






THE DERBY DIGEST

JULY 2024

WHAT TO LOOK FOR	WHAT TO DO
HEAT EXHAUSTION	
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out) 	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour
HEAT STROKE	
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness 	<ul style="list-style-type: none">• Call 911 right away, heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink

 **VISITING NURSES**

Source: CDC





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.

Bus Outings

Unit outings

July 9th

July 16th

July 25th

July 30th



Legions Visits

- RCL #133 July 2nd



July Activities in Season for Elders

CaregiversActivitySource.com

- Make fun patriotic desserts and patriotic ribbon wands
- Make ice cream sundaes with homemade strawberry sauce
- Make a list of indoor activities to do during really hot days
 - Plan a picnic with the Grandkids
 - Visit a Botanic garden, park garden, or neighbors garden
 - Reminisce about the family
 - Make homemade ice cream
 - Stay up to see the stars in the night sky
 - Do some porch sitting with a glass of lemonade
 - Reminisce about summer
- Plan a family reunion with the whole family or just a few folks
 - Take a drive to visit a state park
 - Visit a farmers market then plan a meal
 - Read short stories
 - Do some simple nature painting
 - Make a suncatcher



Senator's Message

Happy Canada Day! Bonne fête du Canada! 즐거운 캐나다 데이 보내세요!

We are truly blessed to be living in Canada, a country that exemplifies the best of diversity and democracy, where we enjoy the freedoms that were hard fought and won by those who served and sacrificed their lives in past wars and conflicts. As we look back on the month of June, it was a busy month with late night sittings in both houses of Parliament, to ensure that important legislation was carefully debated and examined. The spring sitting came to an end with a Royal Assent ceremony in the Senate Chamber with Her Excellency The Right Hon. Mary Simon, Governor General of Canada. June was also filled with important anniversaries and commemorations in Ottawa; Deafblind Awareness Month, Filipino Heritage Month, the 74th anniversary of the breakout of the Korean War and the historic 80th anniversary of D-Day. We now look ahead to the summer months that will be filled with local festivals and community celebrations. We will also commemorate Korean War Veterans Day on July 27th marking the 71st anniversary of the Korean War Armistice, and National Liberation Day of Korea on August 15th. As always, my office and I are ready to serve you to the best of our abilities. Best wishes for a safe and memorable summer!

- Senator Yonah Martin



The Month Of July

BIRTH STONE



RUBY

BIRTH FLOWER



WATER LILY / LARKSPUR

STAR SIGNS



CANCER & LEO

Personality

People born in July are caring, sympathetic, sincere and well loved by those close to them. They have the potential to be geniuses, but are also sensitive which could make them prone to depression. They appreciate alone time, but when they do make friends - it's for life.

Did you know...

- July was named in honour of **Julius Caesar**, it being his birth month.
- Ruby (the July Birth stone) is the **hardest natural gemstone** after diamonds.
- The first ever **Tour De France** race took place on 1 July 1903

Special Days



06 JULY
International
Kissing Day



17 JULY
World
Emoji Day



24 JULY
International
Tequila Day



30 JULY
World
Friendship Day

Famous July Birthdays

Julius Caesar, Frida Kahlo, E.B. White, Henry David Thoreau, Nelson Mandela, Ernest Hemingway, Amelia Earhart, Stanley Kubrick, Beatrix Potter, Tom Cruise, Jennifer Lopez and Priyanka Chopra.

TOWN HALL ENTERTAINMENT



- July 5th / Michel Turner
- July 12th / John Parsons
- July 19th / Gordy Van Ieperen
- July 26th/ Mike & Marie Cronin

- **Monthly Birthday party**
July 31st with Mike Kinal



Bingo , Tuesdays and Fridays Town Hall at 10 am.



Name: _____ Date: _____

- BARBECUE
- BEACH
- COOKOUT
- FIRECRACKER
- FIREWORKS
- FLAG
- FLIP FLOPS
- FOURTH
- FREEDOM
- HEAT
- HIKING
- ICE CREAM
- INDEPENDENCE
- LEMONADE
- OUTDOOR
- PARADE
- PARK
- PATRIOTIC
- S'MORES
- SUMMER
- SUNBURN
- SUNSCREEN
- SUNSHINE
- SWIMMING
- TRAVEL
- WATERMELON
- WATERPARK



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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