

Shalem Newsletter



# COMMUNITY CONNECTION

JUNE

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Executive Director

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For as the soil makes the sprout come up  
and a garden causes seeds to grow,  
so the Sovereign Lord will make  
righteousness and praise spring up  
before all nations.

*Isaiah 61:11*

Spring and summer remind us of God's goodness and the beauty of new beginnings. As flowers bloom, trees grow green, and warm sunlight fills the days, we are reminded that every season is a gift filled with hope, renewal, and joy. These moments invite us to slow down, appreciate creation, and be thankful for the peace, growth, and blessings that come with each new day.

## Did you know?

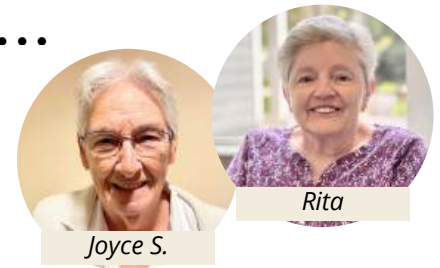
Lilacs are a favourite flower in Calgary and are celebrated each June with an annual Lilac Festival. Part of the olive family, lilacs are hardy plants that can survive Calgary's cold winters. Bushes can grow from 6 to 30 feet tall, and with proper care many live for 50 to 100 years or more. In fact, some historic lilac bushes are over 150 years old!



# PRAYER AND PRAISE

## WELCOME AND GOODBYE...

This past month, we were pleased to welcome Joyce South back to the Haven and Rita Bouwman who moved into to the Manor.



We also said goodbye to several members of our community this month. We mourn the passing of Nell Sanderse, a well loved longtime Court resident of 17 years, and the sudden loss of Barb Gagne, whose friendly presence will be greatly missed.

In addition, Jenny Fung from the Haven, Martha Ryskamp and Virginia Van Veen from the Court have all moved to homes better suited to their care needs. We wish them many blessings at this time.



## PRAY FOR...

Let us continue to hold in prayer those in our community who are facing difficult seasons—whether grieving a loss, managing health challenges, struggling emotionally, or experiencing loneliness. May they find comfort, strength, and hope through God's care and the support of our community.

We think especially of those currently in hospital:

Len Keeler  
Sherry de Roos  
Anna Christensen

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## MONTHLY VERSE(S)

"The just man walks in his integrity: his children are blessed after him."

- Proverbs 20:7

# LIVING WELL TOGETHER

Musings from the Executive Director  
**Lessons in Weakness and Grace**

As many of you are aware, recently, I broke my wrist. Thankfully, it is temporary and will heal in time, but it has certainly slowed me down. Everyday tasks that I normally do without thinking suddenly became awkward and frustrating – opening jars, carrying things, getting dressed, even trying to sleep comfortably at night.

And if I'm being honest, there was a certain amount of stupidity and carelessness involved in the fall. I wish I could tell a more heroic story, but the truth is that it happened quickly and unnecessarily. Perhaps that has been part of the humbling lesson too.

What has surprised me most is how quickly even a small injury can change the way you move through the world. You become more cautious. More aware. More dependent on others. And in the midst of that, I've gained a deeper appreciation for what many of our residents quietly navigate every single day with remarkable grace and strength.

At Shalem, I see people adapting constantly – to pain, to limited mobility, to changes in health, to needing assistance with things that once came easily. Yet so often, these challenges are carried with patience, humour, perseverance, and dignity. Living with limitations requires energy and courage that others may not always see.

My temporary inconvenience has reminded me not to take those quiet strengths for granted.

*(cont'd on page 4)*

**“My grace is sufficient for you, for my power is made perfect in weakness.”**

2 CORINTHIANS  
12:9



# LIVING WELL TOGETHER

Musings from the Executive Director

## **Lessons in Weakness and Grace** (continued)

It has also reminded me how uncomfortable it can be to need help. Most of us prefer independence. We want to manage on our own. Yet the Bible speaks often about weakness – not as something shameful, but as a place where God meets us with grace.

