



COMMUNITY CONNECTION

AUGUST 2026

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“Many are the plans in a person’s heart,
but it is the Lord’s purpose that prevails.”

Proverbs 19:21

In the heart of summer we are reminded of the simple gifts each day brings—the warmth of the sunshine, the beauty of blooming gardens, and the joy of time shared with family, friends, and neighbours. In every season, God invites us to find peace in His presence and gratitude in the blessings that surround us. Enjoy this month with moments of rest, renewal, and connection as we embrace the beauty of God's creation.

Did you know?

Heritage Day has been celebrated in Alberta since 1974 and is the first Monday of August. It's a day to celebrate the people, cultures, and traditions that have shaped our province. Across Canada, the August long weekend is observed under different names, including British Columbia Day, New Brunswick Day, Saskatchewan Day, Natal Day (Nova Scotia), Terry Fox Day (Manitoba), and Civic Holiday in the Northwest Territories and Nunavut.



PRAYER AND PRAISE

WELCOME AND GOODBYE...

This month, we are delighted to welcome Jack and Hermina Dykxhoorn to the Court and Sandra Ewing to the Manor. We hope you quickly feel at home and enjoy getting to know your new neighbours and community.

We also extend our warmest wishes to Anita Allison from the Haven and Edith Forray from the Manor as they transition to homes that will better support their care needs. We wish them comfort, happiness, and many blessings in this transition.



Hermina



Jack



Sandra



Anita



Edith

PRAY FOR...

As we embrace a new month, let us pause to remember our neighbours who may be facing health challenges or difficult circumstances. May they find hope in each new day, peace in God's faithful presence, and encouragement through the compassion and prayers of our Shalem community.

Join us in keeping the following residents, who are currently in hospital, in your thoughts and prayers:

Connie Plenert
Ann Cupido
Maartje Kovacs
Eileen Smith

MONTHLY VERSE(S)

Rejoice in the Lord always. I will say it again: Rejoice!
- Philippians 4:4



LIVING WELL TOGETHER

Musings from the Executive Director

The Things That Matter Most

Recently, I was searching for a meaningful gift for my niece. I wanted to give her something more than just something she would open and enjoy for a moment. I hoped to find something that might offer encouragement, wisdom, and comfort – something she could return to at different seasons of life and discover something new each time.

As I thought about what might be meaningful, I was reminded of a little book I had heard about many times: *The Boy, the Mole, the Fox and the Horse*. I already owned a copy myself, but before giving it to her, I decided to read it again.

What surprised me was how meaningful the words were to me again.

Perhaps that is one of the gifts of life experience. The same words can meet us in a new way depending on where we are in our journey.

One conversation in the book especially struck me:

"What do you think is the most important thing in life?" asked the boy.

"To love," said the horse.

Such a simple answer. And yet, perhaps one of the greatest truths we discover over a lifetime.

When we look back on our lives, we may not remember every accomplishment or every possession we once thought was important. But we remember people. We remember conversations. We remember moments of kindness. We remember those who stood beside us, encouraged us, laughed with us, and loved us.

(cont'd on page 4)

" And now these three remain: faith, hope and love. But the greatest of these is love."

1 CORINTHIANS
13:13





LIVING WELL TOGETHER

Musings from the Executive Director

The Things That Matter Most (continued)

At Shalem, we see this truth every day. Community is built not only through programs and activities, but through the small moments of connection that happen between people – a conversation over coffee, a smile in the hallway, a helping hand, a shared memory, or simply taking the time to notice someone else.

Love often looks ordinary.

It is found in the little things we do for one another. It is found when we make room for someone new, when we offer patience during difficult moments, and when we remind one another that we are not alone.

Love is at the very heart of what God calls us to do. Jesus taught that the greatest commandments are to love God and to love one another. Love is the way we reflect God's presence in the world.

As we grow older, perhaps we come to see more clearly what truly matters. We recognize that a meaningful life is not measured only by what we have accomplished, but by the love we have given and received.

So, this month, may we remember that every act of kindness matters. Every friendship matters. Every moment of connection matters.

Because in the end, love is the legacy we leave behind.

Warmly,
Dorothy





RESIDENT NOTICES

Waste Sorting: Thank you for helping keep Shalem clean and comfortable for everyone. Please separate your garbage, recycling, and compost into the appropriate bins. Whenever possible, place garbage directly in the outdoor garbage shed rather than the garbage room in the parkade to help reduce odours and keep shared spaces fresh.

Suite Name Plates: Name plates have started to be inserted in the Court and Manor. If you chose not to participate, only your suite number will be displayed. If you would still like a personalized name plate and have not yet received one, please let Reception know. These will be completed later this month.

Underground Parking: When parking in the underground parkade, please leave adequate space in front of the storage lockers. Your consideration helps ensure everyone has access to their belongings.

