



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

Anyone with these signs:

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

Signs of Heat Stroke

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

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.



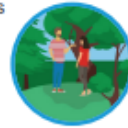
Keep the space cool

- 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

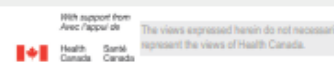
- Check the weather forecast and latest heat alert information. Take it easy during the hottest times of the day.



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: patermeduc.fraserhealth.ca



THE DERBY DIGEST

August 2022





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

Wednesdays: 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.

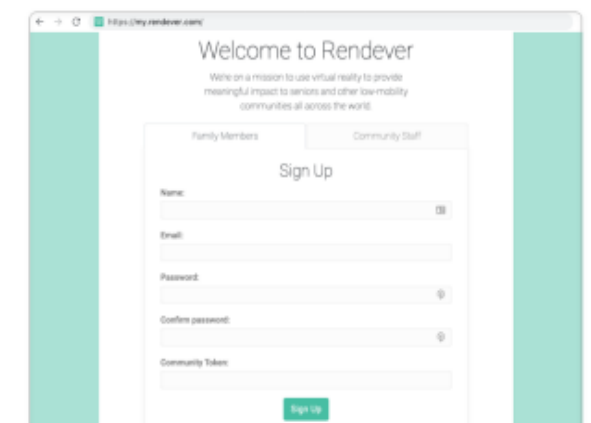
Now, you can get involved by personalizing the experience.

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

Searching for August

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

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

AUGUST
EIGHTH
GLADIOLUS
GOLF
HOT
LEO
LION (Leo)



PERIDOT
SUMMER
SUNSHINE
SWIMMING
VACATION
VIRGIN (Virgo)
VIRGO

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

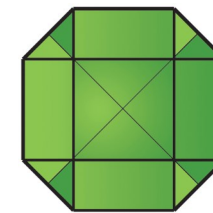
August

Flower of the Month - Gladiolus

Gladiolus are August's flower. This lovely flower represents strength and integrity—not surprising when you consider that its name comes from the Latin word for sword, gladius. While its sword-shaped stems might imply Roman gladiators, its romantic flowers are capable of piercing a heart with their beauty. This might be why infatuation is another of this flower's meanings. Gladiolus, or “glads” as they are commonly called, come in a range of colors and sizes, making them a versatile mainstay in floral bouquets.



Birthstone of the Month - Peridot



In 1912, the American National Association of Jewelers adopted the peridot as the official birthstone for August. The pronunciation of this gem is often confused: it is correctly pronounced PAIR-uh-doh, not PAIR-uh-dot. Peridot is a green gemstone that is as popular today as it was in the past. It has been found in ruins of ancient Egypt and Greece. It was often called the “evening emerald” by ancient Romans, who noticed that its green color shone even more vividly in lamplight, resembling deep-green emeralds.



August Zodiacs
Leo (The Lion) August 1-22
Virgo (The Virgin) August 23-31



Summer Fun Event!



Classic Hollywood



STAR OF THE MONTH

SHELLEY WINTERS

Can You Guess?



1. Winters lived briefly with another famous Hollywood blonde. Can you guess who?

- A. Jean Harlow
- B. Marilyn Monroe
- C. Jayne Mansfield
- D. Mae West

Shelley Winters Quotes

- “I have bursts of being a lady, but it doesn’t last long.”
- “My face was always so made up, it looked as though it had the decorators in.”
- “Every now and then, when you’re onstage, you hear the best sound a player can hear. It’s a sound you can’t get in movies or in television. It is the sound of a wonderful, deep silence that means you’ve hit them where they live.”
- “I am the modern, intelligent, independent-type woman. In other words, a girl who cannot get a man.”
- “If a play is good and you’re effective in it, you suddenly hear a silence that is loud, and that moment makes the whole schmageggy business of an actor or an actress worthwhile, because you suddenly know that they are human beings like you, who are receiving something from you.”

Summer Vibes



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 August

Lower North: August 9th, 16th, 23rd, 30th

BSTN: August 12th, 19th, 26th

Main South: August 22nd & 29th

Main North: August 4th & 25th

**ARE YOU A KOREAN WAR VETERAN
OR THE FAMILY MEMBER OF A
KOREAN WAR VETERAN?**

YOU MAY BE ELIGIBLE TO RECEIVE THE **AMBASSADOR FOR
PEACE MEDAL** FROM THE GOVERNMENT OF SOUTH KOREA



THIS IMPORTANT MEDAL IS AVAILABLE FOR
ALL VETERANS THAT PARTICIPATED IN THE
KOREAN WAR

JUNE 25, 1950 – JULY 27, 1953 OR 1953 – 1955

FOR MORE INFORMATION CONTACT MR. GUY BLACK;

EMAIL: KOREA19501953@YAHOO.COM

**ATTENTION CANADIAN
VETERANS**

DID YOU PARTICIPATE IN THE CAMPAIGN TO LIBERATE
FRANCE BETWEEN **JUNE – AUGUST 1944** OR
DIEPPE 1942?



THE NATIONAL ORDER OF THE LEGION OF HONOUR
IS FRANCE'S HIGHEST AWARD AND IS AVAILABLE TO
ELIGIBLE LIVING VETERANS WHO PARTICIPATED IN
OR DIRECTLY SUPPORTED THE BATTLES
TO LIBERATE FRANCE IN **1942** AND **1944**

FOR MORE INFORMATION, PLEASE CONTACT MR. GUY BLACK
EMAIL: KOREA19501953@YAHOO.COM