

Shalem Newsletter



COMMUNITY CONNECTION

JANUARY 2026

In This Issue

Musings from the
Executive Director

Shalem Prayer
& Praise

January Celebrations

Resident Notices

Monthly Events
at Shalem

Welcome 2026

As a new year begins, we are reminded that time is precious and never promised. Each day is a gift, lovingly placed in our hands by God. As we grow older, we may carry more memories than plans, yet our hearts are called to choose gratitude above all else. Let us greet each day with faith, kindness, and hope, trusting that God still has purpose in every step we take and beauty in every moment we are blessed to live.

Did you know?

In Spain, las uvas de la suerte—the “grapes of luck”—is the country’s most iconic New Year’s tradition. As the clock strikes midnight, people eat one grape with each of the twelve chimes, hoping to finish all before the final bell. Each represents a month of the year ahead, and completing the ritual is said to bring prosperity and good luck. This custom started in 1909 as a marketing idea when Spanish grape farmers faced a surplus and needed a way to sell the excess.





PRAYER AND PRAISE

WELCOME AND GOODBYE...

The start of winter has been a difficult time, marked by the loss of dear members of our community. We said goodbye to residents Herb Vleeming, John Vanderveen, and Karen Karperien, and also learned of the passing of former residents Rose Palacsko and Ev Pocock. Our thoughts and prayers are with their families and friends.

We would like to celebrate and welcome Margaret Korwin to the Manor. She moved in at the end of December and begins the New Year in her new home. Welcome, Margaret.

PRAY FOR...

As we welcome the new year we pause to hold in our prayers those who are facing days of uncertainty and healing. Many in our community have spent the holidays in the hospital, and they continue to be in our thoughts and prayers. We think especially of;

Cathy	Peter
Marten	Maria
Trudi	Len
Sharon	Betty
Lois	Frankie
Midge	Fran

PRAYER

Thank You for the gift
of this new year and
for each day You place
before us. Help us to
greet every day as a
blessing, trusting in
Your care and finding
joy in each moment.

Walk with us
throughout the year
ahead, guiding us with
Your purpose and love.

Amen

MONTHLY VERSE(S)

“Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!”

2 Corinthians 5:17

LIVING WELL TOGETHER

Musings from the Executive Director
Living Fully Today

January often invites us to think about the future. We hear talk of resolutions, plans, and long lists of things to accomplish in the year ahead. For many of us, that kind of planning looks different now than it once did. The future may feel less defined, and the horizon a little closer. But that does not mean life has stopped offering us meaning, joy, or even new beginnings.

Scripture gently draws us back to what truly matters: *today*. “This is the day the Lord has made,” we are reminded — not tomorrow, not next year, but this very day. God meets us here, in the present moment, with grace that is sufficient and mercies that are new each morning.

Living in the present does not mean giving up on dreaming. It simply means our dreams may take new shapes. Instead of long-term plans, our hopes may now be found in smaller, quieter things: a meaningful conversation, a new friendship, a good book, a shared laugh, a walk down the hall, or learning something we never had time for before. These moments matter deeply. They are not small to God.

Jesus often spoke about paying attention to the day at hand. “*Do not worry about tomorrow,*” He said, “*for tomorrow will worry about itself. Each day has enough trouble of its own*” (Matthew 6:34). This was not a call to stop caring, but an invitation to trust — to rest in the knowledge that God is already present in whatever tomorrow brings.

(cont'd on page 4)

**“This is the
day the Lord
has made; let
us rejoice
and be glad
in it.”**

PSALM 118:24





LIVING WELL TOGETHER

Musings from the Executive Director

Living Fully Today (continued)

As we age, living fully today becomes a sacred practice. It means noticing what is right in front of us. It means allowing ourselves to enjoy beauty, to remain curious, to try something new, even if it feels unfamiliar. God is not finished with us. As long as we are here, He is still shaping, teaching, and inviting us into life.

The prophet Isaiah offers this promise: “*See, I am doing a new thing! Now it springs up; do you not perceive it?*” (Isaiah 43:19). New things do not always arrive with fanfare. Sometimes they come quietly — through a fresh way of seeing, a softened heart, or a deeper sense of peace.

As we begin this new year together, may we give ourselves permission to live gently and fully in each day we are given. To dream, not necessarily of distant plans, but of meaningful moments. To find joy where we are. To trust that God walks with us still — today, tomorrow, and always.

