

NEWSLETTER

May 2023

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



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May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**

Birthstone: **Emerald**

Flower: **Lily of the Valley**

Quote of the Day

You are never too old to set another goal or to dream a new dream.

– C.S. Lewis

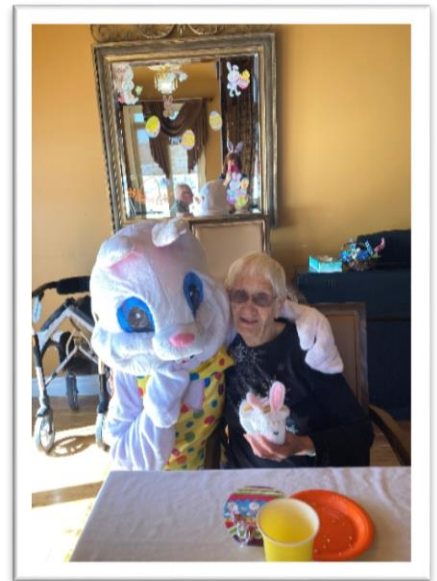
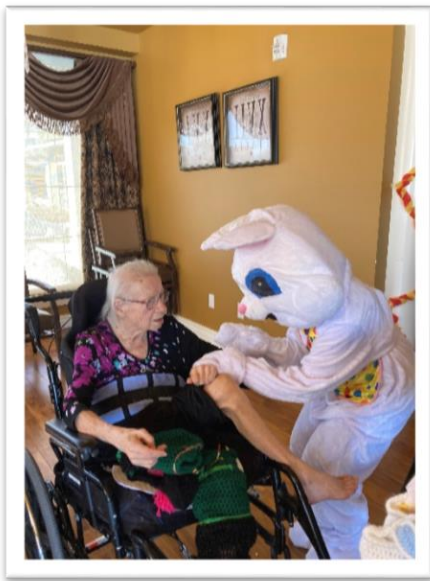
May Day - May 1st!

The spring festival known in many countries as May Day is observed on May 1st. This holiday acknowledges the rebirth and revival of life that the spring season brings after the harsh, cold winter.





In ancient times, the Romans offered bouquets of flowers to Flora, their goddess of spring. They called the festival Floralia. As the Romans inhabited more of Europe during the Middle Ages, they took their May Day customs with them. In medieval English villages, people gathered flowers and blooming tree branches to decorate their homes and churches. It was called "bringing in the May!" They also picked small bouquets of flowers early in the morning and secretly left them on friends' or relatives' doorsteps. Later in the day, the people of the village would gather at the town square and raise the Maypole. The pole was often more than 100 feet tall with numerous brightly colored streamers attached to the top. After the Maypole was in place, dancers would each take hold of a streamer and circle the pole, dancing and weaving the ribbons into intricate patterns. When the dancers changed direction, the streamers would fall free and dance would begin again. The festivities included the crowning of the May Queen. In many towns of Europe and some places in America, this tradition has continued.



April Fun and Activities



May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	Space Day 4	Cinco de Mayo 5 	Coronation Day 6 Kentucky Derby	
7	National Nursing Home Week Victory in Europe Day	8	9	10	11	Nurses day 12  Eurovision 13 Migratory Bird Day 	
Mothers Day 14 	15	Cannes Film Festival 16 	17	18	19	20	
21	Biological Diversity Day 	World Turtle Day 23 	National Scavenger Hunt Day National Wyoming Day	24	25	26	27
28	Memorial Day 29 	30	31				

May Birthdays

In May, we celebrate birthdays with:

- Edna B
- Sylvia D
- Liz R
- Traudi E
- Annie B
- Velma S
- Gertie D

Please join us in the Great Room room on May 26th.



Glenn Ford, Actor, 1st May 1916
Bing Crosby, Singer, 2nd May 1904
Lesley Gore, Singer, 2nd May 1946
Audrey Hepburn, Actress, 4th May 1929
Karl Marx, Philosopher, 5th May 1818
Sigmund Freud, Psychiatrist, 6th May 1856
Orson Welles, Actor, 6th May 1915
Stevie Wonder, Singer, 13th May 1950
Peggy Lee, Singer, 26th May 1920
Clint Eastwood, Actor, 31st May 1930

Pisces (Apr 20 – May 20)

Taureans are dependable, logical, and overall peaceful beings

Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained

WOW!

