



## EXTREME HEAT

Some people are more affected by the heat than others. Older adults, infants and young children, those with chronic health conditions, and those taking certain medicines should take extra care.



### Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy or Faint
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less

#### Anyone with these signs:

- Move to a cool space.
- Give plenty of water.

### Signs of Heat Stroke

- High Body Temperature
- Feel Dizzy or Faint
- Confused
- Less Coordinated
- Very Hot and Red Skin

#### Anyone with these signs: **Call 9-1-1**

*This is a medical emergency!  
This person needs medical help right away.*



The best ways to prevent illness related to extreme heat:

- ✓ Spend time in a cool space.
- ✓ Drink plenty of water.



### Dress for the heat

- Wear clothing that is loose-fitting, light-colored, and breathable.

### Hydrate

- Drink plenty of water.
- Offer water often to those in your care.

### Keep the space cool

- Keep the building cool.
- Close blinds to block the sun.
- Open windows at night to let cooler air in.

### Check-In

- Notice how you feel.
- Watch for signs of heat illness in those around you.



### Plan ahead

- Plan outdoor activities for cooler times of the day so you avoid the heat of the sun.
- Check the latest heat alert information and weather forecast.

### Stay informed

### Cool Off

- Take breaks from the heat.
- Spend a few hours in a cool place such as a tree-shaded area or an air-conditioned community centre.
- Use water to help cool-off such as wet towels or a cool shower.



Find out more about heat-related illness, preparing for the heat season and staying healthy in the heat: [fraserhealth.ca/health-topics-a-to-z/sun-safety](https://fraserhealth.ca/health-topics-a-to-z/sun-safety)

APRIL 2021

During the summer months both heat and wildfire smoke can be a health concern. Find out more about air quality: [fraserhealth.ca/health-topics-a-to-z/air-quality](https://fraserhealth.ca/health-topics-a-to-z/air-quality)



Catalogue #267111

To order, visit: [patienteduc.fraserhealth.ca](https://patienteduc.fraserhealth.ca)



# THE DERBY DIGEST

August 2023





#### Mission

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

#### Vision

To be a community committed to compassionate care, innovation and excellence.

#### Values

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.

### August's Bounty

From juicy peaches, blackberries, watermelon, and cantaloupe to sweet corn, tomatoes, and green beans, August boasts a bountiful harvest of scrumptious fruits and vegetables that taste like summer. Grocery stores, restaurants, and local farmer's markets typically have a great variety of fresh offerings, making August a perfect time to boost your intake of these delicious (and nutrient-rich) foods. Savor them while they last!

### With Gratitude...

We would like to say a special thank you to a George Derby Centre community member who wishes to remain anonymous for donating the two new flags flying at our front entrance.

## AUGUST ENTERTAINMENT

### *Friday Townhall Pub*

August 4: Journey Through Polynesia

August 11: Pete Campbell

August 18: John Parsons

August 25: Colleen Durdon



### *Summer BBQ Series*

August 2: Mike & Marie Cronin on BSTN

August 16: Classic Rewind on Lower North



### *August Birthday Party*

August 9: Peter Montgomery in Town Hall

August 23: John Cronin on BSTN

## Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



AUGUST  
EIGHTH  
GLADIOLUS  
GOLF  
HOT  
LEO  
LION (Leo)



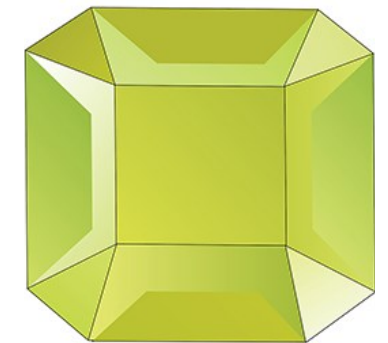
PERIDOT  
SUMMER  
SUNSHINE  
SWIMMING  
VACATION  
VIRGIN (Virgo)  
VIRGO

\*See a Rec. Staff for **prizes** once you've completed the puzzle!



### **Birthstone of the Month - Peridot**

Peridot is a pale-green gemstone that is as popular for jewelry today as it was in ancient times. It was called the “evening emerald” by ancient Romans, who noticed that its color shone even more vividly in lamplight, resembling the deep-green gem. Most ancient peridot came from the Red Sea island of St. John’s. However, it is also found in other areas of the world. In Hawaii, peridot symbolizes the goddess Pele’s tears. Some Hawaiian beaches are packed with tiny grains of peridot that are too small to cut.



### **Flower of the Month - Gladiolus**

The gladiolus represents strength and moral integrity—not surprising when you consider that its name comes from the Latin word for sword: gladius. But while its sword-shaped stems might conjure Roman gladiators, its romantic-looking flowers are capable of piercing a heart with their beauty. Although “glads,” as they are commonly called, are beautiful in the garden, their principal use is for cut flowers. Their range of colors and sizes makes them particularly useful for floral arrangements.



**August Zodiacs**  
Leo (the Lion) August 1–22  
Virgo (the Virgin) August 23–31





Summer Barbeques

## July Outings







GEORGE  
DERBY  
CENTRE

## LIFE AT GEORGE DERBY CENTRE: JULY EVENTS

July at George Derby Centre was filled with joy, laughter, and unforgettable moments for our beloved seniors. We kicked off the month with our much-awaited Friday Townhall Pub sessions, where residents gathered to enjoy live music performances.

During the month of July, we celebrated Canada as the Country of the Month. To honor Canada Day, we organized a fantastic party at Town Hall featuring the talented Comedian Ray Morrison. Additionally, a Mobile Museum Visit enriched our knowledge with local artifacts and intriguing stories about their significance in the area. To immerse ourselves further in Canadian culture, we offered Canadian-themed Virtual Reality experiences, as well as Arm Chair Travel and Cooking Groups focusing on Canadian cuisine.

To embrace the summer spirit, we hosted our Summer BBQ Series on selected Mondays throughout July. On July 5th, the talented singer Peter Tam graced Main South with his incredible performances. Two weeks later, on July 19th, it was the turn of the equally talented singer John Cronin to mesmerize Main North with his exceptional musical skills. The combination of their extraordinary musical talents added a unique and enjoyable twist to our summer BBQ gatherings.

One of the most heartwarming events was the Summer Fun event with families on July 20th, generously sponsored by Rick's Heart Foundation. This marked the first gathering of families at our center after the COVID-19 restrictions were lifted. The joy and love shared among the residents and their families filled the air, creating beautiful memories for everyone involved.

We also celebrated the birthdays of our beloved residents, and on July 12th, we had the privilege of hosting a special birthday party at the Town Hall, where live music was performed. It was a day filled with heartfelt wishes, laughter, and a delicious birthday cake that added sweetness to the celebration.

At George Derby Centre, we believe in creating a warm and engaging community for our seniors. The events in July were a testament to the love and care we strive to provide each day. As we look forward to more exciting gatherings and activities, we are grateful for the memories we made in July and the joy it brought to our cherished residents. Stay tuned for more enriching experiences ahead!

# FUN SUMMER EVENT WITH THE FAMILIES

Heart for Music

GEORGE DERBY CENTRE