

Shalem Newsletter

COMMUNITY CONNECTION

November 2026

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No Greater Love

Author Unknown

They marched away, both brave and tall,
Answering a higher call.
With courage strong, their hearts were true,
For freedom's sake, they fought for you.
In fields afar, they laid life down,
To earn us peace, a victor's crown.
No greater love could one bestow,
Than giving all for those they know.
They left behind their dreams and home,
In distant lands they chose to roam,
That we might live, in freedom's light,
Away from fear, from endless night.
Remember them, the noble ones,
Our fathers, brothers, daughters, sons.
For in their sacrifice, we see,
The truest love, eternally.

"Greater love has no one than this: to lay down one's life for one's friends.."

John 15:13





PRAYER AND PRAISE

WELCOME AND GOODBYE...


Vivian

We warmly welcome Vivian Jordens and Rachelle Couturier who moved to the Manor in October. This month we welcome Bill Hengst to the Haven, and Josina Bos to the Court (no pictures yet). We wish you all many wonderful moments in your new community.


Rachelle

We sadly say goodbye to Elsie van Dyke, who called Shalem home for 14 years, and Joanne Vankeimpma, who was part of our community for 13 years. Our thoughts and prayers are with their families. We also wish Ann Cupido and Jake Goertzen all the best as they each move to homes better suited to their care needs. They will all be remembered fondly by the Shalem community.


Elsie


Joanne


Ann


Jake

PRAY FOR...

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

Peter Dolby
Joyce Hall
Ann Spitteler
Wyke Kruitbosch
Vera Kennedy

MONTHLY VERSE(S)

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Galatians 6:2

LIVING WELL TOGETHER

Musings from the Executive Director

A Community That Cares for One Another

Over the past several months, we have said goodbye to a number of members of our Shalem community. It is always too soon to say good-bye to a loved one, but I am grateful that several of these residents were able to remain living at Shalem until their final days.

This is not always possible, and it takes many people working together to make it happen. Family support, AHS Home Care services, our Shalem care team, and the many staff and residents who are part of everyday life all contribute.

Recently, a family shared with me how grateful they were that their loved one could remain at Shalem as her needs increased, without having to relocate her. Their gratitude reminded me that care is found in many different ways: greetings in the hallway, access to health services, visits from fellow residents, support for family members as they navigate the challenges of dementia, and even a dining team member gently picking up a resident's fork to help her recognize the next step in eating her meal.

Each gesture matters. No single person or service makes this possible. It is the combined care of many people, each contributing in their own way.

This is what it means to be a community that cares for one another.

Throughout Scripture, we are reminded that we are created for relationship—with God and with one another. Galatians 6:2 encourages us to “carry each other’s burdens.” At Shalem, we want to live out this spirit of compassion, recognizing that there will be times when we need support and times when we can offer it to others.

(cont’d on page 4)

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

GALATIANS 6:2



LIVING WELL TOGETHER

Musings from the Executive Director

A Community That Cares for One Another
(continued)

Our Health Program is an important part of this shared commitment. Through residents' contributions, we sustain a team and services that support health and well-being as needs change. Alongside our nursing team and on-site health services with Dr. Tolu, Pastor Cari now offers spiritual and emotional support through life's challenges and transitions. Not everyone needs these services at the same time or to the same extent, but together we can help ensure that support is available when it is needed and continue building our capacity to care for one another.

As we move through November, I invite each of us to consider: What can I contribute to the well-being of our community?

Perhaps it is visiting a neighbour, offering a kind word, welcoming someone new, or expressing appreciation to a staff member. And sometimes, contributing means allowing others to help us when we need it. Receiving care gives others the opportunity to share what they have to offer, too.

The experiences of those who have lived among us remind us that how we care for one another matters, especially during life's most vulnerable moments. May we continue to build a community where every person is valued, small acts of kindness make a meaningful difference, and everyone knows they are not alone.

More information about Health Program participation and access to services appears on page 8 and 9 of the newsletter.

