

Points West Living Moose Jaw

May



## ***Daffodils***

**I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.**



**Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.**



**The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed--and gazed--but little thought  
What wealth the show to me had brought:**

**For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.**



**William Wordsworth**



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*Emma Henrikson - May 9*

*Gail Bossence - May 9*

*Cyril McIntyre - May 11*

*Matt Haag - May 14*

*Jack Sarafin - May 18*

*Evelyn Kostal - May 23*

*Yvonne Gillies - May 26*

*Marie McIntyre - May 27*

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Shirley Webster

Caulette Boisclair

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As of May 1, 2025, please remember that there will only be one guest suite available to rent.

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On Wednesday May 28, the window washers will be here at 8:30am to clean the outside of our windows.

Someone will be around to take off your screens closer to the date.



**Spring into Summer**

**Trade Show**

**May 1 from 1-4pm**

**Social Hour**

**Saturday, May 3**

**3:30pm-5pm**

**Walker Clinic**

**Monday, May 5**

**10am -11:30pm**

**Minto Worship Service**

**Tuesday, May 6 @ 2pm**

**Pure Country Music**

**Tuesday, May 6 @ 7pm**

**Catholic Mass**

**Friday, May 9 @10:30am**

**Mother's Day Tea**

**Friday, May 9 @ 1:30-  
3:30pm**

**Whist Tournament**

**Wed, May 21@7pm**

**Social Hour**

**Saturday, May 17**

**3:30pm-5pm**

**Cribbage Tournament**

**Wednesday, May21**

**@ 7pm**

**Greg Gower Music**

**Thursday, May 22@7pm**

**Catholic Mass**

**Friday, May 23 @10:30am**

**Worship Service with  
Pastor Marvin**

**Sunday, May 25 @7pm**

**Party Whist**

**Tuesday, May 27 @7pm**

**Eye Glass Adjustment Clinic**

**Wed, May 28**

**North Common Room**

**50/50 Draw**

**Friday, May 30 10:30-12pm**





"I realized when you  
look at your mother,  
you are looking at  
the purest love you  
will ever know."

— Mitch Albom



**Mother's Day Tea**

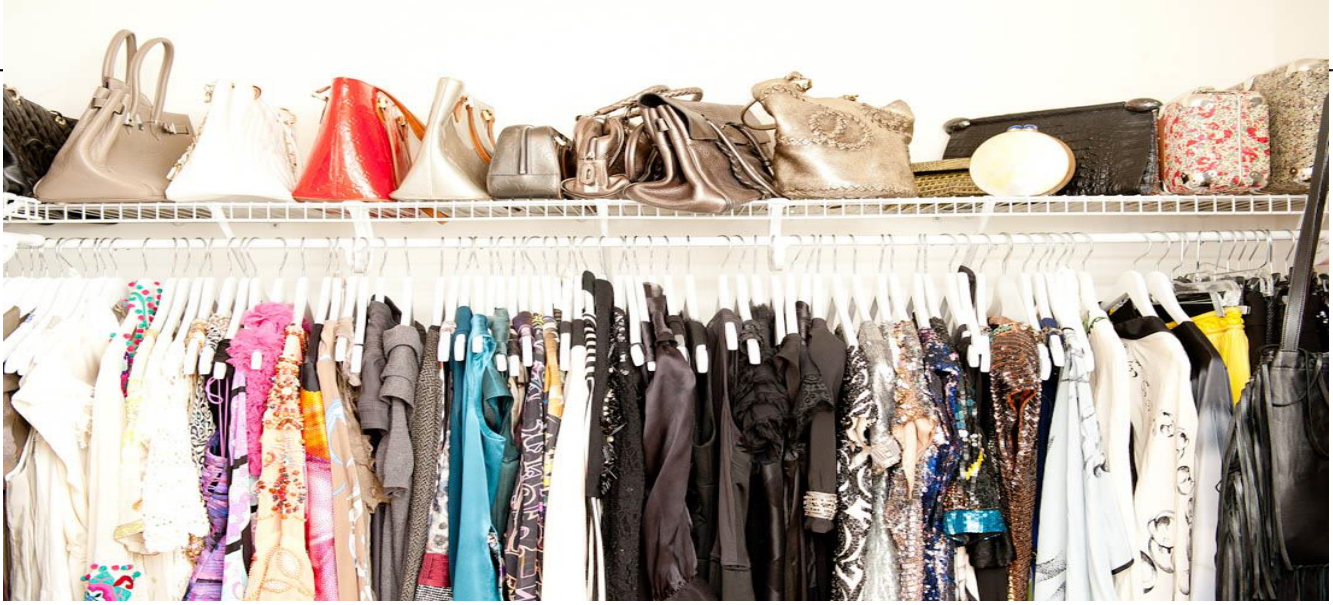
**Friday, May 9**

**1:30~3:30pm**

**Bistro**



It is that time again to clean out our closets. This year we will be donating to a local charity, The Good Shepherd Store at Church of Our Lady. For the month of May, please bring down any unwanted clothing or small appliances, kitchen dishes, bath towels, tea towels, shoes & purses etc. They will find them a good home.



Did you know

Humans start to age as soon as they reach adulthood—about 25 years old.

Pupil size decreases with age, making it harder to see.

The ability to see in the dark decreases with age, while sensitivity to light increases

Bones lose calcium as they grow older, making them more fragile and likely to break.

While metabolism rates do slow as people age, regular exercise can keep metabolisms working more efficiently despite old age.

Eccentric exercise (movements that lengthen the muscles rather than contracting them) can help reduce and even reverse signs of aging and can keep people looking and feeling younger longer.



