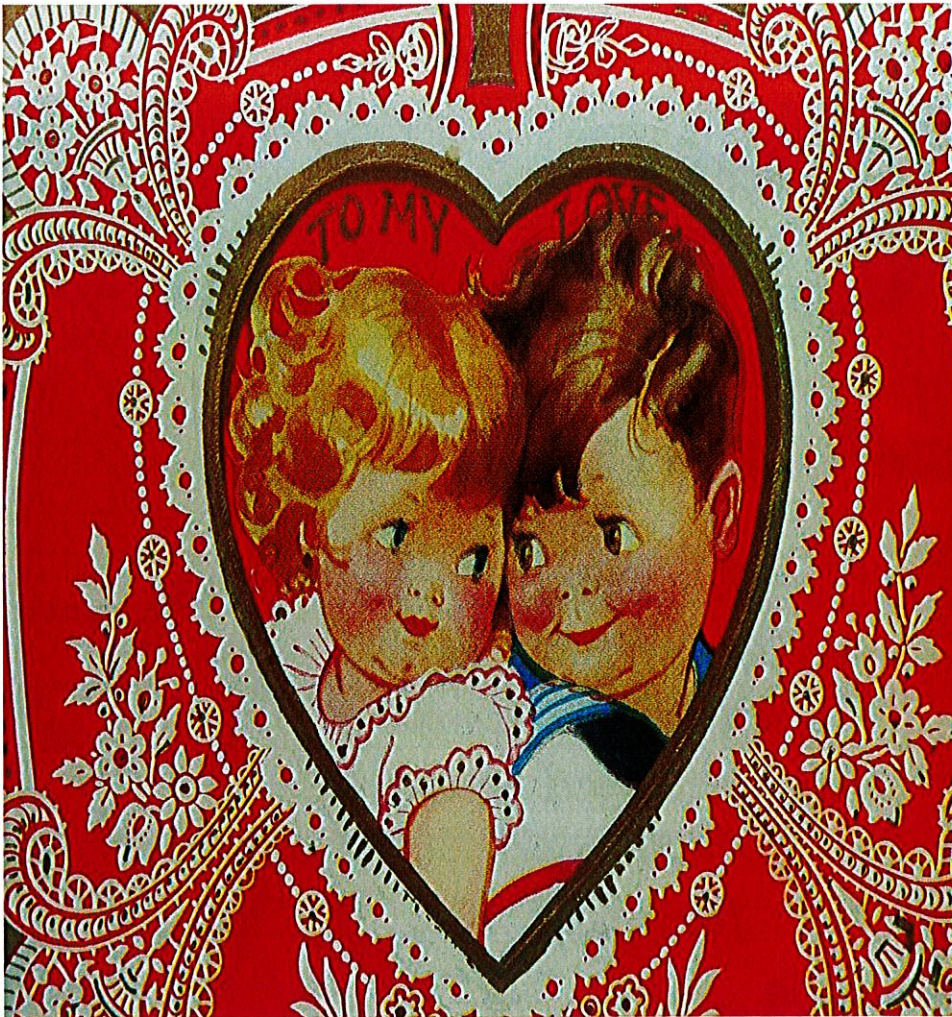


# NEWSLETTER

## February 2024

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



### IN THIS ISSUE

Editor's Desk .....	2
February Spotlight.....	3
January in Review .....	4
February Calendar .....	5
February Birthdays .....	6
Write a Love Poem .....	7
Noticeboard .....	8
Laughing Matters .....	10
Crossword .....	12
Community Opportunity...	13



## February Trivia

2024 is a leap year! This means you'll find an extra day in February this year. What will you do with it?

Zodiac signs: **Aquarius & Pisces**  
Birthstone: **Amethyst**  
Flower: **Primrose**

## Something to Think About

*Who, or what, is the greatest love of your life?*

## Fun Fact

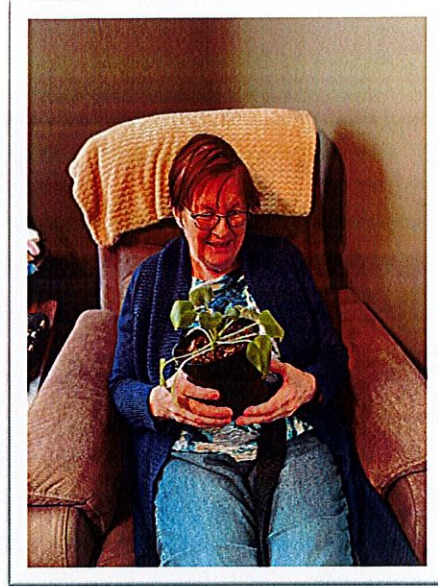
*The oldest valentine dates back to 1797 and was adorned with cupids and flowers.*