Warmly,
Dorothy



OUR COMMUNITY

90s Club Celebration













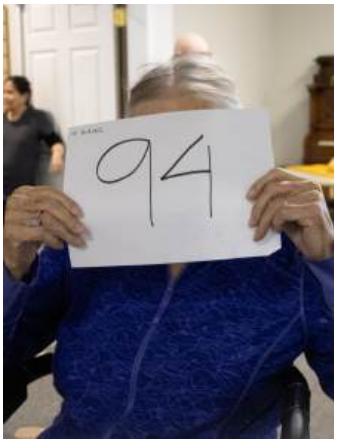


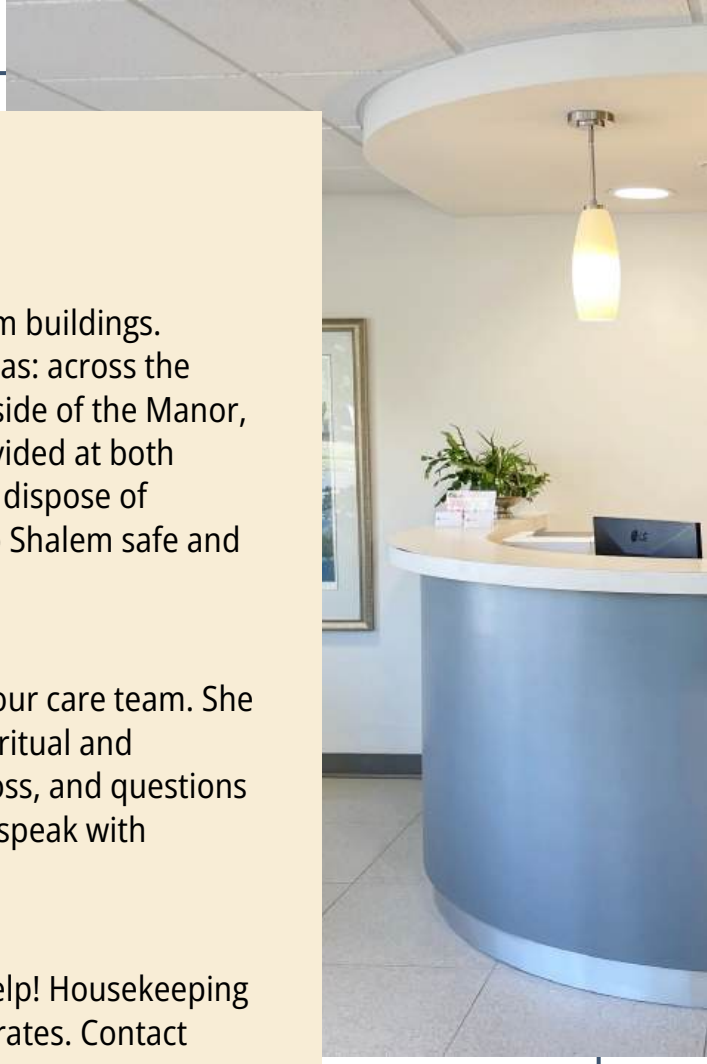












RESIDENT NOTICES

No Smoking at Shalem
Smoking and vaping are not permitted inside Shalem buildings. Please use the two designated outdoor smoking areas: across the driveway from the Haven entrance or on the south side of the Manor, toward the Emmanuel parking lot. Benches are provided at both locations. Please avoid smoking near doorways and dispose of cigarette butts properly. Thank you for helping keep Shalem safe and comfortable for everyone!

Welcome Pastor Cari to Our Care Team
We are pleased to welcome Pastor Cari officially to our care team. She will be at Shalem a few days each week, offering spiritual and emotional support through life's challenges, grief, loss, and questions of faith. To arrange a visit, email cari@shalem.ca or speak with Reception.

Housekeeping Services
Enjoy a clean, comfortable suite with a little extra help! Housekeeping services are available to all residents at reasonable rates. Contact Gemma for details or to book a service.

Help Name Our Groundskeeper Robot!
Vote for your favourite name for our new groundskeeper robot at the next Coffee Connect meeting. Ballots will be available to make your selection!

Card Bingo – Tuesdays
Card Bingo has now moved to the Manor Social Room every Tuesday at 7:00 p.m. Join for fun and fellowship!

An Evening Abroad - With the busy month of November with the Open house we will be hosting the next wine evening on Dec.5th and will be featuring the Country of France. Make sure to sign-up and save your spot!

Save the Date: Christmas Dinner
Shalem's Christmas Dinner is on Tuesday, December 15! Dinner is complimentary for residents, and family and friends are welcome to join us for $34 per person. Watch for an RSVP form delivered to your door, where you can select your preferred seating time. Please return your RSVP to the Dining Room by **Friday, December 11**.

