



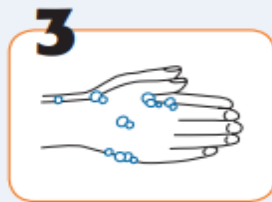
CLEAN YOUR HANDS USING SOAP AND WATER



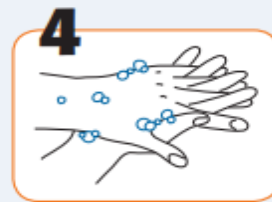
1 Wet hands with warm water.



2 Apply soap.



3 Lather soap and rub hands palm to palm.



4 Rub in between and around fingers and wrists.



5 Rub back of each hand with palm of other hand.



6 Rub nail beds of each hand in opposite palm.



7 Rub each thumb clasped in opposite hand.



8 After 15 to 20 seconds rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.



11 Your hands are now clean.



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

August 2021





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

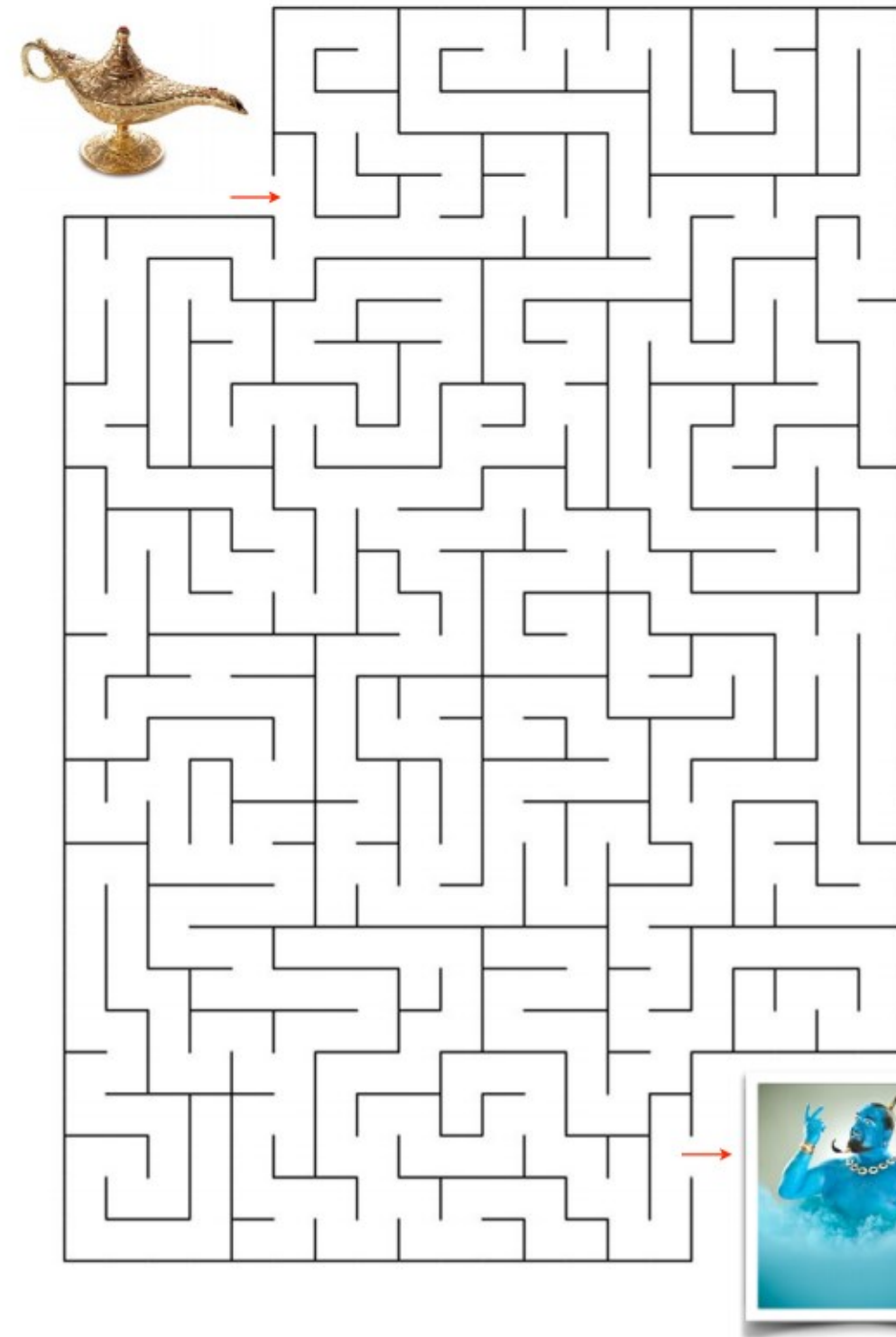
Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.



