

NEWSLETTER

May 2025

700 Ballesteros Crescent Warman, SK S0K 4S4



Happy Mother's Day

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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

*You are never too old
to set another goal
or to dream a new
dream.*

– C.S. Lewis

Fun Fact

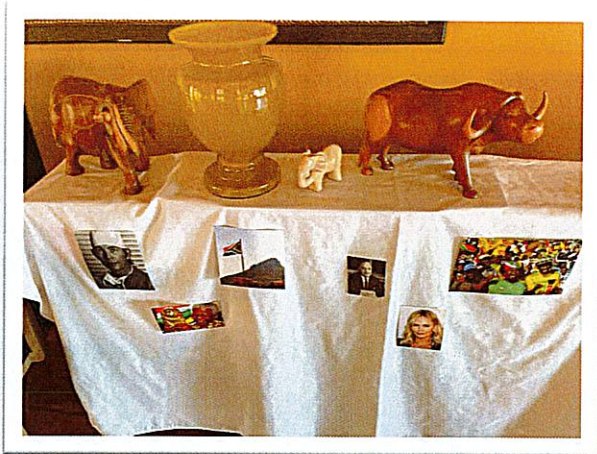
Mother's Day was first celebrated in 1908 when Anne Webb Blaine, a mother of 12 from St. Thomas, Ontario organized an event to honor mothers.

In 1914 the Canadian Government declared Mother's Day a National Holliday.

What We've Been Up To

Ribbon Skirts

We had a wonderful time learning about and making ribbon skirts with Elder Patti Tait. Elder Patti graciously shared her knowledge and culture with us.

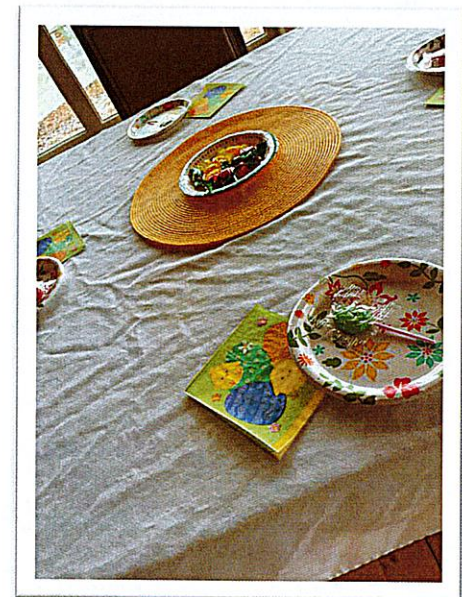


Cultural Celebration

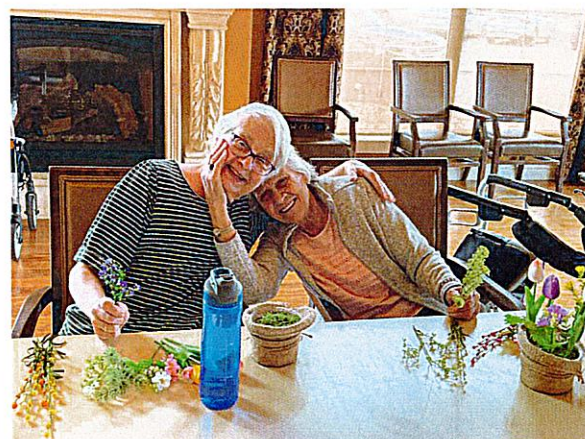
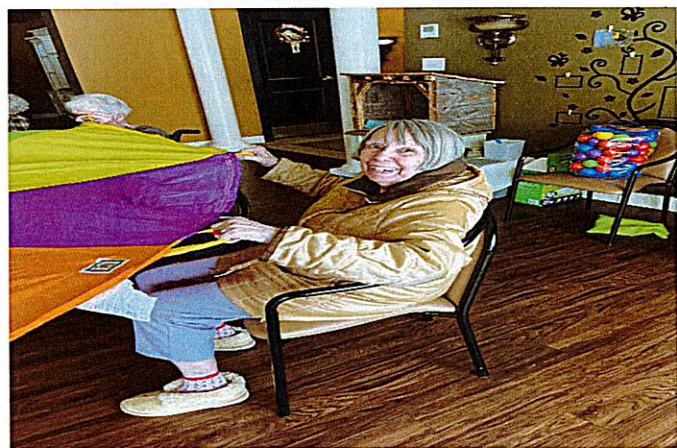
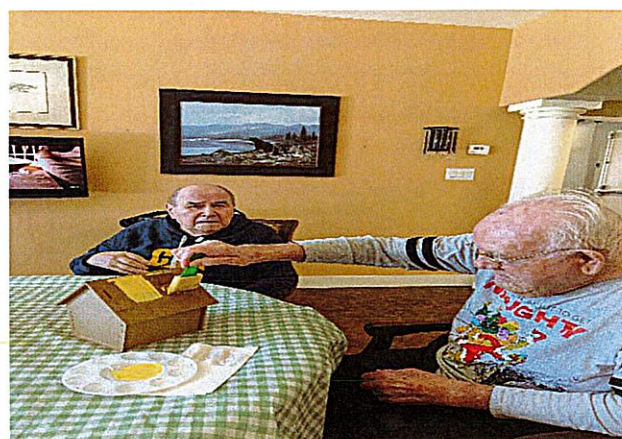
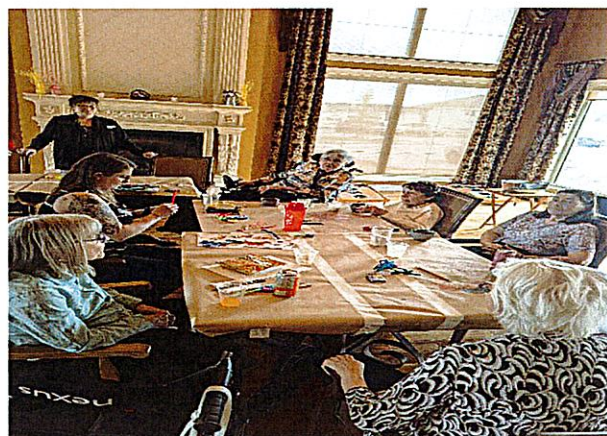
We explored South Africa from the comfort of home. Santanna made cultural food and drinks for us to taste as we explored all South Africa had to offer.

