

Shalem Newsletter

COMMUNITY CONNECTION

October 2026

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"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

Colossians 2:6-7

In the season of Thanksgiving, may we take time to reflect on the many blessings God has given us, both the big moments and the simple joys of each day. May we remain rooted in faith, strengthened by God's love, and grateful for the people, memories, friendships, and experiences that enrich our lives. May our hearts continue to overflow with thankfulness, and share gratitude with those around us.

Did you know?

Gourds are one of the oldest cultivated plants in the world? They come in all kinds of shapes, sizes, and colours, and while some gourds are edible, many are better known for their decorative use. Gourds are part of the cucumber and squash family and have been used throughout history as bowls, containers, musical instruments, and decorations. Gourds can be grown in Calgary, although they need plenty of sunshine and a long, warm growing season to thrive!





PRAYER AND PRAISE

WELCOME AND GOODBYE...

We are delighted to welcome Linda & Neil Baisa to the Manor for a temporary stay as they will eventually be moving to the Court. We hope you quickly feel at home and enjoy the warmth and fellowship of the Shalem community.

It is with deep sadness that we said goodbye to Elaine Emerson who passed last month, after a long and courageous battle with cancer.


Elaine

Our thoughts and prayers are with Elaine's family and friends in this time of mourning.

PRAY FOR...

As a caring community, let's continue to support one another with kindness, compassion, and prayer. Some members of our Shalem community are facing illness, uncertainty, or other challenges right now. May they feel surrounded by care and reminded that they are not alone.

Please keep the following residents, who are currently in hospital, in your thoughts and prayers:

Ann Cupido
Anna Kroontje
Peter Dolby
Joyce Hall
Irmgard Stoffels
Ann Spitteler
Gerrie Pasveer
Lillian Johnston
Norma Bricker

MONTHLY VERSE(S)

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18



LIVING WELL TOGETHER

Musings from the Executive Director

Noticing the Good

Thanksgiving is a time when we are reminded to stop and notice the things we are grateful for. Sometimes that is easy. We think of family and friends, a beautiful day, good health, a meaningful conversation, or simply the comfort of a familiar place.

But life is not always easy or beautiful. Some seasons bring loss, uncertainty, changing health, or responsibilities we never expected to carry. So I have been thinking about what it means to give thanks *in* all circumstances.

There is an important difference between being thankful **for** everything and learning to find something to be thankful for **within** everything.

I have experienced this in my own life as I walk alongside my mom and her late-stage dementia as she continues to live at Shalem. I am not grateful that she has dementia. But I am deeply grateful for the community that surrounds her. I am grateful that she is greeted by residents and staff as she wanders the hallways and is able to experience moments of connection. I am grateful that she can continue to live in a place that is familiar to her, surrounded by people who know her and care about her, while being supported with dignity and safety. And I am grateful for the grace I am shown as I navigate the changing responsibilities of caring for someone who now depends on me in so many ways.

These experiences have made me notice things I might otherwise take for granted.

A familiar face. Someone who stops to say hello. A staff member who knows a resident's story. A conversation over coffee. The wisdom that comes from a lifetime of experience. A resident's sense of humour. A blue sky. The brilliant yellow of the autumn trees.

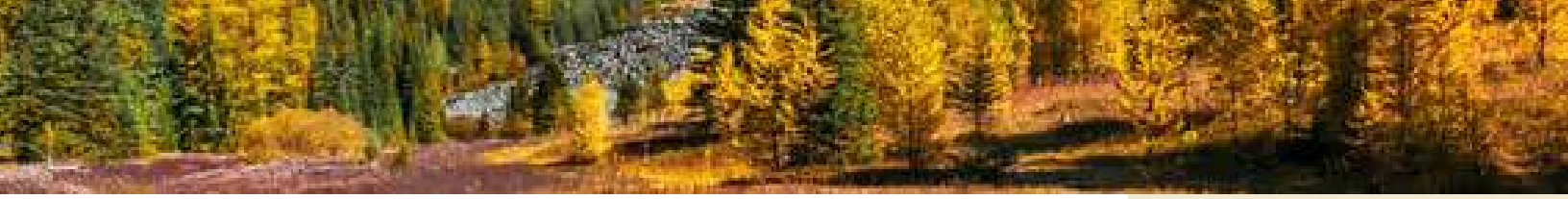
There is so much good to notice.