OUR COMMUNITY

Artful Expressions





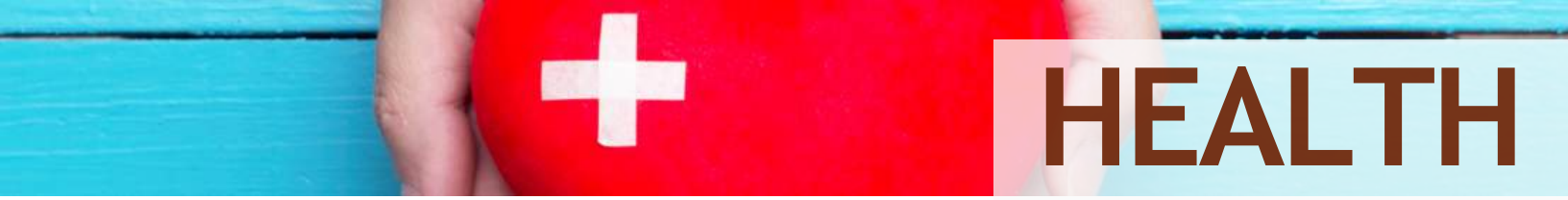












HEALTH

Feel Better, Live Better: Wellness Sessions for You

Blood Pressure Clinic with Richmond Square Pharmacy

Thursday, November 12 | 10:00 AM | Shalem Atrium

Wellness Gathering with Pastor Cari

Tuesday, November 24 | 1:00PM | Shalem Atrium

A Gentle Gathering for Worry & Anxiety – Join Pastor Cari for a gentle gathering as we explore worry and anxiety, share our experiences, and discover how faith and community can help us carry life's burdens together. You don't have to carry it alone. These Wellness Gatherings will take place monthly, with a different focus each month.

Chipperfield Mobile Physio & Wellness: Group Training

Contact the Health Clinic if you wish to participate!

Chipperfield Mobile Physio & Wellness offers affordable group training with individualized goals to help you improve mobility, build strength, and move with greater confidence!

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**.

ALL FRIDAYS EXCEPT NOVEMBER 20TH
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

Pastor Cari – Spiritual and Emotional Support

offering spiritual and emotional support through life's challenges, grief, loss, and questions of faith. To arrange a visit, email **cari@shalem.ca** or speak with Reception.

TUESDAYS & THURSDAYS
11:00AM - 4:00PM
cari@shalem.ca
Or Contact Reception



Health Program Services and Access

One of the privileges of living at Shalem is having access to a dedicated team that supports our health and well-being. This team includes our nurses, on-site health services with Dr. Tolu, and now Pastor Cari, who is available to offer spiritual and emotional support through life's challenges, transitions, grief, loss, and questions of faith and meaning.

These services are made possible largely through residents' contributions to Shalem's Health Program. The program reflects an important principle of community: when we contribute together, care is available for those who need it today and will be there for those who need it tomorrow.

We recognize that residents who were already living at Shalem when the program was introduced were given the choice to participate, and some chose not to enroll. Since then, we have seen more residents accessing the team's services, sometimes periodically and sometimes on a more regular basis.

As a reminder, access to the Health Program team and its services is a benefit of participation in the program. Residents who have not enrolled in the Health Program will soon be charged for services they access. Everyone will be notified in advance of the confirmed start date for these fees.

We will continue to respond to urgent care needs without charge. No resident should hesitate to seek help when they are concerned about their immediate health or safety. However, subsequent visits for residents who are not enrolled will be subject to applicable fees. Charges will be recorded by the care team and submitted to the Business Office for invoicing through our regular pre-authorized debit (CAFT) system.

If you have questions about the Health Program, the services available, or participation, please speak with the Business Office or a member of the Health Team.

We are grateful to the residents who contribute to the Health Program and, in doing so, help sustain a community where we can care for one another. Thank you for helping make this support possible.

OUR COMMUNITY

Discover, Connect & Play

Martin Family Legacy Garden



















FITNESS FOCUS



Move of the Month

Back Stretching & Strengthening



This move will help strengthen and stretch out your back muscles, which can be critical for improving balance and overall coordination.

- Sit with your legs shoulder-length apart
- Place both hands under your right knee
- Slide your hands slowly from your knee to ankle and hold for 2 seconds
- Return to the upright position and switch sides
- Repeat the steps for your left knee to your left ankle
- Do 10 reps on each side

Stronger Legs, Better Mobility: Keep Moving at Any Age!

One of the best things adults over 70 can do to maintain mobility is regular strength and balance exercise. Simple activities such as standing up from a chair, gentle leg exercises, walking, and supported balance practice can help keep muscles strong and steady.

Why does it matter? Stronger muscles make everyday activities—such as getting out of a chair, climbing stairs, and walking—easier. Balance exercises help reduce the risk of falls, while regular movement supports bone health and helps maintain independence.

Even a little movement is better than none! The goal isn't to exercise harder—it's to keep doing the things you love, safely and confidently.



