

Shalem Newsletter



COMMUNITY CONNECTION

MARCH 2026

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Executive Director

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& Praise

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**“May there always be work for
your hands to do.
May your purse always hold a
coin or two.
May the sun always shine upon
your window pane.
May a rainbow be certain to
follow each rain.
May the hand of a friend always
be near to you and
May God fill your heart with
gladness to cheer you.”**

Did you know?

Saint Patrick, an Irish missionary who helped spread Christianity in Ireland, used the shamrock to explain the Holy Trinity—showing that just as one leaf has three parts, God is one in three: the Father, the Son, and the Holy Spirit.





PRAYER AND PRAISE

WELCOME AND GOODBYE...

We are grateful to welcome Louise MacLean who moved into the Haven last month, and we welcome Rick Dees (no photo available), who will soon be moving into the Manor. We look forward to having them as part of our community.



Louise MacLean

We also want to acknowledge that last month we said goodbye to several cherished residents—Patrick MacGurry, Betty Sampson, and Jerry Weidman—who moved on to homes better suited to their care needs. They remain warmly in our thoughts, and we wish them comfort, care, and happiness in their new homes.



Patrick



Betty



Jerry

PRAY FOR...

At different moments in life, we all encounter challenges, especially with health or loneliness. As spring approaches, may it bring renewed hope and brighter days ahead. You are in our prayers, and we wish you peace and comfort each day.

We think specifically of those in hospital:

- Jason Smith
- Doris Reitze
- Doris Lucas

MONTHLY VERSE(S)

“Forget the former things; do not dwell on the past.
See, I am doing a new thing.”

– *Isaiah 43:18–19*

PRAYER

Loving God, when times feel hard and our hearts grow weary, lift us with Your strength and grace. Remind us that we are never alone and that hope still blooms even in difficult seasons. Fill us with peace and renewed trust for days ahead.
Amen

LIVING WELL TOGETHER

Musings from the Executive Director

Times of Transition

Transitions are never easy. Sometimes they come slowly, sometimes abruptly, and sometimes they arrive just when we are least prepared. In my own church community, we are experiencing a season of letting go – a letting go of hopes and dreams that have been built over many years. For some, this transition feels like failure. It is accompanied by sadness, grief, and the questions that weigh on our hearts: *How do we let go? How do we trust God?*

Grief is part of every transition, even in a community of faith. To let go does not mean forgetting, and it does not mean that the love, laughter, or care we shared was wasted. It means trusting that God is at work even when our plans and visions do not unfold as we hoped. We are invited to release control and to surrender our understanding to Him, remembering that His perspective is far greater than ours.

The same is true here at Shalem. Over the past months, we have said good-bye to residents we have loved and welcomed new faces into our community. Sometimes, leaving a neighbor or friend behind carries the quiet sting of regret – wishing we had taken more time to know them, laugh with them, or encourage them. And yet, just as in our church communities, God’s grace meets us in the midst of this sadness. The moments we shared, the love we offered, the prayers we whispered – none of it is lost.

(cont'd on page 4)

**“Jesus Christ is
the same
yesterday and
today and
forever.”**

HEBREWS 13:8



LIVING WELL TOGETHER

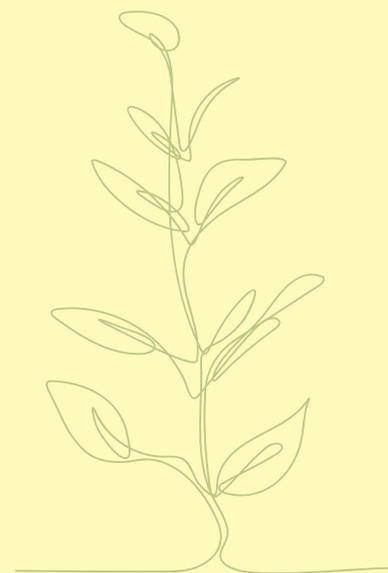
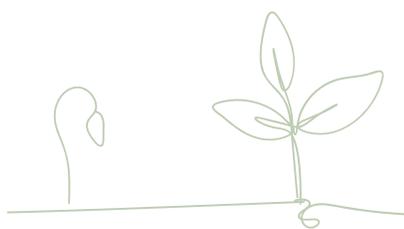
Musings from the Executive Director
Times of Transition (continued)

Welcoming new residents brings its own challenges. It requires patience, openness, and humility. Each new arrival is a gift, a chance to build community again, to offer friendship, and to extend the love of God in fresh ways. Transition asks us to move with both grief for what has passed and hope for what is yet to come.