(cont'd on page 4)

"Give thanks in all circumstances…"

1 THESSALONIANS 5:18





LIVING WELL TOGETHER

Musings from the Executive Director

Noticing the Good (continued)

Perhaps this is one of the gifts of growing older. Not that aging is always easy, or that we should pretend the difficult things aren't difficult. But perhaps with time we become better at recognizing what matters. We learn that a meaningful life is not only found in what we accomplish or what lies ahead, but also in the people beside us and the moments we might once have overlooked.

This is part of what I believe The Shalem Way is about. It is about seeing the whole person and meeting people where they are. It is about noticing what is still possible, making room for contribution, and walking alongside one another through all the different seasons of life. It is about believing that life continues to unfold and there is still room for dreams at every age.

I am grateful for our staff and for their commitment to Shalem and to the people who call it home. I am grateful for the new people and new capacity that seem to be arriving just when we need them. I am grateful for the many residents who share their stories, wisdom, humour, and lives with us. Each person adds something to the community we are building together.

Perhaps gratitude is not about looking at life and deciding that everything is good.

Perhaps it is about learning to look more closely and notice the good that is already there.

So this Thanksgiving, I hope we each take a little time to notice. Notice the people who make life richer. Notice the small moments of kindness. Notice the beauty around us. Notice what we can still give and receive.

And in whatever circumstances we find ourselves, may we discover something for which we can give thanks.

Warmly,
Dorothy



OUR COMMUNITY

September Birthday







happy BIRTHDAY



Riley Park Picnic









RESIDENT NOTICES

Advance Voting for Referendum Election
Advance voting for the Referendum Election will be held at Shalem on October 15, with Election Day officially taking place on October 19. There will be 10 questions on the referendum ballot. If you would like a copy of the questions to review before voting, please see Reception. This advance voting is for residents only.

90s Club Celebration - Nonagenarian Party
We would like to celebrate our amazing residents who are 90–99 years young! Reaching these later years of life is truly a gift and a wonderful milestone, a testament to a lifetime of memories, experiences, relationships, and stories worth celebrating. Everyone is welcome! **Monday, October 26 | 2:00pm | Dining Room**

Housekeeping Services
Need a little extra help? Enjoy a clean and comfortable suite without the hassle! Housekeeping services are available to all Shalem residents at reasonable rates. Contact Gemma to learn more or book a service. One week's notice is needed for cancellations or a $25 fee will be charged (excluding 24 hours' notice for hospital visits).

Reminder About Garbage & Recycling
Please take a moment to review the Garbage & Recycling Etiquette posters located on the information boards in each building. A few simple steps can make a big difference in keeping spaces clean, organized, and easy for everyone to use. Thank you for helping make the process work smoothly for all!

Men's and Women's Fellowship
Our Friday fellowship is taking a new shape! After enjoying mixed time of fellowship in past months, we are now excited to offer separate Men's and Women's Fellowship, creating opportunities for more focused connection, prayer, devotion, and encouragement. We are delighted and grateful to have Pastor Martin leading the Men's Group. We encourage you to join, see the calendar for dates.

SAVE THE DATE: Open House
Join us on November 28 from 1–4 p.m. for our Open House, celebrating 45 years of Shalem! As we celebrate 45 years since the Manor opened its doors, we invite residents, families, and friends to join us for an afternoon of memories, community, and celebration.

