



EXTREME HEAT

Older adults, infants, young children, people with chronic conditions, and those on certain medications are especially sensitive to the health effects of heat and should take extra care.



HEAT EXHAUSTION SYMPTOMS

- Skin Rash
- Heavy Sweating
- Dizziness or Fainting
- Nausea or Vomiting
- Rapid Breathing & Heartbeat
- Headache
- Difficulty Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine & Decreased Urination

Anyone with these symptoms should be moved to a cool space and given plenty of water.

HEAT STROKE SYMPTOMS

- High Body Temperature
- Dizziness or Fainting
- Confusion
- Lack of Coordination
- Very Hot and Red Skin

CALL 911 - Heat stroke is a medical emergency and requires immediate attention.



Spending time in a **COOL SPACE** and drinking plenty of **WATER** is the best way to prevent heat-related illnesses.



DRESS FOR THE HEAT

- Wear loose-fitting, light-colored, breathable clothing.

KEEP THE SPACE COOL

- Keep the building cool using blinds to block the sun, and open windows at night to let cooler air in.

STAY INFORMED & PLAN AHEAD

- Reschedule outdoor activities to cooler times of the day and avoid sun exposure.
- Check the latest heat alert information & weather forecast.

HYDRATE

- Drink plenty of water, and offer it to those in your care.

CHECK-IN

- Pay attention to how you feel, and watch for symptoms of heat illness in those around you.

COOL OFF

- Take breaks from the heat by spending a few hours in a cool place (e.g. air conditioned community center, tree-shaded area).
- Use water to help cool-off (e.g. cool shower, wet towels).



For more information on the symptoms of heat-related illness, how to prepare for the heat season and stay healthy in the heat: www.vch.ca/heat

APRIL 2021

During the summer months both heat and wildfire smoke can be a health concern. Find out more about wildfire smoke: www.vch.ca/wildfiresmoke



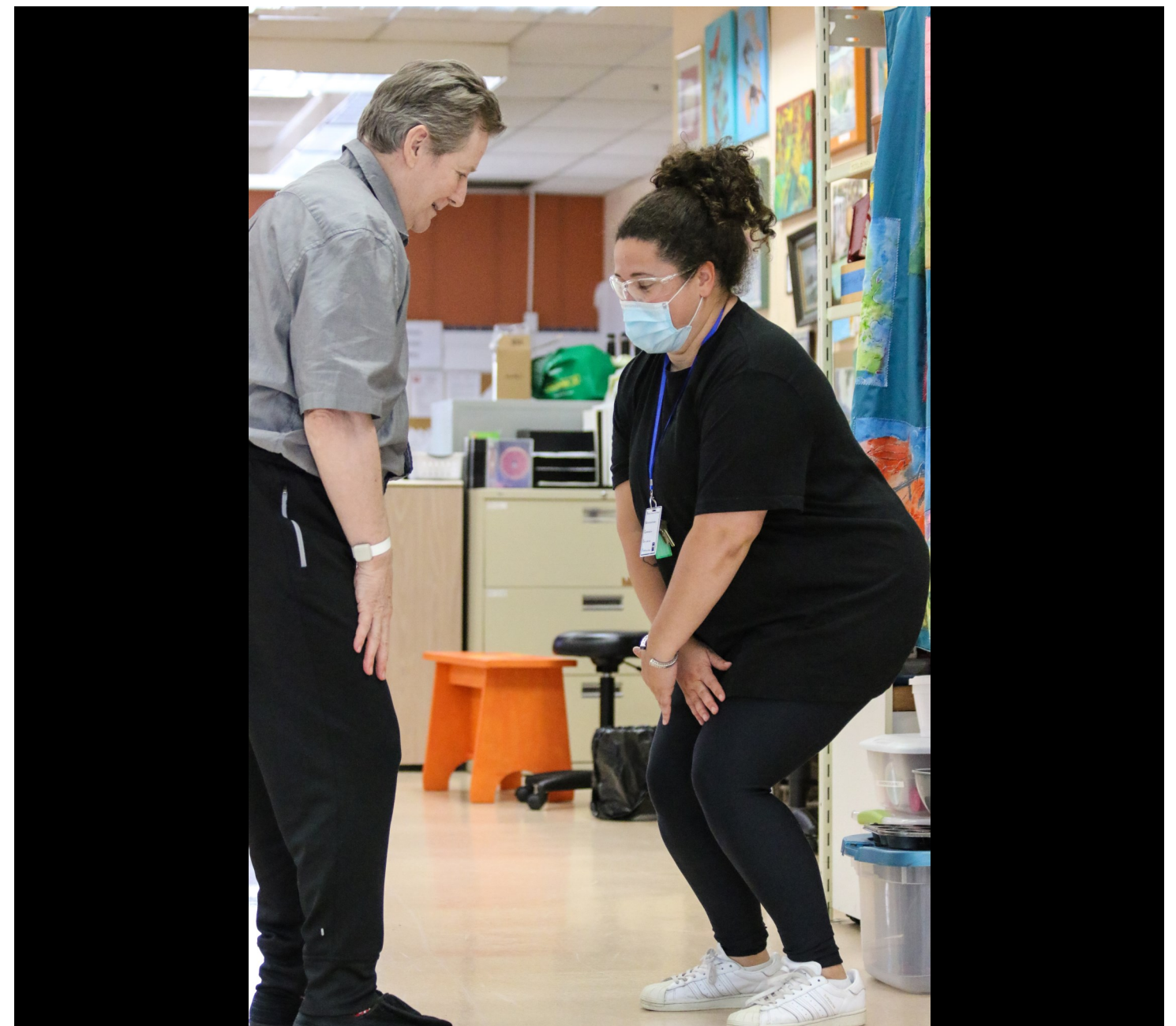
The views expressed herein do not necessarily represent the views of Health Canada.



