

Points West Living
Moose Jaw



Summer Must Go

by Lenore Hetrick

Summer has lingered a little too long,
The grass and the trees wear a rusty look,
The calendar cries the last day of August,
And so say the leaves that float down the brook.

The mists hang low in the morning hours,
And the smell of harvest grows more strong.
The calendar cries the last day of August –
And summer has lingered a little too long.





Verna B – August 22
Helen R – August 25
Pat M – August 26
Ellenora S – August 28
Red M – August 28
Walter B – August 30

Welcome
Home

Laval B

Just some reminders:

The exercise class, **Forever in Motion**, will restart again on September 14 at 2pm.

United Worship will start again on Tuesday, September 1 at 2pm.

We are going to do a “Free Table” at the beginning of each month. If you have items that you wish to donate, you can bring them down and place them on the table. Residents will have first dibs on these items, then they will be donated.

Social Hour

Sat, Aug 1& 15
3:30 – 5pm



Pure Country music

Wed, Aug 5 @7pm



Whist Tournament

Tues, Aug 11 @ 7pm



Wed, Aug 12

Painting
with Nissa
2:00pm



Catholic Mass

Fri, Aug 14
10:30am



Cribbage Tournament

Wed, Aug 19
7pm



Worship Service with

Pastor Marvin

Sun, Aug 23@7pm



Party Whist

Tues, Aug 25
7pm



Greg Gower music

Wed, Aug 26
7pm



Catholic Mass

Fri, Aug 28
10:30am



August Birthday

Celebration
Sat, Aug 28
2:30pm



A woman's husband had been slipping in & out of a coma for several months, yet she had stayed by his bedside every single day.

One day, when he came to, he motioned for her to come nearer. As she sat by him, he whispered, eyes full of tears, "You know what?" You have been with me all through the bad times. When I got fired, you were there to support me. When my business failed, you were there. When I got shot, you were by my side.

When we lost the house, you stayed right here. When my health started failing, you were still by my side... You know what Martha?

"What dear?" she gently asked, smiling as her heart began to fill with warmth.

"I am beginning to think you're bad luck."



10 Facts About Gastroparesis You Should Know

Gastroparesis is a medical condition characterized by delayed gastric emptying, where the movement of [food](#) from the stomach to the small intestine is slowed or impaired. This can result in various gastrointestinal symptoms and potential complications. While the exact etiology may be unclear, it is often associated with other underlying diseases, disorders, or the use of certain medications. There are a variety of treatment options available that focus on managing symptoms and mitigating complications, enabling patients with gastroparesis to maintain a [healthy](#) quality of life.

1. Function of a [Healthy](#) Digestive System

In an optimally functioning gastrointestinal system, sustenance progresses through the digestive tract driven by involuntary muscular contractions known as peristalsis, which are regulated by the vagus nerve within the stomach. These rhythmic contractions facilitate the breakdown of food and its subsequent propulsion into the small intestine. Once there, the body efficiently absorbs nutrients, water, and electrolytes from the digested material into the bloodstream, ensuring proper nourishment and hydration.

2. Disrupted Digestion

Gastroparesis is a condition that impairs the normal digestive process due to inadequate gastric muscle contractions, leading to delayed gastric emptying into the small intestine. This can negatively affect nutrient absorption and cause various discomforting symptoms and potentially serious complications. Three primary forms of gastroparesis exist: idiopathic, diabetic, and postsurgical, with the idiopathic type being the most common yet having an unidentified cause.

3. Symptoms of Gastroparesis

Gastroparesis is often characterized by a spectrum of symptoms affecting the gastrointestinal system, including but not limited to nausea, vomiting, heartburn, abdominal pain, and difficulties with digestion. Patients with this condition may report feelings of bloating, early satiety, and discomfort after consuming small portions of food. These symptoms can lead to a reduced appetite, subsequent weight loss, dehydration, and nutritional deficiencies.

Untreated gastroparesis can have severe consequences that require immediate medical intervention prior to addressing the underlying condition. Complications such as dehydration and malnutrition are prevalent due to the delayed gastric emptying. Additionally, food that remains too long in the stomach can ferment, leading to bacterial overgrowth. In rare cases, a bezoar may form from food that fails to digest, posing a risk of intestinal blockage. It is crucial to monitor and treat these complications early to prevent further health issues.

5. Comorbidities

Gastroparesis is often associated with a variety of comorbid conditions, particularly those related to the endocrine, nervous, and muscular systems, as well as connective tissue disorders. Notable comorbidities include hypothyroidism, scleroderma, and Parkinson's disease. The most common related condition is diabetes, which can lead to nerve damage. Specifically, gastroparesis symptoms emerge due to damage to the vagus nerve, which plays a crucial role in regulating the digestive system.

6. Diagnosing Gastroparesis

The initial step in diagnosing a suspected case of gastroparesis involves a comprehensive review of the patient's symptom history, including any previously identified ailments or disorders, recent surgeries, and current medications, coupled with a detailed physical examination. Should gastroparesis be considered likely by the examining physician, they will proceed to order a series of diagnostic tests. These tests are designed to assess the functionality and overall condition of the patient's digestive system, as well as to dismiss the possibility of other health issues or blockages that could be causing the symptoms.

