

Diamond House

March 2023

700 Ballesteros Cres, Warman SK S0K 4S0



Fun Fact

The real St. Patrick was born in Britain near the end of the 4th century.

March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**

Birthstone: **Aquamarine**

Flower: **Daffodil**

Quote of the Day

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

– Mark Twain

Spotlight in February

Yoga with Kass.

Yvonne enjoying and meditating during yoga with Kass. Yoga has been proven to help with Stress and pain relief, improved breathing, flexibility, increased strength, improve circulation, cardiovascular conditioning, inner peace, and being present in the moment.

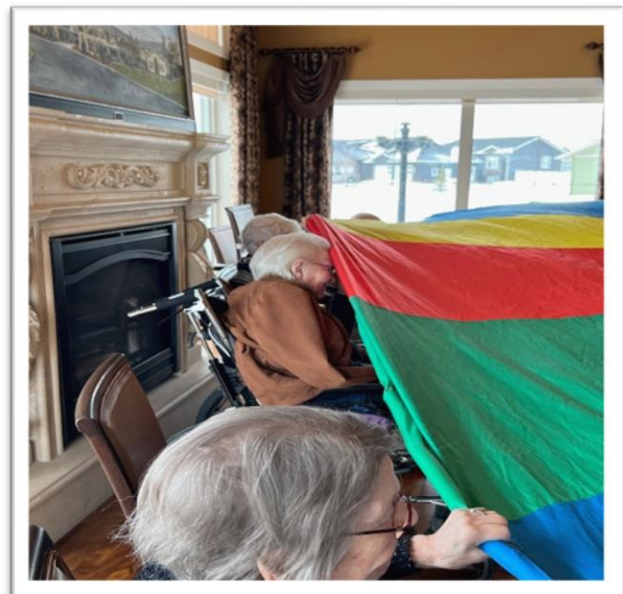


Hymn singing and Bible study.

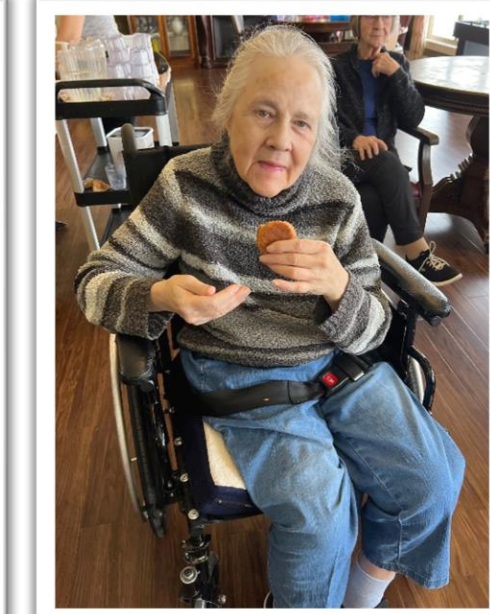
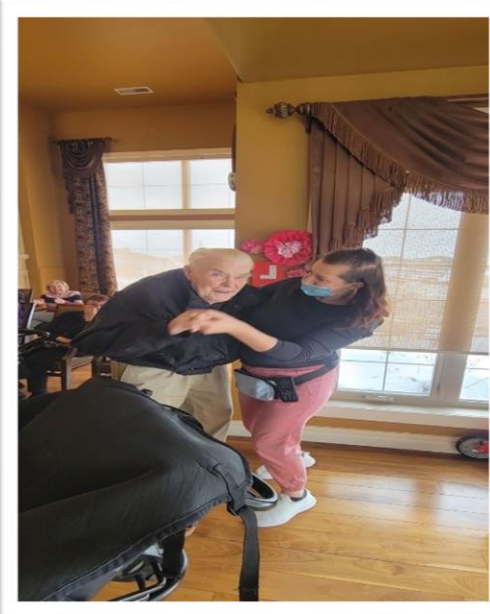
Sylvia is sharing her hymn book with Elma during our most recent Hymn sing and Bible study. Did you know that hymns are sung as prayers in that they address God directly. A few reasons to join bible study is to grow in your faith and knowledge of the bible, make friends, to stand with people of the same belief, to have people stand and lift you up in prayer.

Fun Fridays with Little Learners

Our little people and residents look forward to our Fun Fridays. We play games, sing songs, eat snacks, and enjoy being silly with each other.



February Fun and Activities



Noticeboard



Please contact Father Peter directly

(For last Rites)

Immaculate Heart of Mary parish priest

Father Peter Ebidero

Phone: 306-321-2364

Email: darebidero94@gmail.com

Church: 306-931-1111

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Viola F**
- **Stanley B**
- **Henry B**

FIND US AND GIVE US A FOLLOW

We have expanded our media presence!
We can be found on:

Facebook: Diamond House

Instagram: Diamond_Crew2016

TikTok: Diamond_Crew2016



Diamond House

Video Recording and Photo Policy

Just a friendly reminder 😊

Family is not allowed to videotape or photograph in common areas if there are other residents around as per the rights and privileges. This also applies to videotaping or photographing staff unless staff have given permission. All residents and staff have the right to privacy if family want to video in the privacy of the resident's room the family can. The taking pictures of a nursing station is not allowed because there is HIPPA sensitive material in a nursing station that is protected under other legislation.

