



July 1 is Canada Day  
a Canadian federal  
holiday that celebrates  
the creation of the  
Dominion of Canada  
in 1867



Welcome  
**New Resident**  
Margaret



July  
Birthday  
Wishes to  
Marjorie &  
Elva



May this day  
bring you all the things  
that make you smile!  
Happy Birthday!

**Beat the Heat...and keep your Cool this summer!**

- Stay away from direct sun exposure as much as possible
- Air Conditioning – spend as much time as possible in air conditioned spaces
- Stay hydrated- drink plenty of cool water, clear juices and other liquids and cut back on alcohol, and caffeinated drinks that cause you to lose water in your body
- Dress appropriately- wear loose, light colored clothes and a hat
- Avoid sunburn- where a broad spectrum sunscreen lotion or spray with an SPF of 15 or higher
- Cool down – take tepid (not too cold or hot showers, baths or sponge baths when feeling warm or put a cool wet washcloth or towel on your wrists, ankles armpits and neck



**Residents Advisory**  
Friday July 30  
1:00pm 2<sup>nd</sup> Floor  
Dining Room.  
Everyone welcome!