# February Spotlight

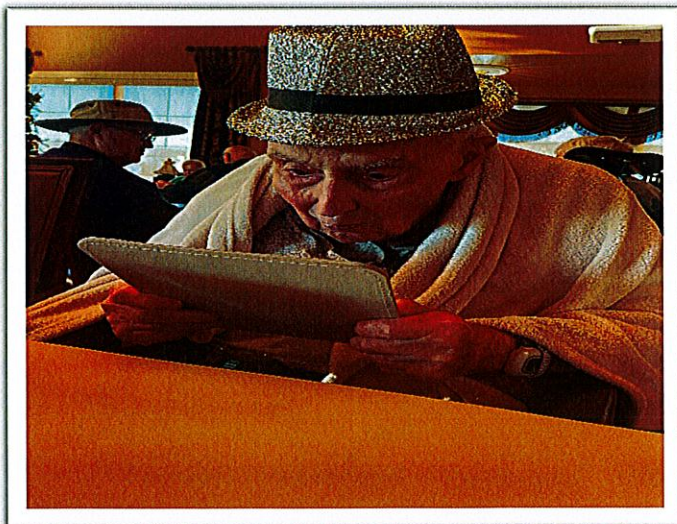
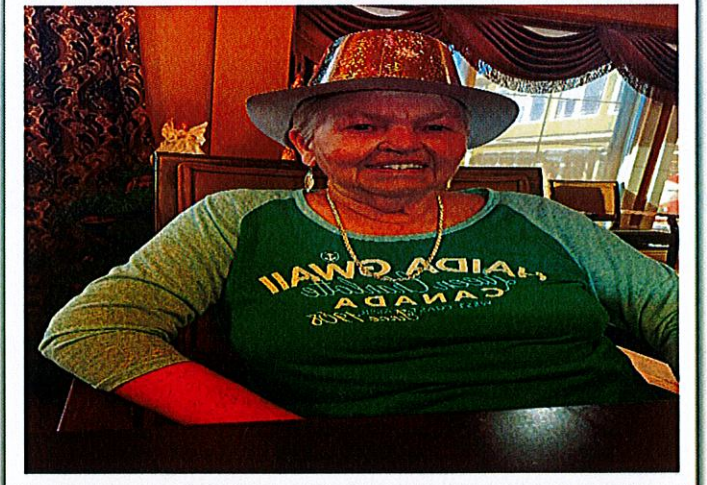
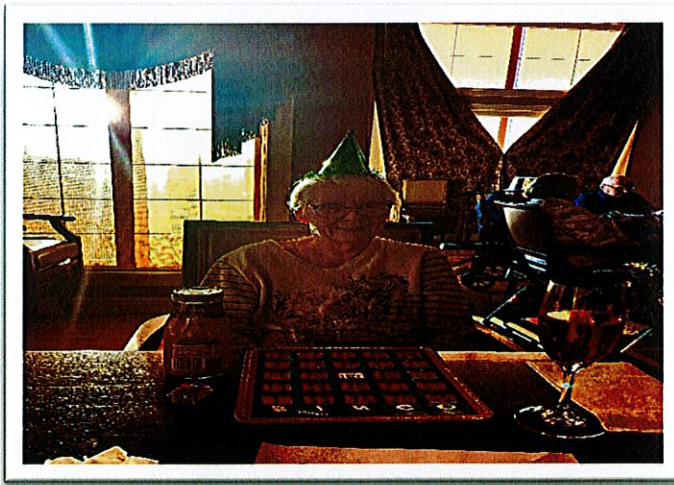
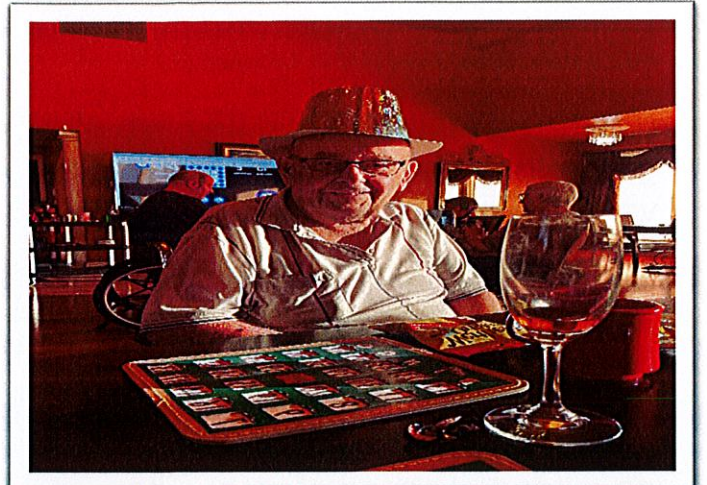
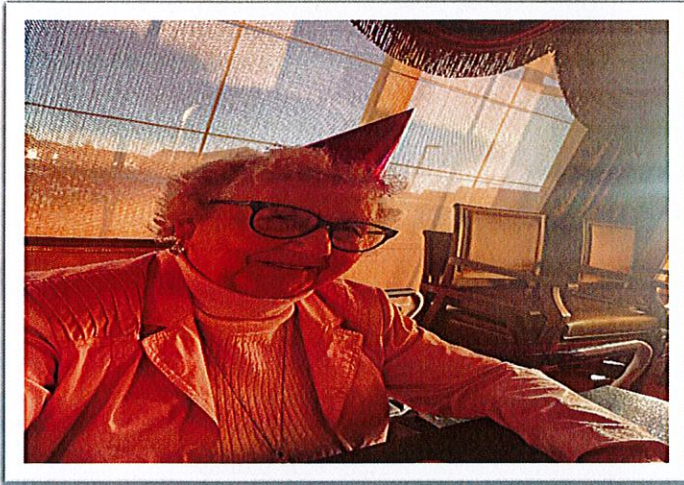
## Miriam B

