

Shalem Newsletter



COMMUNITY CONNECTION

SEPTEMBER 2026

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Executive Director

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& Praise

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at Shalem

**“You crown the year with your bounty,
and your carts overflow with abundance.”**

Psalm 65:11

As we enter September, we welcome the change of season and the gentle transition from summer into autumn. The changing colours and cooler days remind us that every season has its own beauty and purpose. As we reflect on the past months, we can look back with gratitude for the ways we have been blessed, sustained, and cared for. May this new season be a time of renewed hope, grateful hearts, and an openness to all that lies ahead.

Did you know?

Taber corn, grown near Taber, Alberta, is famous across Canada for its sweet, crisp taste. Local growing trials began in 1934, and the region became known as the “Corn Capital of Canada.” The area’s sunny summers and cool nights help the corn develop its signature sweetness. Today, roadside corn trucks are a popular prairie summer tradition, and the 36-foot Taber Corn Stalk stands as a giant reminder of the region’s famous crop in the town of Taber.



PRAYER AND PRAISE

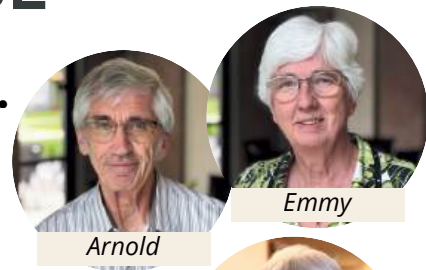
WELCOME AND GOODBYE...

We are delighted to welcome Arnold & Emmy Meetsma and Hank & Gerry Pasveer (sorry no picture yet), to the Court, and Janice Baker to the Haven.

We hope you feel at home here and experience the warmth, and care of the Shalem community.

A heartfelt goodbye to Connie, Maartje, Jean and Anna as they move to places better suited to their changing needs. While we are sad to see them leave, we are grateful for the time we have shared together and wish each of them continued comfort, care, and happiness in their new homes.

They will be missed!



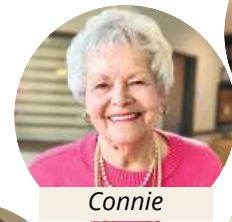
Arnold



Emmy



Janice



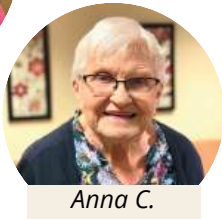
Connie



Maartje



Jean



Anna C.

PRAY FOR...

Let's continue to surround one another with care and compassion. Some in our Shalem community may be experiencing illness, uncertainty, or other challenges at this time. May they be reminded that they are not alone, and may they experience God's peace, strength, and presence through the days ahead.

We invite you to remember the following residents, who are currently in hospital, in your thoughts and prayers:

Ann Cupido
Anna Kroontje
Trudi Weichula

Elaine Emerson
Peter Dolby
Joyce Hall

MONTHLY VERSE(S)

For we live by faith, not by sight.

— 2 Corinthians 5:7



LIVING WELL TOGETHER

Musings from the Executive Director

The Gift of Those Who Walk With Us

There are people who come into our lives for a season and leave something behind that remains long after they have moved on.

Sometimes it is a lesson we learned from them. Sometimes it is a change they helped make. Sometimes it is simply a memory – a conversation, a laugh, a kindness offered at just the right moment.

Communities are much the same. Shalem is what it is today because of the many people who have shared their time, energy, gifts and hearts with this community. Some have been here for many years. Others have been here for only a season. Some have served as staff, while others have called Shalem home. Each person has contributed something to our story.

As I have reflected on some recent changes at Shalem, I have found myself feeling especially thankful. Change can bring uncertainty, and it is natural to wonder what comes next. But it can also give us an opportunity to pause and recognize what we have received from those who have walked alongside us.

Every person brings something unique. A staff member may bring a particular skill, a new idea or a special way of caring. A resident may bring a lifetime of wisdom, a good sense of humour, a listening ear or simply the gift of being a friend. Often, we may not even realize the difference someone has made until we look back.

And as we look ahead, there is much to be thankful for as well. Shalem's story is not finished. New people will continue to become part of our community – both those who join our team and those who come to make Shalem their home. Each will bring their own experiences, gifts and personalities, and each will have an opportunity to add something to the life of this community.

