


Points West Living Moose Jaw

April 2026



It's April

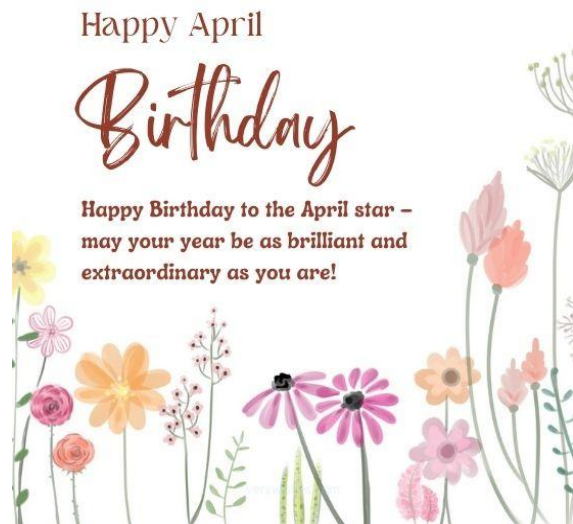
It's April and once more I see
New leaf and bud on greening tree,
The flowers rising from the sod
And opening petaled eyes to God;
Again, the earth is sparkling clean
And dressed in Springtime's apple-green.

It's April and once more I hear
The robin's trill so sweet and clear,
The brooks' and streamlets' merry song
As freed from ice they roll along;
Again, young bleating lambs at play
Are heard in meadows 'cross the way.

It's April and once more I know
The warmth that comes from Springtime's glow,
The hope that's in my heart reborn
With every shining April morn;
Again, I know God's promise true...
To all things He gives life anew!

Beverly J. Anderson

 **SALESIAN MISSIONS** 2 LEFEVRE LANE
NEW ROCHELLE NY 10801-5710
www.salesianmissions.org



Verna C - April 12
Robert O - April 15
Marg J - April 16
Pearl B - April 17
Dorothy W - April 20
Jose R - April 22
Barb S - April 22
Gladys S - April 22
Louise G - April 27

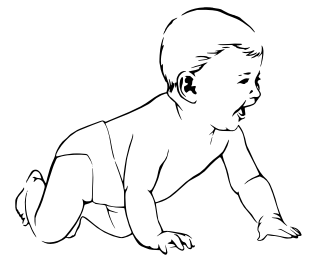


Diane S
Bertha H

Baby Photo's

Please bring your baby photos down by April 15th.

Let's see if we can match the baby's face to the resident.



If you are interested in using a planter box this spring, please notify the front desk.

Smilin Slim Mitchell

Wed April 1 @2pm

Social Hour

**Sat, April 4 &
Sat April 18**

From 3:30-5pm

Rod & Bonnie music

Wed, April 8 @7pm

Catholic Mass

Fri, April 10@10:30am

Cribbage Tournament

Wed, April 15 @7pm

PWL Open House

Tues, April 21@6pm

50/50 Draw

Fri, April 24 10:30-12pm

**April Birthday
Celebration**

Sat, April 25@2:30pm

Party Whist

Tues, April 28@7pm

Thurs, April 2

Egg Hunt @ 10:30

Cookie Decorating

@2pm

Whist Tournament

Tues, April 7 @7 pm

Heritage Choir

Thurs, April 9 @2pm

**United Worship
Service**

Tues, April 14@2pm

Sips & Dips

Thurs, April 16@2pm

Jim W music

Wed, April 22@7pm

Catholic Mass

Fri, April 24@10:30am

Heritage Singers

Friday, April 24@2pm

**Worship Service with
Pastor Marvin**

Sun, April 26@7pm

JOIN US FOR A MYSTERY EASTER EGG HUNT

WHEN: THURSDAY APRIL 2

TIME: 10:30AM

On Thursday, April 16th please join us in the north common room for Sips & Dips.

(Our famous wine & cheese)



Reminder:

If you need any maintenance in your suite, you are required to come down and let the front desk know. Please do not call Rene on his cell phone. Thank you.

Open House

We will be hosting an open house on Tuesday, April 21, from 6pm-9pm

If you would like to volunteer, or allow us to show your suite, please let Jen know.



WE WILL BE HOSTING SPRING INTO SUMMER
TRADE SHOW ON FRIDAY MAY 1 FROM
1:00 – 4:00 PM

Be kind to your mind — learn how to lower stress

How often do you experience stress? Daily? Weekly? According to Statistics Canada, 23% of Canadians over 15 find most days 'quite a bit' or 'extremely' stressful.

Stress can come from major life events, such as getting married, having a baby or switching careers, or minor incidents like burning the toast, getting stuck in traffic, or having your computer freeze just as you were completing a lengthy document.

