

NEWSLETTER

May 2024

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



IN THIS ISSUE

Editor's Desk	2
April Spotlights.....	3
April in Review	4
May Calendar	5
May Birthdays	6
Canteen	7
Poem to Share	8
Noticeboard	9
Laughing Matters	12
Word Search	13

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

*The only thing we
have to fear
is fear itself.*

– Franklin D. Roosevelt



April Spotlights

Benefits of Pets

Did you know it has been found that pets can decrease stress, improves heart health. Pets can also help with emotional and social skills.

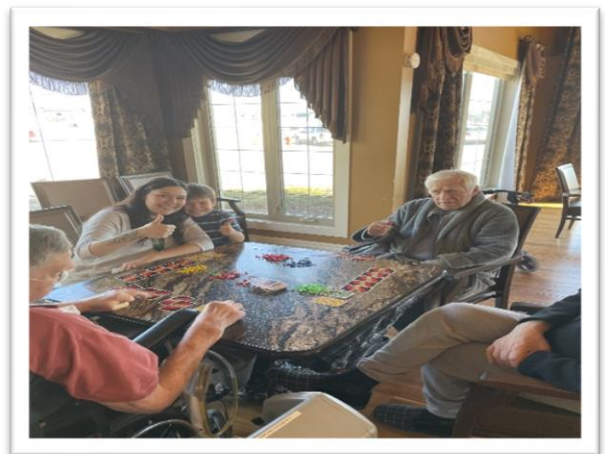


Gardening

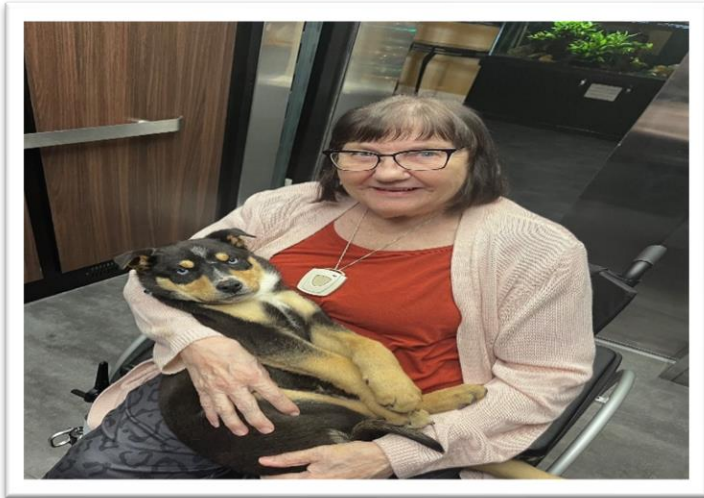
Did you know it has been found that gardening can reduce levels of pain and stress, improve attention, and boost the immune system.

Games and Cards

Did you know it has been found that board and cards can improve verbal fluency and prevent cognitive decline, promotes socializing, reduces stress, improves short-term memory, inhibition, and flexibility.






April in Review



May 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Although seedlings might not be ready for planting due to the cold weather, you can still sow seeds directly into the soil. Consider planting seeds for crops like **corn, peas, and potatoes.**

			1	2	3	4 May the 4 th be with you. 
Cinco de Mayo 	5	6	7	8	9	10
Mothers Day 	12	13	14	15	16	17
	19	20	21	22	23	24
	26	27	28	29	30	31 "April is a promise that May is bound to keep." -Hal Borland

May Birthdays

In May, we celebrate birthdays with:

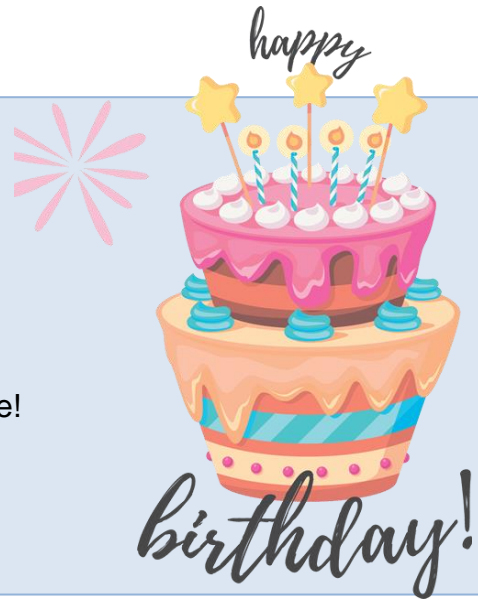
- **Franklin B**

And those who wish to remain unmentioned.

Please join us in the Great Room on May 30th to celebrate!