# May is Foot Health Month

## BASIC FOOT CARE GUIDELINES

- Wash your feet in warm (not hot) water, using a mild soap. Don't soak your feet, as this can dry your skin.
- Dry your feet carefully, especially between your toes.
- Thoroughly check your feet and between your toes to make sure there are no cuts, cracks, ingrown toenails, blisters, etc. Use a hand mirror to see the bottom of your feet or ask someone else to check them for you.
- Clean cuts or scratches with mild soap and water, and cover with a dry dressing suitable for sensitive skin.
- Trim your toenails straight across and file any sharp edges. Don't cut the nails too short.
- Apply a good lotion to your heels and soles. Wipe off excess lotion that is not absorbed. Don't put lotion between your toes, as the excessive moisture can promote infection.
- Wear fresh clean socks and well-fitting shoes every day. They should be supportive, have low heels (less than 5 cm high) and should not rub or pinch. Whenever possible, wear white socks – if you have a cut or sore, the drainage will be easy to see.
- If you are a diabetic, please contact a licensed chiropodist or podiatrist and schedule a check-up at least once a year.

If left untreated, foot issues can develop into a variety of more serious ailments, like foot ulcers and fungal infections. People with diabetes are especially at risk.

## Seniors: How Healthy Feet Can Reduce Your Risk of Falling

“Painful foot conditions, such as osteoarthritis, corns, bunions, hammertoes and diabetes complications, can make it difficult for seniors to maintain balance and coordination when walking or standing. While the factors causing falls are numerous, experts say that seniors, and everybody for that matter, can take steps to reduce their risk by minimizing or even eliminating foot pain. Doing so will improve balance, coordination and stability when walking or standing.

Foot and ankle surgeons recommend the following ways to help keep feet and ankles healthy:

- **Do not ignore pain:** Foot pain is not just a normal consequence of growing older, so do not resign yourself to aching and suffering. You likely have a treatable condition. For a proper diagnosis and intervention, be sure to pay attention to your feet and see a foot and ankle surgeon if and when you experience pain.

- **Examine your feet:** You are the gatekeeper of your own health, making regular at-home foot examinations critical. At the sign of bumps, lumps or other changes in your feet, make an appointment with your foot and ankle surgeon.
  - **Exercise:** Simple stretching exercises can help you maintain strength and mobility in your feet and ankles, as well as provide pain relief. Talk to your physician about appropriate exercises for you.
  - **Protect:** Use padding, insoles or whatever special footwear you are prescribed. Be sure to wear these, along with comfortable, sensible shoes, every day.
  - **Be flexible: Be flexible:** Know that at times, surgery is the most appropriate treatment for a given condition. Fortunately, many simple surgical techniques allow foot surgery to be performed on an outpatient basis.
- Remember, just one fall can permanently rob seniors of their independence and dramatically reduce their quality of life. Taking good care of feet and ankles, however, can reduce the risk of a life-altering slip, trip or fall.

#### Reminders

**Don't Ignore Pain** – foot pain is not normal consequence of growing older, so don't resign yourself to aching & suffering. Pay attention to what your feet are telling you.

**Examine Your Feet** – Make regular foot self- examinations a routine.

**Exercise** – Simple stretching exercises can help you maintain strength and mobility in your feet and ankles, as well as provide pain relief.

**Protect** – Use padding, insoles or whatever special footwear you are prescribed and wear them every day.

**Be Flexible** – Remember, some foot and ankle conditions are treatable with conservative methods. Talk to your podiatrist.

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Reminder that May 19<sup>th</sup> is a stat. There will be no housekeeping or transit this day.

## I Finally Have Time

I now have time  
for reading a newspaper  
cover to cover instead of  
skimming through it for the news

I can take a leisurely stroll  
go to an afternoon movie  
attend a lecture at the museum  
enroll in a course  
on something totally unrelated  
to professional development

I have time to chat with a friend  
about absolutely nothing  
take the grandchildren for an outing  
and be there for the children  
when they need me

I read magazines  
that are not educational  
take time to shop  
when I don't need anything  
cook from scratch  
instead of relying on take out

I can wait at the light  
without honking my horn  
I don't cut people off  
because I'm rushing somewhere  
don't look at my watch  
every minute and groan  
I'm not afraid of wasting time  
for I finally have time  
to take...my time



**Effective May 1, 2025 our price list for meals is increasing as follows:**

**Breakfast and Supper single meals are 13.40 plus tax = 14.85**

**Lunch single meals are 15.45 plus tax = 17.15**

**20 Lunch Meal tickets are 309.00 plus tax = 343.00**

**20 Supper Meal tickets are 268.00 plus tax = 297.45**

### **Annual Resident Survey**

**We are continually looking for ways to make Points West Living Moose Jaw the very best place to stay. With your help completing the survey it will give us the feedback we are always looking for.**

**Please bring your completed survey to Jen by May 20.  
As always, the survey is completely confidential.**

**Thank you for your help.**

## **Resident Council Section**

### **May news from your resident Council:**

Welcome Committee Members: Jean Jackson & Denise Lebrun

Let's help support their mission to welcome our new residents.

Thanks to Denise, Jen & Charlene for setting up the tv's so we could watch

"The Battle of the Sexes" curling game.

We wish Mike & Carolyn all the best in their new home and thank them for all their help while they were here and served on council.

As Carolyn Scidmore will be leaving at month end, Vice President, Jean Jackson will be your new President.

Thank you to all those residents who bought a square for our curling pool. The lucky winners were Toppy Maisonneuve, Evelyn Kerr each \$50.00 and Robert Olson and Scotty Park each won \$100.00. We raised \$100.00 which will go toward beautifying the front entry. Stay tuned for more fund raisers.

Thanks for the suggestions in the box.

We have obtained new playing cards for your evening games.

The second prize for the 50/50 draw will now be \$25.00.

If you have any comments or suggestions, please feel free to chat with any of the committee members.