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

July 2021





GEORGE
DERBY
CENTRE

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.

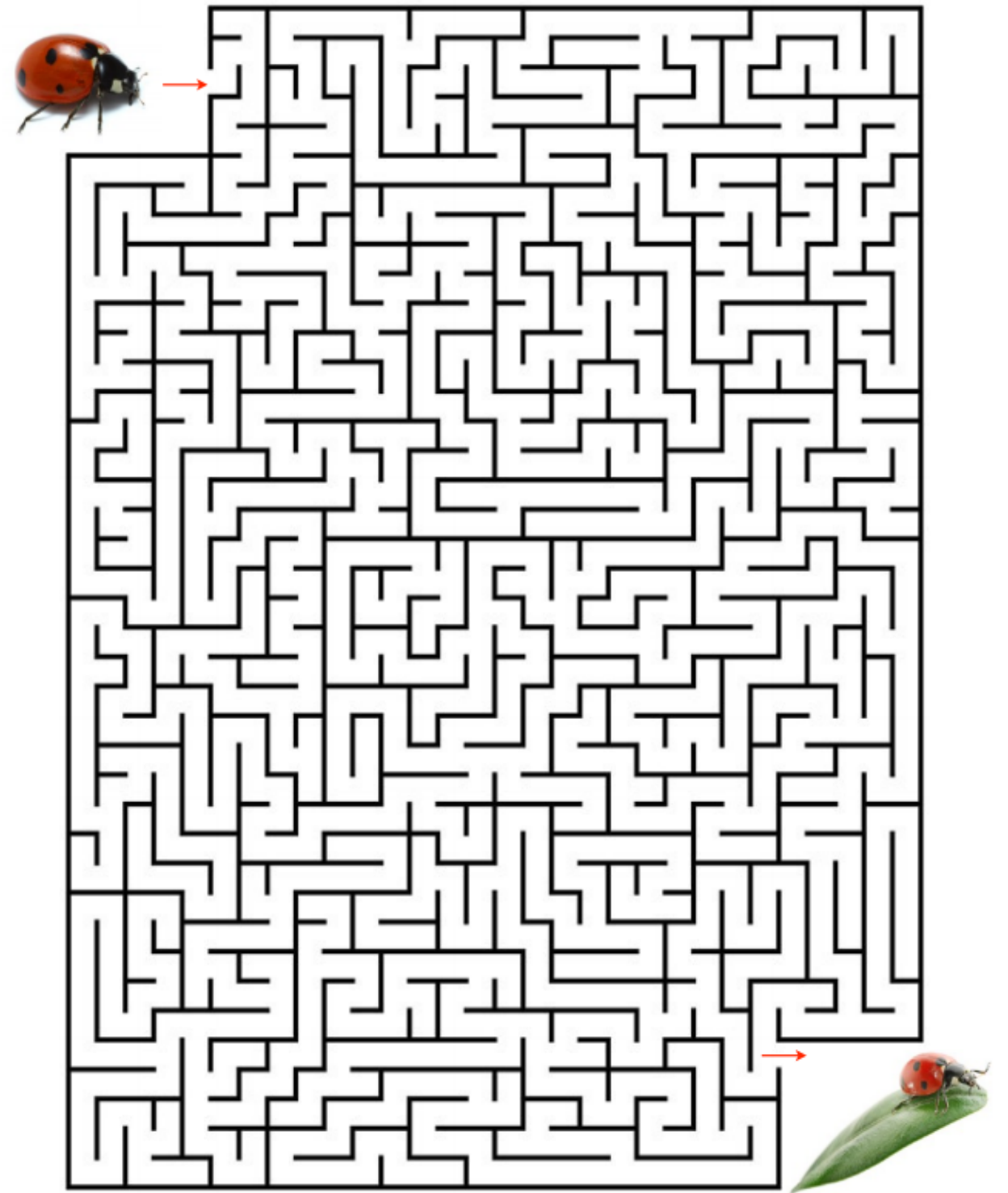
Values