(cont'd on page 4)

**“I thank my God
every time I
remember you.”**

PHILIPPIANS 1:3





LIVING WELL TOGETHER

Musings from the Executive Director

The Gift of Those Who Walk With Us (continued)

We do not always know exactly who God will bring into our lives or what they will bring with them. But we can trust that He is present in the building of our community, just as He has been present in every chapter that came before.

Perhaps that is part of the beauty of community. We are continually being shaped by one another. We receive from those who came before us, we contribute something during our own season, and we make room for those who will come after us.

So, this September, I am choosing gratitude — gratitude for those who have helped shape Shalem, gratitude for the gifts they have shared, and gratitude for the people who will walk alongside us in the days ahead.

We can honour what has been without being afraid of what is to come.

God has been faithful to us in every season. I trust He will continue to be.

Warmly,
Dorothy





Cover to Cover Music Blessing



RESIDENT NOTICES

Parking & Parkade

- Please leave enough space in front of your car for others to safely access their lockers.
- Caution, please slow down when driving through the parkade. The speed limit is 5 km/h.
- For safety and insurance reasons, outside vendors are not permitted to perform vehicle maintenance or repairs in the parkade.

Keeping Common Areas Clear

Please remember that personal belongings should not be stored in public spaces, including the areas in front of lockers in the parkade or in stairwells. Keeping these areas clear helps ensure that everyone can safely access and enjoy our shared spaces.

Disposal Bins

Our disposal bins are intended for regular household waste. Please do not use them to dispose of large or oversized items. If you have a large item that needs to be disposed of, please make other arrangements.

Our New Robot!

Our new maintenance robot debuts this month! Help us name it by leaving your suggestion in the comments box. It will be stationed beside the Garbage & Recycling Garage in the outdoor parking lot, it requires GPS to operate and cannot be stored indoors.

Housekeeping Services

Need some extra help keeping your suite clean and comfortable? Contact Gemma to learn more about housekeeping services available to all Shalem residents. If you need to cancel a scheduled housekeeping service, please provide one week's notice. The only exception is a hospital admission 24 hours prior. A \$25 cancellation fee applies to all other last-minute cancellations.

Return of Hymn Sing!

Hymn Sing will return to the first and third Sunday of each month. For September there will only be one on September 20th.

Save the Date! Thanksgiving Dinner

Wednesday, October 7! More details to come—mark your calendar!



OUR COMMUNITY

Razzama Jazz Big Band Swing





Feel Better, Live Better: Wellness Sessions for You

Blood Pressure Clinic

Wednesday, September 16 | 10:00 AM | Shalem Atrium

Wellness Session with Richmond Square Pharmacy: Understanding Vaccinations

Wednesday, September 24 | 10:00 AM | Shalem Atrium

Wellness Check-In

Monday, September 28 | 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.

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.
ALL FRIDAYS IN SEPTEMBER
9:30AM - 12:30PM
Appointments can be booked through the LPN's at the Health Clinic.

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

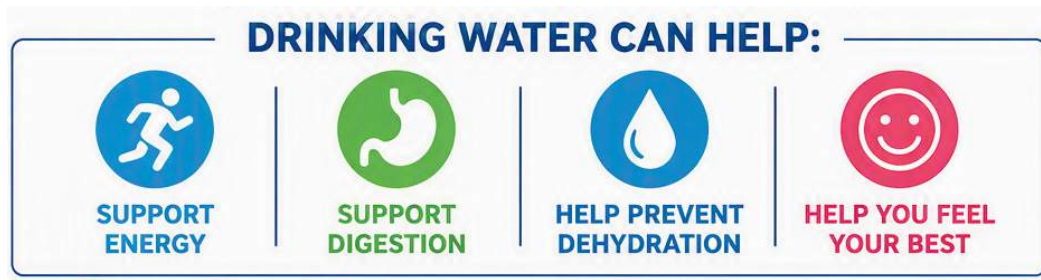
Josephine Tite, Manager of Care & Culture
MONDAY, TUESDAY & THURSDAY
9:00AM-5:00PM
368-889-8020 Cell
403-240-2800 Ext.9
josephine@shalem.ca
Please note: Josephine's last day with Shalem is Monday, September 14. Please see the notice on the Information Boards.



