



## 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.



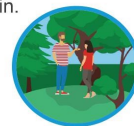
#### Hydrate

- 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)



To order, visit: [patienteduc.fraserhealth.ca](https://patienteduc.fraserhealth.ca)



The views expressed herein do not necessarily represent the views of Health Canada.



GEORGE  
DERBY  
CENTRE

# THE DERBY DIGEST

May 2023

## Happy Mothers Day





### Mission

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

### Vision

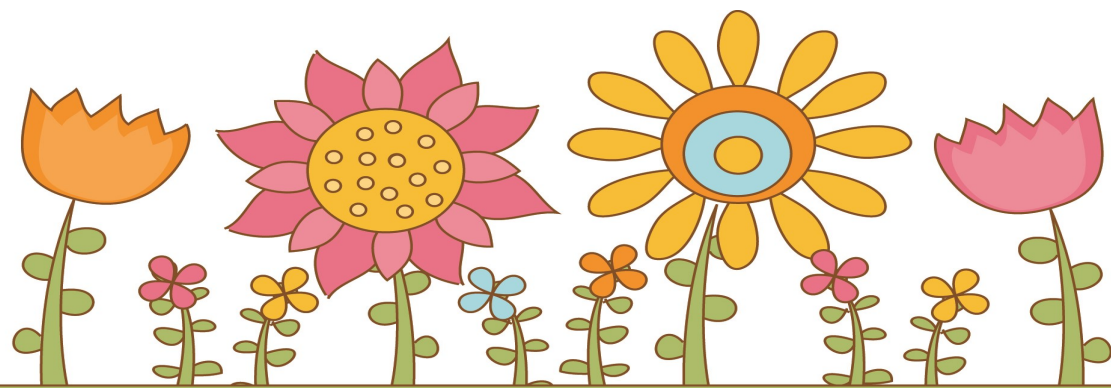
To be a community committed to compassionate care, innovation and excellence.

### Values

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.

## ADOPT A GARDEN!

IF YOU ARE INTERESTED IN ADOPTING A GARDEN SPACE  
TO TAKE CARE OF, PLEASE EMAIL MALLORY AT  
[MYEAGER@GEORGEDERBY.CA](mailto:MYEAGER@GEORGEDERBY.CA)



## MAY ENTERTAINMENT

### *Friday Townhall Pub*



May 5th: John Parsons

May 12th: The Fabulous Fera Brothers

May 19th: Mike Kinal

May 26th: Peter Williams



### *May Birthday Parties*

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

May 3rd: Lower North with Shawn McKee

May 10th: Main South with John Cronin

May 24th: Main North with Andante Choir

May 31st: BSTN with TBD





## Famous May Birthdays

The following people were born in May. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Madeleine **ALBRIGHT**
- B. Yogi **BERRA**
- C. Tony **BLAIR**
- D. Bing **CROSBY**
- E. Ian **FLEMING**
- F. Sigmund **FREUD**
- G. Wild Bill **HICKOK**
- H. Wynonna **JUDD**
- I. Sugar Ray **LEONARD**
- J. Sally **RIDE**
- K. Johnny **UNITAS**
- L. John **WAYNE**

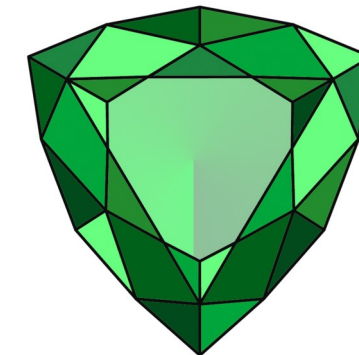
C	Q	G	X	Q	F	B	T	J	O	M	P
H	R	O	N	R	D	H	N	U	R	N	Q
S	R	O	E	I	G	U	I	D	W	I	G
T	A	U	S	I	M	I	S	D	N	P	Y
L	D	T	R	B	W	E	G	L	Y	P	F
T	J	B	I	J	Y	A	L	Q	R	A	X
Q	L	S	E	N	G	O	Y	F	I	R	E
A	E	F	F	B	U	Q	O	N	D	R	Q
F	K	O	K	C	I	H	Z	K	E	E	G
O	O	X	K	G	A	H	G	Q	Q	B	E
Q	R	I	A	L	B	Q	D	R	J	W	M
L	E	O	N	A	R	D	G	F	J	B	C

**Bonus:** Match the person to the correct clue.

- |                         |                                |
|-------------------------|--------------------------------|
| 1. The Duke ____        | 7. Novelist ____               |
| 2. Singer/actor ____    | 8. Championship boxer ____     |
| 3. NFL quarterback ____ | 9. British prime minister ____ |
| 4. Baseball great ____  | 10. Secretary of state ____    |
| 5. Country singer ____  | 11. Psychiatrist ____          |
| 6. Frontiersman ____    | 12. Astronaut ____             |

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

# May



## Birthstone of the Month - Emerald

Emeralds are considered the gemstone of spring due to their rich green color, but officially, they are the birthstone of May. These beautiful stones have long been a favorite of royalty; Cleopatra favored them and had them mined extensively during her reign. Shah Jahan, the builder of the Taj Mahal, wore an emerald talisman inscribed with holy text for luck and protection. Emeralds are the gift associated with a couple's 55th anniversary and are said to symbolize enduring love.

## Flower of the Month - Lily of the Valley



May's flower is a lovely, delicate, fragrant plant that is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold and silver containers. In folklore, it is believed that the scent of this flower in spring air is the signal for the nightingale to begin its seasonal mating song. The lily of the valley is known by several other names, including Our Lady's Tears. According to legend, the tears Mary shed at the cross turned into the flower we know as lily of the



**May Zodiacs**  
 Taurus (The Bull) May 1—20  
 Gemini (The Twins) May 21—31





# Fun in April!



## Families, friends, & visitors: we need your help!

### Volunteers needed in various roles at George Derby Centre:

- Art Studio and/or Sewing Assistants
- Bingo Volunteers
- Townhall Pub & Birthday Parties
- Bus Escorts
- Visiting Companions
- Computer/Tech Support
- Garden Volunteers/Adopt a Garden Bed

To sign up or for more information please contact the Manager  
of Therapeutic Programs and Volunteer Services:

Email: [myeager@georgederby.ca](mailto:myeager@georgederby.ca)

Phone: 604.527.4459