Mouse Prevention: While we love welcoming visitors, mice aren't on the list! You can help keep unwanted pests away by keeping your balcony free of bird seed, pet food, and clutter or stored items that provide hiding places. A few simple steps go a long way in keeping Shalem clean, healthy, and comfortable for everyone.

Summer Shuffleboard: Shuffleboard remains on the calendar throughout the summer! This is a more casual opportunity to connect with your neighbours and enjoy a friendly game. No experience required—everyone is welcome!

Newspaper Delivery: If you are the resident volunteer who delivers newspapers, please let Reception know who you are. This will help us ensure everyone receives the correct paper, especially if you're away or unable to deliver.

Dining Room Reminder: If you're attending an evening event, please wait until 6:30 p.m. before entering the dining room. This gives our Dining Services team the time they need to clean, reset, and prepare the space for the evening. Your cooperation helps ensure the room is clean, welcoming, and ready for everyone to enjoy.

Housekeeping Services: Keeping your suite comfortable and cared for is important. Our trained housekeeping team is available to support all Shalem residents with professional housekeeping services. If you would like to arrange housekeeping assistance or learn more about available options, please contact Gemma at 403-240-2800, ext. 7.





Canada Day Celebrations





HEALTH

Feel Better, Live Better: Wellness Sessions for You

Walker Clinic

Monday, August 17 | 10:00 AM | Atrium

Book a spot and get your walker or rollator (walker with 3+ wheels) tuned up and moving smoothly.

Blood Pressure Clinic

Wednesday, August 19 | 10:00 AM | Atrium

Wellness Check-In

Monday, August 24 | 10:00 AM | Shalem Atrium

An open conversation with our health clinic team where residents and families can discuss health topics, hear community wellness updates, and ask questions in a welcoming setting. This is a time for connection, shared learning, and conversation — not a formal presentation. Family members are encouraged to join us on the fourth Monday of each month.

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.

**BY PHONE AUGUST 7 & 28
IN PERSON AUGUST 21
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*

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**

Behind every change in behavior is a person with the same hopes, feelings and need for belonging as anyone else. Our role is not to fix the moment, but to respond in a way that preserves dignity, fosters connection and helps the person feel safe.

Here is how you can help:

01 Help Someone Feel Safe

A calm voice, reassuring words, and a friendly presence can make someone feel more comfortable and secure. A quiet, comfortable space can help someone feel calmer and more at ease.

02 Connect Before You Correct

Focus first on helping the person feel understood and safe. Reassurance and connection are often more helpful than explaining, correcting, or trying to convince someone that they are mistaken.

03 Keep Communication Simple

Ask one question at a time.
Allow plenty of time for a response.
Simple, clear communication can reduce stress and confusion.

04 Let Us Help Too

If someone appears distressed or you have concerns about their wellbeing, notify Reception or a staff member. Seeking support is also how we care for one another.

Our Health Partners



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



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

OUR COMMUNITY

I Scream, You Scream,
We All Scream for Ice Cream





Move of the Month

Clock Reach



You'll need a chair for this exercise.

Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 directly behind you.

1. Hold the chair with your left hand. Lift your right leg and extend your right arm so it's pointing to the number 12.

2. Next, point your arm towards the number three, and finally, point it behind you at the number 6.

3. Bring your arm back to the number 3, and then to the number 12. Look straight ahead the whole time.

Repeat this exercise twice per side.

All Movement Counts!

Movement is an important part of staying healthy, and the good news is that every little bit counts! You don't need a strenuous workout to enjoy the benefits of being active – everyday movements make a difference.

Walking to the dining room, taking the stairs or a longer route when possible, stretching, gardening, dancing to a favorite song, or joining a fitness class are all great ways to keep your body moving.

Regular movement can help support strength, balance, flexibility, energy, mood, and overall well-being. The goal isn't to do everything perfectly – it's to find ways to add more movement into your day. A few extra steps or a few minutes of stretching is better than no movement, and every move counts!



Theresa de Walle

Fitness Instructor



Heather Hausmanis

Fitness/ Pilates Instructor



Jessica Cheesman

Fitness Instructor



COMMUNITY BOARD

Furry Friends Welcome... With a Little Planning!

Pets bring companionship, comfort, and plenty of smiles — from happy greetings at the door to cozy nap-time supervision. We know they're often part of the family!

If you'd like to welcome a pet into your suite, please connect with Management first.

Before bringing a pet to Shalem, you'll need to:

- Submit a request for approval
- Sign a Pet Agreement
- Pay the monthly \$25 pet fee

Current Pet Policy

At this time, cats are the only pets permitted outside of service animals.

We also know many in our community have a love for dogs! While dogs are not currently permitted, we're exploring whether there may be future opportunities to accommodate them in certain circumstances. If anything changes, we'll be sure to share the news.

