



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

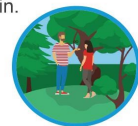
- Drink plenty of water.
- Offer water often to those in your care.

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.
- Check the latest heat alert information and weather forecast.

Stay informed



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.

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To order, visit: patienteduc.fraserhealth.ca



THE DERBY DIGEST

July 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.

July was first called Quintilis, meaning "fifth month." When Julius Caesar . changed the Roman calendar in 44 BC, adding January and February, July became the seventh month of the year. Following Caesar's assassination, Quintilis—the month in which he had been born— was renamed Julius (July) in his honor. However, the name change was not made official until four months later, when the appearance of a comet was taken to be a sign of Caesar's power.

What's Lucky in July?

Lucky Color: Yellow

Lucky Animal: Kangaroo

Lucky Plant: Watermelon



JULY ENTERTAINMENT

Friday Townhall Pub



July 7th: John Parsons

July 14th: Shawn Mckee

July 21st: The Beauty Shop Dolls

July 28th: Peter Williams

Summer BBQ Series

July 5: Peter Tam on Main South

July 19: John Cronin on Main North

August 2: Mike & Marie Cronin on BSTN

August 16: Classic Rewind on Lower North



July Birthday Party

July 12: Mark Wolfe (Town Hall)

Searching for July

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

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

BASTILLE DAY
CANADA DAY
CANCER
CRAB (Cancer)
INDEPENDENCE DAY
JULY
LARKSPUR
LEO



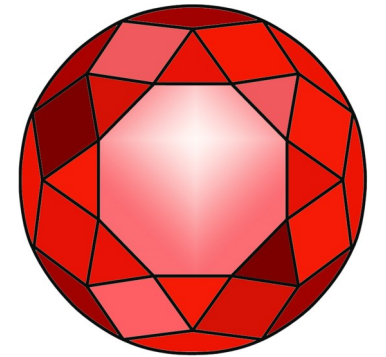
LION (Leo)
RUBY
SEVENTH
SUMMER
SUNSHINE
TOUR DE FRANCE
VACATION
WATER LILY

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

JULY

Birthstone of the Month - Ruby

The ruby is one of the rarest gems in the world. It is revered by many cultures for its deep red color and prized by royalty the world over. These gorgeous stones represent love, invincibility, passion, and protection. Rubies are highly regarded in the Hindu religion; it is said that offering a ruby to Krishna guarantees reincarnation as an emperor or king.



Rubies mined in Burma are the most expensive gems per carat in the world.

Because of their superior crimson color, Burmese rubies are called "pigeon's blood."



Flower of the Month - Larkspur

July's flower, larkspur, has delicate blooms that come in a range of colors, including purple, pink, blue, and white. Larkspur's petals grow together and form a spur at the end, hence its name. The flower is a member of the delphinium family and can range in height from one to seven feet. Ancient uses for delphiniums included driving away scorpions. Early Americans used blue larkspur petals to make dye. The flowers symbolize love and affection. They also are said to convey a feeling of lightness or levity.



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