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

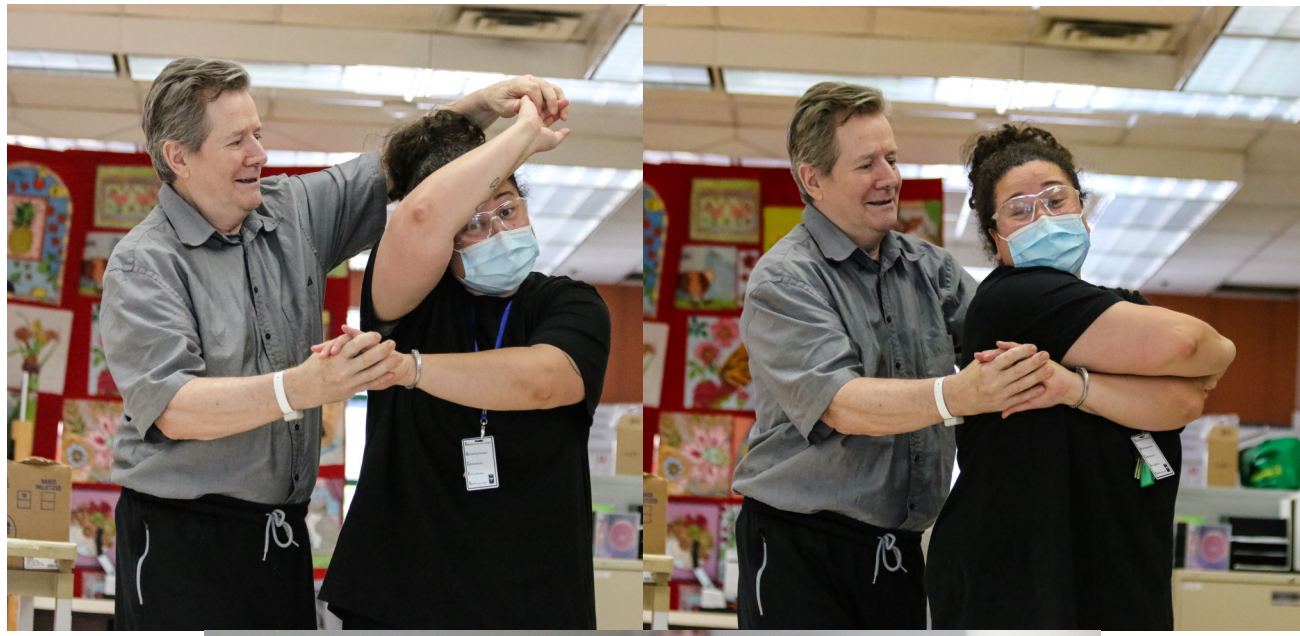


Balloon Ball Fun!

A-Mazing Ladybug



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





Happy Father's Day!