Importance of Hydration

Staying hydrated is especially important as we age, helping support energy, digestion, circulation, and overall well-being. If plain water isn't your favourite, adding a little flavour can make it more enjoyable and encourage you to drink more throughout the day.

Join us at this month's **Wellness Check-In** to sample some refreshing flavours and learn more about the importance of staying hydrated!



Upcoming Vaccine Clinic

The Fall Vaccine Clinic for flu and COVID-19 will take place in October. Watch your mailbox for consent forms, which can be returned to the Health Clinic drop box or to Reception.

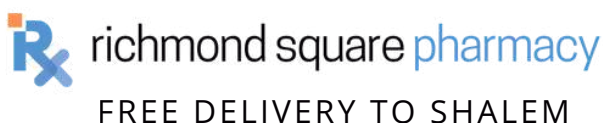
Please check the Information Boards for more information on protecting yourself and staying well during the season when illness is more common.

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

Bluebird Acres Animal-Assisted Wellness





Move of the Month

Wall Push Up



1. Stand arm's length from a clear wall. Place your palms on the wall at shoulder height and shoulder-width apart.
2. Slowly bend your elbows and lean toward the wall for a count of 4. Keep your feet planted.
3. Pause, then slowly push back to the starting position for a count of 4. Keep your elbows slightly bent—don't lock them.

Repeat 10 times. Rest for 1 minute, then complete a second set of 10.

Try Something New!

Movement is one of the best things we can do for our health at any age—and you are never too old to start! Even small amounts of regular activity can help improve strength, balance, energy, and overall well-being. Find something you enjoy and keep moving in ways that work for you. Try something new and help your health!

With September here, our exercise classes are returning to a more regular schedule, and we're happy to have all three of our fitness instructors back! If mornings aren't your thing, why not give the afternoon fitness class a try? There's a time and activity for everyone, so come join us and keep moving!



Theresa de Walle

Fitness Instructor



Heather Hausmanis

Fitness/ Pilates Instructor



Jessica Cheesman

Fitness Instructor



A Chapter I Wasn't Ready to Close

A letter from Michelle Vanderwerff

Putting pen to paper normally comes relatively easily to me, but not this time. I hope you can forgive me for not sharing this sooner, as I realize my silence may have left some questions unanswered.

After several falls, my left foot eventually decided it could not take another step, and I ended up in an immobilizing cast boot, as some of you may remember. After hobbling through the hallways of Shalem, I made the difficult decision to go on short-term disability in the summer of 2025.

What began as short-term disability eventually brought me face to face with the heartbreaking reality that I would not be able to return to my role at Shalem.

It has been a complicated medical journey. Without sharing the entire story, I have been facing several significant and ongoing health challenges, along with a recent shoulder replacement surgery. Ultimately, these conditions have been determined to be severe and prolonged, leaving me unable to continue working and qualifying me for long-term disability.

Even writing the words “long-term disability” awakens a deep sense of lament within me. I have been learning the prayer language of lament—bringing God my pain, tears, anger, confusion, and questions while still trusting that He is listening.

I am learning to live in the tension between pain and trust, and that sometimes the only way through the difficult seasons of life is to walk straight through them, clinging to God's promises.

And so, this is goodbye to my professional role at Shalem, but not to the people and community who have meant so much to me.

Although this is not the ending I imagined, I am deeply grateful for the privilege of being part of Shalem, and for the relationships, memories, and lessons I will carry with me. The residents, families, and staff will always hold a very special place in my heart.

I step away with peace, knowing the residents are being well cared for by the incredible and dedicated staff at Shalem. Even so, leaving this part of my life carries a deep sadness.

Shalem became so much more than a place of work; it became a community that shaped me, filled with people whose stories, kindness, and presence have left a lasting imprint on my heart.

This may be the end of my professional role at Shalem, but it is not the end of my connection to the community.

Thank you for trusting me, welcoming me, walking alongside me, and allowing me the privilege of sharing in your lives. It has been an honour to care for you, to laugh with you, to cry with you, to learn from you, and to walk through life with you over these past years.