Has had a long-standing tradition of gifting the Amaryllis as a gift to various friends throughout the home over Christmas.

The Amaryllis flowering bulbs are the easiest to bring to bloom. This can be accomplished indoors or out, and over an extended period of time. The amaryllis originated in South America's tropical regions and has the botanical name Hippeastrum. The large flowers and ease with which they can be brought to bloom make amaryllis popular and in demand worldwide. The amaryllis comes in many beautiful varieties including various shades of red, white, pink, salmon and orange. There are also many striped and multicolored varieties, usually combining shades of pink or red with white. This beautiful flower will bloom and last between 8-10 weeks.



# January In Review



# February 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



			1	2	3	4	
6	6	7	8	9	10	11	
12	13	Valentines Day	14 	15	16	17	18
19	20	21	22	23	24	25	
26	27	28	29	True love stories never have endings. -Richard Bach			

# February Birthdays

In February, we celebrate birthdays with:

- **Judy T**
- **Anne K**
- **Esther B**
- **Glen M**
- **Annette Y**

Please join us in the Great room February 23 to celebrate!

10:00am Houses 1,3 & 5

2:00pm Houses 2,4 & 6



## Mardi Gras in New Orleans

In New Orleans, Mardi Gras parades happen for weeks before Fat Tuesday, where parade participants throw beads to watchers. Beads often get caught in the trees that line the streets. Instead of climbing a ladder to cut them down, residents simply keep the beads in the trees, creating Mardi Gras trees that celebrate year-round!

Could you create a Mardi Gras tree in your room with the beads you collect this month?

## Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

## Pisces (Feb 19 – Mar 20)

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

WOW!

### **Galentine's Day?**

Not all love is a romantic love. Celebrating the friends, you love is the purpose of a new "holiday", Galentine's Day! Friends gather for glasses of wine or a relaxed dinner to show their appreciation for one another.

