



THE DERBY DIGEST

September 2022



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

Signs of Heat Stroke

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

Anyone with these signs:

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

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**.



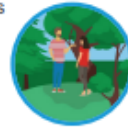
Cool Off

- 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.



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





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.*



Armchair Travel to Hawaii



Making Milkshakes

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

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



BLACKBERRY

ICE CREAM

STRAW

BLENDER

MALT

STRAWBERRY

CARAMEL

MILK

SWEET

CHOCOLATE

MINT

THICK

COOKIES

SCOOP

TOPPINGS

GLASSES

SPRINKLES

VANILLA

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



Flower of the Month - Aster

The aster is a flower with brightly colored petals that unfold in the shape of a star. It is no surprise, then, that these blooms take their name from the Greek word for star. There are about 180 species of aster throughout North America and Eurasia, with colors ranging from purples and blues to reds and pinks. They are an ideal plant for showcasing in gardens, particularly as they symbolize love and patience. Along with chrysanthemums, asters are considered a classic autumn flower.



Birthstone of the Month - Sapphire



September's birthstone is the sapphire. The sapphire has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring to protect himself. Russia's Ivan the Terrible adorned himself with sapphires for strength and courage. And Prince Charles chose a sapphire for Princess Diana's engagement ring because it symbolizes loyalty, respect, and lasting affection. The famous blue sapphire surrounded by diamonds now adorns the hand of Catherine, Duchess of Cambridge.



September Zodiacs

Virgo (The Virgin) September 1—22
 Libra (The Scales) September 23—30



Ladies Tea!



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