

Shalem Newsletter



# COMMUNITY CONNECTION

FEBRUARY 2026

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Executive Director

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"Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law."

Romans 13:8

When we live in love, even the simplest actions take on eternal significance. Love turns ordinary moments into opportunities to serve, encourage, and uplift those around us. It eases burdens, strengthens bonds, and creates ripples of kindness that reflect His grace. By leading with love in all we do, we honor God's command and allow His light to shine through us, touching the world in ways both seen and unseen.

## Did you Know?

In 1847, a Boston pharmacist invented a machine that simplified making medical lozenges, which soon became America's first candy-making machine. The New England Confectionery Company (Necco) was later founded, which led the market in conversation candies. By the 40s and 50s, other companies followed, cementing the link between conversation hearts and Valentine's Day.





# PRAYER AND PRAISE

## WELCOME AND GOODBYE...

We are pleased to welcome Edith Forray to the Manor, having moved in at the end of January. We hope she feels blessed in her new home, please say hello if you see her in the hallway.

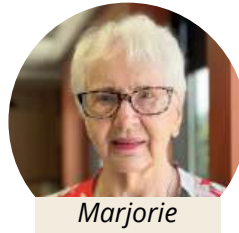


Edith Forray

We also said goodbye to several residents this past month. We remember Midge McKillop, who passed away at the end of January, and keep her loved ones in our prayers. We also acknowledge Marjorie de Kuyper, Frankie Steele—nearly seven years with us—and longtime resident Sharon Holland, a fixture at Shalem for over sixteen years, as they transition to homes better suited to their care. We wish them peace and comfort.



Midge



Marjorie



Frankie



Sharon

## PRAY FOR...

Challenges touch us all, especially during times of loneliness or health concerns. May our shared care and community bring strength, comfort, and moments of joy. We trust you will feel His peace and guiding presence each day.

We think specifically of those in hospital:

Lois Kaake  
Trudi Wiechula  
Len Keeler  
Anna Christensen  
Edith Forray

## MONTHLY VERSE(S)

"We love because he first loved us." - 1 John 4:19

## PRAYER

Dear Lord,  
Thank You for the  
blessing of  
community. Help us to  
care for one another  
with kindness and  
patience, and let Your  
peace dwell among us.  
Guide our steps and  
strengthen our hearts  
as we walk in faith  
together.  
Amen



# LIVING WELL TOGETHER

Musings from the Executive Director

## More Than 'Do Nots'

Before Jesus began His ministry on earth, God's people were guided by the Scriptures we now call the Old Testament — and at the heart of that guidance were the Ten Commandments. Many of them were framed as "do nots": do not kill, do not steal, do not covet. These laws were important, meant to guide people toward life and faithfulness.

Many of us grew up in Christian traditions where that focus on "do nots" carried forward. There were things we simply didn't do — no bike riding on Sundays, no movies, no card games, no dancing. The intention was often good: to live holy lives and to avoid what was seen as harmful. Yet for many of us, faith slowly became more about avoiding wrong than about learning how to love well.

I remember one Sunday as a teenager when I was travelling with my youth group. We were away from home and stopped for pizza for Sunday dinner. We had to eat somewhere, but I felt deeply uncomfortable — even guilty — as if I were doing something wrong. So I didn't eat. At the time, it felt like the "right" thing to do. But years later, I realized something important: I had misunderstood what faith was truly meant to be.

For a long time, it felt as though abstaining from what was perceived as evil would somehow produce goodness. But is avoiding wrong the same as living rightly? Is that the full life Jesus came to bring?

*(cont'd on page 4)*

**"Love the  
Lord your God  
with all your  
heart... and  
love your  
neighbour as  
yourself."**

MATTHEW  
22:37–39





# LIVING WELL TOGETHER

Musings from the Executive Director  
**More Than 'Do Nots'** (continued)

When Jesus began His ministry, He didn't simply add more rules. Instead, He pointed people to something deeper. In the Sermon on the Mount, He spoke of humility, mercy, forgiveness, peacemaking, trust, and love. He summarized the law not as a list of prohibitions, but as a call to love God and love one another.

Jesus did not invite us into a community of "do nots." He invited us into a community shaped by love — love that is patient, generous, welcoming, and kind. A love that sees people, not rules. A love that brings healing instead of fear, connection instead of judgment.

