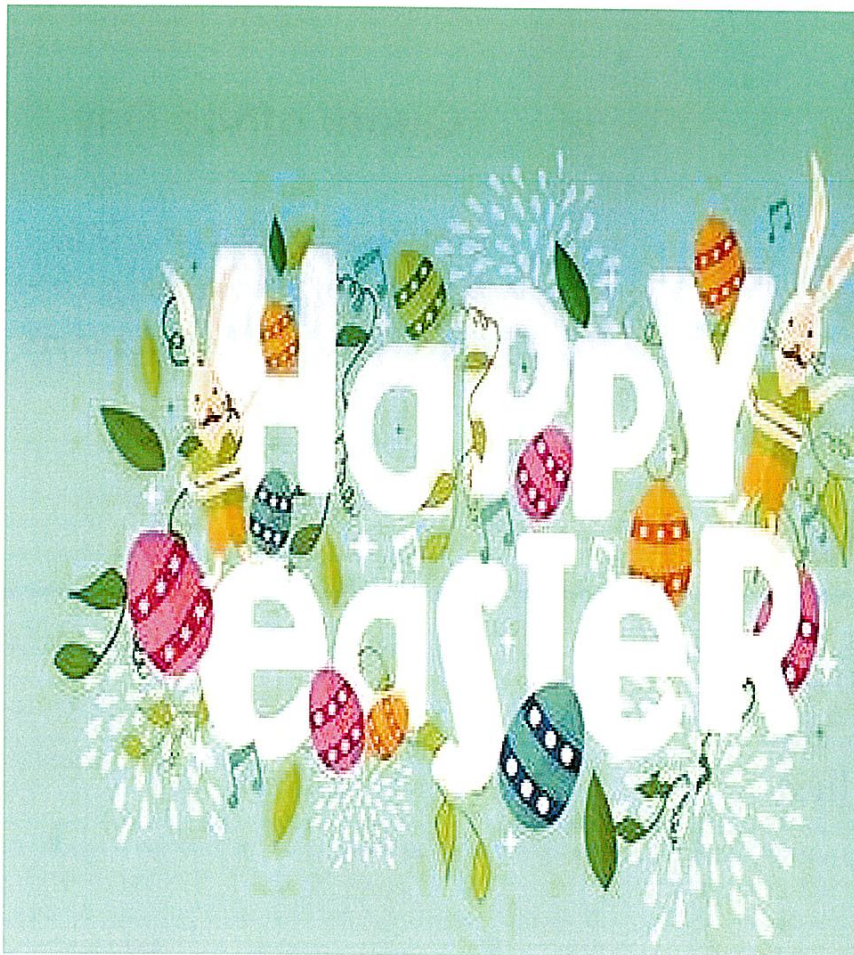


NEWSLETTER

April 2025

700 Ballesteros Crescent Warman, SK S0K 4S4



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April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**

Birthstone: **Diamond**

Flower: **Daisy & Sweet Pea**

Quote of the Day

*Laughter is timeless,
imagination has no
age, and dreams are
forever.*

– Walt Disney

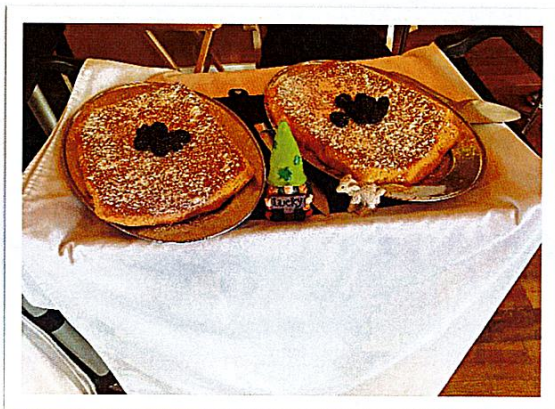
Did You Know

The Environmental
Protection Agency was
created after the first
Earth Day

What We've Been Up To

Memory Café

We are pleased to announce the opening of the Memory Café. This is a place where Diamond House residents, care partners and the members of the community can meet regularly and share the support of people who live in shared experiences in a dementia-friendly environment.