Dorothy de Vuyst
Executive Director





RESIDENT NOTICES

Happy Hour Social

We invite all residents to join us for Happy Hour Social every Thursday! This year, we're adding even more to enjoy: a variety of new snack options, an expanded selection of non-alcoholic beverages, and engaging themes and activities led by our volunteers to make each gathering special. It's a wonderful opportunity to connect, and have fun in our community—you won't want to miss it!

Suite Checks While Away

The Resident Services team will now be conducting a suite check when residents are away on vacation or staying in the hospital. These checks help ensure that windows and doors are closed, taps are turned off, and your suite remains secure. The safety of the building—and your suite—is our top priority. Please continue to inform Reception when you will be away and do your best to leave your suite in order and secure before departing.

Bible Study Resumes January 14th

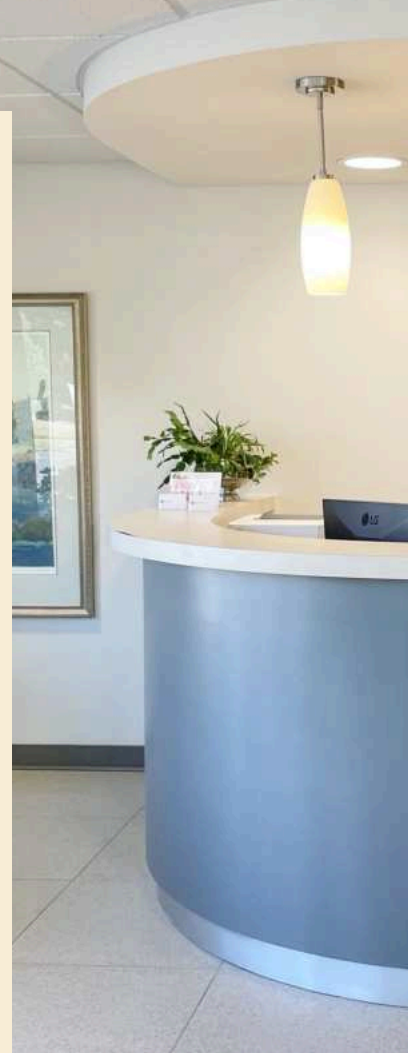
Bible study sessions with Pastor Allan will resume on January 14th, at 10:00 a.m. in the Manor Social Room. This is a wonderful opportunity to deepen your faith and connect with fellow residents in fellowship. We would be delighted to see you each week, but please feel free to attend whenever your schedule allows.

Housekeeping Services Available for All

Residents of the Court and the Manor can now access optional, affordable housekeeping services from Shalem for regular suite cleaning. Services include general cleaning, kitchen and bathroom cleaning, with all supplies provided (Laundry not included). Choose weekly, biweekly, or whatever works for you! Cost: \$25/hour with a minimum of 2 hours per visit. Please see the Business Office for a Housekeeping Services Enrollment Form.

Our Care Program

At Shalem, our care supports the whole person — body, mind, and spirit. Some residents need enhanced care now, while others may in the future. Care grows from community, when we share in that care, dignity and flourishing become possible for all. **To join the Health Program, please contact Josephine in the Health Clinic for details.**



OUR COMMUNITY

Visit from Bearspaw Christian Students



Please note some children's faces have been blurred to protect their privacy.



Lets Talk: Care & Connection with Josephine

Let's Talk Care & Connection is a monthly gathering exploring how care, emotion, and community come together at Shalem.

Manager of Care & Culture Josephine Tite will share ideas from Positive Psychology, real-life stories, and offer simple tools to help you better understand and respond to emotions—with compassion.

This is a relaxed, supportive space for residents, families, and community members to learn, reflect, and grow together.

Saturday, January 17 | 10:00 AM | Atrium

HEALTH CLINIC INFORMATION & HOURS

Dr. Tolu Solola

Dr. Tolu is here on Fridays this month (Not January 2). 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
JANUARY 9, 16, 23, 30
9:30AM - 1:00PM

Licensed Practical Nurse (LPN)

Kim and Shelly are our LPN team. For assistance, visit the Health Clinic or use the phone or email to the right. Please continue to use the ALERT 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

Living Well with Arthritis: Tips for Seniors to Stay Active and Comfortable

Provided by our health partner Longevity Care

Arthritis is something many seniors face, and it can sometimes make everyday tasks feel harder than they used to be. You can take steps to manage arthritis, reduce discomfort, and even prevent it from worsening. It's all about small, consistent choices that help your joints stay healthy and your body stay strong.