As we grow older, this message can feel especially freeing. Faith is not about how perfectly we followed the rules, but about how deeply we learned to love — how we cared for others, how we received grace, and how we trusted God along the way.

That is the God I have chosen to follow — not one who measures faith by what we avoided, but one who invites us into a life marked by compassion, community, and love. And that is the kind of community we are called to be together: not defined by restrictions, but known by the love we share.

Warmly,

Dorothy de Vuyst  
Executive Director



# OUR COMMUNITY

## January Birthday Celebrations with Romeo



# RESIDENT NOTICES

## Housekeeping Services Available for All Residents

All residents across all three Shalem buildings can now access optional, affordable housekeeping services. The cost is \$25 per hour for basic cleaning services and à la carte offerings can also be added, including: garbage and recycling pick-up, fridge cleaning, window cleaning and oven cleaning. For more information please visit the Business Office.

## Membership Renewal

As we move into the new year, it's time to start thinking about renewing your Shalem Membership. Your membership helps us establish a resilient foundation of community support. Please see Magda in the Business office to renew.

## A Fresh Look for the Manor

New carpet and a fresh coat of paint throughout all main public areas and hallways will give the Manor a refresh. The information board will also be changed to match the updated design in the other buildings. We appreciate your understanding during this process and look forward to seeing its completion.

## New Haven Notice Mailboxes

In the past, there was a clip behind each door in the Haven used to hold notices, newsletters, and other internal document deliveries. These did not securely hold papers so are currently sourcing new mailbox holders that will be installed in the same location and designed to better secure delivered documents. Please be sure to check behind your door for updates.

## Resident & Family Council

At the last meeting, residents discussed computer education, financial transparency, and healthcare communication at Shalem. There was a call for clearer, regular updates on board decisions, funding sources, and capital projects, along with more opportunities for resident input. The council welcomes and appreciates all suggestions. Please see Sjaak for full meeting minutes. **The next meeting will February 19 at 1:00 p.m. in the Atrium.**



# OUR COMMUNITY

## Break from Winter at Devonian Gardens





# HEALTH

## Feel Better, Live Better: Join Our Wellness Sessions

### Blood Pressure Clinic

**Thursday, February 19 | 10:00 AM | Atrium**

### Reimagining Belonging with Josephine

What if... new perspectives could spark fresh possibilities?

Communities around the world are fostering belonging and meaningful life in creative ways for people of all abilities. Toward the end of last year, Josephine had the opportunity to learn directly from some of these communities in Europe. Come hear stories and ideas that inspire imagination, deepen our shared learning, and connect with the ongoing work of building inclusive community at Shalem.

**Tuesday, February 24 | 10:00 AM | Atrium**

*Please note updated date & location change from calendar.*

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

**Saturday, February 28 | 10:00 AM | Dining Room**

## HEALTH CLINIC INFORMATION & HOURS

### Dr. Tolu Solola

Dr. Tolu is here on Fridays (Not Feb. 6 or 13). 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  
FEBRUARY 20 & 27  
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

## Rest Easy, Live Well: How Sleep Affects Your Cardiovascular Health

*Provided by our health partner Longevity Care*

A good night's sleep does more than help you feel rested—it also protects your heart. Clearer thinking, better energy, and improved mood are just the beginning. Sleep plays a key role in keeping your cardiovascular system healthy.

Research shows that sleep disorders such as insomnia, restless sleep, and sleep apnea can strain the heart over time, increasing the risk of high blood pressure, irregular heartbeat, and heart disease. The good news is that small, consistent changes can greatly improve sleep and support heart health.

### How Poor Sleep Can Affect Heart Health

- Obesity, high blood pressure, and diabetes
- Increased stress
- Inflammation
- Depression

### Tips for Better Sleep & a Healthier Heart

- Keep a regular sleep schedule, even on weekends.
- Create a calming bedtime routine, like stretching or listening to soft music.
- Limit naps to 20–30 minutes earlier in the day.
- Avoid heavy meals, alcohol, and caffeine close to bedtime.
- Make your bedroom dark, quiet, and cool.
- Talk to your doctor if you snore, wake often, or still feel tired after a full night's sleep.

Sleep is essential to staying healthy, strong, and independent. By making mindful changes, you can enjoy better rest and give your heart the care it deserves—no prescription required.