First Telephone Phone Call

In May of 1876, Alexander Graham Bell made the first successful telephone call, famously saying "Mr. Watson, come here, I want to see you."

Poem to Share

Life doesn't frighten me

Maya Angelou

Life doesn't frighten me,
Not at all.
I've known too many terrors,
Seen too many falls.

Climbed too many mountains,
Crossed too many seas,
Felt the pain of heartbreak,
And the sting of disease.

I've watched the earth shake,
And the sky turn red.
I've seen the mighty fall,
And the brave lie dead.

But life doesn't frighten me,
Not at all.
I've learned to be courageous,
And to rise when I fall.

For though life can be harsh,
And the road can be rough,
I know I have the strength,
And the will to be tough.

So bring on the challenges,
And the struggles that come.
For life doesn't frighten me,
Not at all, not one.

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Mobile Canteen Prices

<u>Chocolate Bars</u>	
Aero Milk Chocolate	\$1.00
Aero Mint	\$1.00
Caramel	\$1.00
Coffee Crisp	\$1.00
Dairy Milk	\$1.00
Glossets Raisins	\$1.00
Hershey's Cookies & Cream	\$1.00
Hershey's Milk Chocolate	\$1.00
Hershey's Whole Almonds	\$1.00
KitKat	\$1.00
M&Ms	\$1.00
M&Ms Peanut	\$1.00
Mr. Big	\$1.00
Oh Henry	\$1.00
Reese's Peanut Butter Cups	\$1.00
Smarties	\$1.00
Twix	\$1.00

<u>Chips</u>	
All Dressed	\$1.00
BBQ	\$1.00
Cheetos	\$1.00
Doritos	\$1.00
Ketchup	\$1.00
Regular	\$1.00
Salt & Vinegar	\$1.00
Sour Cream & Onion	\$1.00

<u>Peanuts</u>	
BBQ	\$1.00
Honey Roasted	\$1.00
Salted	\$1.00
Almonds	\$2.00

<u>Candy</u>	
Mints - Spearmint	\$2.00
Mints - Peppermint	\$2.00

<u>Beverages</u>	
Coke	\$1.00
Cream Soda	\$1.00
Dr. Pepper	\$1.00
Grape Soda	\$1.00
Orange Crush	\$1.00
Pepsi	\$1.00
Root Beer	\$1.00
7-up	\$1.00

<u>Hygiene Products</u>	
Bar Soap	\$2.00
Handsoap	\$3.00
Shampoo	\$5.00
Conditioner	\$5.00
Ladies Bodywash	\$5.00
Men's Bodywash	\$5.00
Body Lotion	\$4.00
Regular Toothpaste	\$2.00
Sensodyne Toothpaste	\$4.00

<u>Other</u>	
Halls	\$1.00

Orange Raspberry Mimosa Cocktail

Ingredients

- 2 large oranges
- 750 ml of champagne (or 1 bottle; we used rose', also try with dry)
- 1 cup of frozen raspberries

Decoration:

- Juice of half a lemon
- 1 tbs granulated sugar
- Rosemary twigs



Instructions

1. Before serving, decorate glasses: drop the top of the glasses in lemon juice, then roll around in granulated sugar. The lemon juice will help stick the sugar to the glass.
2. Cut oranges in half and squeeze juice. Pour through a strainer to remove any big bits. Alternatively, use store-bought orange juice.
3. Pour orange juice in glasses first. Ideally, use one part orange juice to one part champagne. We only added about 2 tbs of orange juice per glass. Pour champagne over orange juice.
4. Serve with a handful of frozen raspberries (for color). Optionally, stick in a twig of rosemary in each glass for flavor and decoration.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Anne K
- Bob G
- Ellen W
- Claire F

We hope that you enjoy your time here!

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.

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

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.

MASSAGE SERVICE

We are pleased to offer in suit massage
therapy by Self Wellness. Please contact
Self Wellness directly to book your
appointment.

Phone: 306-244-7873

PHYSIOTHERAPY

We are pleased to offer in suit
physiotherapy by Nova. Please
contavt Nova directly to book your
appointment.

Phone: 306-382-3332

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

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.

CRACKED SOLES

Call Laura or Tanya to book your appointment.

Phone: (306)-715-7280

ADVANCED FOOT CARE

Call Megan to book your appointment.

Phone: 306-914-3436

BEYOND CARE HOME HEALTH

Call to book your appointment.

Phone: (306)-715-3308