Understanding Arthritis

Arthritis isn't just one condition: it's a term for joint inflammation. It can cause pain, stiffness, and swelling, often in the hands, knees, hips, or shoulders. While it can slow us down, managing arthritis doesn't mean giving up on the activities you love.

Tips to Manage Arthritis Day-to-Day

- *Keep Moving.* Gentle movement helps your joints stay flexible and reduces stiffness. Think slow walks, water aerobics, stretching, or even light chair exercises.
- *Strengthen Muscles Around Joints.* Strong muscles help support your joints. Light resistance exercises, like using small weights or resistance bands, can be done safely at home. Ask your healthcare provider which exercises are right for you.
- *Maintain a Healthy Weight.* Extra weight can put pressure on your joints, especially knees and hips. A balanced diet can support your joints & overall health.
- *Warm Up and Cool Down.* Before exercise, gentle warm-up stretches prepare your joints, and a calm cool-down helps prevent soreness. Warm baths or heating pads can also soothe stiff joints.
- *Listen to Your Body.* Some days may be better than others, and that's okay. Pace yourself, take breaks, and don't push through severe pain.
- *Use Supportive Aids.* Canes, braces, or cushioned shoes can make a big difference in comfort and mobility. Using the right tools is a sign of strength, not weakness.

Our Health Partners



Contact:

Info@longevitycare.ca
403-800-0858

Blood Pressure Clinic

Wednesday, January 21 | 10:00 AM | Atrium

With Richmond Square Pharmacy

Don't miss your chance to check your blood pressure , sign up for one of the appointment times on the event board.

OUR COMMUNITY

Shalem Christmas Dinner





Move of the Month

Neck Stretches



Theresa de Walle
Fitness Instructor

Chin Tucks (Retraction):

- Sit tall, looking forward. Gently draw your chin back as if making a double chin, keeping your head level.
- Hold for 1-2 seconds, then relax. Repeat 5-10 times.

Neck Side Tilt:

- Tilt your head, bringing your ear toward your shoulder (don't lift the shoulder).
- Hold for 5-10 seconds, feeling a stretch on the opposite side. Return to center and repeat on the other side. Do 10 reps per side.

Neck Rotations:

- Slowly turn your head to one side, looking over your shoulder as far as comfortable.
- Hold for 2-3 seconds, then return to center and repeat on the other side. Aim for 5-10 reps.

Get Your Steps In - Indoor Walking

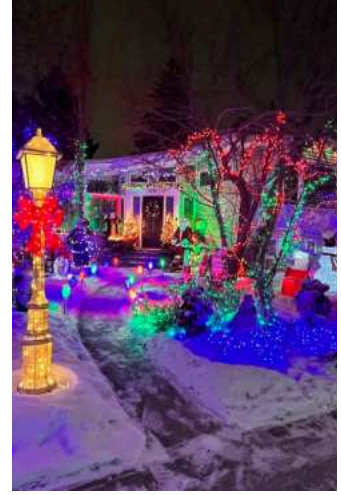
Walking is one of the simplest and most effective forms of exercise, and you don't need to go outside to do it. Walking supports heart health, improves circulation, maintains joint mobility, boosts energy and mood, and helps with balance and falls prevention. Even short bouts of walking throughout the day keep your metabolism active and your body moving.

Indoor Walking Options:

- Use the the long hallways at Shalem, each floor in each building. Start with one and add on to increase steps.
- March in place, lifting knees as high as comfortable. For more intensity, raise your arms overhead or increase your pace.
- Visit malls or indoor tracks—many offer walking groups for older adults.
- Use a pedometer or smartwatch to set goals, track steps and stay motivated.

OUR COMMUNITY

Christmas Lights Tour *Thanks to Irene for the Photos!*



LIVING FULLY

Your Voice Matters: Resident and Family Council at Shalem

Thank you to everyone who has agreed to be part of the Resident and Family Council at Shalem. Your participation and commitment are greatly appreciated.

The next meeting will take place on **January 15, 2026, at 2:00PM** in the Atrium. This council provides an important opportunity to share ideas, concerns, and feedback in a respectful and supportive environment. Every resident deserves to have their voice heard, and this is a meaningful way to do so.

