



Newsletter

July 2024



Health Tip:

Staying Safe Under the Sun

You can protect your family and still have fun under the sun.

- **Cover up.** When the UV Index is 3 or higher, protect your skin as much as possible. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy [sunglasses](#), make sure they provide protection against both UVA and UVB rays.
 - **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 3 p.m. The UV index in Canada can be 3 or higher during those times. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.
- **Use the UV Index forecast.** Tune in to local radio and TV stations or [check online for the UV index forecast in your area](#). When the UV index is 3 or higher, wear protective clothing, sunglasses, and sunscreen, even when it's cloudy.
 - **Use sunscreen.** Put [sunscreen](#) on when the UV index is 3 or higher. Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30.
 - **Drink plenty of cool liquids (especially water) before you feel thirsty.** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.
 - **Avoid using [tanning equipment](#).** There is no such thing as a 'healthy' tan. Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of [skin cancer](#).

Did you know?

In extreme heat, some medications may increase your health risk and/or make your skin more sensitive to UV rays. Talk to your health care provider if you have any questions about your medication.



What's Happening at Vegreville Manor?

July 1st – Canada Day

No Activities

**July 2nd – North Pointe Church
Summer Camp Kids**

July 4th – Broken Banjos

Touring Concert

July 5th – Personal Touch Fashions

July 11th – United Church

July 16th – Lisa & Viola Music Duo

July 19th – Tony Mapa /Happy Hour

July 23rd – Bus Trip to Two Hills

**July 24th – Holy Trinity Church
Service**

**July 26th – Jim Davis Band &
Birthday Celebration**

Photo Gallery



Beads & Ribbon Crafting!



National Grape Popsicle Day!



Music by Norman Rice!