Scripture reminds us that God's faithfulness does not change, even when our circumstances do. In Him, there is stability when life feels uncertain. In Him, we can release what we cannot hold and trust that every ending carries the seeds of new beginnings.

So, whether in our church or in our home here at Shalem, may we give ourselves permission to grieve, to remember, and to let go. And may we also open our hearts to new relationships, new joys, and new opportunities to love. By trusting God through transitions, we discover that His grace can carry us through endings with peace and bring new life in ways we may not have imagined.

Dorothy de Vuyst
Executive Director



OUR COMMUNITY

February Birthday & Anniversary Celebrations



RESIDENT NOTICES

Building and Grounds

Updates in the Manor are ongoing, including fresh paint, new carpet, and updated door knobs and handrails. We are grateful for this much-needed refresh.

Please remember not to pour grease down your kitchen sink, as this has caused drain blockages affecting multiple suites. Dispose of grease in the garbage or compost instead.

Resident Door Nameplates

Approval request forms were delivered for permission to display your first and last name, along with your building and suite number, outside your door. Please return forms to reception so this project can move forward in the coming months, reception also has extra forms.

Wellness Check Protocol – Court

Round disks are installed at each doorframe and will be set by staff overnight. When a door opens, the disk will fall; mid-morning, volunteers will check on any suites where doors remain closed. This replaces the previous “hi-sign” system and ensures consistent wellness checks. A volunteer meeting will be held soon to review the process.

On-Site LPN Coverage

Kim and Shelly will now share Sunday coverage from 8:00 a.m. to 1:00 p.m., allowing Shalem to have nursing support 7 days a week.

Green Sleeve Reminder

A Green Sleeve is part of Advance Care Planning and stores important medical documents for quick access in an emergency. If you do not yet have one, please speak with your doctor. If you do, place it on top of your fridge for easy access by first responders. We are also creating a Shalem ID Card magnet, to be placed on the fridge, which will include your Alberta Health Care number for emergency use.

Housekeeping Services

Affordable housekeeping services are now available in all three buildings. Basic hourly cleaning is offered, with additional à la carte options such as garbage and recycling pick-up, fridge cleaning, window cleaning, and oven cleaning. Please visit the Business Office for details or to book services.

Tax Clinics

Shalem will again be offering tax clinics to assist residents. These will take place in late March and early April. Please watch the information boards for dates and sign-up details.





“Creativity has no age limit; it grows richer with every year we live.”



HEALTH

Feel Better, Live Better: Wellness Sessions for You

Wellness Session - Stroke Awareness with Richmond Square Pharmacy

Join for an informative wellness session on Stroke Awareness, presented by our partners at Richmond Square Pharmacy. Understand risk factors, and discover how quick action can save lives. This session is designed to empower you with practical knowledge to support your health and the well-being of those around you.

Wednesday, March 11 | 10:00 AM | Atrium

Blood Pressure Clinic

Wednesday, March 18 | 10:00 AM | Atrium

Let's Talk: Care & Connection with Josephine

Saturday, March 28 | 10:00 AM | Atrium

HEALTH CLINIC INFORMATION & HOURS

Dr. Tolu Solola

Dr. Tolu is here on *Fridays*. 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.

**ALL FRIDAYS IN MARCH
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.**

**7 DAYS A WEEK
8:00AM-1:00PM
403.629.6762
nurse@shalem.ca**

Josephine Tite, *Manager of Care & Culture*

Josephine will be away March 2-6. 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

Provided by our health partner Longevity Care

Arthritis is common among seniors and can cause joint pain, stiffness, and swelling, often affecting the hands, knees, hips, or shoulders. While it may make some activities more challenging, there are simple, consistent ways to manage symptoms and stay active.

Tips for Managing Arthritis

- Keep moving: Gentle activities like walking, stretching, water exercise, or chair exercises help reduce stiffness.
- Strengthen muscles: Light resistance exercises support joints—check with your healthcare provider for guidance.
- Maintain a healthy weight: Balanced nutrition helps reduce strain on joints.
- Warm up and cool down: Stretching, warm baths, or heating pads can ease stiffness.
- Listen to your body: Pace yourself and rest when needed.
- Use supportive aids: Canes, braces, or supportive footwear can improve comfort & mobility.

Healthy Joint Habits

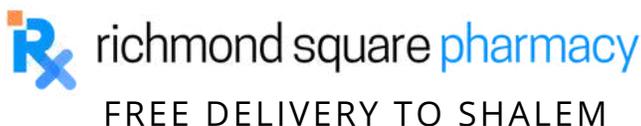
- Stay active with low-impact exercise
- Eat anti-inflammatory foods
- Take breaks to avoid joint strain
- Stay hydrated
- Attend regular medical check-ups

Managing arthritis is a gradual process. Small steps—like moving a bit more comfortably or experiencing less stiffness—can make a meaningful difference in staying active and enjoying life.