In June we celebrated Father's Day with a 50's themed Dine-In Lunch for all units!

The burgers and milkshakes from 50's Burgers were delicious!!



July Events

Special Events in July

Summer BBQ Series

July 9th: Lower North *feat. Mark Wolfe*
July 23rd: Main North *feat. Kenny Buston*



Summer Fun Event Presented by Rick's Heart Foundation

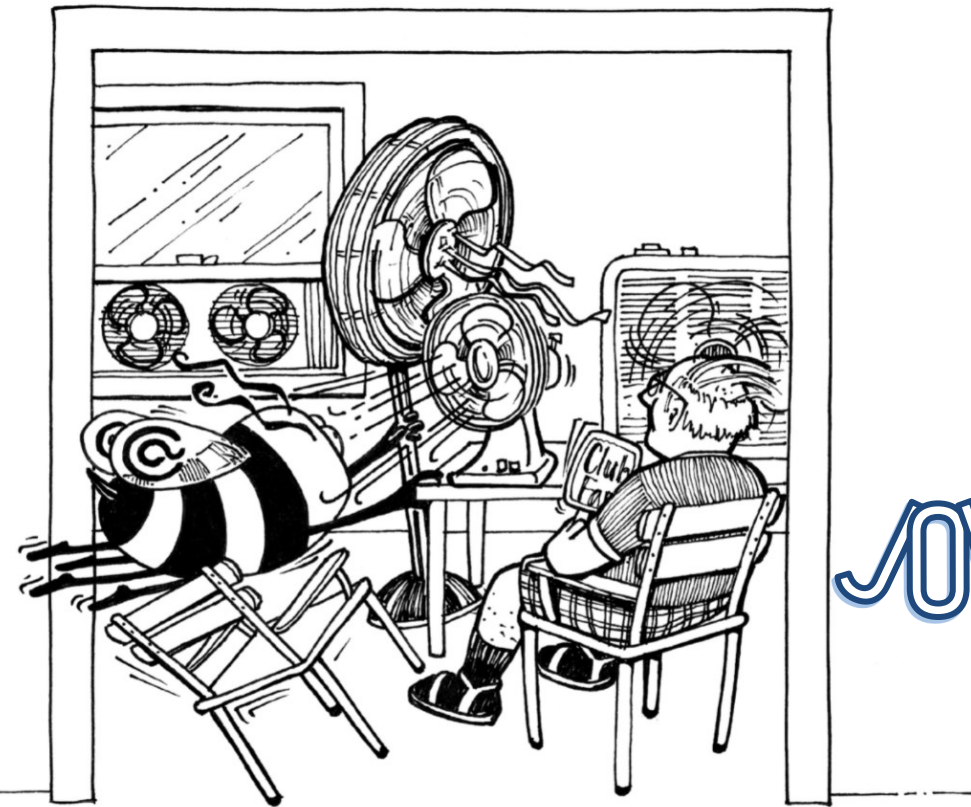
feat. Kosta & MAD Jazz LIVE
July 14th: Main South & Main North
July 21st: BSTN & Lower North

Please note that outside guest participation is TBD. Details to follow.

Bus Outings Cancelled

Unfortunately Scenic Drives have been cancelled until further notice. Our catalytic converter was stolen and the wait time for parts is still to be determined.