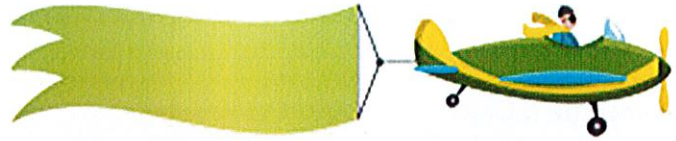
# **Write Your Own Love Poem**

Writing poetry is a great way to exercise your brain and express your creativity. Before you shake your head and think that you can't write a poem, I have good news: anyone can be a poet! It just takes time to sit down, examine feelings or memories, and to write it all down.

Here are a few prompts that can get you started. Feel free to write your response to a prompt, use the prompt as a conversation starter to talk about with a friend, or to co-write a poem with a family member. Most importantly, have fun!

- Write a rhyming poem about a pet you loved and why you loved them
- Write down a list of all the things you love about a certain person
- Write how falling in love makes you feel
- Write a love poem about your favorite food. How does it taste? Smell? Make you feel?
- Write about a season you love. Describe it to the reader.
- Write a list of sounds you love
- Read some poems. Pick one and write a response to it.
- Write a list of advice you would give to newlyweds on their wedding day.
- Write a toast to your very best friend telling them why they are amazing
- Write a love letter to someone or something you adore

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Connie C**
- **Kenneth P**
- **Robert K**
- **Darcy L**
- **Donna M**
- **Loyde H**
- **Dan D**

We hope that you enjoy your time here!

## DOCTOR AND LAB

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We offer the service of having an in-house doctor and lab services.

Our in-house doctor rounds are every Wednesday.

If you would like a doctor's appointment or require lab services, please contact the Nurse on duty.

Phone: (306)-955-1300 Ext 3

## IN MEMORIAM

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To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace. For those who wish to remain unmentioned.

## MASSAGE SERVICES

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

Phone: (306)-244-7873

## PHYSIOTHERAPY

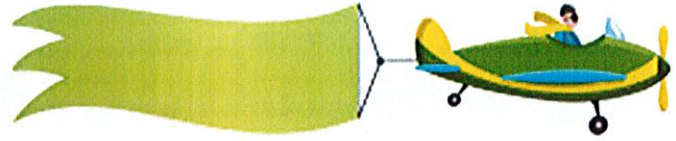
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We are pleased to offer in suite physiotherapy by Nova. Please contact Nova directly to book your appointment.

Phone: (306)-382-3332



# Noticeboard



## SALON

Woman's hair cut - \$40.00

Shampoo & Set - \$30.00

Perms - \$90.00

Hair Color - \$80.00

Men's hair cut - \$30.00

Payment can be cash, cheque, or e-Transfer to your stylist, or you can charge your appointment to your comfort fund.

To make an appointment you can contact:

Tracey (306)-222-9481

Tuesday & Thursday – Tracey's Availability

Karen (306)-227-4132

**Please note that all salon services are an additional cost.**

## THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

## VOLUNTEERS

If you want to volunteer your skills, abilities or talents please contact our Activity Department

## FIND US AND GIVE US A FOLLOW

We have expanded our media presence!

We can be found on:

Facebook: Diamond House

Instagram: Diamond\_Crew2016

ToITok: Diamond\_Crew2016



# Laughing Matters



## Love Jokes

I must be a snowflake because I fell for you.

Did you hear about the near-sighted porcupine? He fell in love with a pincushion.

A couple is on a date at an expensive restaurant. The woman tells the man to tell her something that will get her heart racing. He says, "I forgot my wallet."

I'm no photographer but I can picture us together.

If I could rearrange the alphabet, I would put U and I together.

Are you a banana? Because I find you a-peeling.

I know this is going to sound cheesy, but I think you are the grate-est.

How did the telephone propose to its partner? It gave her a ring.

My new girlfriend works at the zoo. I think she's a keeper.

What's the difference between love and marriage? Love is blind. Marriage is an eye-opener.

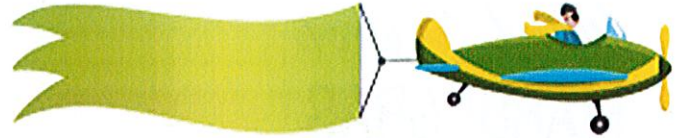
Never laugh at your wife's choices. You're one of them.

Why shouldn't you fall in love with a pastry chef? Because they will dessert you.

What do you call two birds in love? Tweet-hearts!

What did one boat say to the other? Are you up for a little row-mance?

