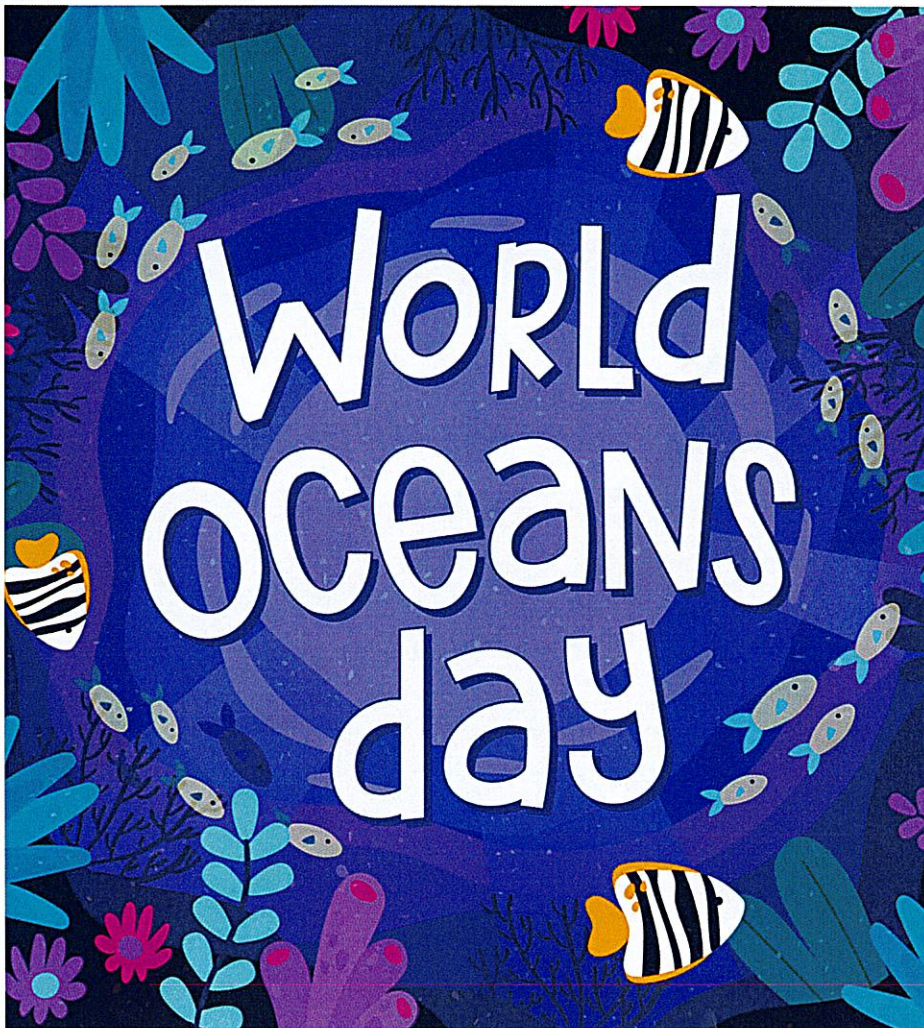


# NEWSLETTER

## June 2024

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



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## June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**

Birthstone: **Moonstone or Pearl**

Flower: **Rose or Honeysuckle**

## Fun Fact

There are 69 species of fish in Saskatchewan, with approximately 21 commonly sought after by anglers. The other 47 species are too small for angler interest.

## Quote of the Day

*Every day may not be good,  
but there's something good in  
every day.*

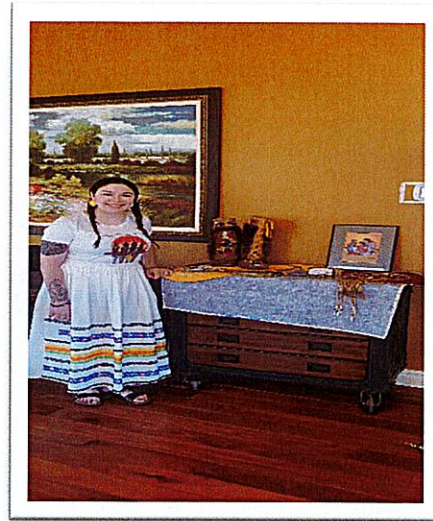
– Alice Morse Earle



# May Spotlights

## Sharing Culture

Santanna brought several pieces from her family and culture for us to enjoy.

