

Points West Living Moose Jaw

June 2025



The Lovely Month of June

Summer came to visit me
In the merry month of June;
She brought her warm and winsome days
And at night she lit up the moon.

Summer came to visit me,
Adorned in her Sunday best;
She wore a hat of sapphire blue
And her gown was daisy-dressed.

Summer came to visit me
And spread sunshine everywhere.

Emerald shoes were on her feet,
Spun-gold was in her hair.

Summer came to visit me,
Sweet songbirds trilled a tune;
And it's all because God fashioned this –
The lovely month of June.

Nora M. Bozeman



SALESIAN MISSIONS





Jeanne Folk - June 2
Marilyn Barr – June 9
Dorothy Benell – June 18
Doreen Pigeon – June 19
Elaine Beattie – June 23
Violet Matthews – June 24



Marguerite Veale
Marg Holmes
Audrey Mokry

Forever in Motion's last class will be Monday, June 30th. It will start again **Monday, September 8**, in the North Common Room at **2pm**.

Happy Father's Day

We will have a steak lunch, then join us for some beer “n” snacks from 1:30-3:30.



Last service for Minto Worship will be held on Tuesday, June 3. It will restart again in the fall. Please watch your August calendar for updates.

Minto Worship Service

Tuesday, June 3 @ 2pm

Social Hour

Saturday, June 7

3:30pm – 5pm

Whist Tournament

Tuesday, June 10 @ 7pm

Dusty Old Farmers

Wednesday, June 11 @ 7

Catholic Mass

Friday, June 13 @10:30

Happy Father's Day

June 15



Cribbage Tournament

Wednesday, June 18@7pm

Metis Dancers

Friday, June 20

at 6:00pm-6:45pm

Worship Service with

Pastor Marvin

Sunday, June 22

At 7pm

Party Whist

Tuesday, June 24 @ 7pm

Car Show

PWL Parking Lot

Wednesday, June 25

Starting at 2pm



Garnet & Jean Music

Thursday, June 26 @ 7pm

Catholic Mass

Friday, June 27 @ 10:30am

50/50 Draw

Friday, June 27

National Indigenous Peoples Day

For generations, many Indigenous groups and communities have celebrated their culture and heritage on June 21 or around that time of year because of the significance of the summer solstice as the longest day of the year.

National Aboriginal Day, now National Indigenous Peoples Day, was announced in 1996 by then Governor General of Canada, Roméo LeBlanc, through the [Proclamation Declaring June 21 of Each Year as National Aboriginal Day](#). This was the result of consultations and statements of support for such a day made by various Indigenous groups:

- in 1982, the National Indian Brotherhood, now the Assembly of First Nations, called for the creation of National Aboriginal Solidarity Day
- in 1995, the Sacred Assembly, a national conference of Indigenous and non-Indigenous people chaired by Elijah Harper, called for a national holiday to celebrate the contributions of Indigenous Peoples
- also in 1995, the Royal Commission on Aboriginal Peoples recommended the designation of a National First Peoples Day

On June 21, 2017, the Prime Minister issued a [statement](#) announcing the intention to rename this day National Indigenous Peoples Day.

National Indigenous Peoples Day is part of the [Celebrate Canada](#) program, which also includes Saint-Jean-Baptiste Day on June 24, Canadian Multiculturalism Day on June 27 and Canada Day on July 1.

Points West Living will be celebrating

National Indigenous Peoples Day Friday June 20th at 6:00.

They will be here until approximately 6:45pm.

Please come down and enjoy the dancers performing in the North Common Area.

****Please note that Bingo will start at 7:15 Friday June 20th****

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, he called it ... "Dad."

~unknown

Wednesday, June 25 we will have a car show in our parking lot. There will be a display of some antique cars and trucks. It will be a fun day to walk around and reminisce.

These Are the Years of Living Dangerously

I drank milk
after its expiration date

I talked to the bus driver
while the bus was in motion

I undid my safety belt
before the plane came to a complete stop

I did not brush my teeth
before going to bed

I went out without my umbrella
even though they predicted rain

I took off the tag on my pillow that says
“Do not remove”

I walked where it said
“Do not step on the grass”

I took my dog out
without a leash

I washed a garment that said
“Dry-clean only”

I picked a flower
in someone else’s garden

I live dangerously

The symptoms of a heart attack can vary between people assigned male and female at birth.

Heart attacks, also called myocardial infarctions, can present with typical and atypical signs and symptoms. Generally, males tend to present with typical symptoms, while females are more likely to present with atypical symptoms. The main overall complaint is chest pain, but females are more likely to have additional symptoms.

