

# Newsletter

July 2024



## Upcoming Events

- Resident & Family BBQ
- Ice Cream Social
- Reminiscing
- Show & Tell
- Jeopardy
- Walking Group
- Health Awareness Presentation
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Outdoor Games
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy

**Stay safe & enjoy Spring  
Everyone!!!**

## *A message from the Activities Convener...*

Hello all,

If you want to use the iPad between 9am-5:15pm Monday-Friday ask Nicholle. Last month we sung, spun, and won prizes during seniors' week. Fathers were celebrated with a violin tribute and some yummy ice cream floats. We enjoyed the first day of summer with a picnic at Rundle Park, what a beautiful day it turned out to be.

This month enjoy our western themed BBQ with family and friends. Outings for this month include NE Park, Ukrainian Village, and Elk Island Park. Don't forget to sign up as there are limited spaces available. Have a look at your recreation calendar for all the details.

*-Nicholle Lloyd*

## Did you know...?

### Sun Safety Tips

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.

Source: Government of Canada

For more information visit: <https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-basics.html> or speak to your health care provider.



**June Birthdays**  
**Helen B. July 3**  
**Roy S. July 5**  
**Jean “John” M. July 8**  
**Ken P. July 9**  
**Elaine S. July 10**  
**Peter R. July 30**

**Want to Volunteer?**

There are many different opportunities to volunteer for whether you want to help with the dining room, welcoming new residents, or in recreation there is a place for you!

Get in touch with:

Nicholle (780-473-5621 Ext. 3240) or  
Jasmine (780-473-5621 Ext. 4534).

**Did you know?**

We hold regular fire drills (2 times per year). There is a fire route plan in every room behind the door.

**Your Safety**

While in our building, the safety of our residents, staff, family, visitors and volunteers is very important to us. Should you notice something that you think is unsafe, or should you experience an incident where your safety was compromised, please complete a Concerns Resolution Form and take it to the Manager. The Manager will investigate your concern and will follow up with you. These forms can be found in a binder on the main floor, next to the sign in/out book.

*Have Great Days*



**Residents received goody bags for seniors' week!**



**Residents celebrating birthdays!**



**Residents at Rundle Park!**