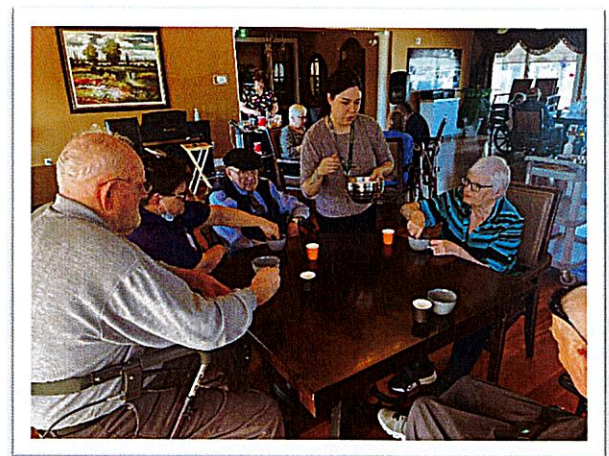


## Mother's Day Celebration

We had Fun Celebrating the Mothers, Mentors and Influential Women we have the pleasure of knowing.

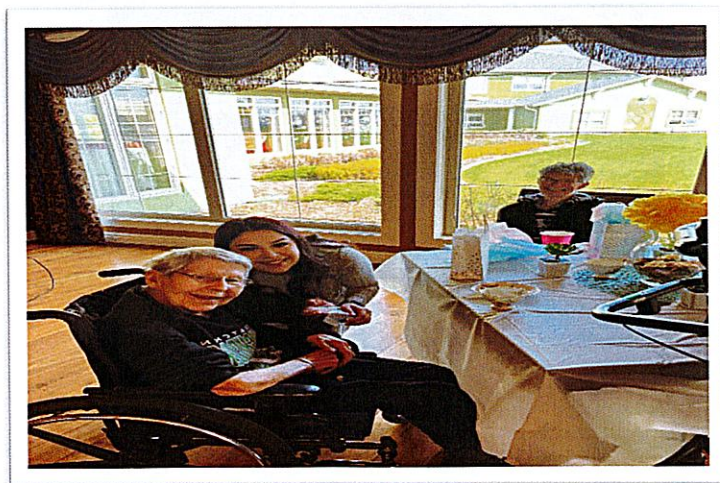
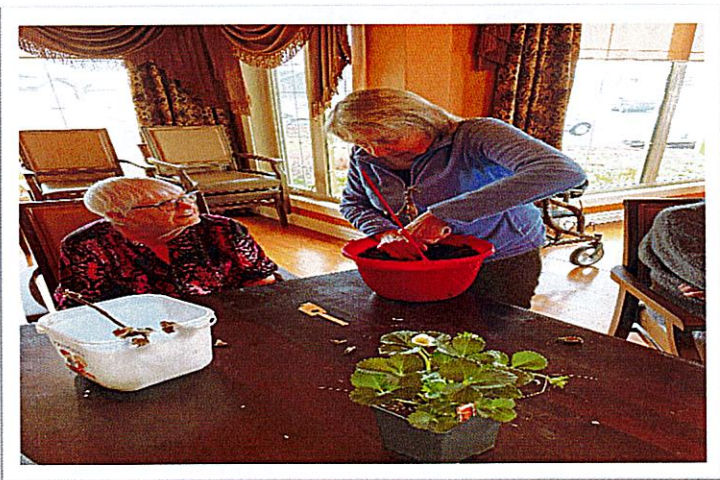
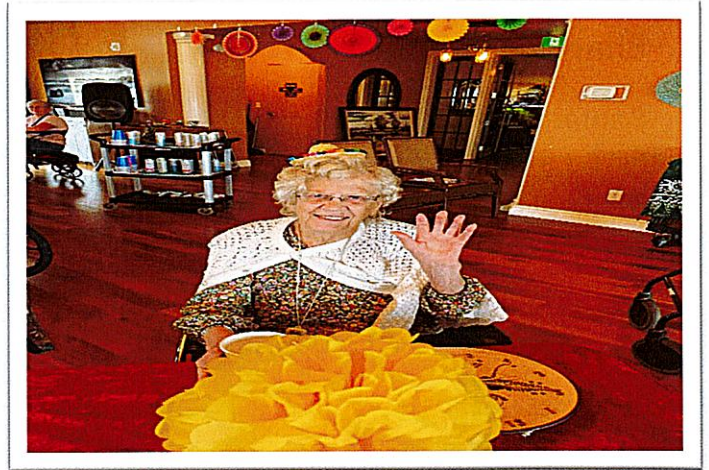
## Edible Creations

We made flavored sugar to enjoy with our tea and to add on top of our favorite desserts.





# May in Review





# June 2024

SUNDAY

MONDAY

TUESDAY





WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Finish pruning spring-flowering shrubs that are done blooming. Finish cutting back the dead branches on perennial flowers and other shrubs. Supply your taller plants with supports; the growing plants will hide the supports and be more stabilized. Remember to water your plants and lawns, especially newly panted seeds.

