

Diamond Post

A photograph of a man and a woman embracing. The woman is in the foreground, smiling and holding a large bouquet of colorful tulips (red, purple, and yellow). The man is behind her, wearing a light blue shirt. The background is a soft, out-of-focus outdoor setting.

May

In this issue ...

Mental Health Tips

Joan Zilner Spotlight

Medical Supply Rentals

and More!



May Observances



Mental Health Awareness Month

Take some time this month to care for your mental health.

Older Americans Month

Come check out our daily living aids at Diamond Medical Supply, all 20% off!



National Nurses Week 6th - 12th

All nursing supplies will be 20% off and scrubs will be 30% off at Diamond Medical Supply!

May Observances



Mothers Day - 12th

Find the perfect gift for mom at Diamond Drug Store for a deal, all gift shop items are 25% off!

World Bee Day - 20th

Check out our Bee Decor at Diamond Drug Store, all 25% off!



National Wine Day - 25th

"Sip" back and relax! Diamond Drug Store's wine decor is 25% off!

Drug Store Specials

670 Philadelphia Street 724.465.4200 Mon-Fri: 8am-6pm, Sat. 9am-3pm



New Wax Melt Scents!



Whimsical Garden Decor!



Spring Home Decor!



Willow Tree Figures -Great for Mothers Day!



National Teachers Day Gifts!



Best Pharmacy

Find the perfect Mothers Day Gift at Diamond Drugs!

- 25% Off The Entire Gift Shop!

- 30% Off All Swan Creek Candles!

1st - 12th

Medical Supply Specials



Best Medical Supply

Check out our great sales at Diamond Medical Supply!

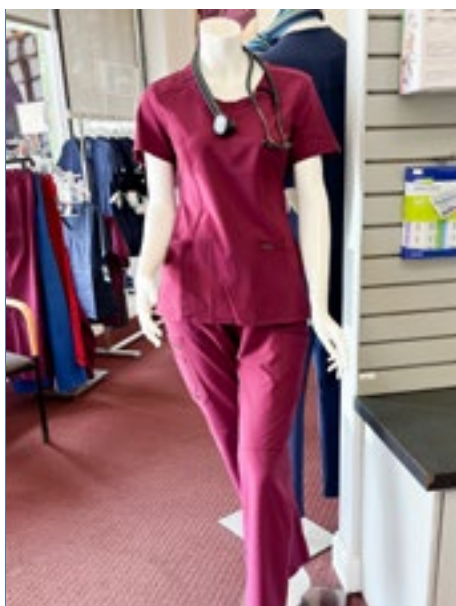
- 20% Off Nursing Supplies
- 20% Off Daily Living Aids
- 30% Off Scrubs



Daily Living Aids!



Nursing Supplies!



1354 Oakland Avenue 724.349.2830 Mon-Fri: 9am-5pm, Sat. 9am-1pm



Mental Health Awareness

Here are a few ways to focus on and protect your mental health. Try to incorporate some of these into your daily life.

Practice mindfulness. Be fully present in each moment. Avoid rash judgment of emotions and sensations. Relish in the positive. Recognize negative situations will shift.

Prioritize sleep. Sleep deprivation leads to poor moods, concentration, and health. Endless studies point to the critical nature of sleep on outlook, performance, and functioning.

Avoid self-medication. Keep an eye out for hooks. If you crave or rely on alcohol, drugs, caffeine, or sweets to escape, numb, or raise your energy, it might be a clue you need new go-to's to raise your dopamine and endorphins.

Step it up. We are wired to walk. The bilateral movement enhances our capacity to reason, problem solve all while improving mood. Consider a step-tracking device to spur you on. Whenever possible, choose stairs over elevators and walking meetings over sit-downs. If you are not able-bodied, leverage the types of movement and exercise available to you.

Unleash your creativity. Novelty and variety are highly beneficial for the brain. Creative outlets and activities are essential. Let your life be art.

Avoid social comparison. Use examples of success as motivation, not self-sabotage. Watch out for people that present a perfect picture of life—their neatly packaged story isn't the full story.

Practice self-compassion. Adopt a kind spirit towards yourself. Constant self-criticism is unhealthy and unproductive. Treat yourself like you would a friend.



Joan Zilner Spotlight



In May, the month where we celebrate Mother's Day, it feels appropriate to share a little about a Mom who is very important to Diamond...the company matriarch, Joan Zilner.

For those of you who may not know Joan, she graduated with a pharmacy degree from Duquesne University in 1960. She cofounded Diamond in 1970 along with her late husband, Gilbert "Gib" Zilner. She and Gib raised four children, one of whom is our CEO, Mark.

Joan, Gib and Mark worked to grow the company (along with a dedicated team) to the national leader it is today. Joan is a trailblazer in her own right, but that apple certainly didn't fall far from the tree. Joan's mother, Lena Gatti, the daughter of Italian immigrants, attended pharmacy school at the University of Pittsburgh, and became the first female pharmacist in Indiana County.

Away from the pharmacy counter, Joan has sat on the boards of numerous civic, community, and charitable institutions, including the Jimmy Stewart Museum, the Saint Vincent DePaul Society Thrift Store and the Indiana County Chamber of Commerce. In 2015, she was inducted into the inaugural class of the Indiana County Business Hall of Fame and was named a Distinguished Alumnae by Duquesne University.

Thank you, Joan for your dedication to your family, your community and to Diamond.



Clearance Corner

Come to Diamond Drug Store and take advantage of our great clearance selection. We have the perfect products for spring and summer!



Medical Supply Rentals



Did you know you can rent mobility aids from Diamond Medical Supply? Get roadtrip ready with these great rentals!

Regular Wheelchair - \$7/Day or \$59.99/Month

22 inch & Up Wheelchair - \$50/Week or \$150/Month

Knee Walker - \$7/Day or \$59.99/Month

Electric Scooter - \$50/Week or \$150/Month

Lift Chairs - \$150/Month





Candle Of The Month

All Candles!

Take your pick of our Swan Creek Candles! Every single scent is 30% off from May 1st - 12th! From Fresh Summer Melon to Fresh Picked Blueberries you're sure to find the perfect scent for you and your loved ones!



Follow Us!



@diamonddrug.medsupply



@diamondpharm



Diamond Drugs & Medical Supply



Diamond Pharmacy Services

Next Issue

Vol. 47 June

Published by:



DRUG STORE
MEDICAL SUPPLY