Theresa de Walle
Fitness Instructor



Heather Hausmanis
Fitness/ Pilates Instructor



Jessica Cheesman
Fitness Instructor

OUR COMMUNITY

Oktoberfest



















CELEBRATIONS AT SHALEM

HAPPY BIRTHDAY

November 1	Bert Jonker
November 2	Lois Kaake
November 3	Anne Jonker
November 7	Jack Dykxhoorn
November 9	Diane Matthews
November 14	Agnes de Vries
November 15	Sharon Evans
November 15	Lori Lang
November 17	Rita Bouwman
November 19	Johanna Sterken
November 21	Colin Marnell
November 25	Linda Lejeune
November 28	Gladys Weidman
November 30	Hermina Dykxhoorn



BIRTHDAY PARTY

Tuesday
November 10
2:00PM
Dining Room

Entertainment:
MzBehavin Group

MILESTONE BIRTHDAYS

We have lots to celebrate this month! Happy birthday to Lois (90), Johanna (85), Diane (75), Lori (70), and Colin (65)—all impressive milestones! A special congratulations to Gladys on turning 98 and Shalem's eldest resident, Agnes, who celebrates her 101st birthday! Wishing you all an amazing birthday.

ANNIVERSARY CELEBRATIONS

There are no anniversary celebration this month.

"Youth is the gift of nature, but age is a work of art."

— Stanislaw Jerzy Lec

OUR COMMUNITY






















Col. Russell Boyle

MEMORY LANE *CALGARY'S FIGHTING TENTH*



More than a century ago, young men from Calgary helped make history on the battlefields of the First World War.

The 10th Battalion, known as the "Fighting Tenth," was organized in September 1914. Many of its original members came from Calgary's 103rd Regiment (Calgary Rifles) and the 106th Regiment (Winnipeg Light Infantry). These were local men who left their homes and families to serve overseas.

One of the battalion's defining moments came in April 1915 at Kitcheners' Wood in Belgium, during the Second Battle of Ypres. After German forces released poisonous chlorine gas, French troops retreated, leaving a dangerous gap in the Allied line. The 10th and 16th Battalions were ordered to counterattack. The attack came at an enormous cost. Of the 816 men who advanced, 718 became casualties—killed, wounded or missing. The commanding officer, Lieutenant Colonel Russell Boyle, was mortally wounded and died two days later. Despite the terrible losses, the counterattack helped prevent a further German advance. The regimental history records that the French Army's overall commander described the attack as the single bravest act of the war.

The Fighting Tenth went on to serve in major battles, including the Somme, Vimy Ridge, Hill 70 and Passchendaele. At Hill 70 in 1917, Private Harry Brown was posthumously awarded the Victoria Cross for carrying vital messages under heavy fire.

By the end of the war, more than 1,300 members of the battalion had been killed. When the Armistice was declared on November 11, 1918, the battalion was in Mons, Belgium. Its soldiers returned to Canada in 1919, but its legacy lives on through units that carried on its traditions, including The Calgary Highlanders.



OUR COMMUNITY

















LIVING BY FAITH

You Are a Diamond by Pastor Cari



As we gaze at a diamond, we're drawn to its light and sparkle. Yet a diamond doesn't create its own light. It receives light and reflects and refracts it through its many facets, allowing its beauty to be seen in ways it might not otherwise be seen.

Paul writes in Ephesians 5:8, **"Once your life was full of sin's darkness, but now you have the very light of our Lord shining through you because of your union with him."**

Recently, while sitting with my Spiritual Director, she held up a sparkly ball that looked like a diamond. She invited me to see it as God sees us: created in God's image and declared good (Genesis 1). Then, she began covering it with brown Play-Doh. Slowly, the sparkle disappeared beneath its covering.



As she spoke about Genesis 3 and sin entering the world, I began to recognize how easily we lose sight of the beauty God created in us. Life, shame, and the stories we believe about ourselves can become like a shell, leaving us feeling broken, unworthy, or unlovable. We begin to believe the covering is who we are.

Whether it's a diamond, or our own heart, **what lies beneath the shell reveals a beauty that has been there all along.**

Jesus meets us with compassion and invites us to live as children of God's light, allowing goodness, righteousness, and truth to shine through us.

