth and Shared Vision

This past year, we've also been thankful for new partnerships and opportunities—people and organizations who share our commitment to helping each of you 'age in place' with dignity, joy, and purpose. These new relationships are helping bring fresh energy and support to our shared vision. It's exciting to see how God continues to open doors so we can keep building a place that truly feels like home.

(cont'd on page 4)

“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus”

1 THESSALONIANS
5:18



LIVING WELL TOGETHER

Musings from the Executive Director

Gratitude in Every Season (continued)

Grateful for God's Faithfulness

More than anything, we give thanks for the constant grace and love of God. His presence has been with us in every season—through times of uncertainty, and in moments of peace. His love is the foundation of this community, and we see evidence of His faithfulness daily—in answered prayers, unexpected blessings, and the quiet strength that carries us all.

Even in life's ordinary moments, there is always something to be thankful for.

So, this Thanksgiving, as we gather around tables—whether with family, neighbors, or friends—we give thanks for *you*. For your stories. For your faith. For your presence in this community.

Dorothy de Vuyst
Executive Director



OUR COMMUNITY

September Birthday & Anniversary Celebrations



RESIDENT NOTICES

Haven Elevator Update

We continue to ask for prayers that the replacement part for the Haven elevator will arrive promptly this month, and that the elevator will be up and running again soon. Thank you to everyone for your continued patience, flexibility, and good spirits as we navigate the inconvenience of it being out of service.

Haven 2nd & 3rd Floor Schedule Accommodations

While the elevator remains out of service, we will continue to offer more activities on the 2nd and 3rd floors of the Haven to better support residents there. We warmly encourage anyone who is able to join in! Please check the calendar for upcoming events and locations.

Card Bingo – Now in the Dining Room!

This fun, resident-led activity has grown beyond the Haven 2nd floor space and will now be held in the Dining Room. Join in Tuesday nights at 7:00 PM for laughter and a little friendly competition!

Hymn Sing

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

This month we also welcome *Voices of Grace* for lovely guest-led hymn sing that will be in the **Dining Room, 2pm on October 12.**

Advance Voting - Calgary General Election

An advance polling station will be here for Shalem residents on Thursday, October 9th from 1:30-4:30pm, come anytime and vote.

FLU CLINIC

There will be a flu clinic at Shalem on October 15 from 9:00AM-12:00PM, please see calendar for your building time.

SAVE THE DATE! Shalem Open House – Nov. 22, 1:00–4:00 PM

We're excited to invite community members, families, and friends to our Shalem Open House. Visitors can tour our beautiful residence, connect with residents and staff, and learn about Shalem's holistic approach to care. We welcome everyone to enjoy live music, light refreshments, and warm fellowship as we share what makes our community special.



OUR COMMUNITY

Milestone Birthdays!





HEALTH

Your Health, Your Way — The Shalem Care Approach

Health is more than just appointments and medications — it's about being known, supported, and understood as a whole person.

The Shalem Health Program is a community-funded, wholistic approach to well-being, created to support you right here at home with care that's personal, proactive, and rooted in relationship.

Our team connects with you daily, notices changes early, and walks alongside you in your physical, emotional, spiritual, and cognitive health. Whether you need health monitoring, help coordinating appointments, recovery support, or just someone to talk to — we're here.

Because the program is funded by our community, your participation matters. When everyone contributes, care is available for those who need it now, and ready for you when you do.

Join us in building a community where no one manages their health alone. To learn more, please visit Josephine in the Health Clinic.

HEALTH CLINIC INFORMATION & HOURS

Dr. Tolu Solola

Dr. Tolu is here on Fridays this month (Not Oct.31). 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
OCTOBER 3, 10, 17, 24
9:30AM - 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*

Josephine will be away October 6-10, otherwise will be as indicated to the right.

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



Strong Bones, Strong You: Why Caring for Your Bones Matters

Provided by our health partner Longevity Care

We often don't think about our bones—until pain, slower steps, or a fall reminds us how important they are. Bones give us strength, protect our organs, and keep us moving. But they need care too, especially as we age.