*Remembering Those We
Have Lost*

WE THINK ABOUT YOU ALWAYS,
WE TALK ABOUT YOU STILL,
YOU HAVE NEVER BEEN FORGOTTEN,
AND YOU NEVER WILL.
WE FEEL YOU IN THE GARDEN,
WHILE MAKING FRESH BAKED BREAD,
WE HEAR YOU IN THAT OLD DRUM SET,
THE JUKEBOX TUNES THAT LED.
WE HOLD YOU CLOSE WITHIN OUR HEARTS,
AND THERE YOU WILL REMAIN,
WITH WINNING BINGO NUMBERS,
WE STROLL DOWN MEMORY LANE.
WE SEE YOU ON THE STUDIO WALLS,
YOU DANCING IN TOWN HALL,
THE SMILES, HUGS, AND FRIENDSHIPS,
ARE A TREASURE TO US ALL,
YOU SHARED YOUR HOME, YOUR WISDOM,
YOUR LAUGHTER AND YOUR PAIN,
YOU BROUGHT US JOY AND MADE US BETTER,
A FAMILY WAS THE GAIN.

A-Mazing Genie



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



Summer Fun Events!

Heart for Music



Thank you to Rick's Heart Foundation and their Heart for Music program, for putting on the Summer Fun Events at George Derby in July!!

Events on July 14th for Main North and Main South and July 21st for BSTN and Lower North were so much fun! Residents loved the live music and ice cream!

Searching for August

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



AUGUST
EIGHTH
GLADIOLUS
GOLF
HOT
LEO
LION (Leo)



PERIDOT
SUMMER
SUNSHINE
SWIMMING
VACATION
VIRGIN (Virgo)
VIRGO

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August Events

Special Events in August

Summer BBQ Series

August 13th: Main South *feat. Brian Zalo*

August 27rd: BSTN *feat. Mike Kinal*



Bus Outings

Scenic drives have resumed!

Lower North: August 3rd & August 17th

BSTN: August 12th & August 26th

Main South: August 9th & August 23rd

Main North: August 4th & August 18th



Butterfly Memorial Event

This was a province wide event in collaboration with BC Care Providers Association and Engage BC. This event was to commemorate those we have lost during the COVID-19 pandemic, and to acknowledge those who survived. Due to the unexpected extreme heat temperatures, we had to quickly alter our plans to ensure the safety of our Residents. We were able to safely release the Painted Lady Butterflies early in the morning on each units separately. Thank you to all of the Residents and Staff who were able to share this event together. We promise that all those who we have lost are being dearly remembered and honored; as well, the memories we created and shared will be held in our hearts forever.



Music Therapy at George Derby

Music isn't just for musicians— *music is for everyone*. There's something special about gathering around and singing together with family, friends, and even strangers. Maybe you love to sing, and maybe you prefer to just listen. Whatever the case may be, music is for you.

Music therapy programs at George Derby are centred on this very principle: that music is for everyone. Music therapy groups provide an opportunity for residents to connect with one another, to reminisce, to practice gratitude, and to find peace and comfort. Singing and dancing together has a way of bringing people together, staff and residents alike. Please feel free to sing, clap, and dance along even as you walk by, staff and students!



Music can be fun, but it can also be much more. One of the greatest strengths of music therapy in long term care is the alleviation of depression and anxiety. If you notice yourself or someone else feeling low, anxious, or having trouble adjusting to their new home here, come talk to Darby, the Music Therapist, about it. Whether you're curious and want to know more, or you want to join in, you're always welcome!

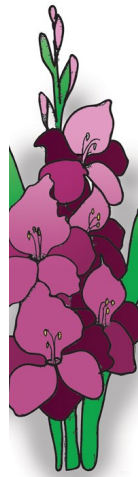
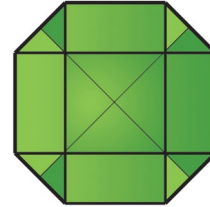




August

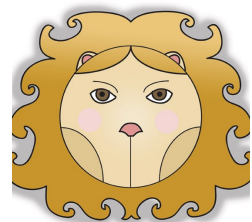
Birthstone of the Month - Peridot

The peridot, the birthstone for August, takes its name from the French word for “unclear” — perhaps due to the tiny crystals of other minerals trapped inside as this gem grows. Folklore has it that the peridot (a variety of olivine) was so bright it could be mined in the dark. This gem ranges in color from olive to lime green. Its green color is due to its iron content—the higher the level of iron, the browner the stone. The greenest of the stones are often mistaken for emeralds. It’s even thought that many of Cleopatra’s beloved emeralds were actually peridots.



Flower of the Month - Gladiolus

This member of the iris family is the flower for August. Gladioluses are native to the mountains of South Africa, the Mediterranean, and Europe, and are now grown throughout the world. There are about 300 separate species. The North American Gladiolus Council recognizes 28 basic colors, including white, yellow, green, orange, red, purple, blue, and tan. In the language of flowers, gladiola symbolizes strength of character, sincerity, generosity, and imagination.



August Zodiacs

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



Sudoku

Fill in the grid so that all nine columns down, all nine rows across, and all nine 3-by-3 boxes contain the numbers 1 through 9. A number appears in each column, row, or box only once.

3		4		9		1	6	
8	6				2	4		9
		9	7	6	4			
			8					
	8	1		4	9			
				5	6		9	
	5	8	4			9	1	
		2		1		6	8	
9		7	6	8		2	5	4



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