Our stories, joys, sorrows, and struggles shape our unique facets. We won't all reflect God's light in the same way. **We each have our own sparkle.**

Created in God's image, wrapped in Christ's love, and carrying a light that can shine through your own beautiful, one-of-a-kind life. **You are a diamond.**

Much Love, Pastor Cari

See Calendar for Men's and Women's FELLOWSHIP



CREATIVE CORNER

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

Oh, Canada! A Delicious Invention

- **Butter Tarts** – The earliest known printed recipe appeared in a 1900 cookbook published in Barrie, Ontario.
- **Nanaimo Bars** – Originated in Nanaimo, B.C., with an early recipe published in a 1952 hospital auxiliary cookbook.
- **Poutine** – Originated in rural Quebec in the late 1950s. The name roughly translates to “a mess.”
- **Hawkins Cheezies** – First made in Tweed, Ontario, in 1949 by W.T. Hawkins Ltd.
- **Caesar Cocktail** – Invented in Calgary in 1969 by bartender Walter Chell at the Calgary Inn.
- **McFlurry** – Created in 1995 by Canadian McDonald’s franchisee Ron McLellan in Bathurst, New Brunswick.
- **Tourtière** – This traditional Quebec meat pie dates back to the 1600s, with a printed recipe appearing in an 1840 French-Canadian cookbook.

an unshakeable thing

my faith may not be
an unshakeable thing.

it is as restless as rivers.
as fickle as dandelions in the wind.

my faith may always be moving
from doubt to confidence
from hope to despair,

changing with the seasons,
withering through winter
and strengthening in spring.

my faith may take on
new forms day after day
i cannot trust it to remain
as it is.

but maybe i do not want it to.

maybe my faith
was never meant to be
an unshakeable thing
but was made to rest in the mercy
of someone who is.

by rachel h

UPCOMING EVENTS

MONDAY - NOVEMBER 2

Dining Room
1:30PM

Coffee Connect with Dorothy

A perfect time to connect and find out what is new at Shalem. We will have ballots to name our new robot!

TUESDAY - NOVEMBER 3

Shalem Atrium
1:30PM

Documentary & Chat

Discover the incredible story behind one of the world's greatest engineering achievements! **Building the Impossible: The Panama Canal**, followed by a friendly discussion where you can share your thoughts & stories.

THURSDAY - NOVEMBER 5

10:30AM
Leave from Reception

Bus Trip: North Hill Centre

Enjoy a little shopping, browse your favourite stores, or simply take in a change of scenery and some friendly company.

FRIDAY - NOVEMBER 6

2:00PM
Cafe

Art with Geri

Enjoy a relaxing and enjoyable time exploring your artistic side, trying new techniques and creating something special. No experience needed. 2nd class Tuesday, November 17

MONDAY - NOVEMBER 9

Shalem Atrium
2:00PM

Packing Shoe Boxes

Help spread Christmas joy by packing shoeboxes for Operation Christmas Child! Each box is filled with gifts and essentials to bring hope and happiness to a child.

WEDNESDAY - NOVEMBER 11

Dining Room
2:00PM

Remembrance Day Service

A Remembrance Day service to honour and remember the brave men and women who served and sacrificed for our freedom. Let us come together in gratitude and reflection. Lest we forget.

SUNDAY - NOVEMBER 15

shalem Atrium
4:45PM

GREY CUP PARTY

Get ready for some football fun with our volunteers! Bring your favourite snack, enjoy some refreshments, and see whose Grey Cup squares come out on top.

UPCOMING EVENTS

MONDAY - NOVMEBR 16

Dining Room
2:00PM

Visit with a Home School Class

Enjoy a special visit from a local homeschool class! Spend time connecting, sharing and listening. A blessing to enjoy the energy and enthusiasm of our young visitors!

THURSDAY - NOVEMBER 19

3rd floor Manor Social Room
1:30PM

Sweets & Social: Cupcakes

Spend a sweet afternoon with friends in the kitchen making delicious cupcakes! Good company and sweet memories guaranteed!

SATURDAY - NOVEMBER 21

Dining Room
2:00PM

Sunday School Visit

A special Sunday School visit from the children of Annunciation Orthodox Church! A wonderful opportunity to enjoy the energy and company of our youth!

MONDAY - NOVEMBER 23

Leave from Reception
10:45AM

ROARR - Day out at RiverCross Ranch

Take in the beautiful ranch setting, enjoy a delicious lunch and spend time with the horses. A wonderful opportunity to get out, enjoy the country and share good company!

SATURDAY - NOVEMBER 28

1:00PM- 4:00PM

Shalem Open House

You're invited to celebrate with us! This year marks 45 years since The Manor first opened its doors, and we're proud to celebrate 45 years of being Shalem.
Come enjoy an afternoon of community fun, lively music, delicious refreshments and wonderful company. It's a special chance to celebrate our history, connect with friends and neighbours, and share in the Shalem spirit. Bring your friends and family—we can't wait to celebrate!

"How good and pleasant it is when God's people live together in unity!"

— Psalm 133:1