Over time, bones naturally become thinner and more fragile, increasing the risk of:

- Osteoporosis – weaker bones and higher fracture risk
- Osteoarthritis – joint pain and stiffness
- Fractures & Falls – more dangerous due to bone loss
- Loss of Height – from weakened spine
- Slower Healing – recovery takes longer with age

The good news? There are simple, everyday steps you can take to keep your bones strong and healthy.

Nourish Your Bones

- Eat foods rich in calcium (milk, cheese, yogurt, leafy greens, almonds).
- Add vitamin D (sunlight, fortified milk, salmon, eggs) to help your body absorb calcium.
- Include protein (fish, beans, lean meat, lentils) to keep muscles strong and supportive.

Stay Active Every Day

- Do weight-bearing exercises (walking, dancing, light jogging).
- Try strength training (resistance bands, light weights, chair exercises).
- Add balance exercises (Tai Chi, yoga, or simply standing on one foot) to prevent falls.

Prevent Falls at Home

- Keep floors clutter-free and remove loose rugs.
- Install grab bars in bathrooms and railings on stairs.

Get Regular Check-Ups

- Ask your doctor about a bone density test (especially if you're over 65 or at risk).
- Review medications with your doctor some can affect balance or bone strength.

Lifestyle Choices That Matter

- Quit smoking, it weakens bones. Limit alcohol, too much can cause falls and bone loss.
- Maintain a healthy weight, too thin can increase fracture risk, too heavy can stress joints.

Think of your bones as lifelong companions. The better you treat them now, the longer they'll keep supporting you in doing the things you love.

Our Health Partners



Contact:

Info@longevitycare.ca

403-800-0858





HEALTH

Invest in You: Health & Wellness Sessions

Don't miss these informative sessions to boost your well-being.

Memory on Hand - Unlocking Memory: How It Works & How to Make It Stronger

Friday, October 17 | 3:00 PM | Atrium

With Dr. Cameron Clark, Clinical Neuropsychologist

A unique, interactive learning session where you'll gain a deeper understanding of how your brain stores and retrieves information, and leave with hands-on strategies to support your memory every day. You will also have the chance to take part in a fun, team-based activity using the new Memory on Hand (MoH) wearable memory assistant device. Leave with practical skills and tools to help keep your memory sharp—and have fun while learning!

Wellness Session: Improving Memory

Friday, October 24 | 10:30 AM | Atrium

With Richmond Square Pharmacy

Looking to sharpen your memory and support brain health? Richmond Square Pharmacy provides expert advice for brain-boosting and tips on simple lifestyle changes that can help improve memory.

Let's Talk: Care & Connection

Saturday, October 25 | 10:00 AM | Atrium

With Josephine Tite, Manager of Care & Culture

A monthly gathering exploring how care, emotion, and community come together at Shalem. Real-life stories and simple tools for understanding emotions with compassion. A relaxed, welcoming space for residents, families, and community members to learn and grow together.



Our Pharmacy Partners

Contact: FREE DELIVERY TO SHALEM

3715 51 Street SW, Unit #142 403-249-4346
rx@richmondsquare.ca

OUR COMMUNITY

Carburn Park Picnic Fun





Move of the Month

Toe Taps & Heel Raises



Toe Taps

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough to feel the muscles along your shin working. Hold for 3 seconds then lower. (This helps keep blood circulating in your legs and strengthens your lower leg.)
2. Repeat 20 times.

Heel Raises

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Hold on the balls of your feet for 2 to 3 seconds and slowly lower them.
3. Repeat 20 times.



Theresa de Walle
Fitness Instructor

What are the most beneficial exercises for seniors?

By Healthline

Aerobic exercise at an older age does not have to be complicated. In fact, it can simply involve walking, and aiming for 8,000 to 10,000 steps daily can help lower the chance of developing various age-related illnesses.

Other aerobic exercises include swimming, cycling, biking, dancing, and more. You may also wish to incorporate exercises that focus on strength, flexibility, and balance. We cover all of these in our variety of fitness classes at Shalem!

You can incorporate this into your daily life with participating in classes or by exercising at home using weights and resistance bands.

Before and after exercise, it's always important to remember to stretch your muscles.

Remember... *some* movement daily is better than *no* movement!