OUR COMMUNITY

Hot Diggity Dog









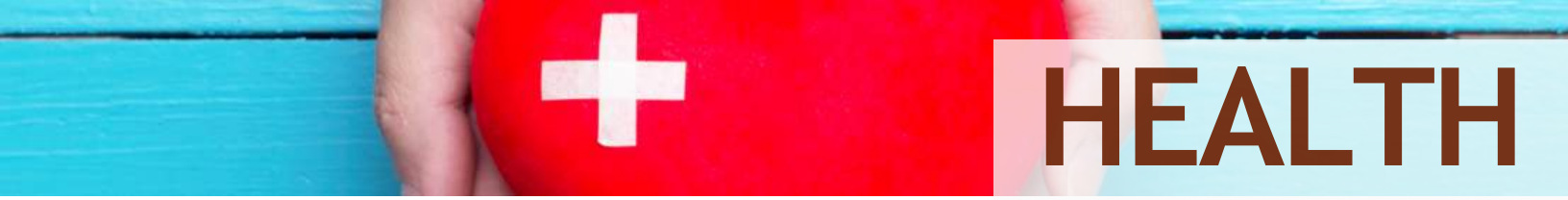












HEALTH

Feel Better, Live Better: Wellness Sessions for You

Blood Pressure Clinic with Richmond Square Pharmacy

Wednesday, October 14| 10:00 AM | Cafe

Chipperfield Mobile Physio & Wellness: Info Session for Group Training

Wednesday, October 14| 10:30 AM | Shalem Artium

Interested in becoming stronger and more confident in your everyday movement? Join us for an Information Session to learn about a new Kinesiologist-led Small Group Training Series.

Wellness Check-In

Monday, October 26 | 10:00 AM | Shalem Atrium

An open conversation with our Health Clinic Team to discuss health topics, share wellness updates, and ask questions in a welcoming setting. Come for connection, shared learning, and conversation.

Dental Clinic

Wednesday, October 28 | 9:30 AM | Court Parking Lot

Patricia's Mobile Hygiene provides dental hygiene services from her fully equipped mobile clinic. Sign up or contact the Health Clinic team to book your appointment.

HEALTH CLINIC INFORMATION & HOURS

Dr. Tolu Solola

Dr. Solola is here on *Fridays*. Walk-ins are welcome but you can **book appointments through the LPN's at the Health Clinic**.

OCTOBER 2, 9, 16 & 30
9:15AM - 12:45PM

Licensed Practical Nurse (LPN)

Kim, Shelly and Shayla are our LPN team. 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



HOW TO PROTECT YOURSELF FROM INFECTIONS

Get your annual influenza Vaccine and recommended doses of the Covid vaccine.

Wash Your Hands! Washing your hands often and thoroughly will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.

Stay in your suite if you are sick and let someone at Shalem know you are not feeling well. Symptoms such as coughing or sneezing are often the cause of illness spreading.

Sneeze or cough into your sleeve, the bend of your arm or a tissue, not your hands. This stops the spread of germs through touch.

FLU Clinic - Monday October 19th

9:30 – 10:15 am | Haven Residents

10:15 – 11:00 am | Court Residents

11:00 – 11:45 | Manor Residents



Our Health Partners

LONGEVITY CARE
WITH YOU NOW & EVERYDAY

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

richmond square pharmacy
FREE DELIVERY TO SHALEM

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

OUR COMMUNITY

A Special Send-off
Celebrating Michelle

After many years at Shalem, we have truly missed Michelle's presence since she left last year due to health reasons. We are grateful to finally have the opportunity to celebrate her and honour her many years of service and care to the Shalem community.















FITNESS FOCUS



Move of the Month

Toe Taps & Heel Raises





Toe Taps

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough to feel the muscles along your shin working. Hold for 3 seconds then lower. (This helps keep blood circulating in your legs and strengthens your lower leg.)
2. Repeat 20 times.

Heel Raises

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Hold on the balls of your feet for 2 to 3 seconds and slowly lower them.
3. Repeat 20 times.

More Strength, More Spark

Information Session

Chipperfield
mobile physio & wellness

Want to feel stronger and more confident in your everyday movement? Join us for an Information Session about a new Kinesiologist-led Small Group Training Series.

This supportive program offers personalized coaching, goal setting, and progressive exercises tailored to your abilities. Improve your strength, balance, mobility, and confidence while making everyday activities easier and more manageable.

Learn more, ask questions, and see if this program is right for you!

Wednesday, October 14
10:30am | Atrium



Theresa de Walle
Fitness Instructor



Heather Hausmanis
Fitness/ Pilates Instructor



Jessica Cheesman
Fitness Instructor

Continued Learning at The Confluence













CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

October 07	Louise MacLean
October 10	Mary Nederloff
October 13	Neil De Bree
October 19	Ina De Bree
October 23	Howard Van Camp
October 26	Jake Goertzen
October 31	Riet Folkerts

MILESTONE BIRTHDAYS

We're celebrating two milestones this month Howard turns 65 and Jake turns 75!!