As Shalem grows, we'll continue reviewing our pet policies with compassion, care, and the well-being of our whole community in mind.

Meet Our Newest "Resident"!

You may notice a new face (well... sort of!) around the Shalem grounds in the coming weeks.

We're excited to welcome our newest "resident"—our Yarbo robotic groundskeeper!

This hardworking little helper will be taking care of much of our outdoor maintenance throughout the year. Depending on the season, you may see it mowing the lawn, clearing snow, or tackling other outdoor chores. It doesn't ask for coffee breaks, never complains about the weather, and works diligently to help keep our grounds looking their best!

But there's one problem... it doesn't have a name yet! We need your help!

If you have a creative, funny, or fitting name for our newest resident, write your suggestion down and drop it in the **Comments Box by August 31.** *(Located on the bookshelf near the Dining Room.)*

We'll collect entries, then announce the winning name in September!

Who knows? Our newest resident may soon become one of the hardest-working members of the Shalem community.





CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

August 3	Rudy Muller
August 3	Sjaak Meester
August 5	Stan Phillips
August 12	Robert Keitel
August 16	Teresa Forest
August 18	Ruth Hargrove
August 19	Margaret Korwin
August 23	Martha Tischer
August 24	Irmgard Stoffels
August 25	Gertie Vegter
August 27	Norma Bricker
August 28	Eileen Smith

MILESTONE BIRTHDAYS

We're celebrating some wonderful milestone birthdays this month! Happy 80th Birthday to Rudy and 75th Birthday to Margaret.

We're also wishing a very happy birthday to our residents in their 90s, always something to celebrate: Eileen (92), Martha (93), Gertie (94), and Irmgard (97). Congratulations to all, and best wishes for a wonderful year ahead!

ANNIVERSARY CELEBRATIONS

Congratulations to Ina and Neil De Bree as they celebrate a remarkable milestone—65 years of marriage! Wishing them a very happy 65th Wedding Anniversary on August 26. Their enduring commitment is a wonderful testament to love and a lifetime of shared memories.

Happy Anniversary!

BIRTHDAY PARTY

Tuesday

August 11

2:00PM

Dining Room

Entertainment:
Jerry Proppe





MEMORY LANE

BAKER MEMORIAL SANATORIUM

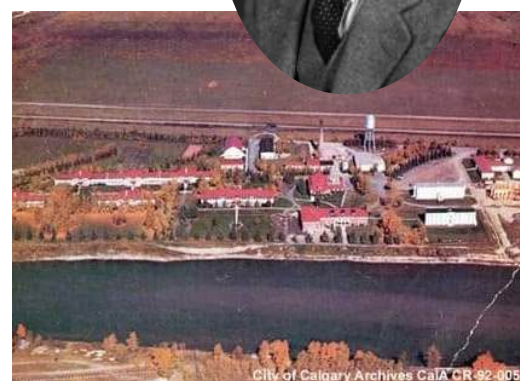
Many Calgarians know Baker Park as a beautiful riverside destination with walking paths, mature trees, and picnic areas—but its history tells a very different story.

Located across the Bow River from Bowness Park, the site was originally developed in 1918 to care for soldiers returning from the First World War. It officially opened on August 20, 1920, as the Central Alberta Sanatorium, providing treatment primarily for patients with tuberculosis, while also caring for those affected by illnesses such as the Spanish flu.

In 1950, the facility was renamed the Baker Memorial Sanatorium in honour of Dr. Albert Henry Baker, who served as its medical superintendent for 30 years. A pioneer in Alberta's fight against tuberculosis, Dr. Baker helped establish one of the province's earliest tuberculosis treatment programs and served as Director of Tuberculosis Services for Alberta. In 2005 he was recognized as one of Alberta's Physicians of the Century.

As tuberculosis cases declined, the site evolved. In 1962, the Baker Centre was established to provide care for children with developmental disabilities, later expanding to serve adults. The sanatorium closed in 1980, and the remaining buildings were demolished in 1989.

Today, the former sanatorium grounds have been transformed into the 30-acre Baker Park, a place where history and nature meet. Many of the park's approximately 1,800 mature trees were originally planted by the sanatorium's gardeners, creating the peaceful landscape visitors enjoy today. Complete with walking paths, an amphitheatre, a disc golf course, and scenic Bow River views, Baker Park has become one of Calgary's most beloved green spaces.



City of Calgary Archives CaIA CR-92-005

Glenbow Archives PA-4076-35







CREATIVE CORNER

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

HAVEN BEGINNINGS

By Adrien Banner

Groundbreaking for the long-awaited Shalem Haven was about to begin, as shown in this January 2011 photo. *(Photo to the right)*

In the year leading up to construction, preparations included the removal of more than 20 trees. While it was difficult to see a row of poplars and other species reduced to mulch, some smaller trees were saved. A specialized machine called a tree spade carefully dug up these trees by their roots, cradling them for transport and replanting elsewhere.

