



## 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.



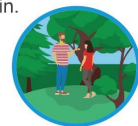
#### Hydrate

- 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](https://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](https://fraserhealth.ca/health-topics-a-to-z/air-quality)



**GEORGE  
DERBY  
CENTRE**

# THE DERBY DIGEST

**June 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.

# Country of the Month

In June we are exploring Italy!

Check the Calendars for:

Dine In Lunch—Pasta!

Virtual Reality Tours through Italy

Exploring the Renaissance

Italian Fashion through the Ages

A Look at Classic Italian Cars

...and more!

## JUNE ENTERTAINMENT

### *Friday Townhall Pub*

June 2nd: Peter Montgomery

June 9th: Colleen Durdon

June 16th: Shawn McKee

June 23rd: Pete Campbell

June 30th: Ray Morrison Comedy



### *June Birthday Parties*

*\* Please note monthly birthday parties are now taking place on each unit*

June 7th: LN with The Fera Brothers

June 14th: MS with Peter Williams

June 21st: MN with The Cronins

June 28th: BSTN with Peter Tennent





## Because We Care

### Territory Acknowledgement

We would like to acknowledge that George Derby Care Society is located on the unceded Indigenous lands of the Coast Salish Peoples, specifically the shared territories of the Squamish, Tsleil-Watuth, Musqueum and Kwikwetlem First Nations.

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### George Derby Centre Update ~ May 29, 2023

I would like to take this opportunity to express my gratitude to all the families of our residents who have supported George Derby Centre over the past three years. Your unwavering trust and understanding have been an incredible source of encouragement for all of our staff. We deeply appreciate your involvement, patience, and faith in our commitment to providing the best possible care for your loved ones. We understand the challenges you have faced, and appreciate all of your support throughout this journey.

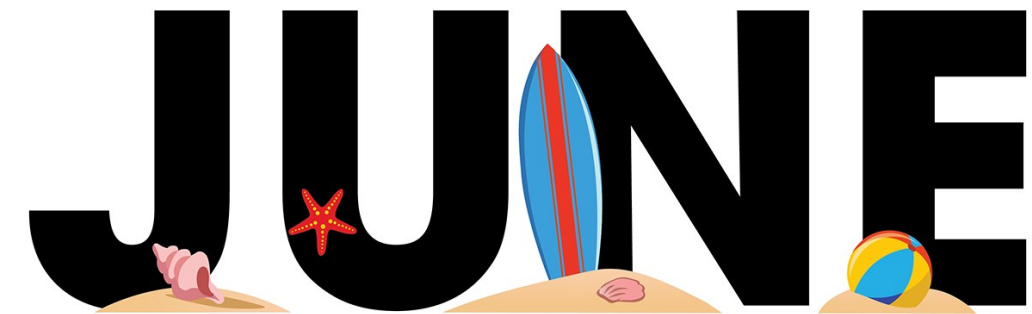
While we celebrate the successes and the achievements, we must also take a moment to remember and honor the residents we have lost. Each of them holds a special place in our hearts, and their memories will forever guide us in our mission. We will continue to cherish their legacy by upholding the highest standards of care and compassion.

As we bid farewell to the past and embrace the future, let us stand united in our commitment to our mission and welcome new residents to George Derby Centre. Together, we will continue to provide the highest quality care, creating an environment where our residents can live with dignity, love, and joy. I have no doubt that, with our collective efforts, we will create a nurturing and fulfilling experience for both our residents and our staff. Moreover, I would like to extend my gratitude to all the staff who have been with us throughout these years. Your continuous support, empathy, and expertise have created an environment where our residents feel cherished and valued. Your tireless efforts in providing exceptional care, ensuring comfort, and promoting the well-being of our residents have made George Derby Centre a second home to them. The love and compassion you have shown during challenging times have brought comfort and peace to both residents and their families.

To our new staff members, I extend a warm and enthusiastic welcome. We are thrilled to have you join our team, bringing your unique skills and perspectives to further enhance the quality of care we provide. Your presence and dedication will undoubtedly contribute to our vision to be a community committed to compassionate care, innovation and excellence.

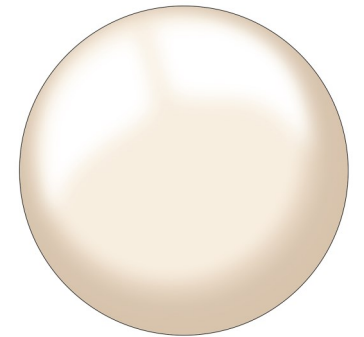
Once again, thank you all for your dedication, commitment, and support. We look forward to journey ahead, with our new residents and families.

Thank you  
Ava Turner, Executive Director



### Birthstone of the Month - Pearl

The birthstone of June is the pearl. Pearls have been celebrated as highly valued gemstones and objects of beauty for many centuries. This is probably why the word pearl has become a metaphor for something rare and valuable (i.e., "pearl of wisdom"). A natural pearl is one that forms in the wild, in an oyster, without any human intervention. Natural pearls are rare. A cultured pearl, on the other hand, is one that is "grown" on a pearl farm. Most pearls on the market today are cultured pearls.



### Flower of the Month - Rose



The flower for June is the rose, perhaps the most universal symbol of romantic love in the world. A yellow rose indicates platonic love, a dark pink rose signifies gratitude, and a white rose symbolizes purity. Roses are also the emblem of the Egyptian god Horus, god of silence. Because of the flower's association with silence, Romans referred to secret meetings and clandestine affairs as having been conducted sub rosa, which translates to "under the rose."



### June Zodiacs

Gemini (The Twins) June 1—20  
Cancer (The Crab) June 21—31



# Happy Mother's Day!



# Gardening & Floral Arranging