# Foot Care



## 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. The foot care nurses offer direct billing, in-suite services, and have flexible booking options. Please contact the foot care nurse directly to book your appointment.

## 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



# Word Search

## MARDI GRAS



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

**Jackson Square**

**Crawfish Boil**

**Cobblestone**

**Alligator**

**Louis  
Armstrong**

**New Orleans**

**French Quarter**

**Celebration**

**Garden District**

**Big Easy**

**Bayou**

**Mardi Gras**

**Fat Tuesday**

**Jazz**

**Balcony**

**Jean Lafitte**

**Muffaletta**

# Volunteers Needed

**Do you want to make an impact in your community and those living in it?**

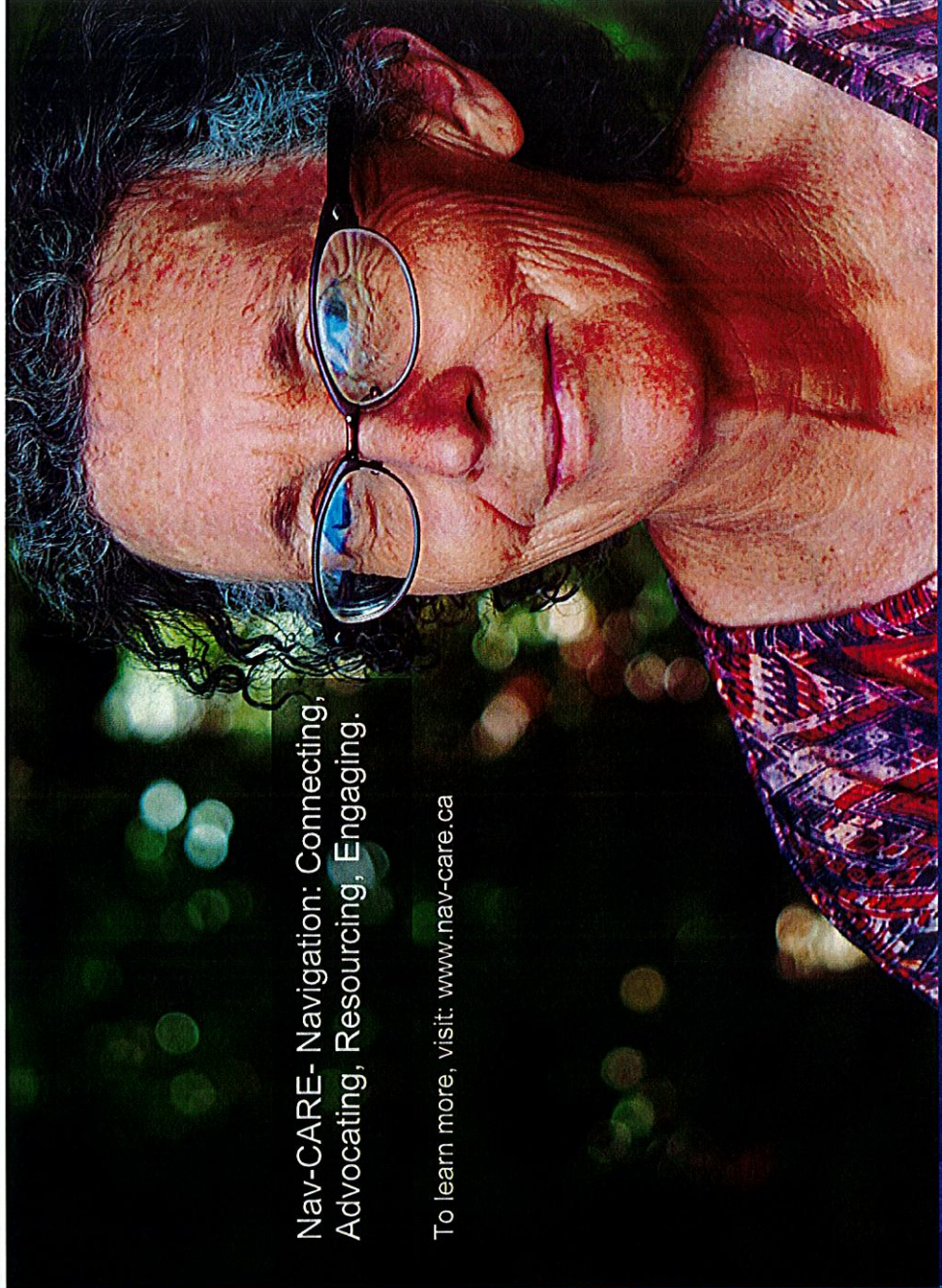
**Contact: Melanie  
training@diamondhouse.ca**