All residents and family members are welcome to attend, and we encourage everyone to participate.



The Blessings of 2025



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

January 1	Wilma Bennik
January 4	Corrie Nederveld
January 6	Eddie Weening
January 7	Ann Freitag
January 7	Peter Dolby
January 8	Jeanette Miller
January 9	Jack Covey
January 10	Gail Farago
January 12	Vera Kennedy
January 15	Henry Valstar
January 25	Ann Cupido
January 27	Sheila McLellan

MILESTONE BIRTHDAYS

This month, we are celebrating two special milestones—Eddie turns 55, and Jeanette celebrates her 75th birthday.

Happy Birthday!

**WE HAVE NO ANNIVERSARY
CELEBRATIONS IN JANUARY.**

BIRTHDAY PARTY

Tuesday

January 13

2:00PM

Dining Room

Entertainment:
Romeo







MEMORY LANE - THE TANGY PRAIRIE HISTORY OF GINGER BEEF

Source: foodbloggersofcanada.com

Almost every town in Canada has one — a Chinese-Canadian restaurant marked by a flickering neon sign, plastic-covered booths, and generous plates of familiar comfort food. From Newfoundland to Nanaimo, these restaurants, largely owned by first-generation Chinese Canadians, became a staple of Canada's culinary landscape in the 1950s, shaping how generations of Canadians came to know Chinese cuisine.

Dishes like Ginger Beef are now so deeply woven into the Canadian diet that many are surprised to learn this sweet-and-savory favourite was actually invented in Calgary. In 1975, sisters Louise Tsang and Lily Wong immigrated from Hong Kong with the dream of opening a restaurant. They took over an old café called the Silver Inn in north Calgary, serving both Chinese and Canadian dishes — a common approach at the time, shaped by limited job opportunities and the need to appeal to Western tastes.

With the help of Lily's husband, George Wong, who had experience cooking in England, the sisters adapted traditional recipes for North American palates. The result was Ginger Beef, once listed on their menu as "No. 65: Deep fried shredded beef in chili sauce." Unlike its Northern Chinese origins, the Canadian version features deep-fried strips of beef tossed in a sticky, sweet sauce with garlic, chili, and a hint of ginger, along with carrots and onions.

By sweetening sauces and deep-frying ingredients, Chinese restaurateurs created dishes that resonated with local tastes — and Canadians embraced them. Ginger Beef has since become an iconic example of Chinese-Western cuisine, a dish whose humble Calgary origins may be little known, but whose popularity and appeal are undeniable from coast to coast.





CREATIVE CORNER

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

Life Begins at 80!

By Frank Laubach

I have good news for you. The first 80 years are the hardest. The second 80 are a succession of birthday parties.

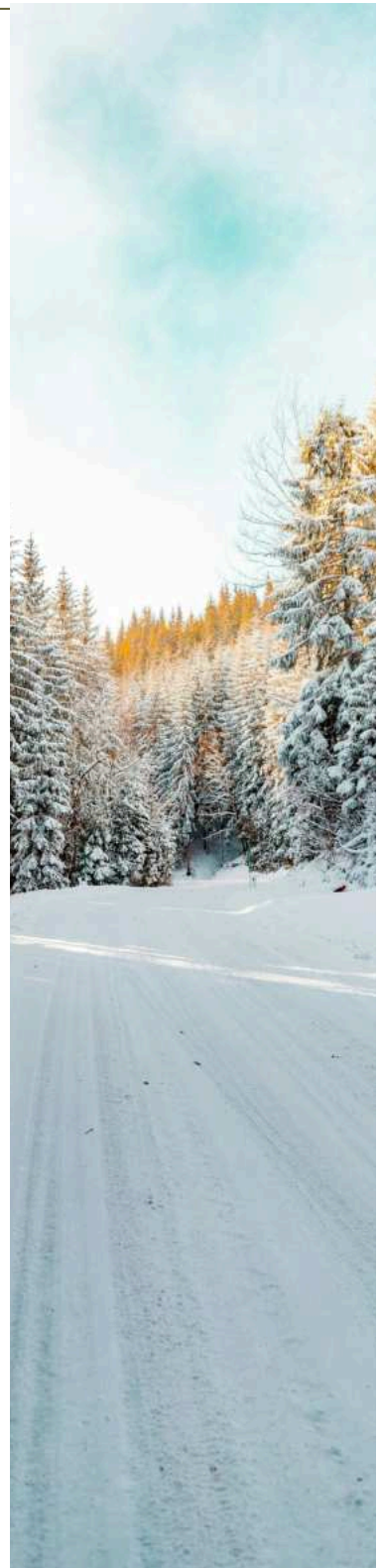
Once you reach 80 everyone wants to carry your baggage and help you up the stairs. If you forget your name or anyone else's name, or an appointment, or your own telephone number, or promise to be three places at the same time, or can't remember how many grandchildren you have, you need only to explain that you are 80.

