

### WHAT TO LOOK FOR

## WHAT TO DO

## **HEAT EXHAUSTION**

- Heavy sweating
- · Cold, pale, and clammy skin
- · Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- · Fainting (passing out)



- · Move to a cool place
- · Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- · You are throwing up
- Your symptoms get worse
- · Your symptoms last longer than 1 hour

## HEAT STROKE

- High body temperature (103°F or higher)
- · Hot, red, dry or damp skin
- · Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness



- 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

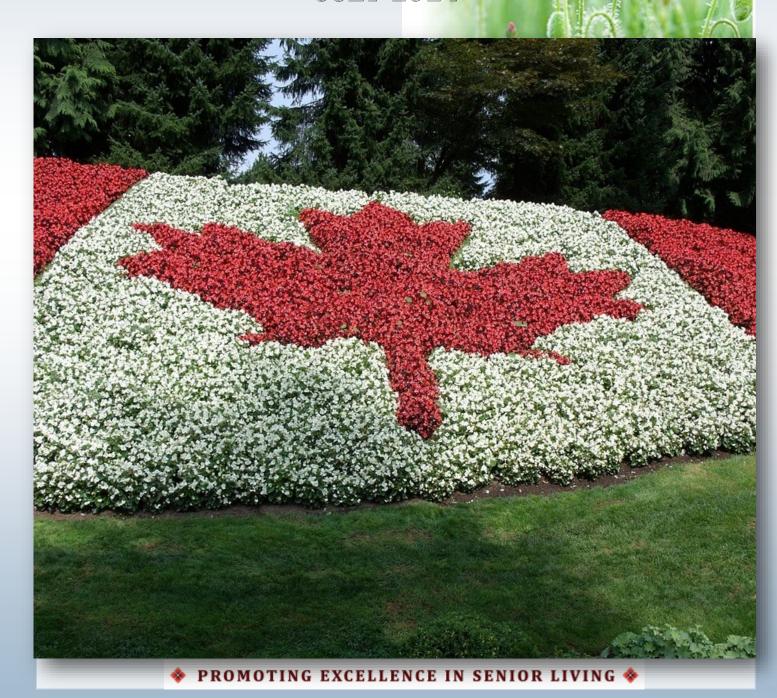


Source: CDC



# THE DERBY DIGEST

JULY 2024





#### 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



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 in 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 live sin 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 lookahead 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





WATER LILY / LARKSPUR

STAR SIGNS



CANCER &

## Personality

sympathetic, sincere and well loved the potential to be geniuses, but are also sensitive which could make them prone to depression. They

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

Emoji Day





24 JULY

International Tequila Day



World Friendship Day

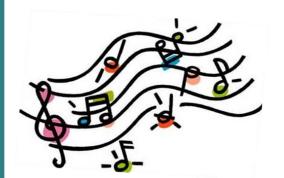
30 JULY

Famous July Birthdays

Julius Caeser, Frida Kahlo, E.B. White, Henry David Thoreau, Nelson Beatrix Potter, Tom Cruise, Jennifer Lopez and Priyanka Chopra.

**ELITTLE PICTURE COMPANY** 

## 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.



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SUNBURN

SUNSCREEN

SUNSHINE

SWIMMING

TRAVEL

WATERMELON

WATERPARK