Cultural Celebration

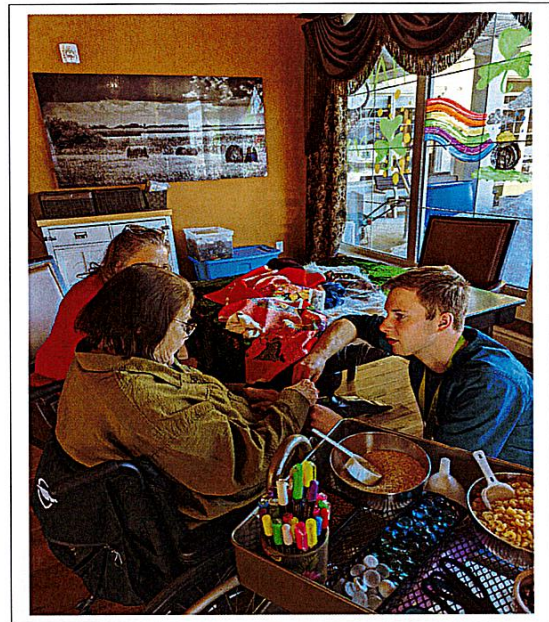
Santanna took us on an armchair experience as we learned about Ireland. We enjoyed traditional food and drink as we learned all about this beautiful country.

Norm & The Golden Aces

We had the pleasure of having Norm & the Golden Aces out to play for us. Memory Lane always draws a big crowd.



March In Review



April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		April Fool's Day 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	Good Friday 18	19
Easter 20	Easter Monday 21	Earth Day 22	World Book Day 23	24	25	26
27	28	29	International Guide Dog Day 30			



April Birthdays

In April, we celebrate birthdays with:

Irene B	Andrea N
Betty W	
Ronald S	
Dorothy K	

Please join us April 25th at 2:00pm in the Great Room to celebrate!



April Trivia

- The Hubble Space Telescope was launched on April 24, 1990, revolutionizing our understanding of the universe.
- The first modern Olympics opened in Athens on April 6, 1896, reviving the ancient tradition of international competition.
- On April 12, 1961, Yuri Gagarin became the first human to travel into space, marking a milestone in exploration.
- The famous novel "The Great Gatsby" by F. Scott Fitzgerald was published on April 10, 1925.

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

WOW!

April 15, 1770: The Pencil Eraser

On this day, Joseph Priestley discovered that rubber could erase pencil marks. This simple invention changed the way people write and correct their work. Before erasers, people used bread crumbs to remove mistakes! Today, the pencil eraser remains a small but mighty tool in classrooms, offices, and art studios worldwide.



Mobile Canteen Prices

<u>Chocolate Bars</u>	
3 Musketeers	\$1.00
Aero Milk Chocolate	\$1.00
Aero Mint	\$1.00
Aero White Chocolate	\$1.00
After Eight	\$1.00
Bounty	\$1.00
Caramel	\$1.00
Coffee Crisp	\$1.00
Crispy Crunch	\$1.00
Dairy Milk	\$1.00
Eatmore	\$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
Mars	\$1.00
Mirage	\$1.00
M&Ms	\$1.00
M&Ms Peanut	\$1.00
Mr. Big	\$1.00
Oh Henry	\$1.00
Oh Henry Peanut Butter	\$1.00
Reese's Peanut Butter Cups	\$1.00
Reese's Pieces	\$1.00
Skor	\$1.00
Smarties	\$1.00
Snickers	\$1.00
Toblerone	\$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
Trail Mix	\$1.00

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

<u>Gum</u>	
Halls	\$1.00
Excel Peppermint	\$1.00
Excel Polar Ice	\$1.00
Excel Spearmint	\$1.00
Excel Winterfresh	\$1.00

<u>Beverages</u>	
Coke	\$1.00
Cream Soda	\$1.00
Diet Coke	\$1.00
Diet Gingerale	\$1.00
Diet Pepsi	\$1.00
Dr. Pepper	\$1.00
Gingerale	\$1.00
Grape Soda	\$1.00
Ice Tea	\$1.00
Lemonade	\$1.00
Mountain Dew	\$1.00
Orange Crush	\$1.00
Pepsi	\$1.00
Root Beer	\$1.00
Sprite	\$1.00
7-up	\$1.00