							1
2	3	4	5 World Environment Day 	6	7	8 World Oceans Day 	
9	10	11	12	13	14	15	
16 Fathers Day 	17	18	19	20	21 World Music Day 	22	
23	24	25	26	27	28	29	
30	<p>Green Was The Silence, Wet Was The Light, The Month Of June Trembled Like A Butterfly. -Pablo Neruda</p>						

# June Birthdays

In June, we celebrate birthdays with:

- **Bud. B**
- **Iris. V**
- **Ina. C**

Please join us in the Great Room to celebrate on June 27th!  
Houses 1,3&5 at 10:00am.  
Houses 2,4&6 at 2:00pm.



## Fascinating Facts About the Ocean

- The ocean covers over 70% of the Earth's surface.
- It contains around 97% of the Earth's water.
- The deepest part is the Mariana Trench, reaching a depth of about 36,000 feet (11,000 meters).
- Despite its immense size, more than 80% of the ocean remains unexplored and unmapped.
- Home to 230,000 known species.
- The ocean produces over half of the world's oxygen.

### Gemini (May 21 – Jun 20)

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

### Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

### I Have a Dream: Martin Luther King Jr.'s Historic Speech

In June 1963, Martin Luther King Jr. delivered his famous "I Have a Dream" speech during the March on Washington, a defining moment in the Civil Rights Movement.



# Poem to Share

## The Peace of Wild Things

Wendell Berry

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.



## 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

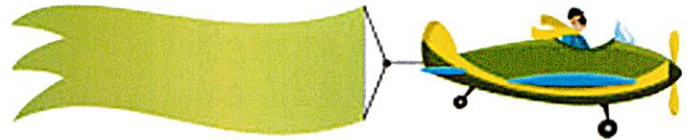
<u>Beverages</u>	
Coke	\$1.00
Cream Soda	\$1.00
Dr. Pepper	\$1.00
Grape Soda	\$1.00
Orange Crush	\$1.00
Pepsi	\$1.00
Root Beer	\$1.00
7-up	\$1.00

<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



# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

- Joan. B
- Ken. P

We hope that you enjoy your time here!

## 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

## 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

## VOLUNTEERING

If you would like to volunteer your time, abilities, and skills please see the Activity Department.

(306)-955-1300 Ext 4

[activity@diamondhouse.ca](mailto:activity@diamondhouse.ca)

## IN MEMORIAM

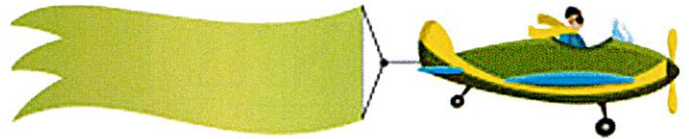
To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Les. B
- Ray. H
- James. S





# Noticeboard



## CULTURAL CELEBRATION

We celebrate the Phillipines on June 13 at 2:00pm in the Great Room.

Please join us for food, facts, drinks and fun as we explore the Fillipino culture.

## 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

TikTok: 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

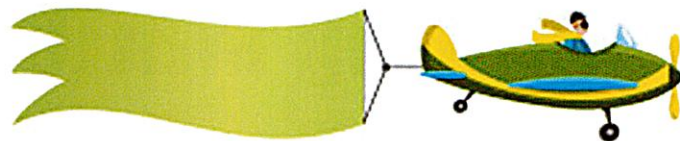
Karen (306)-227-4132

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





# Noticeboard



## DENTAL HYGIENE

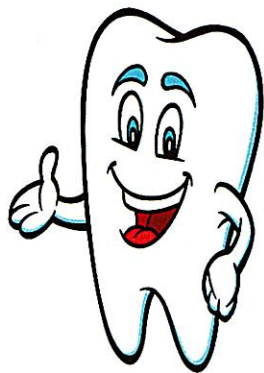
We are pleased to welcome back Abbey. Abbey is a RDH and offers in house dental hygiene and teeth whitening services for our residents at Diamond House. Please contact Abbey directly to book your appointment.

Phone: (306)-380-5472

Email: [abbeyhowe@sasktel.net](mailto: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



## The Passenger

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches before hitting a shop window.

For a second everything went quiet in the taxi, then the driver said, "Look mate, don't ever do that again. You scared the daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver - I've been driving a funeral van for the past 25 years".

## The Coach

At one point during a soccer game, the coach says to one of his young players, "Do you understand what cooperation is? What a team is?" The little boy nods yes.

"Do you understand that what matters is whether we win together as a team?" The little boy nods yes.

"So," the coach continued, "when a strike is called, or you are out, you don't argue or curse or attack the umpire. Do you understand all that?" Again, the boy nods.

"Good," said the coach. "Now go and explain it to your mother."

## Eye Problems

A man calls his boss and says "I can't come to work today".

The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."



# Word Search

## OCEAN CONSERVATION



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

Ocean  
Protect  
Plastics  
Awareness  
Seagrass

Corrosive  
Ecosystem  
Safeguard  
Reduce  
Overfish

Sustainable  
Seabed  
Conserve  
Habitat  
Depletion

Biodiversity  
Marine  
Coral  
Pollution  
Damage