Our Health Partners



Contact:
Info@longevitycare.ca
403-800-0858



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



The Year of the Horse

Chinese New Year 2026 marks the Year of the **Fire Horse**, a rare 60-year cycle symbolizing strong energy, independence, and rapid change. Shaped by the Horse's free spirit and the intensity of the Fire element. The previous Fire Horse years were 1966 and 1906.





STRENGTH AND AGING: WHAT MY 100-YEAR-OLD FATHER-IN-LAW SHOWED ME

startingstrength.com by Denis Finnegan EdD

For many years, I've been committed to staying active, and more recently I began barbell strength training. When I experienced a minor injury, my first medical advice was simply to stop lifting. That response didn't sit well with me and prompted a deeper look into whether strength training is truly unsafe for seniors—or if, in fact, it's essential.

Around the same time, I was spending more time with my nearly 100-year-old father-in-law, a kind and remarkable man who served in WWII. While still mentally sharp, I noticed his physical strength and balance had declined after becoming less active due to caring for his wife who has limited mobility and dementia. Because of that he is house bound and no longer gets much exercise. Everyday tasks like standing up or walking had become harder. Recently we got him a walker to help him stabilize and now he walks a bit almost every day. After a couple of weeks of exercise, I see his walking improving, and he sets new goals for each walk.

Yesterday, I saw him walking in the house carrying his cane, not using it – a clear sign of improvement. Once he began walking regularly again, even small improvements became clear reminders of how much strength matters as we age. I am sure many folks would say that my 100-year-old father-in-law should take it easy. Well, that is not how you get to be 100 years old. He had always been active. He is now walking 5 days a week and setting new distance Personal Records, which he loves to tell people about.

Research consistently shows that strength loss accelerates later in life, contributing to balance issues, falls, and loss of independence. The good news is that strength can be rebuilt at any age. Studies show that regular resistance training improves muscle strength, balance, bone health, confidence, and even mood—while reducing the risk of falls, chronic illness, and early mortality.

Strength training for seniors isn't about lifting heavy weights recklessly—it's about smart movement choices and pushing yourself to keep going. Aging doesn't have to mean inevitable decline. Whether it's walking more confidently, getting out of a chair with ease, or continuing to enjoy favorite activities, strength is the foundation that supports it all.



All Aboard for Mexican Train



Sun-Kissed Winter Days



Margaret's Orchid in Full Bloom



Furry Friends & Familiar Faces



*Watoto
Children's
Choir
A Powerful
Message of
Hope*

LIVING BY FAITH

A Healthy Lent By Rev. Melody Duncanson Hales

The season of Lent arrives once again, a time of reflection, repentance, and spiritual growth for many Christians around the world. And with it comes the message from our tradition and from the wider culture: this is our chance to give up luxuries, to live clean, to deny ourselves. Social media and advertising only amplify the message exhorting us to do better, look better, be better. To live with denial and deprivation for the sake of public perfection.

Is this what God intends?

The important question to ask ourselves whenever we engage with any spiritual practice is “Why?” What about this practice brings us into closer and healthier relationship with God, with others, and with ourselves?

God has abundantly blessed us. Our response to this generosity is to care for God’s creation, which includes ourselves. Any spiritual practice, to be healthy and balanced, begins from a place of gratitude. We are entrusted with this one beautiful life.

How do we choose to live with loving and generous intention?

Fasting and denial may be the hallmarks of a pop culture Lent. But if I am to be intentional about my own spiritual growth, I must approach Lenten practices with balance and care. Stewardship means taking care of our spiritual, mental and physical well-being, and using our bodies in ways that honour God. This includes not only taking care of our physical health through healthy eating and exercise, but also being mindful of our mental and emotional well-being.

Today I affirm what is important. I choose to say yes to that which brings life, to be intentional about spiritual practices that offer healing, that bring me into closer alignment with God. My practice isn’t perfect, because I’m not perfect. But it is worth the effort for the sake of growing deeper in relationship with God.

“neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

Romans 8:39





Sweet Sounds on Strings



A Lovely Gift of Fresh Flowers



Sociable & Sweet



Celebrating Together



Hands at Work



Learning Together



Shopping & Food Court Fun

CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

March 05	Anita Allison
March 05	Wyke Kruitbosch
March 07	John Canniff
March 16	Joyce Hall
March 17	Len Keeler
March 18	Jenny Fung
March 18	Jason Smith
March 20	Shirley Valstar
March 20	Judy Van Camp
March 21	Linda Campbell
March 26	Marry Muller
March 26	Johan Spoor
March 28	Jennifer Canniff

BIRTHDAY PARTY

Tuesday

March 10

2:00PM

Dining Room

Entertainment

*Jon & Cole Briggs
Duo*



MILESTONE BIRTHDAYS

This month, we are delighted to celebrate a remarkable milestone as Johan turns 90. We are also especially honoured to recognize two extraordinary birthdays—Joyce, celebrating her 96th, and Len, marking an impressive 98th. These milestones are a wonderful reminder of lives well lived and are truly worth celebrating together.

Happy Birthday!

WE HAVE NO ANNIVERSARY CELEBRATIONS IN MARCH.





MEMORY LANE GLENMORE DAM

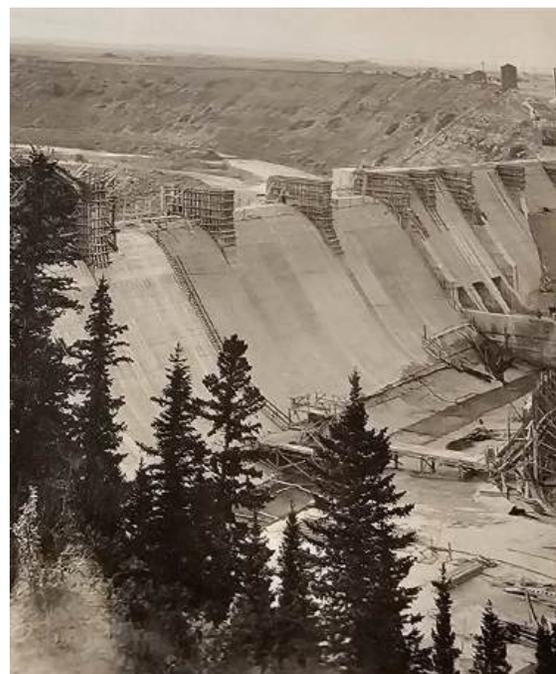
Long before the Glenmore Reservoir was built, Calgary's early water supply came from local rivers, which often delivered muddy and contaminated water. An early waterworks facility did operate on an island in the Bow River west of Crowchild Trail and was damaged in the 1929 flood, after which the city shifted focus to a new system.

In 1929, the city hired the engineering firm Gore, Nasmith and Storrie to study improvements to the water system, and the recommendation included building a dam, reservoir and treatment plant on the Elbow River. The project provided much-needed employment during the Depression and was one of Calgary's largest public works at the time.

Construction of the Glenmore Dam, water treatment plant, pumping station, and distribution system began in 1930. The dam and reservoir were completed and became operational in January 1933, providing a controlled drinking water supply for the growing city. The original system was designed to serve around 200,000 people, though Calgary's population soon outgrew that capacity.

Subsequent expansions to the Glenmore Water Treatment Plant — including major additions in 1957 and 1965 — greatly increased capacity to meet the needs of Calgary's expanding population. The reservoir created by the dam not only supplies drinking water but also helps manage high river flows and reduce flood risk downstream, while providing extensive recreation opportunities around its shores.

In recent years (2018–2020), the dam underwent a significant upgrade with new steel gates and improvements that boost storage, increase flood resiliency, and enhance the user experience on the pathway that crosses the dam.





PERSONALIZING YOUR SUITE DOOR

At Shalem, we love seeing the unique touches that make each suite feel like home. Your door is a wonderful place to express your personality, celebrate the seasons, or share something meaningful with your neighbours.

To help keep our hallways safe, looking refreshed, tidy, and welcoming for everyone, we ask that decorations follow these simple guidelines:

Suite Doors (All Buildings)

- Residents may hang **a wreath or decorative element** on their suite door.
- Decorations must be hung **using a hanger placed over the top of the door**.
- Please do not use tape, nails, tacks, screws, adhesives, or any items that may damage the door.

Hallway Wall Guidelines by Area

- The Court: Please use **the angled wall across from the mailbox** to hang your decorative element on.
- The Manor: Please use **the wall on the opposite side of the suite door from the mailbox** to hang your decorative element on. Please keep within one foot from the doorframe. The space above the mailbox will be used for new nameplates.
- The Haven: Due to the configuration of the hallways, **no decorative elements** should be placed on walls next to suite doors.

We appreciate everyone's cooperation in helping keep our community beautiful, safe, and respectful of shared spaces. If you have questions about a decoration idea, please feel free to check with staff — we're happy to help!

Thank you for helping make Shalem feel warm and welcoming for all.