I may be leaving a role I deeply loved, but I leave carrying a piece of Shalem with me - and I hope, in some small way, I have left a piece of myself there with you.

Hemmed In, Even Here

By Michelle Vanderwerff

I call upon Your name, O Lord.
Where are You?
Why now?
Why this?

Why must I step away
from this team,
from these residents I so dearly love,
from this work at Shalem
to which I felt so deeply called?

I grieve the vision of senior care
I thought You had placed before me.

Why has my own body betrayed me?
How fiercely the enemy rises against me.
How can I take another step
when I am already afraid of falling?

My nights bring little rest.
My days are heavy with fatigue and pain.
My tears seem to have no end.

Chronic illness has stripped so much from me:
my strength,
my certainty,
the work I loved,
and the future I thought I knew.

Yet even here,
amid all that has been taken,
You have not left me.

You have shown me more of who You are,
and reminded me of who I am:
a beloved daughter of the King.

I will walk by faith,
even when my steps falter.
I will place my confidence in You,
for Your Word says:

***"You hem me in behind and before,
and You lay Your hand upon me."
Psalm 139:5***

When uncertainty unsettles me,
let the weight of Your hand steady my steps.

Though the path before me is hidden,
I know I do not walk it alone.
When I cannot see the road ahead,
remind me that Your hand is still upon me.

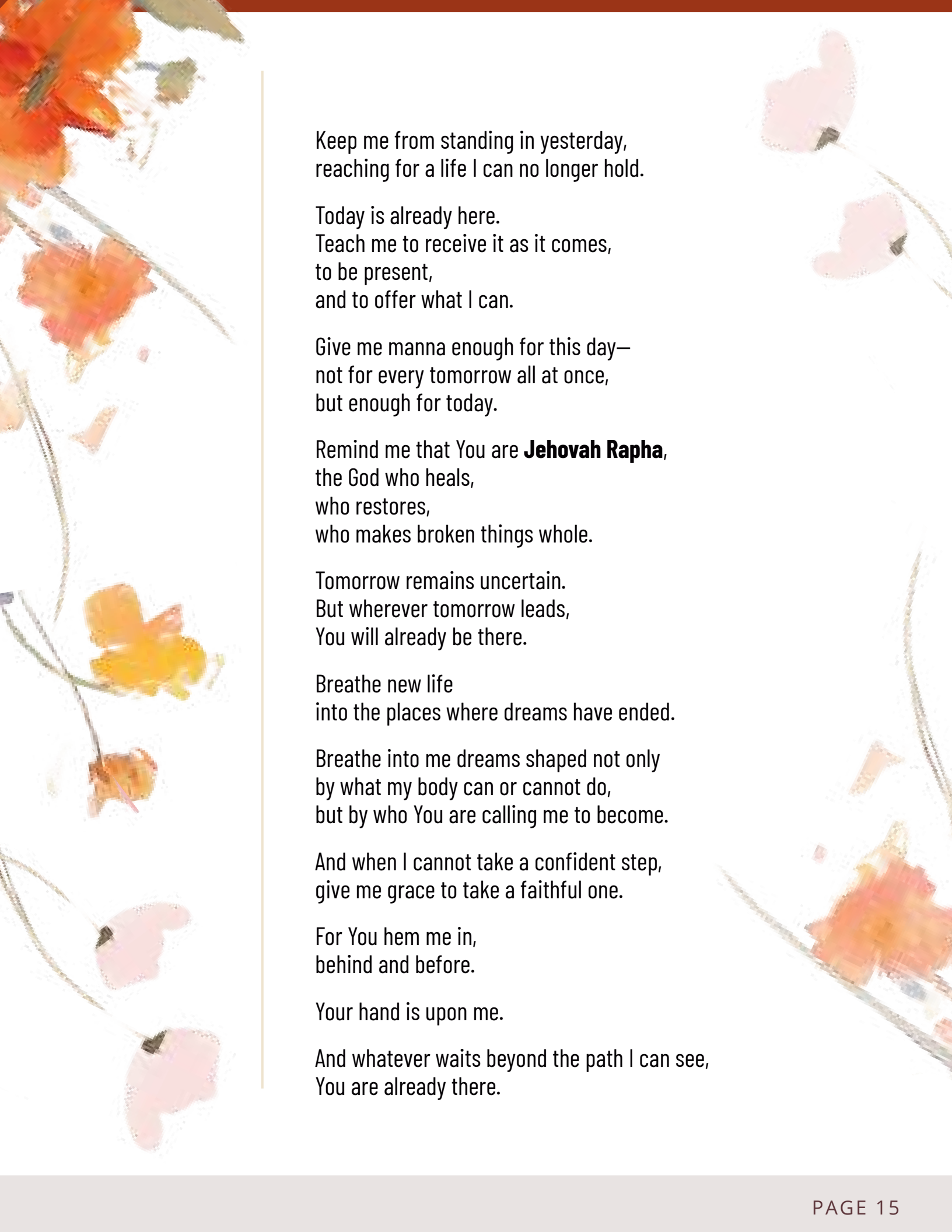
Search my heart, O Lord.