That can be hard to accept. We often want strength without vulnerability, capability without dependence. But sometimes it is precisely in our limitations that we discover compassion, patience, and a deeper awareness of one another.

Perhaps weakness has a way of softening us. It teaches us empathy. It reminds us to slow down. It helps us understand the quiet courage of those around us a little better than we did before.

This experience has also made me grateful – grateful for helping hands, for kindness, for people who quietly step in to assist without making us feel like a burden. Those moments reflect something important about community. None of us were meant to carry life entirely on our own.

So, I find myself reflecting on grace – both the grace we receive and the grace we offer each other every day. And I am reminded that strength does not always look like independence. Sometimes strength looks like perseverance. Sometimes it looks like accepting help. Sometimes it simply looks like getting up again after we fall.

Dorothy de Vuyst  
Executive Director



# OUR COMMUNITY

## May Birthday & Anniversary Celebrations



# RESIDENT NOTICES

## BUILDING & GROUNDS

### Parkade Cleaning

The underground parkade will be cleaned soon. Please watch the information boards for the scheduled date and make alternate parking arrangements for your vehicle that day.

### Garbage Disposal Bin (June 1–6)

Time to clean and purge! Available June 1–6 for garbage disposal. It will be located in the Court parking lot on the gravel area.

### Exterior Window Washing

Cleaning for all buildings is scheduled for June 4 and 5.

### Emmanuel Church Parking Lot

A reminder that the Emmanuel CRC parking lot is available for daytime visitor parking only and may not be used for overnight resident parking. If overnight parking is needed, please contact Reception to arrange a spot through Grant.

### Your Input is Valued

Thank you to everyone who has completed the Dining Room Survey. If you have not yet done so, please return your survey to Reception. Watch for future surveys as we continue to seek resident input.

## CARE TEAM

### New Monthly Wellness Check-In

Join one of the Health Clinic Team on the fourth Monday of each month in the Dining Room for a Wellness Check-In—a time to connect, ask questions, and learn more about available supports.

### Welcome Shayla!

Please join us in welcoming Shayla, our newest LPN. Her current schedule includes Mondays, Fridays, and alternating Sundays. We are grateful to have her as part of our growing care team.

### Coffee Connect

There will be no Coffee Connect in June following our recent AGM. We look forward to meeting in July.

### Save the Date – Stampede Breakfast

Shalem will once again host a free community Stampede Breakfast on Wednesday, July 8, from 8:00–10:00 AM. Bring your family and join us for a morning of food, fun, and Stampede spirit!



Shayla



St. Gregory's Student Trivia



## 2026 Census Notice

The Canada Revenue Agency requested a collective census submission for all **Manor** and **Haven** residents. This was completed on behalf of the buildings by the Business Office.

If you live in the Manor or Haven and did not receive a census form in the mail or have not completed one individually, there is no need for concern, your information has already been included in the collective submission.



# HEALTH

## Feel Better, Live Better: Wellness Sessions for You

### Wellness Session - Healthy Legs for Better Mobility

An informative session presented by Dr. Johnny's focused on circulation and leg health. Learn about swelling, fatigue, varicose veins, and mobility support, while discovering the benefits of compression socks and the importance of proper fit. Learn helpful tips to support movement in everyday life.

**Tuesday, June 9 | 10:00 AM | Atrium**

### Wellness Check-In

**Monday, June 22 | 10:00 AM | Dining Room**

Wellness Check-In is an open conversation with our health clinic team where residents and families can discuss common health and wellness topics, hear about trends and concerns nurses may be noticing in the community, and ask questions in a welcoming and supportive setting. This is not a formal presentation, but rather an opportunity for shared conversation, connection, and learning together, and family members are encouraged to attend. Join us on the fourth Monday each month.