<u>Hygiene Products</u>	
Ladies Antiperspirant	\$3.00
Men's Antiperspirant	\$3.00
Bar Soap	\$2.00
Handsoap	\$3.00
Shampoo	\$5.00
Conditioner	\$5.00
Ladies Bodywash	\$5.00
Men's Bodywash	\$5.00
Men's Shaving cream	\$3.00
Body Lotion	\$4.00
Mouth Wash	\$4.00
Regular Toothpaste	\$2.00
Sensodyne Toothpaste	\$4.00
Toothbrush	\$2.00
Floss picks	\$3.00
Hair Spray	\$3.00

Items Subject to availability

MEMORY CAFE



A SOCIAL AND RECREATION SUPPORT PROGRAM FOR
PEOPLE LIVING WITH DEMENTIA & THEIR CAREGIVERS

WHAT IS IT?

The Memory Café is a place where people can meet regularly with others who have shared lived experiences. It provides engagement through activity-based sessions in a supportive, dementia-friendly environment.

WHEN AND WHERE IS IT HELD?

Diamond House
PERSONAL CARE HOME

1st & 3rd Tuesday of each month

1:30 p.m. - 3:30 p.m.

Diamond House Personal Care Home

700 Ballesteros Crescent

Warman, SK S0K 4S4

☎ 306-955-1300 ext. 4

✉ activity@diamondhouse.ca



2nd & 4th Tuesday of each month

10:00 a.m. - 12:00 p.m.

The Glen at Crossmount

10 Crossmount Road

Crossmount, SK S7T 0X6

☎ 306-374-9893

✉ wellness@crossmount.ca

BENEFITS OF PARTICIPATION

- Increased confidence with social interaction and participating in group activities through mutual support and exchange of information
- Increased opportunity to practice day to day skills to gain confidence without fear of failure
- Opportunities for connection and belonging through an enriching environment to decrease social isolation and feelings of loneliness
- Enhanced overall quality of life
- Meaningful engagement



Golden Health Care

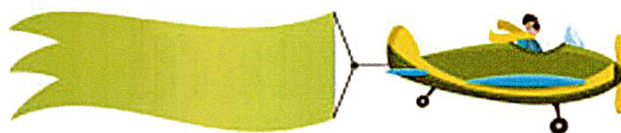
enhancing lives



CROSSMOUNT



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.

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.

- **Miriam B**

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

CULTURAL CELEBRATION

We celebrate Ireland on March 13th at 2:00pm in the Great Room.

Please join us for food, facts, drinks and fun as we explore the Irish culture!

If you are of Irish descent and want to share more about your culture, let us know!

FIND US AND GIVE US A FOLLOW

We have expanded our media presence!

We can be found on:

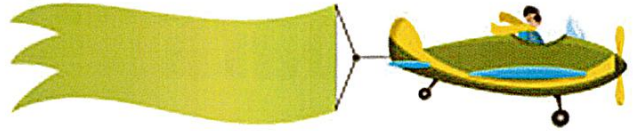
Facebook: Diamond House

Instagram: Diamond.House.Warman

TolTok: Diamond_Crew2016



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.

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



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

Meet **Diamond House's**
newest care team member



ASHLEY MILLER

Exercise Therapist



I believe that everyone has the potential to lead a healthier, more active life. My mission is to inspire and support clients in achieving a better quality of life through movement.

ABOUT ME

As an Exercise Therapist, I am dedicated to helping individuals enhance their physical health and overall well-being through tailored exercise programs. I hold a Bachelor of Science in Kinesiology and am certified by the Canadian Society for Exercise Physiology.

Throughout my career, I have developed a passion for helping individuals manage pain—whether from past injuries or a sedentary lifestyle—and for guiding people who wish to prevent chronic pain as they grow older.