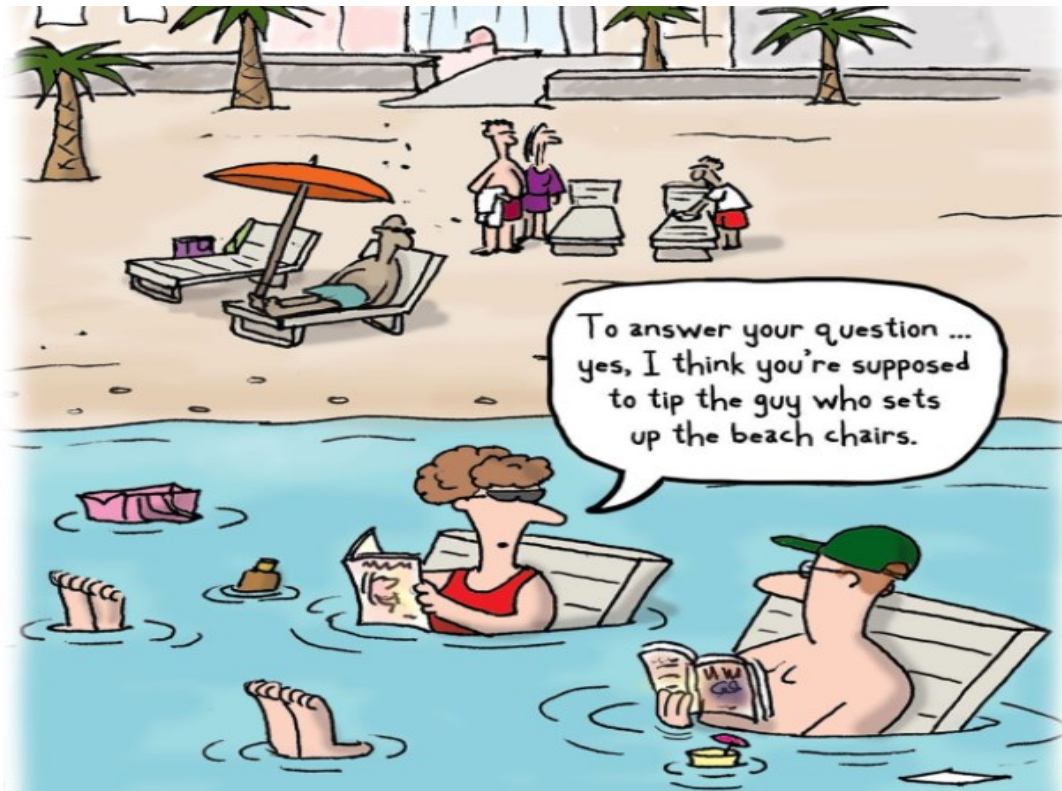




JOKES IN JULY

Another productive fan club meeting.

A.C. Buzzworthy



To answer your question ...
yes, I think you're supposed
to tip the guy who sets
up the beach chairs.

©2010 Dave Blazek See more of Dave at LoosePartsComic.com

Blazek

Barbecue Bash

Unscramble the letters to reveal words associated with a barbecue.

1. ABRDYKCA
2. RHREAGMUB
3. ICNECHK
4. LAEMF
5. THO SODG
6. NRDIEFS
7. SMIUC
8. LALCWSOE
9. RSIKEBT
10. NMLDAEEO
11. EKMSOR
12. GSLTEVEAEB
13. PECISLOP
14. FLMYIA
15. TEBAL
16. HSIRAC
17. KBDEA NBEAS
18. ONMAARCI



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July

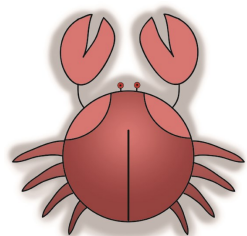
Birthstone of the Month - Ruby

The birthstone for July is the ruby. The name ruby was derived from the Latin word rubens, meaning "red." Like a perfect red rose, the ruby's rich color speaks of love and passion. Called the rajnapura, or "king of precious stones," by the ancient Hindus, the ruby has been a highly prized gem throughout history. The gorgeous stone is also the most commonly named precious gem in the English translation of the Bible. It is thought to offer wisdom, wealth, and success in love, as well as to guard against evil.



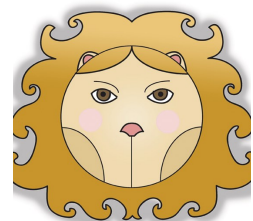
Flower of the Month - Larkspur

The larkspur gets its name from its resemblance to a dolphin. The flower's scientific name, delphinium, is derived from the Greek word delphis, meaning "dolphin." As the larkspur begins to bloom, its petals form graceful arches and curve in a bottle-like shape similar to the nose of the joyful marine mammal. The larkspur is also said to reflect the dolphin's spirit, and a purple larkspur represents the soaring emotions of first love. Larkspurs of all colors are thought to symbolize feelings of lightness, levity, and an open heart.



July Zodiacs

Leo (The Lion) June 23—31
Cancer (The Crab) July 1—22



Happy 100th Birthdays!!



*We celebrated two
100th Birthdays in
June!*

*What an amazing
milestone!*