Being 80 is a lot better than being 70. At 70 people are mad at you for everything. At 80, you have a perfect excuse, no matter what you do. If you act foolish, it's your second childhood. Everyone is looking for symptoms of softening of the brain.

Being 70 is no fun at all. At that age they expect you to retire to a house in Florida and you complain about your arthritis, and you ask everyone to stop mumbling because you can't understand them. (Actually your hearing is about 50 percent gone.)

If you survive until you are 80, everyone is surprised that you are still alive. They treat you with respect just for having lived so long. Actually, they seem surprised that you can walk and talk sensibly.

So please, folks, try to make it to 80. It's the best time of your life. People forgive you for anything.





UPCOMING EVENTS

SATURDAYS - JAN. 3 & 31

Wellness Centre (Spa Room)
1:00PM

Massage with Iuliia

Treat yourself to a massage with Iuliia and enjoy a relaxing break in your day. Appointments start at 1:00 p.m., and sign-up is required to secure your spot. The cost is \$40, paid directly to Iuliia. Don't miss this chance to support your health and feel completely relaxed.

WEDNESDAYS - JAN. 7 & 28

Dining Room
7:00PM

BINGO with Lauren

Get ready for two exciting nights of Bingo with our volunteer, Lauren! Don't miss your chance to win — and don't forget to bring your dimes. Come for the laughs, and the fun of playing the game!

MONDAY - JAN.12

Café
2:00PM

Art with Geri (Level 1)

This creative class led by local artist Geri Karsten gives beginner artists and all levels a chance to tap into their artistic side. Everyone welcome, sign-up to save a seat.

TUESDAY - JAN.13

Meet at Reception
10:00AM

Bus Trip: Devonian Botanical Gardens

A trip to Devonian Gardens, one of Calgary's most beautiful indoor green spaces. Enjoy lush gardens, walking paths, and a relaxing time surrounded by nature — all in a warm environment. It's attached to the mall food court if you want to grab lunch!

MONDAY - JAN.19

Shalem Atrium
1:00PM

Piano with Heather

A beautiful afternoon of music with Heather from the Eden School of Music. She blesses us with her talented voice and love of music. **Please note date change from calendar, she has changed to January 19th.**

Shalem Atrium
6:30PM

Chinese Massage & Tea

Enjoy a FREE massage and a cup of tea, and visit with these soon to be Doctors of Traditional Chinese Medicine, students from CITCM Massage & Acupuncture College. Sign-up to save your spot!



UPCOMING EVENTS

TUESDAY - JAN.20

Dining Room
2:30PM

Visit with CCS Kindergarten Students

There's no better way to spend an afternoon than with the smiling faces of kindergarten students from our neighbouring Calgary Christian School.

SATURDAY - JAN.24

Shalem Atrium
10:00AM

Books n' Brew with Cheri

Join volunteer Cheri for words of wonder that spark the imagination and bring us together in a time of community as she shares some stories.

MONDAY - JAN.26

Café
2:00PM

Art with Geri (Level 2)

This engaging class, led by local artist Geri Karsten, is designed for Level 2 artists ready to build on their skills. Perfect for those with some experience who want to explore new techniques and expand their creativity. Everyone welcome — sign up to save your seat!

TUESDAY - JAN. 27

3rd Floor Manor Social Room
2:00PM

Sweets & Social

Bake and enjoy a delicious Pineapple Sheet Cake! Anne-Marie shares her love of baking by guiding residents to create sweet treats together, making every bite even more special when enjoyed in good company.

THURSDAY - JAN. 29

Meet at Reception
10:30AM

Edelweiss Store Shopping & Lunch

Enjoy a fun outing for shopping and lunch at the Edelweiss Store! Browse unique finds, pick up special treats, and enjoy a delicious meal with friends — A perfect way to spend the day!