Loosen my grip
on performance,
perfectionism,
and pride.

Let my limp, my falls, and my slowness
teach me to notice
what hurry once allowed me to miss:

the wispy clouds drifting overhead,
the birds singing their morning song,
the flowers blooming along the way,
and the sacred beauty of moments I once moved
too quickly to notice.

Teach me to lift my eyes
beyond all that has been lost
and toward the things that cannot be taken away.



Keep me from standing in yesterday,
reaching for a life I can no longer hold.

Today is already here.
Teach me to receive it as it comes,
to be present,
and to offer what I can.

Give me manna enough for this day—
not for every tomorrow all at once,
but enough for today.

Remind me that You are **Jehovah Rapha**,
the God who heals,
who restores,
who makes broken things whole.

Tomorrow remains uncertain.
But wherever tomorrow leads,
You will already be there.

Breathe new life
into the places where dreams have ended.

Breathe into me dreams shaped not only
by what my body can or cannot do,
but by who You are calling me to become.

And when I cannot take a confident step,
give me grace to take a faithful one.

For You hem me in,
behind and before.

Your hand is upon me.

And whatever waits beyond the path I can see,
You are already there.

CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

September 2	Evelyn Dempster
September 8	Susan Spoor
September 10	Lou Broadbent
September 13	Ali Pasveer
September 16	Joyce South
September 18	Marj Nieuwenhuis
September 19	Harvey Scheuchner

MILESTONE BIRTHDAYS

We're celebrating a very special milestone birthday this month! Joyce is turning 95! Wishing you many blessings and a wonderful celebration as you mark this incredible milestone.

As always, we're also delighted to celebrate our Nonagenarians—those who have reached their 90s. This month, we celebrate Evelyn, Lou, Joyce, Marj, and Harvey, who are all part of this special group. What a wonderful milestone to celebrate!

ANNIVERSARY CELEBRATIONS

Congratulations to Helen and Len Keeler as they celebrate an incredible 76 years of marriage on September 8th! Wishing you both a very happy wedding anniversary. May your special day be filled with joy and many wonderful memories.

Happy Anniversary!