LIVING FULLY

A Whole-Person Approach to Joy and Well-Being

What if living a more joyful, fulfilling life was simply about understanding how we're designed to thrive? Dr. Marc Braman, a physician specializing in lifestyle medicine, believes that by understanding the "blueprint" of how we function as human beings, we can take meaningful steps toward a richer, more rewarding life.

This idea goes far beyond just physical health. Dr. Braman's approach reminds us that true well-being comes from caring for every part of ourselves—body, mind, and spirit. At Shalem, we anchor our care vision in the four pillars of human experience that shape our community life: Spiritual, Physical, Emotional, and Cognitive. Together, these pillars support a life of dignity, joy, and purpose—no matter our age or stage.

At Shalem, your journey continues every day—in conversation, in community, in quiet reflection, and in the simple joys of life shared together.

**"Peace does not mean to be
in a place where there is no
noise, trouble, or hard work.
It means to be in the midst
of those things and still be
calm in your heart."**

— Unknown





CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

October 4	Sharon Holland
October 10	Connie Plenert
October 13	Neil De Bree
October 14	Cora Lee Jones
October 17	Nell Sanderse
October 19	Ina De Bree
October 19	Betty Sampson
October 21	Marjorie de Kuyper
October 23	Howard Van Camp
October 26	Jake Goertzen
October 31	Riet Folkerts

MILESTONE BIRTHDAYS

We're thrilled to celebrate three special milestone birthdays this month! Connie is turning 80, and both Ina and Neil are marking an incredible 90 years!

May this year bring each of you continued joy, good health, and the blessings of love and community.

Happy Birthday!

ANNIVERSARY CELEBRATIONS

There are no anniversary celebrations for October.

BIRTHDAY PARTY

Tuesday

October 14

2:00PM

Dining Room

Entertainment:
Dwayne Fettig

OUR COMMUNITY

Campfire Comforts: Hot Dogs & S'mores





MEMORY LANE

HISTORY OF THE GREY CUP PARADE

In 1948, the Calgary Stampeders completed their fourth season with a historic, undefeated record, earning a place in the Grey Cup, to be held in Toronto. It was a milestone moment—not just for the team, but for the city of Calgary.

With a chance to represent their hometown on the national stage, the community rallied behind the team. While around 75 flew to Toronto, a group of 250 players & supporters made the journey on a 14-car train, affectionately dubbed the “Stampeder Special.” It was a rolling western celebration, complete with horses, chuckwagons, a live band, and a car for square dancing.

The Calgary Brewing and Malting Company donated 500 cases of beer to keep spirits high, but supplies ran dry by the time the train reached Broadview, Saskatchewan. Undeterred, the fans found a local with a truck, cleaned out the nearest liquor store, and reloaded their stock—continuing the cross-country party.

Once in Toronto, Calgary's western spirit took over the city. Fans hosted pancake breakfasts, danced in the streets, and rode horseback through Union Station, it is here the *tale* of riding through the hotel lobby at the Royal York Hotel was born. Calgary fans transformed the Grey Cup from a football game into a national festival, setting the tone for how it's celebrated today.

The Stampeders capped off the celebration with their first-ever Grey Cup victory, defeating Ottawa 12–7.

It was a party all the way home to Calgary and when they arrived, the city held its first official Stampeders Grey Cup Parade. Children were given a half day off to attend, cheering as players rode by, proudly hoisting the Cup. The 1948 Stampeders are remembered as the first team to go undefeated and for transforming the Grey Cup into a national celebration.



OUR COMMUNITY

Life at Shalem





CREATIVE CORNER

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

If I get dementia...I'd like my family to hang this list on my wall. I want them to remember these things.

1. Every time you enter the room announce yourself. "Hi Mom- it's Margaret." NEVER ask- Do you know who I am???
2. I want my friends and family to embrace my reality. Don't argue about what is true for me versus true for you.
3. If I think my spouse is still alive, or we're visiting my parents for dinner, let me believe those things.
5. If I'm not sure who you are, do not take it personally. My timeline is confusing for me.
6. If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.
7. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
8. I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.
9. If I get dementia, ask me to tell you a story from my past.
10. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
11. If I get dementia, treat me the way you would want to be treated.
12. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
13. If I get dementia, don't talk about me as if I'm not in the room.
14. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
15. If I get dementia, and I live in a dementia care community, please visit me often.
16. If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
17. If I get dementia, make sure I always have my favorite music playing within earshot.
18. If I get dementia, and I like to pick up items and carry them around, help me return them to their original place.
19. If I get dementia, don't exclude me from parties and family gatherings.
20. If I get dementia, know that I still like receiving hugs or handshakes.
21. If I get dementia, remember that I am still the person you know and love.