Thank you for your understanding.



UPDATE IN SERVICE

We are pleased to offer in suite foot care to our residents at Diamond House. We have added additional foot care support to enhance your foot care experience. Our foot care nurses do direct billing, insuite service, and have flexible booking options. Please contact your foot care specialist and book your appointment today.

Please note foot care is an additional cost.

ADVANCED FOOT CARE

Megan

Phone: (306)-914-3436

CRACKED SOLES

Laura & Tanya

Phone: (306)-715-7280

BEYOND CARE HOME HEALTH

Phone: (306)-715-3308

Noticeboard



SALON

Women's Hair Cut - \$40.00
Shampoo & Set - \$30.00
Perms - \$90.00
Hair color - \$80.00
Men's Hair cut - \$30.00

Payment: Cash/cheque/e-Transfer to Stylist or charged to your Diamond House Comfort Fund Account

To make an appointment:

Tuesdays & Thursdays

Tracy 306-222-9481

Wednesdays

Marlene 306-220-9895

Please note Salon services are an additional cost.

SELF wellness
Mental & Physical Health

Contact to book in suite
massage:
(306)244-7873

MASSAGE SERVICES

We are now offering in-suite massage therapy by Self Wellness. Please contact to book.

Doctor and Lab

We offer in House Doctor appointments every Wednesday, as well as lab services.

If you would like a doctor's appointment or have lab service inquiries, please contact the Nurse on Duty.

Phone 306-955-1300 Ext 3

Video Call options

Google Duo App

(Works with Android and iPhone/iPad)- you can call from any Android based phone/tablet to an Apple phone/pad or vice versa. Most recommended to use as it does not matter what type of phone/tablet you have.

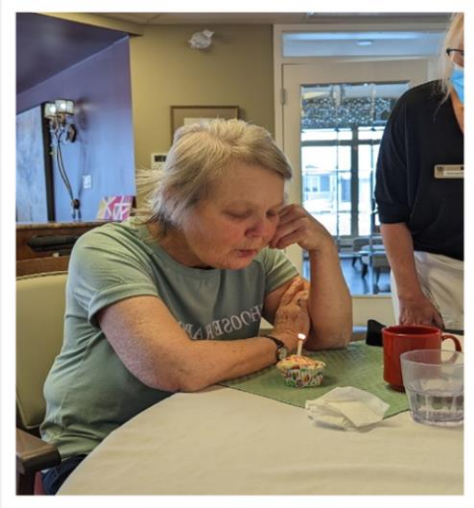
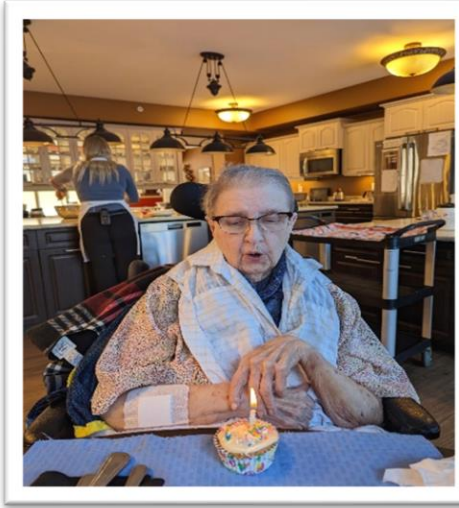
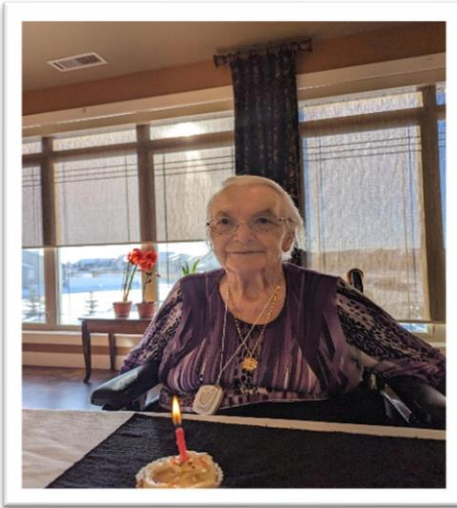
Google Duo online –
www.duo.google.com

FaceTime (only for iPhone and iPad's)

To arrange day and times to have a call, please contact the Activity Department Monday-Friday 9:00am-5:30pm in one of the following ways:

Phone: 306-955-1300 option 4

February Birthdays



Reminders



Great Room Booking

Diamond House is happy to provide the Great Room to residents and families at no cost. When families are done using the Great Room we kindly ask that the floor is swept and mopped if needed, the countertops and tables wiped, and the garbage placed in the garbage, the dishes put in the dishwasher, and the dishwasher turned on. Please be courteous to the next resident or family using the Great Room after your function.