### Blood Pressure Clinic

**Wednesday, June 24 | 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 JUNE  
9:30AM - 1:00PM**

### Licensed Practical Nurse (LPN)

Kim, Shelly and Shayla 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 June 10-24. Revised hours on these days:** Wednesday June 3<sup>rd</sup> 1-5, Thursday June 4<sup>th</sup> 9-12, Thursday June 25<sup>th</sup> 1-5, Friday June 26<sup>th</sup> 9-12

Stop by, 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



# HEALTH

## Care Community Response

*Residents Caring for One Another*

### When someone you care about needs help:

Please do not try to lift or move them. Even with the best intentions, moving someone who is weak, frail, dizzy, injured, or unwell can sometimes cause more harm — to them or to you.

Here's how you can help instead:

#### 1 CALL FOR HELP

1

If they have an ALERT pendant, press it. If not, call: **Reception: 403-240-2800 ext. 1** or the **Nurse Phone: 403-629-6762**. Please ensure a staff member is notified.

#### 2 STAY WITH THEM

2

Your presence matters. Remind them: *"Help is on the way. You are not alone."*

#### 3 OFFER COMFORT

3

Sit nearby if it is safe to do so, offer a hand to hold or gentle touch, place something soft under their head if needed, and provide a light blanket if they are cold.

#### 4 HELP CREATE CALM

4

Take a few slow breaths together. Notice: 3 things you can see, 2 things you can hear 1 thing you can feel. Help reduce worry waiting for support.

#### 5 WAIT FOR HELP TO ARRIVE

5

Wait for help to arrive. Being present, calm, and caring is one of the most important ways to help.

# OUR COMMUNITY

## Mother's Day Love





## Move of the Month

### Sit-to-Stand Exercise



One of the best simple exercises for building strength at home is the **sit-to-stand exercise**. It's safe, practical, and strengthens the legs, hips, and core muscles that help with balance, walking, and everyday activities.

1. Sit in a sturdy chair with your feet flat on the floor hip width apart.
2. Cross your arms over your chest or place hands lightly on the chair if needed.
3. Slowly stand up fully.
4. Slowly sit back down with control.

Repeat 5–10 times.

## Summer Fitness Update

As we mentioned last month, we are pleased to welcome two new fitness instructors (Heather & Jessica) who have joined Theresa in supporting your mobility and fitness.

As many know, the summer months can be especially busy for those with children and families. Heather will resume her afternoon fitness classes in September, while Theresa and Jessica will continue teaching throughout the summer, although they may be around a little less.

Residents will also see the return of the **Walking Club**, a great opportunity to get moving and also enjoy the warmer weather and community scenery. Additional sessions will be planned throughout the summer months.



**Theresa de Walle**

Fitness Instructor



**Heather Hausmanis**

Fitness/ Pilates Instructor



**Jessica Cheesman**

Fitness Instructor



# LIVING BY FAITH

Original Source: Shirley Theissen, CornerBend Ministries

*“God is still writing your story.  
Stop trying to steal the pen.”*

This was a saying on a door prize that I won last year and these words unsettled me in the best way.

Because after my son died, I wrestled deeply with God as the author of my life. My story did not unfold the way I planned, prayed, or hoped.

There are still days I question whether God is trustworthy with the pen.

But even in grief, this truth remains:

**God is still God. And I am not.**

So even when I don't understand the page I'm on, I keep choosing to trust the One still writing my story.



## COMMUNITY BOARD

### Dining Room Courtesy & Meal Times



At Shalem, our Dining Room is a place of welcome, connection, and care. To support our dining team during busy meal times, we kindly ask for your cooperation.

During meal service, staff are focused on serving residents. For reservations or other requests, please connect with the dining team between meal times or leave a voicemail whenever possible.

If the Dining Room doors are closed, please do not enter, as staff may be preparing for the next service. For evening events, doors will open after 6:45 PM.

Thank you for helping us maintain a calm and respectful environment while supporting the best possible dining experience for everyone.