Stress affects us all in different ways. Uniquely, women often face unique stressors related to societal expectations, work-life balance, and hormonal changes. Factors such as pregnancy, postpartum depression, menopause, and the pressure of managing both career and family responsibilities can contribute significantly to stress levels in women.

It's important we know the factors and the effects in order to help ourselves and each other reduce stress and the associated risks.

Good and bad stress

Stress can be good and bad. Winning a game, going on a vacation, even preparing for a presentation at work can give us a natural high and quick boost of energy. On the other hand, greater worries like financial problems, job loss or illness can lead to more negative lasting effects.

Health effects

Stress is known to cause stomach aches, insomnia and depression, and contributes to unhealthy behaviours such as smoking, over-consumption of alcohol, and poor eating habits. But did you know it carries risks of long-term health consequences like heart disease, stroke, high blood pressure, or even immune and circulatory complications? For women, chronic stress can also lead to irregular menstrual cycles, decreased fertility, and an increased risk of certain autoimmune diseases.

There are many ways of dealing with stress that can lower your risk. The following strategies are recommended by the Government of Canada and the World Health Organization.

Minimize your risks

Identify the problem. What is causing your stress? Is it your job, a relationship or another source altogether? Once you know your stress triggers, you can work on a solution.

Note: A survey by the American Psychological Association found the five most common stressors were money, work, family, economic outlook and relationships.

Take control. Depending on the source of your stress, this might mean talking with your manager, a health professional or a financial counsellor. Once you've identified and start to deal with the factors contributing to your stress, you will ease the pressure on yourself.

Connect with others. Having another person for support is always better than facing problems on your own. Letting a family member, friend or work colleague know you are having a difficult time may help you in two ways. First, simply by expressing your feelings, you will relieve stress. Second, they may offer solutions to your problem.

Exercise. Physical activity is a great way to reduce tension. Whether you're a jogger, cyclist or just like to take long walks, be sure to get some fresh air and exercise and stick to a daily routine of fitness – along with good food and fun.

Pause. Breathe. Reflect. Tension meditation and progressive relaxation are techniques that encourage deep breathing and stretching your whole body can help silence the mind and take the pressure off.

Disconnect. Even though we live in a highly wired, 24/7 news cycle world, you don't have to always "be on". Unplug and unwise at least an hour a day. Instead of staring at a screen, watch a sunset.

Take a mental holiday. By reading, taking up a hobby or becoming involved in sports, you can take you mind off of stress. It will also give you distance from your problems and a different perspective, helping them feel easier to solve.

Go easy. Stress can contribute to negative thinking. Stay positive, be flexible, be kind to yourself and be realistic. There are some things you cannot change. Look for practical solutions.

Practice self-care. Women often prioritize others' needs over their own. Make time for activities that bring you joy and relaxation.

Stress Prevention

Once you have lowered your stress level, there are ways to help prevent it from building up again.

Make decisions. Worrying about making a decision only causes more stress.

Don't delay. Develop a weekly schedule that includes a combination of to-do items and leisure activities.

Delegate. Let others take on some of your tasks. You do not have to do everything on your own.

Hormonal Influences on Stress

For women, hormonal fluctuations throughout the menstrual cycle, during pregnancy, and in menopause can affect stress levels. Understanding these natural variations can help in managing stress more effectively.

Stress Awareness Month

April is Stress Awareness Month in Canada. We invite you to mark this month by taking the initiative to reduce your stress or help someone reduce their own.

Remember: You may be apart from loved ones, but you are not alone. If you are overwhelmed by stress, don't be afraid or embarrassed to ask for professional help.

Review your personal benefit plan or talk to your human resources representative about the mental health services and supports that are available. Most benefit packages include coverage for mental health counselling from a licensed practitioner, either online or in-person.



Reminder of what the bus is used for:

- Medical appointments
- Shopping, Banking

What the Bus is not used for:

- Bus driver will not drop off or pick up prescriptions.
- Bus Driver will not drop off laboratory samples.
This is your responsibility.
- Bus Driver will not drop off or pick up your pet from the vet or groomer.

Bus Schedule

Monday – Walmart

Tuesday – Co-op & Rexall

Wednesday – Superstore

Thursday – Shoppers

Friday – Banking Day

Please be mindful when scheduling your appointment for the above bus service.

SPRING WORDSEARCH

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

WORD LIST

APRIL
BUNNY
BUZZING
CALF
CHICK

CLOVER
COLORFUL
EASTER
EGG
FLOWERS

FOAL
LADYBUG
LAMB
MARCH
MAY

MEADOW
NEST
PIGLET
RAINBOW
SHOWERS