## Our Health Partners



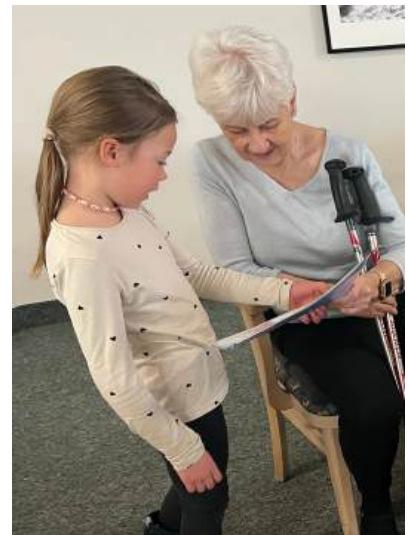
### Contact:

Info@longevitycare.ca  
403-800-0858



### Contact:

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



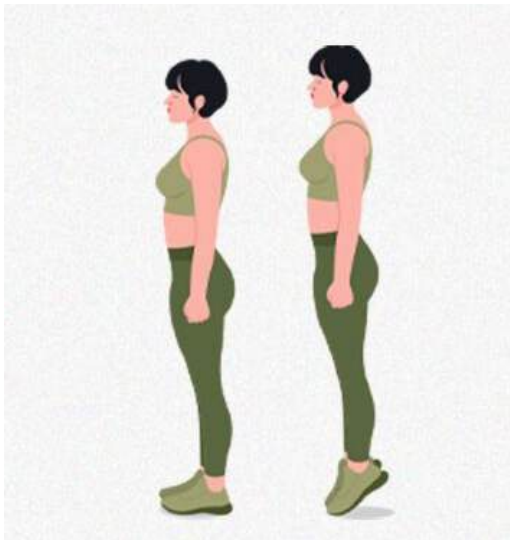
## Sing Your Heart Out at Karaoke





## Move of the Month

### CALF RAISES



- Stand tall with your feet hip-width apart.
- Hold onto a wall or counter for balance if needed.
- Slowly rise onto your tiptoes, lifting your heels as high as comfortable.
- Pause for a moment at the top.
- Gently lower your heels back to the floor.
- Repeat for 10–15 repetitions, or as comfortable.

**Benefits:** Strengthens calf muscles and improves ankle stability.



**Theresa de Walle**

Fitness Instructor

### Importance of Regular Exercise

Regular exercise is especially important for adults aged 75 and older, as it helps maintain strength, mobility, and overall independence.

Focusing on balance exercises can reduce the risk of falls, a leading cause of injury in this age group. Even gentle activities like calf raises, standing leg lifts, or using a chair for support can improve stability, boost confidence, and support heart, bone, and joint health.

Staying active helps you feel stronger, move more easily, and maintain a higher quality of life for years to come.

# OUR COMMUNITY

Edelweiss Adventures



Edelweiss Village



# LIVING BY FAITH

## Taking Steps Forward in Faith

By: [themeaningmovement.com](http://themeaningmovement.com)  
Shared by Pastor Allan during a Bible study session in January.

Understanding God's plan isn't just about passive acceptance. It requires active participation.

Philippians 2:13 encourages us:

***“For it is God who works in you to will and to act in order to fulfill his good purpose.”***

This means we partner with God in fulfilling His purpose. Like a dance—He leads, but we must follow His steps. And sometimes following means stepping out in faith when He calls, even if the path ahead isn't completely clear.

When we align our lives with God's purpose, we discover a peace and fulfillment that transcends circumstances. These scriptures aren't just words on a page. They're promises we can build our lives upon.

Remember: God's plan for your life is both personal and purposeful. In those moments when you feel lost or uncertain, return to these verses as anchors for your soul. They remind you that you're not walking this path alone—you're walking it with a God who has lovingly designed every step of your journey.

As you navigate the challenges and joys that come your way, hold on to the truth that each twist and turn has significance in the grand tapestry of your life. Seek out purpose driven life quotes that resonate with your experiences and inspire you to stay focused on your unique calling. Trust that even in the waiting periods, God is crafting your story. He's equipping you for the future He has envisioned for you.

What step might God be asking you to take today in pursuit of His purpose for your life? Take a moment to reflect on these verses and listen for His gentle guidance. Your next step of faith might be the beginning of discovering the amazing plan He has for you.





