



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

July 2022



EXTREME HEAT

Some people are more affected by the heat than other people. Those who should take extra care: people over 65, people with multiple health conditions, people who use substances, people on certain medicines, people who are pregnant, and young children.



Signs of Heat Exhaustion

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

Signs of Heat Stroke

- High Body Temperature
- Drowsy or Fainting
- Confused
- Less Coordinated
- Very Hot and Red Skin

Anyone with these signs:

- Move to a cool space.
- Give plenty of water.
- Cool the skin down with water.

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

- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.



The best way to prevent a heat-related illness is to spend time in a **cool space**.



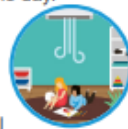
Cool Off

- Go somewhere with air conditioning such as a library, community centre, café, or someone else's home.
- Cool off with water. Take a cool shower. Sit in or put your feet and legs in a cool bath. Wear a wet shirt. Put damp towels on your skin.
- Never rely on fans as the only way of cooling your body during extreme heat. Fans cannot lower your body temperature or prevent heat illnesses.



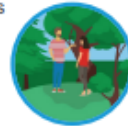
Keep the space cool

- Keep shades and blinds closed during the day.
- If you have air conditioning, keep windows closed to trap cooler air inside.
- If you don't have air conditioning, open windows at night to let cooler air in. Use fans in front of open windows to pull cooler air from outside into your home.



Check-In

- Notice how you feel and watch for signs of heat illness in those around you.
- Monitor the indoor temperature.
- At least 2 times a day, check in on those at risk for heat-related illness.



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.



Plan ahead Stay informed

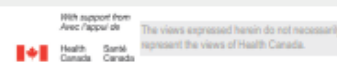
- Check the weather forecast and latest heat alert information. Take it easy during the hottest times of the day.



Find out more about heat-related illness, preparing for the heat season and staying healthy in the heat: fraserhealth.ca/heatsafety

MAY 2022

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



Catalogue #027111 To order, visit: pubmed.ncbi.nlm.nih.gov/





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.

Art Studio is Open!

Mondays: BSTN

Tuesdays: Main South

Thursdays: Lower North

Fridays: Main North

**Please note that common areas are not yet open to families/visitors.*



Rendever Virtual Reality: Resident Portal

What is Rendever?

Rendever enables our residents to participate in shared immersive experiences in a group setting.

Together, they can travel around the world, check off bucket list items - or revisit meaningful places and partake in activities that they've always loved...all from the comfort and safety of our community. Their virtual reality headsets open up and expand the worlds of our residents.



We've seen first-hand how the conversations and connections created during these exciting sessions **reduce social isolation and depression** amongst our residents.

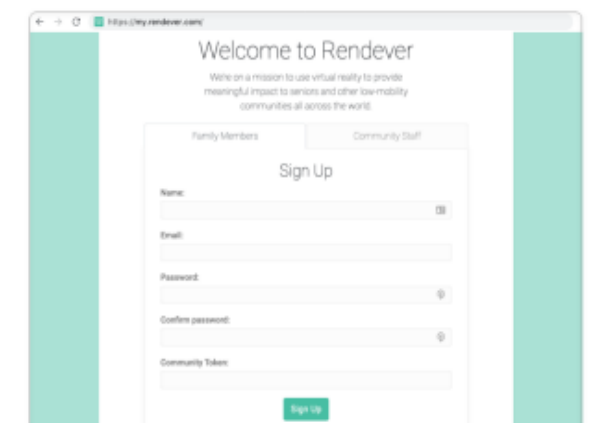
Now, you can get involved by personalizing the experience.

Getting Started is Easy

- 1 To create a profile, visit my.rendever.com
- 2 Enter your **name, email**, and select a **secure password**
- 3 Enter our **Community Token**:

6FA2D246

- 4 **Confirm** your email address via the email you receive
- 5 **Create** your profile and start creating!



Need help? Feel free to email support@rendever.com or call us at 857-800-8032 with any questions you

Mixed-Up Summer Wear

Unscramble the letters to reveal things that you wear in summer.

1. ULBOES _____
2. UEDSSNRS _____
3. ORGAC ASTNP _____
4. FIPL-FSLPO _____
5. SOSTRH _____
6. HIAWNIAA RHITS _____
7. SLSAADN _____
8. LTCTUSOE _____
9. MSIW SURNTK _____
10. ANKTPTO _____
11. IKNIIB _____
12. EGLNSSUSAS _____
13. VSAELOLR _____
14. SWTRA ATH _____
15. LRAEHT PTO _____
16. WIUTMSSI _____
17. KSTRI _____
18. NSKEAESR _____



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

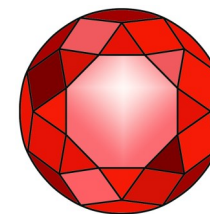
JULY

Flower of the Month - Larkspur

The larkspur, also known as delphinium, is a lovely, tall plant with multiple flowers blooming from a single stalk. Its flowers range in color from deep purples to light pinks. The flower spikes can reach three to six feet tall. Larkspur blooms from early spring through late summer and attracts hummingbirds and bees. The name delphinium, Greek for dolphin, is due to the bottlenose shape of the petals. In Victorian times, the flower was a symbol of light-heartedness, fun, and happiness.



Birthstone of the Month - Ruby



July's birthstone, the ruby, is one of the rarest gems in the world. Rubies come in various shades of red, but those mined in Burma are the most expensive gem per carat in the world. Because of their superior crimson color, Burmese rubies are called "pigeon's blood." In many Asian countries, the gems were laid beneath new buildings to bring good fortune. The stone is said to guard against attacks and attract friends. It is a symbol for devotion and is a traditional gift for those celebrating 15th or 40th anniversaries.



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



June Outings!



Our Rocky Point ICE CREAM Flavours

Standard Flavours:

Black Licorice	Hokey Pokey
Banana Fudge	Lemon Yogurt Cookie
Birthday Cake	Mint Flake
Brown Butter Pecan	Matcha Green Tea
Bubble Gum	Maple Walnut
Chocolate	Rum Raisin
Cookie Dough	Rocky Point Road
Cookies n' Cream	Raspberries n' Cream
Cotton Candy	Salted Caramel
Chocolate Peanut Butter	Strawberry
Double Chocolate Raspberry	Tin Roof
Earl Grey n' Honey	Vanilla
Espresso Flake	🐕 Doggie Cone (for dogs!)

Seasonal Flavours:

- Frankenstein
- Elise's Capstone Project

Plant-Based Flavours:

- Plant-Based Ch...
- Plant-Based M...
- Plant-Based Co...
- Plant-Based Strawb...



Patio Season is Here!

With the weather warming up, we will be running programs on the patios and going for outdoor walks.

Please bring a hat and sunscreen for your loved one so that they can enjoy the sunshine safely.

Bus Outings in July

Lower North: July 19th & 26th

BSTN: July 22nd & 29th

Main South: Mondays

Main North: Thursdays