CREATIVE CORNER

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

Where've You Been

Song Lyrics by Kathy Mattea

Claire had all but given up,
When she and Edwin fell in love.
She touched his face and shook her head,
In disbelief, she sighed and said:
"In many dreams I've held you near,
"Now, at last, you're really here.

"Where've you been?"
"I've looked for you forever and a day."
"Where've you been?"
"I'm just not myself when you're away."

He asked her for her hand for life,
And she became a salesman's wife.
He was home each night by eight,
But one stormy evening, he was late.
Her frightened tears fell to the floor,
Until his key turned in the door.

They'd never spent a night apart,
For sixty years, she heard him snore.
Now they're in a hospital,
In separate beds on different floors.

Claire soon lost her memory,
Forgot the names of family.
She never spoke a word again,
Then one day, they wheeled him in.
He held her hand and stroked her hair,
In a fragile voice she said:

"Where've you been? "
"I've looked for you forever and a day."
"Where've you been?"
"I'm just not myself when you're away."
"No, I'm just not myself when you're away."



UPCOMING EVENTS

TUESDAY MARCH 3

Shalem Atrium
2:00PM

Documentary & Chat:

Rocky Mountain Express

Experience a steam train journey through the Canadian Rockies, and discover the story behind building Canada's first transcontinental railway. Stay for a chat after we watch.

THURSDAY MARCH 5 & 19

Shalem Atrium
2:00PM

Karaoke - Open Mic

Sing your favorite tunes or cheer on friends for a fun-filled afternoon of music and laughter. No talent required—just bring your enthusiasm! Sing your heart out twice this month!

FRIDAY MARCH 6

Dining Room
9:30AM

Calgary Christian School Ukulele

Come and enjoy a ukulele performance by elementary students as they share fun songs and music they've been learning. A delightful morning of music from our neighbours.

SATURDAY MARCH 7

Shalem Atrium
10:00AM

Books n' Brew with Cheri

A relaxed gathering to enjoy the written word. Grab a coffee, listen, share, and enjoy thoughtful words and warm conversation with volunteer Cheri.

MONDAY MARCH 9

Shalem Atrium
1:00PM

Piano with Heather

Join Heather for beautiful music and energy. Listen to all your favourites and enjoy the gift she brings to Shalem.

Café
2:00PM

Art with Geri Karsten - Level 1

Led by local Calgary artist! Enjoy time together sparking your creative talents!

THURSDAY MARCH 12

Café
3:00PM

Happy Shamrock Social

Added incentive to join in the Café for Happy Hour. Celebrate an early St. Patrick's Day with green-themed fun.

3rd Floor Haven
6:30PM

Move & Match - U of C Student Program

Join kinesiology students from the University of Calgary to play a movement based crossword activity. Get ready to participate with gentle actions and solving crossword clues.

UPCOMING EVENTS

FRIDAY MARCH 13

Shalem Atrium
10:00AM

Coffee with MP David McKenzie

Join MP McKenzie for an update on federal issues, time for questions and answers, and coffee and Timbits!

MONDAY MARCH 16

Meet at Reception
10:45AM

BUS TRIP: National Music Centre

Enjoy a special performance by the Upper Arlington Symphony Strings as they share inspiring music in one of Calgary's most iconic venues. A wonderful opportunity to experience talented musicians in an unforgettable setting.

Shalem Atrium
6:30PM

Chinese Massage & Tea

Relax and unwind with a FREE massage, enjoy a comforting cup of tea, and spend time visiting with these soon-to-be Doctors of Traditional Chinese Medicine. Sign-up required.

TUESDAY MARCH 17

Dining Room
5:00PM

St. Patrick's Day Dinner & Dance

Enjoy delicious food and lively music by The Waltzing Matildas—sure to be a fun night that will get you on your feet. Guests are welcome. RSVP with the Dining Room.

MONDAY MARCH 23

Café
2:00PM

Art with Geri Karsten - Level 2

Join local Calgary artist Geri as she challenges you to learn new skills and create beautiful art.

TUESDAY MARCH 24

3rd Floor Manor Social Room
2:00PM

Sweets & Social

Make Pistachio Cookies together with Anne-Marie and enjoy good conversation and tasty treats.

WEDNESDAY MARCH 25

Meet at Reception
10:30AM

BUS TRIP: Lunch at RiverCross Ranch

A trip to the country to enjoy therapeutic time with horses and a warm, chef-prepared meal in a welcoming community.

TUESDAY MARCH 31

Dining Room
4:30PM & 7:00PM Seatings

Shalem Easter Dinner

Celebrate the Easter season with a delicious meal enjoyed in the company of friends and family.
Residents: \$18 | Guests: \$29.50