Differences in presentation can lead people to have difficulty recognizing when a heart attack is occurring. This can cause a delay in treatment and potentially worsen people's outcomes.

This article reviews the differences in heart attack symptoms in males and females, what to do if a heart attack occurs, common risk factors for a heart attack, and more.

The researchers note that males are likely to experience chest, arm, or jaw pain that may be dull, heavy, tight, or crushing.

Males also report chest pain as the predominant complaint about 13–15% more frequently than females. This may be due to the questions they answer during intake at the hospital.

A [2020 study](#) found evidence that suggests male adults under the age of 50 years have a higher chance of survival following a heart attack compared with females of a similar age. The authors note that males were more likely to leave the hospital with more guideline-directed therapies that included different medications, such as [aspirin](#) and [beta blockers](#).

Symptoms of heart attack for a man

A heart attack occurs when the blood supply to the heart becomes blocked. Several symptoms may indicate a heart attack. These are:

- **Chest discomfort or pain:** A person may experience pressure, squeezing, fullness, or pain in the center of their chest. This may come and go or persist for more than a few minutes.
- **Pain or discomfort in other body parts:** A person may also experience pain or discomfort in one or both arms, the stomach, jaw, back, or neck.
- **Shortness of breath:** A person may feel a shortness of breath with or without chest pain.

Some other heart attack symptoms may include:

- cold sweat
- nausea
- feeling light-headed
- [heart palpitations](#)
- sleep disturbances
- fatigue

Heart attack symptoms in females

Females have a higher chance of developing more atypical symptoms of a heart attack.

According to the Trusted Source, both males and females report developing chest pain and discomfort. However, females have a higher chance of developing symptoms that include:

- pain that presents in different parts of the body
- [nausea and vomiting](#)
- [shortness of breath](#)
- [heavy sweating](#)
- [dizziness](#)

- The [Centers for Disease Control and Prevention \(CDC\)](#) Trusted Source states that [heart disease](#) is the leading cause of death in females. Doctors also have a higher chance of missing a diagnosis of a heart attack in females.
- According to the Trusted Source, the higher rate of misdiagnosis or missed diagnosis may relate not just to the presentation of atypical symptoms but also to the combination and pattern in which they present.
- The researchers found that females presented with several unique patterns. This may help improve the training and education of doctors in the future.
- Generally, males and females experience similar heart attack symptoms, which include chest pain or shortness of breath.
- However, males are also more likely to experience heart pain, back pain, or a feeling of indigestion. Meanwhile, females are more likely to experience a sensation of unwellness and unexplained weakness.
- People cannot change all their risk factors for a heart attack. However, they can lower their likelihood by adopting a healthful lifestyle, engaging in regular physical activity, stopping smoking, and limiting alcohol consumption.

• Summary

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Preventing a heart attack

Some of the risk factors associated with heart attacks are not reversible, such as sex and genetic risk of heart disease.

However, a person can lower their risk of a heart attack by focusing on lifestyle changes, such as:

- **Reducing or limiting alcohol intake:** Low-to-moderate intake of [alcohol](#) may have some benefits for heart health. However, excessive drinking can damage the heart.
 - **Regularly exercising:** Regular [physical activity](#) reduces blood pressure and the risk of death from a heart attack.
 - **Adopting a Mediterranean diet** Research suggests that people who consume Mediterranean diets may have better heart health.
 - **Stopping smoking:** The [National Heart, Lung, and Blood Institute](#) note that the risk of heart problems decrease soon after people quit smoking. This risk continues to decline over time.
 - **Losing weight:** [Researchers](#) link obesity to cardiovascular issues. Therefore, losing weight may reduce the risk of a heart attack.
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When using the shopping carts, please promptly return them for others to use.



If you want to sit in a particular spot for bingo, please come down early to find your seat. We will not allow residents to save seats for others. We have a bunch of new residents, lets invite them and make them feel welcome in our community.

Please be kind to each other.

Kindness is like a boomerang:

No matter what you do, it keeps coming back to you.

Do we have an individual in this building that would like to take on the task of watering the plants once a week? If you are interested, please stop in to see Jen.

We now will be charging a fee of \$5.00 if you require a set of keys to be cut.

Please be mindful when scheduling your appointments. Schedule as follows:

Monday - Mall 2pm

Tuesday - Rexall & Banking

Wednesday – Co op, Superstore, Walmart

Thursday – Shoppers, Banking



Have you noticed the staff wearing Points West Living Hoodies?

**If you would like to order one, there will be an order form at the front desk.
The fee is 40.00 per hoodie.**