## Nav-CARE volunteers can help:

- Relieve feelings of loneliness, isolation, and anxiety.
- Someone to talk through important decisions and future plans.
- Connection to community and the world at large.
- Locating local services and resources to help manage your illness.
- Assist to re-engage in hobbies and other interests.
- One on one relationships tailored to your specific needs.



Nav-CARE- Navigation: Connecting, Advocating, Resourcing, Engaging.

To learn more, visit: [www.nav-care.ca](http://www.nav-care.ca)

Connect with a Nav-CARE volunteer in your community by contacting the following community agency:

Laurie Bletsky  
Saskatchewan Nav-CARE Project Coordinator  
(306) 229-3860  
[lcb534@usask.ca](mailto:lcb534@usask.ca)

Funded by the  
Government of Canada's  
New Horizons for Seniors Program



**Nav-CARE**  
Making Connections. Making a Difference





# Nav-CARE Making Connections, Making a Difference

If you are living with an illness that isolates and overwhelms you at times, you aren't alone.

According to a survey\*, one in five seniors say they experience **emotional distress** and have **difficulty coping** day to day. Many feel they aren't getting the support they need to live happier, more fulfilling lives.

Nav-CARE is a free program designed to address these needs. Specially trained volunteers, with connections to professional health care providers, work with you to access resources and services in your community while providing companionship and emotional support. Like a helpful neighbour or friend, Nav-CARE volunteers visit you in your home on a regular basis with a focus on enhancing your quality of life.

\*Canadian Institute for Health analysis based on Commonwealth Fund 2016 survey of seniors in 11 countries.



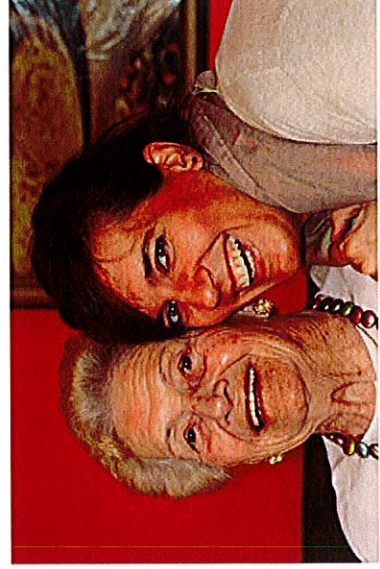
“...we talked about what I felt I needed to talk about. The visits fit my needs each time...”

- Nav-CARE Participant



“You know someone's coming by, checking up on you, giving you a sense of community ...it's nice to know that there's somebody there who can help you out when you need it.”

- Nav-CARE participant



## About Nav-CARE

**Nav-CARE's specially-trained volunteers help improve the lives of people living with declining health by creating connections to community services and resources and providing caring, consistent emotional support.**

Nav-CARE's approach to connection and support for adults living with declining health is evidence-based and built on research led by Dr. Barb Pesut, Principal Research Chair in Palliative and End of Life Care at UBC and Dr. Wendy Duggleby, Research Chair in Aging and Quality of Life, at the University of Alberta.



# February 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**\*Activities Subject To Change\***

**Houses 3-6**

4

9:30am Catholic Devotion and Communion. (GR)



10:00am Core & Balance (GR)



2:00pm Coffee Social (GR)  
2:30pm Bingo (GR)



10:00am Chair Cardio (GR)



2:00pm Shuffleboard & Social (H4 & H6)



10:00am Strength Training (GR)



1:30pm Baking with Wanda (H4)



3:15pm Valentines Day Craft (GR)



10:00am Chair Yoga & Guided Meditation (GR)



2:00pm Reading Corner: Short Stories about Valentines Day (H4 & H6)



10:00am Chair Dancing: Disco



2:00pm Neil & Nancy (GR) Entertainment



3:30pm Catholic Communion with Father Peter. (GR)