UPCOMING EVENTS

MONDAY - OCT.6

Dining Room
1:30PM

Café
2:00PM

WEDNESDAY - OCT.8

Dining Room/ H2/ H3

THURSDAY - OCT.9

Shalem Atrium
1:30-4:30PM

FRIDAY - OCT.10

Meet at Reception
10:00AM

SUNDAY - OCT.12

Dining Room
2:00PM

WEDNESDAY - OCT.15

Shalem Atrium
9:00AM-12:00PM

THURSDAY - OCT.16

Meet at Reception
10:00AM

Coffee Connect

Join Dorothy to chat and get caught up on what's happening at Shalem.

Art with Geri - Level 1

Meant for anyone that wants to give their creative hat a try. An easy fall decor class led by local artist Geri Karsten. Moved to the Café for this Level 1 class.

Thanksgiving Dinner - Please RSVP

4:30PM in the Dining Room & Haven 2nd Floor
5:00PM on the Haven 3rd Floor
6:30PM in the Dining Room

Advance Voting - Calgary Election

We're pleased to offer advance voting for the upcoming Calgary General Election that will be on Sunday, October 20. You have the opportunity to vote early—right here at Shalem.

BUS TRIP: Elbow Falls & Lunch

Enjoy a day a scenic drive to Elbow Falls and enjoy lunch together. Making the most of the fall season.

Voices of Grace - Hymn Sing

A guest-led hymn sign to enjoy and worship on Sunday afternoon.

Flu Vaccine Clinic (By Building)

9:00AM - Haven Residents
10:00AM - Court Residents
11:00AM - Manor Residents

BUS TRIP: Walmart

Get in all your shopping need at the Westbrook Plaza, a chance to stock up on all the basics and grab a coffee when your're done.

UPCOMING EVENTS

THURSDAY - OCT.16

Dining Room
7:00PM

MONDAY - OCT.20

Shalem Atrium
1:00PM

Café
2:00PM

Shalem Atrium
6:30PM

TUESDAY - OCT.21

Shalem Atrium
2:00PM

MONDAY - OCT.27

3rd Floor Manor Social Room
2:00PM

TUESDAY - OCT.28

2nd Floor Haven Snack Room
2:00PM

WEDNESDAY - OCT.29

Dining Room
5:00PM

Friendship Ministries

A welcoming and uplifting time with the group from Friendship Ministries as we come together in fellowship, worship, and good company. All are welcome to share in this meaningful gathering of faith, connection, and community.

Piano with Heather

Come enjoy a relaxing and uplifting time of music with Heather at the piano! Let the beautiful melodies brighten your day and bring a sense of calm, joy, and connection.

Art with Geri - Level 2

Led by local artist Geri Karsten. A class for all art lovers that want to show their creativity. In the Café this month.

Chinese Massage & Tea

Take a moment to unwind with a free Chinese massage and a soothing cup of tea. Enjoy this peaceful experience designed to help you relax, refresh, and restore.

Documentary & Chat

A screening of the first few episodes of *The Hidden Lives of Pets*, a fun documentary that explores the surprising abilities and secret lives of our furry friends! Stick around for a chat—share your thoughts and maybe even a pet story or two!

Sweets & Social

Join us for a wonderful time together making delicious Pumpkin Crunch Parfaits! Enjoy tasty fall treats and good company—a perfect way to celebrate the season.

Fall High Tea Social

Come and sip served in our beautiful china collection. Enjoy light refreshments, warm conversation, and a touch of elegance. Feel free to wear your favorite English-style hat if you'd like—it's all part of the fun! Everyone Welcome!

Dinner & Dance

Walkin' on Sunshine will get you out of your seat and moving. Come for the food, stay for fun—see you on the dance floor!