Houses 1,3&5 at 10:00am

Houses 2,4, &6 at 2:00pm



Surprising Facts About Bees

- Bees have existed for over 30 million years.
- One-third of our food depends on bee pollination.
- There are over 20,000 different species of bees.
- A bee makes about $\frac{1}{12}$ th tsp of honey in her lifetime.
- Bees have five eyes.
- Male bees are called drones.
- Queens live up to 5 years. Long live the Queen!
- Bees can recognize human faces!

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!

May 6, 1954: Roger Bannister Breaks the Four-Minute Mile

British athlete Roger Bannister made history by running the first mile in under four minutes, finishing in 3:59.4 in Oxford, England. This event marked a groundbreaking moment in athletics, symbolizing the breaking of perceived limitations.



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	\$0.50
BBQ	\$0.50
Cheetos	\$0.50
Doritos	\$0.50
Ketchup	\$0.50
Regular	\$0.50
Salt & Vinegar	\$0.50
Sour Cream & Onion	\$0.50

<u>Peanuts</u>	
BBQ	\$1.00
Honey Roasted	\$1.00
Salted	\$1.00
Trail Mix	\$1.00

<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

Poem to Share

In the Time of Silver Rain

Langston Hughes

In the time of silver rain
The earth puts forth new life again,
Green grasses grow
And flowers lift their heads,
And over all the plain
The wonder spreads

Of Life,
Of Life,
Of life!

In the time of silver rain
The butterflies lift silken wings
To catch a rainbow cry,
And trees put forth new leaves to sing
In joy beneath the sky
As down the roadway
Passing boys and girls
Go singing, too,
In the time of silver rain When spring
And life
Are new.

Noticeboard



NEW RESIDENTS

A very warm welcome to all our new residents.

We hope that you enjoy your time here. We look forward to getting to know you.

MASSAGE SERVICES

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

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.

- Anna F
- Sylvia D

DOCTOR AND LAB

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

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.



Noticeboard



CRAFT & BAKE SALE

When: Saturday May 4, 2024

Time: 1:00pm-3:00pm

Where: Great Room

(Diamond House)

MASSAGE SERVICES

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

FIND US AND GIVE US A FOLLOW

We have expanded our media presence!

We can be found on:

Facebook: Diamond House

Instagram: Diamond_Crew2016

TolTok: Diamond_Crew2016



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.



Noticeboard



DENTAL HYGIENE

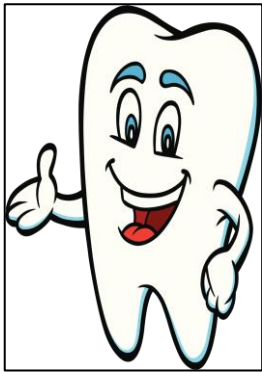
We are pleased to welcome back Abbey. Abbey is a RDH and offers in house dental hygiene and teeth whitening services for our residents at Diamond House. Please contact Abbey directly to book your appointment.

Phone: (306)-380-5472

Email: abbeyhowe@sasktel.net



@Smiles2UMobileDentalHygiene



FOOTCARE

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.

ESTHETICS BY JOELY

Finger & Toenail care.

Call Joely

Phone: (306) – 229-9200

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

CRACKED SOLES

Call Laura or Tanya to book your appointment.

Phone: (306)-715-7280

Laughing Matters



One-Liners

Why don't skeletons fight each other? *They don't have the guts.*

What do you call an alligator in a vest? *An investigator.*

Why did the tomato turn red? *Because it saw the salad dressing!*

What do you get when you cross a snowman and a vampire? *Frostbite.*

Why couldn't the bicycle stand up by itself? *It was two-tired.*

How do you organize a space party? *You planet.*

What do you call fake spaghetti? *An impasta.*

Why don't scientists trust atoms? *Because they make up everything.*

Why did the golfer bring two pairs of pants? *In case he got a hole in one.*

What did one wall say to the other wall? *"I'll meet you at the corner."*

The Case of the Expanding House

A physics professor, a biologist, and a mathematician are observing an empty house.

Suddenly, they see two people enter the house. Time passes, and then three people come out.

The physicist says, "Our initial measurement was incorrect."

The biologist suggests, "They must have reproduced."

The mathematician declares, "If one more person goes into the house, it will be completely empty again!"

Word Search

HONEYBEE WORD SEARCH



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

Honey
Wing
Buzz
Swarm
Colony

Bee
Yellow
Fly
Flowers
Manuka

Hive
Queen
Nectar
Insect
Pollen

Honeycomb
Bumble
Beeswax
Stinger
Worker