BIRTHDAY PARTY

Tuesday
September 8
2:00PM
Dining Room

Entertainment:
Walkin' On Sunshine



OUR COMMUNITY

ROARR
Horses, Connection & Well-Being





Photo by Jared Sych

MEMORY LANE

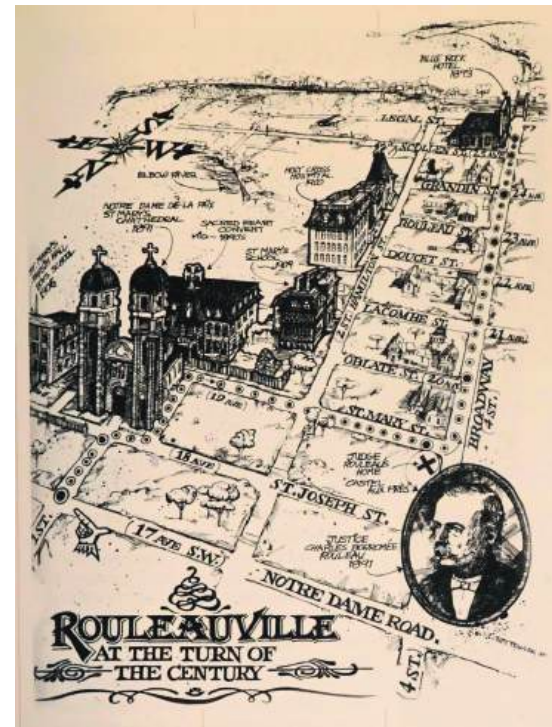
Hickey Residence - 231-25 Ave SW

Mission is one of Calgary's oldest and most fascinating neighbourhoods, and its story stretches back well before it became the vibrant community we know today. The area began as a Roman Catholic mission in the 1870s and, in 1899, became the Village of Rouleauville, named after brothers Charles and Édouard Rouleau. The village was annexed by Calgary in 1907 and became known as the Mission district.

Mission has managed to retain much of its historic character, with mature trees, older homes, and heritage buildings still woven into the neighbourhood today. One of these treasured homes is the Hickey Residence at 231-25 Avenue SW, built in 1912 for A. Francis Hickey, manager of the Calgary Typesetting Co. The home is a wonderful example of the late Queen Anne Revival style, a popular architectural style of the period known for its decorative and picturesque details.

The Hickey family remained in the home until 1949, an impressively long tenure in a neighbourhood that was already beginning to evolve. By around 1970, the house had been converted into suites, yet it continued to present itself from the street as a single-family residence—a particularly special feature in a community where redevelopment and increased density have transformed many of the surrounding properties.

The Hickey Residence continues to tell the story of an earlier Calgary—a time of growing neighbourhoods, family homes, streetcars, and architectural craftsmanship. It remains a reminder that while Mission continues to change, its history is still very much part of its character.





COMMUNITY BOARD

Welcoming Laura to the Shalem Team

We are pleased to **welcome Laura Mol to the Shalem team in her new role as Community Transitions and Housing Lead.**

Laura brings with her experience as a realtor and a genuine passion for working with older adults and their families. Through her real estate work, she has had the privilege of helping many people navigate the sale of their family home as they prepare to make the move to Shalem. She is now looking forward to helping lead Shalem's connection with people who are considering making Shalem their home — strengthening the way we welcome, inform and support prospective residents and their families from their first connection with us through their transition into the community.

"I genuinely enjoy getting to know people and their families, understanding what is important to them, and helping navigate decisions that can sometimes feel overwhelming. I want people to know that I'm here to answer questions, provide guidance, help solve problems and walk alongside them throughout the process."

For Laura, moving to Shalem is about much more than moving into a new home. It is about becoming part of a community with so much to offer, and she believes that sense of belonging begins with that very first connection.

Laura is also looking forward to getting to know the Shalem community and learning from the many people who make it so special. In her role, she will work with the Shalem team to strengthen the experience of those who are exploring Shalem, preparing to make a move, and beginning their life in the community. She looks forward to helping create a thoughtful and welcoming pathway into Shalem while building relationships along the way.

"I hope to build relationships, learn from the people around me, and help make each step along the way feel a little easier."

Laura's faith is an important part of who she is and shapes the way she approaches both her work and her everyday interactions. She is also a wife to her husband, Jeff, and a mom to four children and one in-law. She describes motherhood as her greatest joy.

Most of all, Laura wants the Shalem community to know that she genuinely cares and is always happy to help, listen and walk alongside people through whatever season of life they may be experiencing.

Please join us in welcoming Laura to Shalem. We look forward to getting to know her and having her as part of our community!



LIVING BY FAITH

Original Source: Shirley Hobson Duncanson, “A Pastor’s Heart”

Living Faith: Growing Older Like Gen

A pastor once shared the story of a woman named Gen who left a lasting impression on everyone who knew her. Gen was active in her community—volunteering, checking in on friends, making quilts, caring for her grandchildren, and finding ways to bless others.

As she grew older, Gen experienced significant changes, including losing much of her eyesight. Yet she didn’t allow these changes to define her life. She adapted, finding ways to continue doing the things she loved. She still welcomed visitors into her home and would insist on preparing lunch for them. Even in the midst of difficulty, she continued to show joy, generosity, and gratitude.