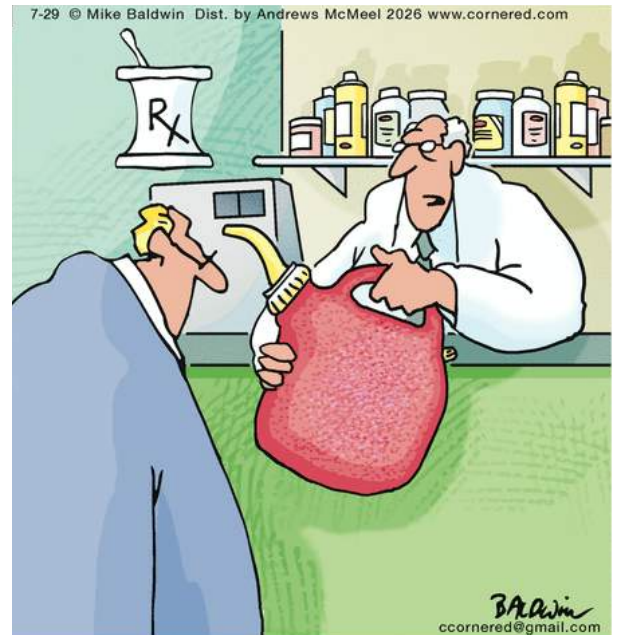
Even before the foundation was dug, the contractor faced challenges, including limited space for the large machinery and building materials needed on site. One summer brought frequent thunderstorms and strong winds, with foam insulation and other materials occasionally flying around the construction area.

For Manor and Court residents, watching the Haven take shape was a fascinating experience, especially for those with a balcony overlooking the progress. The Haven officially opened in 2013. *(Photo below)*



FUNNIES

submitted by Maarten Buth



"Recommended by one out of ten doctors to help manage excess gas."



UPCOMING EVENTS

SATURDAY - AUGUST 1

Shalem Atrium
1:30PM

TUESDAY - AUGUST 4

Shalem Atrium
1:30PM

FRIDAY - AUGUST 7

Meet at Reception
12:45PM

MONDAY - AUGUST 10

Café
2:00PM

FRIDAY - AUGUST 14

3rd Floor Manor Social Room
1:30PM

TUESDAY - AUGUST 18

Meet at Reception
12:45PM

THURSDAY - AUGUST 20

3rd Floor Manor Social Room
1:30PM

Violin with Sean Child

Enjoy an evening of beautiful live violin music with Sean Child. Relax, listen, and share in the joy of music with friends and neighbours.

Documentary & Chat: *Battle of the Beasts*

An unforgettable wildlife adventure takes us into the heart of Africa to witness the incredible world of lions. Experience the beauty, power, and drama of nature in this episode of Epic Adventures With Bertie Gregory.

Bus Trip: Glenbow Ranch

Tour Glenbow Ranch Provincial Park from the comfort of a golf cart. Take in the beautiful scenery while learning about the area's rich history, landscapes, and stories from the past.

Art with Geri Karsten

Led by local Calgary artist! Enjoy time together sparking your creative talents! Both Level 1 & Level 2

Games Social

Choose from a variety of games to enjoy with friends. Whether you love strategy, classic card games, or just sharing a few laughs, there's something for everyone. Join our wonderful volunteers Aukje, John, together with Anne-Marie for a fun afternoon.

Bus Trip: Bluebird Acres

An outing in the Foothills to Bluebird Acres, where you can enjoy the company of friendly animals in a peaceful country setting. Lift your spirits, reduce stress, and enjoy the furry friends. Sign up to save your spot on the bus!

Sweets & Social: *Chocolate Chip Walnut Cookies*

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

UPCOMING EVENTS

FRIDAY - AUGUST 21

Courtyard (Weather Permitting)
6:00PM

WEDNESDAY - AUGUST 26

Courtyard
3:00PM

FRIDAY - AUGUST 28

Shalem Atrium
3:30PM

Big Band Swing Live Music & Dessert

A summer evening filled with a live big band! Relax with great swing music, a sweet treat, and wonderful company. Wine and beer will also be available for purchase. It's the perfect way to spend a summer evening! Invite family & friends.

Outdoor Games & Ice Cream Floats

Gather with us for outdoor games and old fashioned floats! Come for the fun, friendly competition, and enjoy a great afternoon.

Cover to Cover Choir

Listen to the live music of the Cover to Cover Choir as they share some of your favourites.



God doesn't write incomplete stories.

Every Chapter has a ***purpose***, every delay has a ***meaning***,
and every promise will be fulfilled in
His perfect timing.

-Inspire Through Bible