

Summer 2015



St. Joseph's
Villa Dundas

Summertime is fast approaching and the birds are chirping, the flowers are growing and BBQ's have been turned on. We are so excited about all of the fun events that we host to get you ACTIVE. The Therapeutic Recreation staff are planning a fun packed summer. Every year we celebrate "SENIOR'S MONTH." It is during this month of June that we celebrate each and every person that attends our Adult Day Program and we offer celebratory programs including BBQ's, educational events, entertainment and much more (please refer to the next page for a listing of events).

We have recently had 2 staff additions to the ADP. We welcome Shannon to the team, she is our new part-time program assistant and we want to welcome Alisha back to the program as she has just returned from her maternity leave. I would also like to take this time to notify clients from the special needs room, that Suzy, our Therapeutic Recreationist has recently resigned and has accepted a position closer to her home. We wish her all the best. We will be interviewing new candidates for this position in hopes to find someone who will be a great asset to our team.

We are continually thankful for your support in our program and if there is anyone else that you know that would benefit from our program, please contact Deborah. We currently have some vacancies and we would like to fill these spots as soon as possible. We continue to strive to assist as many adults that we can to help them achieve a better quality of life.

I would like to take this opportunity to wish everyone a wonderful and safe summer. Please remember to bring your hats and sunscreen to the program as this will be useful during outdoor events. As always keep hydrated during these hot summer months.

Please note the following CLOSURE DATES:

Wednesday, July 1st for Canada Day

and

Monday, July 27th to August 9th for our Annual Summer Closure .

We will be reopening on Monday, August 10th, 2015.

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Seniors'
Month



TR CORNER



JUNE IS SENIORS' MONTH!!! We have a lot of things to look forward to in June. Some of our special events include: Entertainment with Aidan Purnell, Elvis (Father's Day Party), Don Dunham, Cameron Caton and Peter Shaw (Strawberry Social). An Annual Wedding Day is also planned and many events focus on the wedding theme. Please feel free to bring in your wedding photos to show and share with the group. Something we all love...BBQ's will start..YUM! Education events are always a great success. This year we are please to announce that our education events include presentations by the K-9 Unit, Hearing Loss Center, Lifeline, Officer Chisholm, St. John's Ambulance Dog Therapy and the CNIB.

JULY

Since we are CLOSED on Wednesday July 1st, we will celebrate Canada Day with Michael Kelly on July 2nd. Other entertainers include Craig Manning, Joan Balentine and Maggie Vida will send us off on our SUMMER HOLIDAYS on July 24th.

AUGUST

Cameron Caton will welcome us back on August 10th. August 12th we will be laughing our troubles away with a Red Skelton Comedy Show. On August 19th we will celebrate our Peach Festival with ELVIS! Finally, our annual summer picnic will be held on Friday, August 28th at the DUNDAS DRIVING PARK..

Please watch your calendars for all upcoming events, dates and times!

LET'S ENJOY SUMMER!!!



Keeping Hydrated while Exercising!

Hydrate, hydrate, hydrate. Maintain salt-water balance by drinking plenty of fluids (preferably water) before, during and after physical activity.

Exercise smarter, not harder. Work out during the cooler parts of the day, preferably when the sun's radiation is minimal — early in the morning or early in the evening. Decrease exercise intensity and duration at high temperatures or relative humidity. And don't hesitate to take your exercise inside, to the gym, the mall or anyplace else where you can get in regular physical activity.

Ease in to summer. Allow your body to adapt partially to heat through repeated gradual daily exposures. "An increase in the body's circulatory and cooling efficiency, called acclimatization, generally occurs in only four to 14 days"

Dress the part. Wear minimal amounts of clothing to facilitate cooling by evaporation.

"Remember, it's not sweating that cools the body; rather, the evaporation of sweat into the atmosphere," Wear lightweight, light-colored clothing in breathable fabrics such as cotton.

Symptoms of heat exhaustion:

Headaches, heavy sweating, cold, moist skin, chills, dizziness or fainting, weak or rapid pulse, muscle cramps, fast, shallow breathing, nausea, vomiting or both.

Symptoms of heat stroke:

Warm, dry or moist skin, strong and rapid pulse, confusion and/or unconsciousness, high body temperature (above 103°F), throbbing headaches, nausea, vomiting or both.

(Barry Franklin PhD Director of Cardiac Rehab and Exercise)

If you have any questions on your routine and fitness plan –see Brenda or Leticia