Easter Celebration

We celebrated Easter in two ways this year. In the morning, we had treats and games and in the afternoon we watched The life of Jesus and shared communion.




April in Review

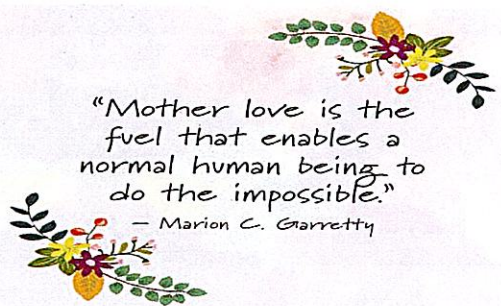


May 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Get the compost and fertilizer mixed into your garden. Time to prep for planting.

				1	2	3
4	5	6	7	8	9	10
Mothers Day 11 	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



"You are as welcome as the flowers in May". — Charles Macklin

May Birthdays

In May, we celebrate birthdays with:

- **Ellen. W**
- **Molly. R**
- **Marlene. K**

Please join us in the recreation room on the first Sunday
In May to celebrate!



🧐 May Trivia

🔴 The Eiffel Tower officially opened to the public on May 6, 1889. It was intended to be temporary but has become one of the most iconic landmarks in the world!

🔴 The first-ever postage stamp, the “Penny Black,” was issued in May 1840 in Great Britain.

🔴 The Golden Gate Bridge in San Francisco, California, opened on May 27, 1937. At the time, it was the longest suspension bridge in the world!

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!

The Invention of the Telegraph

On May 24, 1844, Samuel Morse sent the first telegraph message, “What hath God wrought?”, revolutionizing communication. This invention paved the way for instant messaging, proving that big ideas can change the world!



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



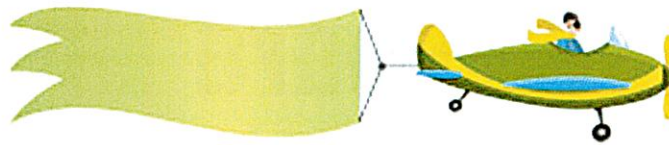
Golden Health Care

1000 - 1000-1000



CROSSMOUNT

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Betty.H**

And those who wish to remain anonymous. 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

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.

- **Andrew G**

CULTURAL CELEBRATION

We will be exploring India on May 8th at 2:00pm in the Great Room.

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

If you have pictures or items from trips to India please bring them.

FIND US AND GIVE US A FOLLOW

We have expanded our media presence!

We can be found on:

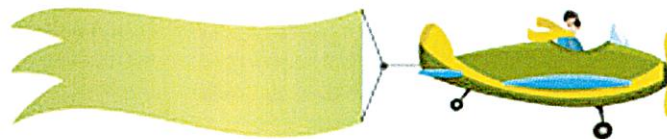
Facebook: Diamond House

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

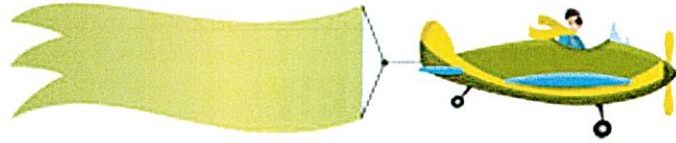


@Smile2UMobileDentalHygiene

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



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

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**

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.

Poem to Share

The Road Ahead

Anon

Life is a journey, a winding road,
With stories untold and dreams to hold.
Each step we take, both small and grand,
Shapes our path, like waves on sand.

No road is straight, nor always bright,
But hope will shine like morning light.
With kindness shared and love so true,
The road ahead brings joys anew.

So walk with faith, embrace the day,
Let laughter guide you on your way.