MY APPROACH

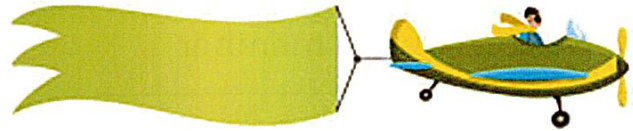
My approach is personalized and compassionate, focusing on:

- ☐ **Individualized Exercise Programs:** Creating customized plans that align with each client's goals, abilities, and lifestyle.
- ☐ **Pain Management:** Utilizing evidence-based techniques to help alleviate and prevent pain through movement.
- ☐ **Education and Empowerment:** Sharing resources and tools with people about the importance of exercise and healthy habits, encouraging them to take an active role in their wellness journey.

MY SPECIALTIES

- ☐ **Injury Rehabilitation and Prevention**
- ☐ **Fall Prevention**
- ☐ **Chronic Pain Management**
- ☐ **Strength and Conditioning**
- ☐ **Mobility and Flexibility Training**
- ☐ **Functional Fitness for Older Adults**
- ☐ **Behavior Change and Lifestyle Coaching**

Footcare



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.

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

ESTHETICS BY JOELY

I have been providing foot and nail care for seniors for 25 years, and I am currently offering in suite service at Diamond House. **I am experienced in diabetic and problematic foot care.**

Call to book your appointment.

Phone: (306) 229-9200

Laughing Matters



The Parking Lot

A routine police patrol was passing outside a bar in Fort Worth, Texas when the officer saw a very drunk man looking for his car in the car park. He kept watching him while the drunk proceeded to try his keys in 5 different cars and nearly fell over a motorbike.

Meanwhile the patrons of the bar started going home while the drunk kept looking for his car. He finally found his car and took a while to open the door. Once inside the car, he attempted to light a cigarette 6 times.

By now the car park was empty and the police patrol decided to go and talk to the drunk before he started the car. He approached the car and said to the man: 'You know, sir, you are not allowed to drive under the influence!'

'Driving under the influence? Me?' said the man brightly and sounding very sober.

'I doubt it very much Officer; I'm just the designated decoy!'

Survival of the fittest

Two lawyers walking through the woods spotted a vicious looking bear.

The first lawyer immediately opened his briefcase, pulled out a pair of sneakers and started putting them on.

The second lawyer looked at him and said, "You're crazy! You'll never be able to outrun that bear!"

"I don't have to," the first lawyer replied. "I only have to outrun you."

Meet **Team CarePal** member



BRENDA COTÉ In-Person Caregiver Support



brenda@teamcarepal.com

Our mission is to empower families by providing the support and tools they need to care for their loved ones, all in one convenient and easy-to-use space.

FAQs



ABOUT ME

I'm a clinical psychologist with a passion for supporting seniors and their families. When not at work, I enjoy watercolour and ink painting, and trying new recipes on family and friends.

As someone who has recently experienced the journey of being a family caregiver myself, I deeply understand the joys and challenges that come with caring for a loved one. It's a privilege to share my experiences and knowledge with other family caregivers, and I'm here to help you navigate your own caregiving journey with care and compassion.

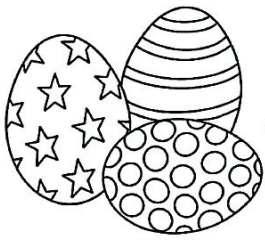
MY APPROACH

Team CarePal is a simple app for family and friends to join in one place. It is designed to make caring for a loved one easier and more connected.

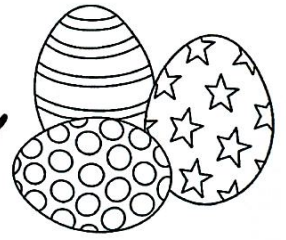
Our app helps caregivers by:

- Keeping everything organized in one place to manage the care of your loved one
- Helping families, friends, and care teams stay connected and informed
- Bringing loved ones near and far together to share the caregiving journey
- Providing quick access to helpful resources in your community
- Reducing caregiver stress and preventing burnout

At Team CarePal, we believe that family caregivers should never feel alone. Our mission is to empower families by providing the support and tools they need to care for their loved ones, all in one convenient and easy-to-use space.



easter



WORD SEARCH

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

APRIL
BASKET
BOWS
BUNNY
CANDY

CHOCOLATE
DECORATING
EASTER
EGG HUNT
EGGS

FAMILY
FLOWERS
FRIENDS
HOP
SPRING

