

NEWSLETTER

September 2024

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



IN THIS ISSUE

Editor's Desk	2
August Spotlight	3
August in Review	4
September Calendar	5
September Birthdays	6
A Poem to Share	7
Canteen Prices	8
Noticeboard	9-10
Laughing Matters	11
Word Search	12

September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

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

Mark Twain

Fun Fact

Saskatchewan is the breadbasket of Canada.



August Spotlights

Olympics at Diamond House

We said farewell to the Olympics in style. We had Olympic facts and games. Don't forget about the snacks and drinks we enjoyed as we celebrate the warm day.



Cultural Day

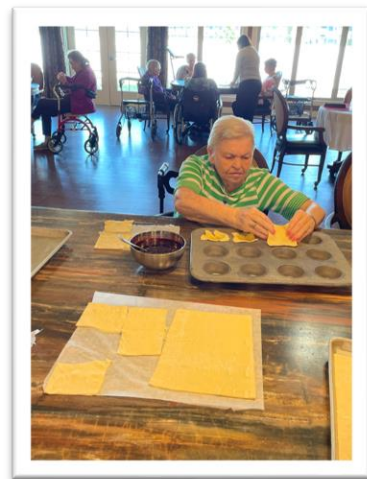
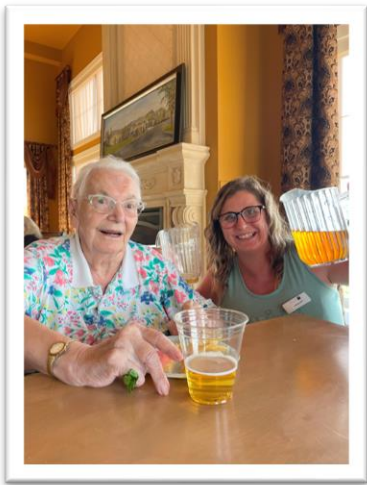
We explored Jamaica and had a delightful and personal experience thanks our lovely staff Denise and Latoya .

Harvest Delights

Our gardens have provided us with fresh delights all summer. We will surely enjoy canning a few items from the garden to enjoy them this winter.



August in Review



September 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

Remember to utilize those old sheets and light blankets to keep your flowers and gardens safe from the frosty nights.

Labor Day 2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	Autumn 22 
23	24	25	26	27	28	29
Truth & Reconciliation Day 30 	<p>By all these lovely tokens, September days are here. With summers best of weather and autumn's best of cheer.</p> <p>-Helen Hunt Jackson</p>					

September Birthdays

In September, we celebrate birthdays with:

- **Dennis. O**
- **Bonnie. H**
- **Lucille. K**
- **Lindsay. S**
- **Arthur. I**
- **Linda. Z**



Pirate Trivia Snippets!

- The Jolly Roger is a skull and crossbones flag.
- Blackbeard's real name was Edward Teach.
- Pirates wore eye patches to see in the dark.
- Black Bart captured over 400 ships.
- Pirates drank grog, a mix of rum and water.
- Golden Age of Piracy: late 1600s to early 1700s.
- "Pieces of eight" were Spanish coins.
- Walking the plank is mostly a myth.
- The most successful pirate in history was Ching Shih, a Chinese woman who commanded a fleet of over 300 ships.

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

WOW!

September in History: The Invention of the Light Bulb

In September 1879, Thomas Edison publicly demonstrated his incandescent light bulb, a breakthrough that provided a safer and more reliable light source than gas lamps. This invention laid the foundation for modern electric lighting, fundamentally changing our world.

Poem to Share

Invictus

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.

- *William Ernest Henley*





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:

All our lovely new residents that have joined us here at Diamond House!

We hope that you enjoy your time here!

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

Esthetics by Joely In Suite Service

I have been providing foot and nail care for seniors for **25 years**, and I am offering services at Diamond House, which are offered right in your suite for your convenience and comfort. **I am experienced in diabetic and problematic foot care**

Phone: (306) – 229-9200

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

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



@Smile2UMobileDentalHygiene

Noticeboard



FIND US AND GIVE US A FOLLOW

We have expanded our media presence!

We can be found on:

Facebook: Diamond House

Instagram: Diamond.House.Warman

TolTok: Diamond_Crew2016



CULTURAL CELEBRATION

We celebrate Brazil on September 12 at 2:00pm in the Great Room.

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



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.

GARDENING

The gardens are in full bloom. Please help yourself to the fresh vegetables and strawberries.



Laughing Matters



Husband & Wife

A woman goes to the Doctor, worried about her husband's temper.

The Doctor asks: "What's the problem?"

The woman says: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason. It scares me."

The Doctor says: "I have a cure for that. When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or calms down."

Two weeks later the woman comes back to the doctor looking fresh and reborn.

The woman says: "Doctor that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?"

The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick."

The Farmer

A man asks a farmer if he can cross his farm to catch the 4:25 train.

The farmer says: "Sure go right ahead! If my bull sees you, you might even catch the 4:20!"

The Mother-in-law

Assistant: "Sir, can I have a day off next week to visit my mother-in-law?"

Boss: "Certainly not!"

Assistant: "Thank you so much sir! I knew you would be understanding."

Word Search



PIRATE

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

Ahoy
Captain
Scoundrel
Buccaneer
Dagger

Shipwreck
Eyepatch
Trinket
Earrings
Navigate

Island
Pillage
Vessel
Hook
Scurvy

Privateer
Treasure
Bounty
Cannon
Scurvy