# OUR COMMUNITY

Life at Shalem



# CELEBRATIONS AT SHALEM

## HAPPY BIRTHDAY

June 14	Ida Bouwman
June 15	Violete Salmassi
June 16	Linda Stanlake
June 20	Helen Keeler
June 24	Dickie Joad
June 25	Murray Fawkes
June 25	Bob Ide
June 26	John Leyenaar
June 27	Shurli Vance

## MILESTONE BIRTHDAYS

We are delighted to celebrate two milestones this month! Violete is celebrating her 85th birthday, while Bob marks 95 years. And we also celebrate Ida, entering the final year of her 90s as she celebrates her 99th birthday. Congratulations and best wishes to each of them on these remarkable celebrations!

## ANNIVERSARY CELEBRATIONS

We celebrate the wedding anniversaries of two Shalem couples this month.

Henry and Shirley Valstar celebrate 64 years on June 15. John and Trudy Leyenaar reach 67 years of marriage on June 27.

Your enduring love and faithfulness are a beautiful testimony to God's grace. May He continue to bless you richly in the years ahead.

*Happy Anniversary!*

## BIRTHDAY PARTY

Tuesday

June 9

2:00PM

Dining Room

Entertainment:  
CC Dance Studio





## MEMORY LANE CALGARY'S OGDEN SHOPS

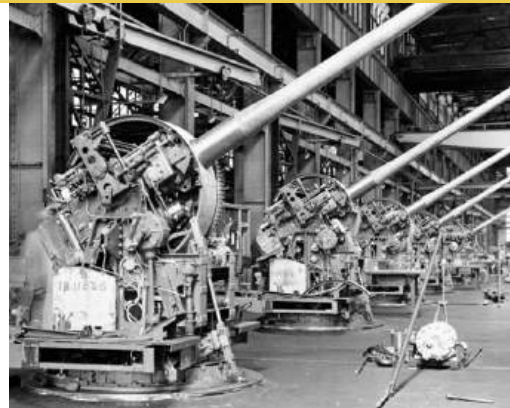
The Ogden Shops, often known as the Ogden Yards, have played an important role in Calgary's railway and industrial history for more than a century. Construction began in 1911, and the Canadian Pacific Railway officially opened the facility in 1912–1913 as its major western repair depot between Winnipeg and Vancouver. Named after I.G. Ogden, a CPR vice-president, the shops quickly became one of Calgary's largest employers.

At their peak in the early 1900s, the Ogden Shops employed more than 1,400 workers and helped shape the surrounding Ogden community. The site included locomotive repair facilities, wheel and paint shops, carpentry buildings, foundries, and other specialized railway operations that kept Canada's rail system moving.

During the Second World War, the Ogden Shops became an important part of Canada's war effort. Beginning in 1941, parts of the facility were converted from locomotive repair to the production of naval guns, gun mounts, and other military equipment for Canadian, British, and American forces. By the end of the war, thousands of naval guns and mounts had been produced at the Calgary site.

Following the war, the Ogden Shops returned to railway maintenance and remained a symbol of Calgary's hardworking railway heritage for decades. Today, the Ogden Yards stand as an important reminder of the workers, families, and industries that helped build both Calgary and Canada.

*Source: Calgary Herald & Historic Calgary*



# OUR COMMUNITY

## Seniors Day Out at ROARR





## 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)*

Every day is  
a fresh start.

*New mercies.  
New opportunities.  
New strength.*

Let go of yesterday.  
Step into today.  
Trust God with your  
plans, your fears,  
and your future.

He is already  
going before you.


“Because of the Lord’s  
great love we are not  
consumed, for His  
compassions never fail.  
They are new every  
morning.”

Lamentations 3:22-23

Compassion is a language,  
which the deaf can hear,  
and the blind can see.  
~ Mark Twain

So today, let  
your heart whisper:

*Less of me,  
more of You, Lord.*

—  —  
May humility become  
not a duty, but a joy,  
as you discover the  
freedom of resting  
secure in the love  
of God.