As always, we're also delighted to celebrate our Nonagenarians—those who have reached their 90s. This month, we celebrate Neil, Ina and Riet who are all part of this special group.

ANNIVERSARY CELEBRATIONS

There are no anniversary celebration this month.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." — Mark Twain

BIRTHDAY PARTY

Tuesday
October 13
2:00PM
Dining Room

Entertainment:
Black Hat & Bangles













Sips & Savours from an Evening Abroad

















MEMORY LANE

CALGARY'S TITANIC SURVIVORS

On May 31, 1911—the day the Titanic was launched in Belfast—Calgary businessman Albert "Bert" Dick married Vera Gillespie. After an extended honeymoon through Egypt, the Holy Land and Europe, the newlyweds travelled through England, purchasing furnishings and antiques for the new Tudor-style home they were planning in Calgary's prestigious Mount Royal neighbourhood.

Their journey home took an unexpected turn when they boarded the Titanic as first-class passengers on April 10, 1912. On the night of April 14, the ship struck an iceberg. Vera and Albert both survived, escaping in Lifeboat No. 3 and later being rescued by the Carpathia.

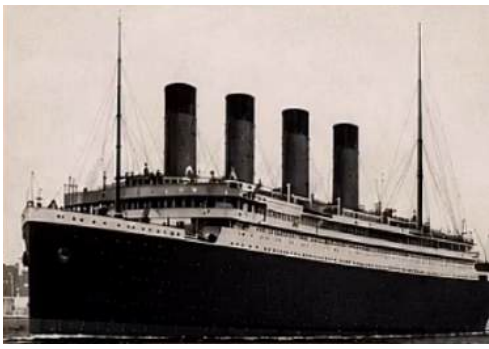
When they returned to Calgary, they finally moved into their new home at 2211 7th Street S.W. in Mount Royal in 1914. The impressive Tudor-style mansion reflected the wealth and aspirations of Calgary's growing business class at the time. The home was furnished with items the couple had collected during their travels abroad—a poignant reminder that the furnishings had been purchased before their unexpected journey aboard the Titanic.

When Albert returned to Calgary, rumours began to circulate that he had unfairly secured his place in a lifeboat. Contemporary accounts, however, tell a different story: Albert was placed in Lifeboat No. 3 by an officer after Vera had boarded. The controversy affected his reputation and business, but they continued their lives in Calgary and remained in their Mount Royal home until 1956.

Today, the house remains a connection between Calgary's early history and one of the most famous maritime disasters in history. More than a century later, their Mount Royal home reminds us that the story of the Titanic did not end when the Carpathia arrived in New York—it continued in the lives and homes of those who survived.











OUR COMMUNITY

Grateful for Our Volunteers














COMMUNITY BOARD

Mice Advice

As the weather gets cooler, we want to remind everyone about something that comes with living in a large, shared building: Mice!

As much as we would all like to eliminate mice altogether, that simply isn't realistic. Mice are resourceful, and even in a well-maintained building, they can occasionally find their way inside—particularly when the weather turns colder and they are looking for warmth, food and shelter.

Building age can also play a role. The Manor is now 45 years old, and as buildings age, small gaps or openings can develop around foundations, pipes, doors, utility connections and other areas. These can provide opportunities for mice to get inside that weren't present when the building was new. We continue to monitor for signs of mice and address areas where we can.

There are also a few simple things each of us can do to make Shalem less inviting to our tiny unwanted visitors:

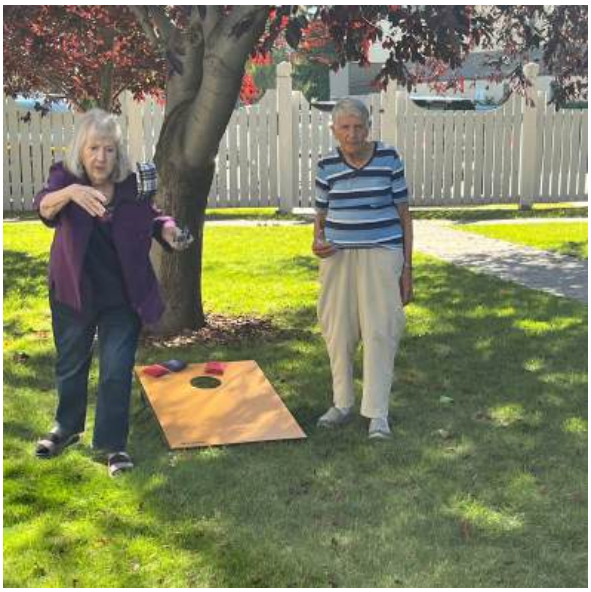
- Keep food in sealed containers. Mice can smell food through packaging, so containers with secure lids are best.
- Clean up crumbs and spills promptly. Even small amounts of food can attract mice.
- Don't leave food sitting out overnight. This includes fruit, baked goods, and pet food.
- Keep garbage and recycling contained. Make sure food waste is disposed of properly and garbage containers are closed when possible.
- Please don't put birdseed on balconies. We love that our residents enjoy watching and feeding the birds, but birdseed can also attract mice and other unwanted visitors.
- Keep your suite tidy and uncluttered. Mice like quiet, undisturbed places to nest, so reducing piles of paper, cardboard or other materials can help.
- Please let us know if you see a mouse or signs of mice. Droppings, gnaw marks or other evidence should be reported to the Shalem team promptly. Early reporting allows us to investigate and respond.

We may never be able to keep every mouse out, but together we can make Shalem a much less appealing place for them to settle in.

And if you happen to see one scurrying down the hallway, please remember: Please don’t be alarmed – it hasn’t signed a lease!

OUR COMMUNITY















UPCOMING EVENTS

THURSDAY - OCTOBER 1

Meet at Reception
10:30AM

Bus Trip: Martin Family Legacy Garden

Soak up the last sunny days with warm weather with an outing and picnic at one of Calgary's newest parks!

TUESDAY - OCTOBER 6

Dining Room
2:00PM

Oktoberfest with Dwayne Fettig

Oktoberfest Celebration! German beer, live music with Dwayne Fettig, and fresh-baked pretzels from our kitchen. Happy Hour pricing for drinks and pretzels!

WEDNESDAY - OCTOBER 7

Dining Room
4:30PM - Seating #1
6:30PM - Seating #2

Thanksgiving Dinner at Shalem

Join us for our Thanksgiving Dinner! Enjoy a special time with family, friends, and delicious food. Please remember to return your RSVP to the Dining Room by October 2.
Residents are $18.00 | Guests $34.00 (includes an alcoholic beverage)

FRIDAY OCTOBER 9 & TUESDAY OCTOBER 20

Café
2:00PM

Art with Geri - Level 1 and Level 2

These classes are led by local artist Geri Karsten. Get inspired, explore your creativity, and join for one or both sessions this month!

SATURDAY - OCTOBER 17

Shalem Atrium
7:00PM

An Evening Abroard - SPAIN

Sips, Savourings & Stories from Around the World

Travel the world without leaving Shalem! Enjoy wines, spirits, liqueurs, food, music, and conversation from Spain this month. We look forward to sharing stories, memories, and discoveries throughout the evening.
$20 per person. Sign-up required.

WEDNESDAY - OCTOBER 21

Meet at Reception
10:00AM

Bus Trip: Thrifting & Lunch at DQ

A fun day out thrift shopping, browsing for hidden treasures, followed by a delicious lunch at Dairy Queen. Enjoy a little shopping, good food, and great company!

UPCOMING EVENTS

THURSDAY - OCTOBER 22

3rd floor Manor Social Room
1:30PM

Sweets & Social

Spend a fun afternoon baking Nutella cookies, enjoying delicious treats, and sharing good conversation and great company. Come ready to bake, laugh, and indulge!

MONDAY - OCTOBER 26

Dining Room
2:00PM

90s Club Celebration

Nonagenarian Party!

Let's celebrate our wonderful residents who are 90–99 years young! These remarkable years are a beautiful milestone, filled with memories, meaningful experiences, lasting friendships, and stories to share. Everyone is invited to celebrate these residents who inspire us with what it means to age well.

TUESDAY - OCTOBER 27

Dining Room
2:00PM

Memory Lane Fashion Show

Take a stylish journey through fashion history with an extensive collection of original and reproduction fashions dating from the 1400s through the 1970s. A colourful look at how styles have evolved through the years!