7. Diagnostic Testing for Gastroparesis

Gastroparesis is typically diagnosed through definitive tests including a gastric emptying study and an upper endoscopy. The gastric emptying study involves the patient eating a meal that contains a trace amount of radioactive material, allowing a scanner to monitor the rate at which food moves from the stomach to the small intestine. Alternatively, an upper endoscopy entails the insertion of a slender tube equipped with a camera down the throat to visually inspect the esophagus, stomach, and upper portion of the small intestines for any irregularities or blockages. Additional diagnostic methods may encompass ultrasound and x-rays, as well as the use of motility capsules—electronic pills that capture and relay digestive information to a monitor after ingestion.

8. Treatment

Managing gastroparesis typically involves initially treating any underlying conditions. Healthcare professionals may advise discontinuing medications that exacerbate gastroparesis symptoms. If clinical symptoms continue, pharmacological or surgical interventions may become necessary. Surgery is generally considered only for patients who do not respond to medical management or those suffering from severe complications. Prokinetic agents such as antibiotics and dopamine-receptor antagonists are used to enhance gastric motility. Antiemetics can be prescribed to alleviate nausea and vomiting. Among the surgical options are the implantation of a gastric electrical stimulator, the placement of a jejunal feeding tube, or performing a gastrostomy to address more severe cases.

9. Diet and Eating Habits

Proper dietary management is crucial in mitigating the symptoms and averting complications associated with gastroparesis. Patients are advised to eliminate raw and fibrous fruits and vegetables, alongside [foods](#) that are rich in fat and fiber, to facilitate smoother digestion. Adequate hydration is beneficial for digestive [health](#), so drinking ample water is recommended. Consuming smaller, well-chewed meals throughout the day can help alleviate the sensation of fullness and minimize digestive strain. Additionally, incorporating moderate post-meal exercise can promote gastric motility and support stomach emptying.

10. Living with Gastroparesis

Gastroparesis, when associated with an identifiable medical condition or medication, may improve significantly with targeted treatment of that underlying cause. Conversely, idiopathic gastroparesis is generally a persistent condition, with varying levels of treatment efficacy among patients. This condition can substantially disrupt everyday activities and contribute to significant social and emotional challenges. Nonetheless, with a tailored dietary plan, appropriate medications, and diligent medical care, the management of gastroparesis is achievable, enabling individuals to maintain a satisfactory quality of life.

Bus Schedule:

Monday – 2pm Walmart

Tuesday – 2pm Co-op & Rexall

Wednesday – 2pm Superstore

Thursday – 2pm Shoppers

Friday – 2pm Banking

Please plan your outings accordingly.

Just a reminder:

“Don’t fall prey”: MJPS warns residents about persistent email scams

Email scams have once again started circulating throughout Moose Jaw, prompting the Moose Jaw Police Service to issue a fraud awareness alert.

The MJPS said a resident reported receiving a suspicious email last week, which used several tactics to intimidate the individual into sending money through a wire transfer.

Superintendent Trish Seman said police have seen similar scams before and reminded residents not to fall victim to the threats being made by scammers.

"These people are very persistent, so don't fall prey to that," said Seman. "Do not click on anything or reply to anything either. Delete the message and call the police."

Scammers use threats and urgency

Police said scammers often use several intimidation tactics, including pretending to be law enforcement, creating a sense of urgency, making fabricated threats and using blackmail.

Seman explained that these tactics can sometimes be successful because they take advantage of people's natural desire to protect themselves.

"When you see a scam that involves unverified access claims, they'll tell you that they have access to your browsing history and things like that," said Seman. "They use threats and intimidation. They actually will use payment demands where they demand that you wire them money or send them money."

Other common payment demands include requests for Visa, iTunes or Amazon prepaid gift cards.

Seman added that scammers often create deadlines to pressure victims into acting quickly.

Intelligent Wisdom to Share:

My father made a good point when he said:

When a flashlight grows dim or quits working, you don't throw it away, you change the batteries.

When a person messes up and finds themselves in a dark place, do you cast them aside? Of course not. You help them change their batteries!

Some need AA batteries: attention and affection.

Some need AAA batteries: attention, affection and acceptance.

Some need C batteries: compassion.

Some need D batteries: direction.

And if they still don't seem to shine. Simply sit with them quietly and share your light.



We will be having a paint afternoon with Nissa.

When: Wednesday, August 12

Where: North Common Room

Time: 2pm

Cost: \$45.00

Please join us for a fun afternoon doing something different. 😊

AUGUST

*August
national days
word search
printable
from Always
the Holidays*

Y Z Y A D E L F F A W O E S G
G A A Y A D M U R C I Y Y K B
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POTATO DAY
MEAD DAY
PLAY BALL DAY
LAZY DAY
DOG DAY
WAFFLE DAY
DOLLAR DAY

PROSECCO DAY
RUM DAY
LION DAY
VINYL RECORD DAY
BOW DAY
WATERMELON DAY
IPA DAY
OYSTER DAY

DOLL DAY
DINOSAURS DAY
CBD DAY
KIDS DAY
GEORGIA DAY
CAT DAY
GOSSIP DAY