# CELEBRATIONS AT SHALEM

## HAPPY BIRTHDAY

February 1	Doris Lucas
February 2	Judy Kehler
February 3	Sherry De Roos
February 4	Hammy De Jong
February 6	Joanne Vankeimpema
February 9	Joanne Vanderveen
February 10	Elaine Emerson
February 11	Betty Hunte
February 13	Jerry Weidman
February 15	Lillian Johnston
February 15	Adrien Banner
February 15	Mary Tipping
February 16	Gerta Weening
February 18	Connie Langlois
February 19	Margaret Vander Wekken
February 20	Ozzie Finzel
February 20	Virginia Van Veen
February 21	Anna Spitteler
February 25	Sylvia Marshall
February 27	Anna Christensen

## BIRTHDAY PARTY

**Tuesday**

**February 10**

**2:00PM**

**Dining Room**

**Entertainment**  
*Wild Rose Duo*



## MILESTONE BIRTHDAYS

We're excited to celebrate many milestone birthdays this month! Judy turns 80, Joanne celebrates her 85th, and three residents—Ozzie, Anna Spitteler, and Anna Christensen—reach the remarkable age of 95. We also have three residents over 95 and this is something to celebrate: Betty turns 97, Hammy celebrates 98, and Virginia Van Veen reaches 99, marking her final year in her 90s. It's a wonderful opportunity to honor their longevity and celebrate these incredible milestones together.

*Happy Birthday!*

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



## MEMORY LANE

### 88' WINTER OLYMPICS

Sources: *Calgary Herald*, *olympic.ca*

As we head into the XXV Milano Cortina Olympic Winter Games (February 6–22) hosted in Italy, it's a perfect moment to reflect on a proud chapter of our own history—when Calgary welcomed the world.

For 16 memorable days in February 1988, Calgary hosted the XV Olympic Winter Games. Many of our residents were there, some in the stands and others part of the Opening Ceremonies, experiencing the excitement firsthand.

Figure skater Brian Orser, Canada's reigning world champion at the time, led Team Canada into McMahon Stadium. Marching last, the team made a great impression in red coats with white fringe and iconic white Stetsons—an image still fondly remembered.

The Games helped turn underdogs into legends. Our very own Elizabeth Manley won the silver medal in women's figure skating. The Jamaican bobsleigh team captured hearts and went on to become a regular presence in international competition, while British newcomer Eddie the Eagle achieved his Olympic dream in Calgary. Both stories later inspired feature films.

Calgary 1988 also left a powerful legacy for Canadian athletes. Canada Olympic Park became a training ground for champions such as Pierre Lueders, Kaillie Humphries, and Jon Montgomery, while the Canmore Nordic Centre supported the development of athletes like Beckie Scott and Chandra Crawford.

Community spirit defined the Games. More than 24,000 volunteer applications were received, with over 9,500 volunteers committing countless hours. Demand for tickets was unprecedented, and Olympic Plaza award ceremonies drew crowds far beyond its planned capacity, peaking at 70,000 people.

From David Foster's theme song, "Can't You Feel It?", to the beloved mascots Hidy and Howdy, Calgary 1988 remains a cherished memory—a time when sport, community, and celebration came together in a truly unforgettable way.





## 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)*

# The Train of Life

*Submitted by Sandy: Please note this is a shortened version for the newsletter.*

Life is like a journey on a train, with its stations and changes of routes and with accidents.

At birth we boarded the train and met our parents, and we believe they will always travel on our side.

However, at some station our parents will step down from the train, leaving us on this journey alone.

As time goes by, other people will board the train; and they will be significant our siblings, friends, children, and even the love of your life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize they vacated their seats.

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are.

It is important to do this because when the time comes for us to we should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey on the train of life. Reap success and give lots of love. More importantly, thank God for the journey.

Lastly, thank you for being one of the passengers on my train.





# BLACK HISTORY MONTH

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February offers an important opportunity to honour the rich diversity, culture, and contributions of Black Canadians. It is also a time for reflection—acknowledging Canada’s history and the ongoing realities many Black communities continue to face, including systemic barriers, racism, and discrimination. This month, we take a moment to recognize and learn more about the history of Alberta’s second-largest Black community Wildwood.

## WILDWOOD

*Source: [blacksettlers.ca](http://blacksettlers.ca)*

Located just 120 km west of Edmonton in the scenic foothills of the Rocky Mountains, Wildwood was once Alberta’s second-largest Black community. It began in 1908 when about 20 Black settlers arrived and built a new life in the area, with the arrival of the first train in 1910 helping the community grow and connect to the rest of the province.