Chinese New Year

10

11

3:00pm Bible Fellowship (GR)



10:00am Core & Balance (GR)



2:00pm Valentines Day Social (GR)  
2:30pm Bingo (GR)



10:00am Chair Cardio (GR)



2:00pm Don Balzer (GR)



**NO MORNING ACTIVITIES**

1:30pm Rosary with Jane \* Ash Wed (GR)



3:15pm Sing Along with AI (GR)



10:00am Chair Yoga & Guided Meditation (GR)



2:00pm Card Games & Social (H3 & H6)






















10:00am Chair Dancing: Zumba



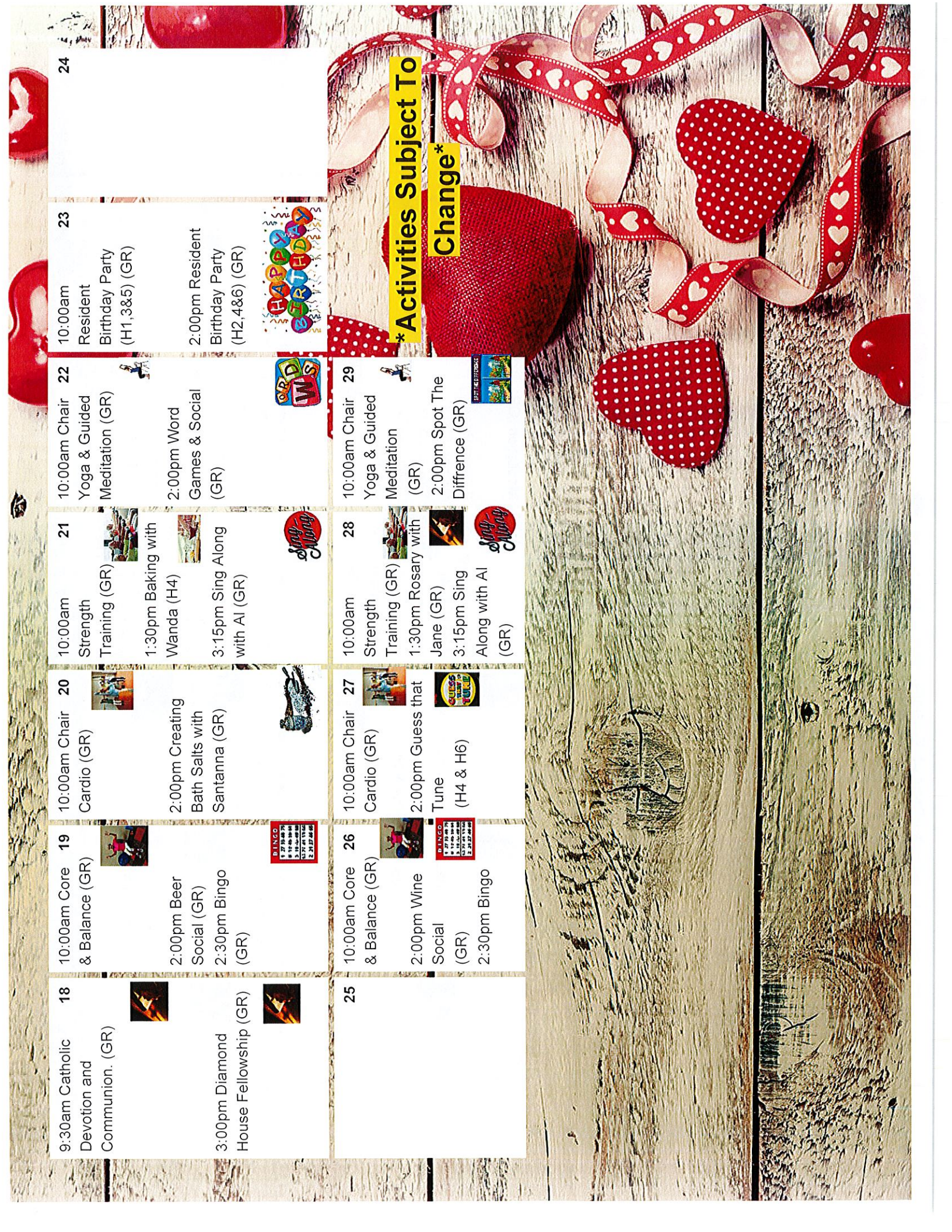
2:00pm Spa Day (GR) Facials & Fingernails