What made Gen special wasn’t that life was always easy. It was the way she chose to live through the changes. Her faith remained strong, she appreciated the simple gifts around her, and she continued reaching out to others.

Psalms 92 gives us a beautiful picture of aging with purpose:

*“In old age they still produce fruit;
they are always green and full of sap.”*

Growing older doesn’t mean our lives become less meaningful. We may have different abilities, routines, or roles, but we still have wisdom to share, friendships to nurture, prayers to offer, and kindness to give.

Perhaps aging well is not about holding on to who we once were, but embracing who God is calling us to be today—with gratitude, faith, and joy.

May we all grow older like Gen: deeply rooted in God, generous toward others, and still bearing fruit in every season of life.



UPCOMING EVENTS

TUESDAY- SEPTEMBER 1

Meet at Reception
10:45am

WEDNESDAY - SEPTEMBER 2

Shalem Atrium
10:30AM

WEDNESDAY - SEPTEMBER 9

Courtyard
5:00PM

TUESDAYS - SEPTEMBER 15,22,29

See Calendar for Location
1:00PM

THURSDAY - SEPTEMBER 17

Meet at Reception
10:30AM

SATURDAY - SEPTEMBER 19

Shalem Atrium
7:00PM

Bus Trip: Riley Park

Soak up the last days of summer with an outing to Riley Park, followed by an optional picnic lunch with friends in a beautiful setting.

Calgary Police Safety Q&A

Stay Safe, Stay Informed. Join Calgary Police for a friendly Safety Q&A and get answers to your questions about staying safe in our community.

Volunteer Appreciation BBQ

Come celebrate the amazing volunteers who make Shalem so special! A late summer BBQ filled with good food, fellowship, and gratitude. RSVP with Dining by Monday, September 7. Music by Romeo. No Charge for Volunteers
Residents are \$18.00 | Guests \$29.50

Greif Sessions with Pastor Cari

Join Pastor Cari for a 3-week series on processing grief. Attend one session or join us for all three! Each session combines gentle activities and education in a safe, supportive space to explore personal and collective grief.

Bus Trip: North Hill Centre

A relaxed shopping trip to pick up your essentials, with time to relax and enjoy a coffee or snack at the food court.

An Evening Abroad

Sips, Savourings & Stories from Around the World

Travel the world without leaving Shalem! Enjoy wines, spirits, liqueurs, food, music, and conversation from a different destination each evening. Share stories, memories, and discoveries along the way.
\$20 per person. Watch for the poster to discover our first destination!

UPCOMING EVENTS

MONDAY - SEPTEMBER 21

Emmanuel Church Pergola
6:00PM

Hot Dog Roast

Wind down summer with good food, laughter, and great company! Everyone is welcome, come enjoy a hot dog or roast a marshmallow around the fire.
Weather permitting.

TUESDAY - SEPTEMBER 22

Shalem Atrium
6:30PM

Important Information Session

Arbor Memorial: Wills and POA

Corinne from Arbor Memorial hosts an informative session on wills and powers of attorney. Learn why these important documents matter, how they help protect your wishes, and what steps you can take now to bring greater clarity, confidence, and peace of mind to yourself and your loved ones. Do you know what you have in place?

Planning ahead is one of the most important gifts you can give yourself and your family.

WEDNESDAY - SEPTEMBER 23

Café
3:00PM

A Special Send-Off

Celebrating Michelle Vanderwerff

Join us as we celebrate Michelle and the many years she has shared with the Shalem community. Although her professional journey at Shalem came to an unexpected close, the relationships, memories, laughter, and care she has shared with residents, families, and staff will remain a lasting part of our community.

TUESDAY - SEPTEMBER 29

Meet at Reception
10:00AM

Bus Trip: The Confluence

Step into Calgary's past with a visit to The Confluence (formerly Fort Calgary)! Explore the stories, history, and heritage that helped shape our city, and enjoy a chance to discover this special place together.

“What we have once enjoyed and deeply loved we can never lose, for all that we love deeply becomes part of us.” — Helen Keller