No outdoor shoes to be worn past the front foyer.





Help us keep our home clean. Please remove all wet and dirty footwear when entering Diamond House. There are blue shoe covers available for those who need in the white bin found in the front foyer.

Appointments

Salon, footcare, and massage appointments are made directly with the service provider.

March 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1	2	3	4
When Irish eyes are smiling, they're usually up to something. 						
5	6	7	8	9	10	11
12	13	14	15	16	St Patrick's Day 	17
19	Spring 	20	21	22	23	24
26	27	28	29	30	31	Remember to start your seeds. 

March Birthdays

In March, we celebrate birthdays with:

- **Yvonne C**
- **LaDene H**
- **Marlene K**
- **Violet K**
- **George Y**
- **Emil C**
- **Wilson Q**
- **Claude L**
- **Susan N**



Please join us in the Great Room on the last Thursday
In March to celebrate!

Justin Bieber, Singer/Song Writer, March 1, 1994
Celine Dion, Recording Artist, Singer March 30, 1968
William Shatner, Actor, Musician, Recording Artist,
Author, and Film Director, March 22, 1931
Catherine O'Hara, Actress, Writer, and Comedian
March 4, 1954
Grimes, Musician and Music Video Director, March 17,
1988
Nathan Fillion, Actor, March 27, 1971

Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

Historical Events in March: The Concorde

In March 1969, the Concorde roared into the skies on its maiden flight. Built as part of a joint venture between the UK and France, it was a supersonic passenger airplane that travelled at twice the speed of sound. Only 14 Concorde aircraft went into service before it was retired in 2003.



Poem to Share

My Shadow

by Robert Lewis Stevenson

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me when I jump into my bed.

The funniest things about him is the way he likes to grow—
Not at all like proper children, which is always very slow;
For he sometimes shoots up taller like an India rubber ball,
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an arrant sleepy-head,
Had stayed at home behind me and was fast asleep in bed.

Noticeboard



NEW STAFF

A warm welcome to the people who returned to our team in the past month!

- **Angie**
- **Bethany**
- **Jenna**
- **Sharon**

We are so happy to have you back!

NEW RESIDENTS

A very warm welcome to:

- **Bud & Dorothy B**
- **Stacey R**
- **Elmer K**
- **James & Yvonne S**
- **Claude L**
- **Wilson Q**

We hope that you enjoy your time here!

Introducing our NEW Home Coordinator

Elaine Keeping

Elaine began her journey with Diamond House as our Home Coordinator on February 21, 2023. Elaine is a dedicated and compassionate LPN with extensive experience in medical transcription, health care documentation, and general and palliative nursing. Elaine worked in the hospital and SHA organization for decades and showed great leadership in her nursing career. Elaine will be a great addition to our team and we are excited to have her come on board. Please take a moment to introduce yourself to Elaine and make her feel welcome!



Luck of the Irish Cocktail

Ingredients:

3 ounces Jameson Irish
Whiskey
3 ounces Pineapple Juice
2 ounces Lime Sparkling
Soda
Add Green Food
Coloring
Add Ice Cubes
Add Maraschino
Cherries and Mint
Leaves (For garnish,
optional)



THE PURPLE PUMPKIN BLOG

“A Good Friend is like a Four Leaf Clover.
Hard to find, but lucky to have.”

Laughing Matters



My Resume...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.
Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.
After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.
Next, I tried working in a muffler factory but that was too exhausting.
Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.
I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.
My best job was being a musician, but eventually I found I wasn't noteworthy.
I studied a long time to become a doctor, but I didn't have any patience.
Next was a job in a shoe factory; I tried but I just didn't fit in.
I became a professional fisherman, but discovered that I couldn't live on my net income.
I managed to get a good job working for a pool maintenance company, but the work was just too draining.
So, then I got a job in a workout center, but they said I wasn't fit for the job.
After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.
My last job was working at Starbucks, but I had to quit because it was always the same old grind.
SO, I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

Funny Aging Jokes

Always find a reason to laugh - it may not add years to your life but it will add life to your years.

I've reached an age where my train of thought often leaves the station without me.

Word Search



INTERNATIONAL WOMEN'S DAY

C O U R A G E V A L U E D N
O C R E F O R M C F V R O A
S H H S O C I A L A C E M H
X U R G E N D E R F E F A L
I I P Q Z Q I B E D L L C L
J F N P U O U G S P E E T I
J E T F O P A A J U B C I B
A M M D L R O B L C R T V E
C I W Q F U T S S I A U I R
T N Y F X U E G I M T O S A
I I U Y V V P N L T E Y T T
O S O C I E T Y C V I T E I
N M A D V O C A T E M V W O
G G O R I G H T S J U Z E N

Feminism
Advocate
Reform
Positive
Gender

Influence
Suffrage
Liberation
Social
Valued

Activist
Equality
Support
Rights
Reflect

Brave
Celebrate
Society
Courage
Action