17

<p>9:30am Catholic Devotion and Communion. (GR)</p> 	<p>18</p>	<p>10:00am Core &amp; Balance (GR)</p> 	<p>19</p>	<p>10:00am Chair Cardio (GR)</p> 	<p>20</p>	<p>10:00am Strength Training (GR)</p> 	<p>21</p>	<p>10:00am Chair Yoga &amp; Guided Meditation (GR)</p> 	<p>22</p>	<p>10:00am Resident Birthday Party (H1,3&amp;5) (GR)</p>	<p>23</p>	<p>2:00pm Resident Birthday Party (H2,4&amp;6) (GR)</p> 	<p>24</p>
<p>3:00pm Diamond House Fellowship (GR)</p> 	<p>19</p>	<p>2:00pm Beer Social (GR)</p> 	<p>20</p>	<p>2:00pm Creating Bath Salts with Santanna (GR)</p> 	<p>21</p>	<p>1:30pm Baking with Wanda (H4)</p> 	<p>2:00pm Word Games &amp; Social (GR)</p> 	<p>22</p>	<p>2:00pm Spot The Difference (GR)</p> 	<p>23</p>	<p>2:00pm Word Games &amp; Social (GR)</p> 	<p>24</p>	
<p>25</p>	<p>10:00am Core &amp; Balance (GR)</p> 	<p>26</p>	<p>10:00am Chair Cardio (GR)</p> 	<p>27</p>	<p>2:00pm Guess that Tune (H4 &amp; H6)</p> 	<p>28</p>	<p>1:30pm Rosary with Jane (GR)</p> 	<p>29</p>	<p>2:00pm Spot The Difference (GR)</p> 	<p>29</p>	<p>2:00pm Resident Birthday Party (H2,4&amp;6) (GR)</p> 	<p>30</p>	

**\*Activities Subject To Change\***



# February 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

\*Activities Subject To Change\*

House 1&2

4  
9:30am Catholic Devotion and Communion. (GR)



10:00am Core & Balance (GR)



2:00pm Coffee Social (GR)  
2:30pm Bingo (GR)



10:00am Chair Cardio (GR)



2:00pm Shuffleboard & Social (H1)



10:00am Strength Training (GR)



1:30pm Baking with Wanda (H4)



3:15pm Valentines Day Craft (GR)



10:00am Chair Yoga & Guided Meditation (GR)



2:00pm Reading Corner: Short Stories about Valentines Day (H2)



10:00am Chair Dancing: Disco



2:00pm Neil & Nancy (GR) Entertainment



3:30pm Catholic Communion with Father Peter. (GR)



Chinese New Year



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3:00pm Bible Fellowship (GR)



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2:30pm Bingo (GR)



10:00am Chair Cardio (GR)



2:00pm Don Balzer (GR) Entertainment



1:30pm Rosary with Jane \* Ash Wed (GR)



3:15pm Sing Along with AI (GR)



10:00am Chair Yoga & Guided Meditation (GR)



2:00pm Card Games & Social (H1)



10:00am Chair Dancing: Zumba




2:00pm Spa Day (GR) Facials & Fingernails




17


18  
9:30am Catholic Devotion and Communion. (GR) 


3:00pm Diamond House Fellowship (GR) 


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10:00am Core & Balance (GR) 


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10:00am Strength Training (GR) 

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3:15pm Sing Along with AI (GR) 

22  
10:00am Chair Yoga & Guided Meditation (GR) 

2:00pm Word Games & Social (H2) 

23  
10:00am Resident Birthday Party (H1,3&5) (GR)

2:00pm Resident Birthday Party (H2,4&6) (GR) 

24

25

26  
10:00am Core & Balance (GR) 

2:00pm Wine Social (GR) 

2:30pm Bingo


27  
10:00am Chair Cardio (GR) 

2:00pm Guess that Tune (H1) 

28  
10:00am Strength Training (GR) 

1:30pm Rosary with Jane (GR) 

3:15pm Sing Along with AI (GR) 

29  
10:00am Chair Yoga & Guided Meditation (GR) 

2:00pm Spot The Difference (GR) 

**\*Activities Subject To Change\***