Originally known as Junkins, the settlement was named after a railway executive as part of an alphabetical naming system along the Grand Trunk Pacific line. The area proved ideal for logging and trade, and by the 1920s, Black entrepreneurs like the Bailey brothers had established successful lumber mills that supplied building materials across Alberta.

Renamed Wildwood in 1929, the thriving town featured two schools, an African Methodist Episcopal Church, and its own cemetery. Like many rural communities, Wildwood began to decline after the Second World War as residents moved to cities in search of new opportunities—but its history and legacy remain an important part of Alberta’s story.



### Videos, Films, and Documentaries to learn more about Alberta's Black history.

- [Secret Alberta: The Former Life of Amber Valley](#) (13 minutes)
- [We Are the Roots: Black Settlers and their Experiences of Discrimination on the Canadian Prairies](#) (67 minutes)
- [John Ware Reclaimed](#) (72 minutes)
- [Trailblazers: Black Canadian women in politics](#) (2 minutes)
- [No. 2 Construction Battalion](#) (2 minutes)

# UPCOMING EVENTS

## **TUESDAY - FEB. 3**

Shalem Atrium  
2:00PM

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### **Documentary & Chat**

Join us for a documentary and discussion as we watch The Dick Van Dyke Show Remembered.

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## **SUNDAY - FEB. 8**

Shalem Atrium  
STARTING AT 4:00PM

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### **SUPER BOWL PARTY**

The Happy Hour volunteers are hosting a fun-filled Super Bowl Watch Party! Enjoy snacks, company, and fun as the winners of the pool are decided. Bring your favourite snack to share and make it a great game day!  
**Kick-off 4:30PM**

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## **MONDAY - FEB.9**

Dining Room  
1:30PM

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### **Coffee Connect with Dorothy**

Join us for a time to catch up on what's happening around Shalem. This is your opportunity to hear updates, ask questions, and share your thoughts.

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Café  
2:00PM

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### **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.

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## **WEDNESDAY - FEB. 11**

3rd Floor Manor Social Room  
3:00PM

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### **Sweets & Social: Brownie Fruit Pizza**

Indulge your sweet tooth with a fun afternoon of making a delicious treat! Join Anne-Marie and fellow residents for a sweet social time together.

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## **SATURDAY - FEB.14**

Meet at Reception  
1:00PM

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### **BUS TRIP: Little Women Pumphouse Theatre**

A perfect way to spend Valentine's afternoon! Watch the live theatre performance of Little Women at the Pumphouse Theatre.

# UPCOMING EVENTS

## TUESDAY - FEB. 17

Dining Room  
5:00PM

## MONDAY - FEB. 23

Shalem Atrium  
1:00PM

Café  
2:00PM

Shalem Atrium  
6:30PM

## TUESDAY - FEB. 24

Shalem Atrium  
1:00PM

## THURSDAY - FEB. 26

Meet at Reception  
10:00AM

## FRIDAY - FEB. 27

Shalem Atrium  
10:00AM

## SATURDAY - FEB. 28

Shalem Atrium  
10:00AM

## Chinese New Year Dinner & Music

Ring in the Lunar New Year with a festive evening of traditional music and a delicious menu sure to impress!

**Cost: \$18.00 for residents | \$29.50 for guests**

Welcome the Year of the Fire Horse.

## Piano with Heather

An afternoon of music with the talented Heather Thrisk on Piano.

## Art with Geri (Level 2)

Designed for those with some experience, this class will continue developing your artistic side. Everyone is welcome—sign up to reserve your spot!

## Chinese Massage & Tea

Relax with a FREE massage and a soothing cup of tea while meeting the talented students, soon to become Doctors of Traditional Chinese Medicine. Come enjoy some pampering and relaxation.

## Sean Child - Violinist

Enjoy the soothing sounds of the violin as Sean Child shares his gift of music with us.

## BUS TRIP: North Hill Centre

Take some time to shop for all your necessities—and enjoy a little window shopping too! Grab lunch at the food court or have a late lunch when you return.

## Coffee with MP David McKenzie

Get to know your Member of Parliament, ask questions, and share your thoughts in a relaxed, friendly setting.

## Books n' Brew with Cheri

Join Cheri as she shares her love of the written word, a great way to spend a Saturday morning.