



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.

Stay informed

- Check the latest heat alert information and weather forecast.

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

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



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



THE DERBY DIGEST

September 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.

The Month of Fire

While we associate September with going back to school, apples, and the start of fall, in ancient Rome, the month was devoted to the Vulcan god of fire and forge. Romans thought September was ruled by Vulcan and expected fires and earthquakes this month. This makes sense, as forest fires tend to occur in early fall, and the reds, oranges, and yellows of fall foliage look a lot like fire.

*"Happily, we bask in this warm September sun,
which illuminates all creatures..."*

- Henry David Thoreau

SEPTEMBER ENTERTAINMENT

Friday Townhall Pub



September 1: The Fabulous Fera Brothers

September 8: Mike & Marie Cronin

September 15: Peter Montgomery

September 22: Mike Kinal

September 29: Mark Wolfe

September Birthday Parties

September 6:

Sitewide Birthday with Greg Alcock (Town Hall)

September 20:

BSTN Birthday with Gordy Van Ieperen

Searching for September

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

T C O R N S T A L K S B S A A
 L L H G Z K K N Y A X M T P H
 T L I K C P G Q Z O B S N P A
 S J A A G N O Q R K I O E L N
 C Z N F I E T A R G I M R E A
 A H J N O L N Y A H T M A S H
 R C N B M G X C B I V Y P L S
 E A R C E T O K K U S S D E A
 C T S E F R E B O T K O N R H
 R I X Q N Y E L L O W N A R H
 O Z G S Y O M K I P P U R I S
 W O G Q L O A Z M Q W A G U O
 I N D E P E N D E N C E A Q R
 L U F R O L O C I O B I A S I
 D I I O M T S B C I Y O P Z P



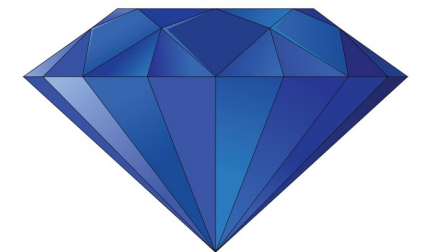
- | | | |
|------------|--------------------|---------------|
| ACORNS | GRANDPARENTS (Day) | ROSH HASHANAH |
| APPLES | INDEPENDENCE (Day) | SCARECROW |
| CANNING | (Mexico) | SQUIRRELS |
| COLORFUL | LABOR (Day) | SUKKOT |
| CORNSTALKS | MIGRATE | YELLOW |
| FALL | OKTOBERFEST | YOM KIPPUR |
| | ORANGE | |

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

September

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

Virgo (the Virgin) September 1-22
 Libra (the Scales) September 23-30



August Highlights!