Laughing Matters



Dinner at Grandma's

Everyone was seated around the table as the food was being served. When little Johnny received his plate, he started eating straight away.

"Johnny, wait until we've said our prayer," his mother reminded him. "I don't have to." – the little boy replied.

"Of course you do." – his mother insisted. "We say a prayer before eating at our house."

"That's at our house," Johnny explained, "but this is Grandma's house and she knows how to cook."

Lost & Found

A teenager lost his contact lens in the garden and after a fruitless search, he told his mother it was nowhere to be found. His mother went outside and within a few minutes found it.

"I really looked hard mum" said the youth, "How did you manage to find it?"

"We weren't looking for the same thing" said his mother, "You were looking for a small piece of plastic. I was looking for \$350 dollars!"

Father & Son

Will was trying to teach his son about the evils of alcohol.

He put a worm in a glass of water & another in a glass of whiskey. The worm in the water lived while the one in the whiskey curled up & died.

"All right, son," Said Will, "what does that show you?"

"Well dad, it shows that if you drink alcohol you will not have worms."

Word Search

TRAIN TERMS



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

Bell

Junction

Tower

Spikes

Route

Track

Engine

Switch

Speed

Ticket

Electric

Lights

Train

Cabin

Crossing

Caboose

Rails

Whistle

Power

Station

May 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3

10:00am Musical Weights (H1)

10:00am Chair Drums (H1)

10:00am Chair Cardio (GR)
10:45am Hymn Singing (GR)

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

2:00pm Resident Council Meeting (GR)

2:00pm Entertainment: The Wine Not Band (GR)

2:00pm Coffee Talk: Facts about Space (P3)



9:30am Catholic Communion & Devotion (GR)

10:00am Walking Club (H1/ H2)

10:00am Parachute Fun (H1)

10:00am Walking Club (H3/ H4)

10:00am Music & Movement (H1)

10:00am Walking Club (H5/ H6)

10

10:00am Strength Training (GR)
10:45am Hymn Singing (GR)

10:00am Core & Balance (GR)
10:45am Hymn Singing (GR)

10:00am Chair Dancing: Disco (GR)
10:45am Hymn Singing (GR)

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

10:00am Chair Cardio (GR)
10:45am Hymn Singing (GR)



2:00pm Cinco de Mayo Social (GR)

2:30pm Bingo (GR)



2:00pm Coffee Talk: Springtime Reminiscing (P2)



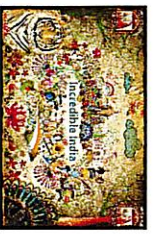
2:00pm Men's Club (PR)



3:15pm Sing Along with AI (GR)



2:00pm Cultural Day: India (GR)



2:00pm

Entertainment: The Pied Piper (GR)



3:30pm Communion with Father Peter (GR)



ACTIVITIES SUBJECT TO CHANGE

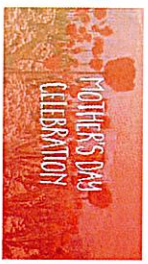


11

10:00am Walking Club (H1/ H2)

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

2:00pm Mother's Day Celebration (GR)



12

10:00am Bean Bag Exercises (H1)

10:00am Strength Training (GR)
10:45am Hymn Singing (GR)

2:00pm Ice Cream Floats (GR)



2:30pm Bingo (GR)



13

10:00am Walking Club (H3/ H4)

10:00am Chair Cardio (GR)
10:45am Hymn Singing (GR)

1:30pm Rosary with Jane (GR)



1:30pm Baking with Wanda (H4)



2:00pm Men's Club (PR)



3:15pm Sing Along with AI (GR)

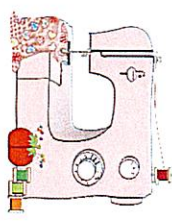


14

10:00am Frisbee Toss (H1)

10:00am Core & Balance (GR)
10:45am Hymn Singing (GR)

2:00pm Sewing with Marlene (GR)



15

10:00am Walking Club (H5/ H6)

10:00am Chair Dancing: Salsa (GR)
10:45am Hymn Singing (GR)

2:00pm

Entertainment: The Old Time Rhythm Makers (GR)



17

9:30am Catholic Communion & Devotion (GR)

18



3:00pm Diamond House Fellowship Service (GR)

Victoria Day

19

No Activities Today



10:00am Walking Club (H1/ H2)

10:00am Core & Balance (GR)
10:45am Hymn Singing (GR)

2:00pm Lemonade Social (H4)

2:30pm Bingo (H4)



20

10:00am Walking Club (H3/ H4)

10:00am Strength Training (GR)
10:45am Hymn Singing (GR)

2:00pm Men's Club (PR)



3:15pm Sing Along with AI (GR)



21

10:00am Musical Weights (H1)

10:00am Chair Dancing: Pop (GR)
10:45am Hymn Singing (GR)

2:00pm Did You Know? Facts About Bees (GR)



22

10:00am Walking Club (H5/ H6)

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

2:00pm

Entertainment: Memory Lane (GR)



24