- BE STILL and FOLLOW  
MINDFULCHRISTIANITY

*June*  
♡

# UPCOMING EVENTS

## **MONDAY - JUNE 1**

Shalem Atrium  
10:00AM

Dining Room  
1:50PM

## **TUESDAY - JUNE 2**

Courtyard  
4:00PM

## **WEDNESDAY - JUNE 3**

Courtyard  
3:00PM

## **THURSDAY - JUNE 4**

Community Garden (Emmanuel)  
10:30AM

## **FRIDAY - JUNE 5**

Shalem Atrium  
2:30PM

## **WEDNESDAY - JUNE 10**

Health Clinic  
9:00AM

### **Documentary: Secret of the Bees (2)**

Watch the documentary and stay for a chat. The second part of this fascinating look at our vital pollinators. Reveal their hidden world, intelligence, and hive life.

### **Hymn Sing with CCS Students**

Enjoy an fellowship with students from Calgary Chirtian School and gather together in worship.

### **CCS Ukuele Musicians**

Listen to the sounds of community students as they share their love of the Ukuele. If poor weather this will move to the Atrium.

### **Seniors' Week Social**

Enjoy a social time together celebrating Seniors's Week. If poor weather this will move to the Café.

### **Planting a Community Garden Box**

Get your hands in the soil and help create a beautiful garden box! Join fellow residents in planting flowers, herbs, or vegetables while enjoying the outdoors. Walk over to the Community Garden at Emmanuel Church for this activity.

### **Planning Ahead: Wills & POA**

Join Corinne from Arbor Memorial for an informative session on wills and powers of attorney, with a focus on planning ahead for life's inevitable transitions. Learn why these important documents matter, how they help protect your wishes, and the steps you can take now to provide clarity and peace of mind for yourself and your loved ones.

### **Hearing Clinic: Audiology Innovations**

Book an appointment for hearing evaluations, hearing support aids, repairs and adjustments, and ear flushes. To reserve your spot, sign up on the event sign-up board.



# UPCOMING EVENTS

## **MONDAY - JUNE 15**

Shalem Atrium  
1:00PM

Café  
2:00PM

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## **WEDNESDAY - JUNE 17**

Meet at Reception  
9:00AM

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## **FRIDAY - JUNE 19**

Dining Room  
2:00PM

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## **SATURDAY - JUNE 20**

Courtyard  
12:00PM

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## **SUNDAY - JUNE 21**

Dining Room  
1:45PM

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## **TUESDAY - JUNE 22**

3rd Floor Manor Social Room  
2:00PM

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## **THURSDAY - JUNE 25**

Meet at Reception  
10:30AM

### **Piano with Heather**

Join us for a wonderful afternoon of music and community. Enjoy the beautiful piano and vocal talents of Heather Thirsk, and feel free to sing along to your favorite songs.

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### **Art with Geri Karsten**

Led by local Calgary artist! Enjoy time together sparking your creative talents! Level 1 & Level 2 on June 29.

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### **BUS TRIP: Forgetmenot Pond**

A scenic outing to Kananaskis and the beautiful Forgetmenot Pond. Take a leisurely walk, enjoy a picnic lunch, and soak in the breathtaking mountain views. A perfect opportunity to relax, connect, and enjoy the beauty of nature.

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### **Afternoon Music with Dwayne Fettig**

A Shalem favourite is back to share his lively music and entertaining performance, featuring many of your favourite songs. An afternoon of great music and wonderful company.

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### **Father's Day BBQ Lunch**

Join us as we celebrate the important men in our lives. Together, we'll honor not only the fathers and men of Shalem, but also the sons, brothers, mentors, and friends who have made a difference in our lives. RSVP with the Dining room by June 12<sup>th</sup>. Residents \$18.00 | Guests \$29.50

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### **Afternoon Music with Cover to Cover**

Treat yourself to an afternoon of live music on a Sunday! A collection of your favorite oldies, sure to get your toes tapping and perhaps a little dancing.

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### **Sweets & Social: *Delicious Flan***

Always a delicious time with Anne-Marie creating something tasty and enjoying time together with friends.

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### **BUS TRIP: Lunch at RiverCross Ranch**

One of our favourite outings: Seniors Day Out with visit, lunch, and miniature therapy horses and beautiful surroundings.