



# ADP Summer Newsletter



It is so nice to actually see glimpses of summer! We have had breaks from the dark rainy days to warmer sunny ones. This time of year is always exciting as we can start implementing programs outdoors and begin our summer games. Please have a look at our monthly calendars to see what exciting programs we have planned for you.

**Please send a labelled sun hat and sunscreen with your loved one, so they can enjoy the outdoors with us.**

## STAFF CHANGES

At the end of June, we will be welcoming Alisha back to the day program as her maternity leave is coming to an end. With this being said, we would like to thank Kinsey for covering Alisha's position. We are happy to announce that Kinsey has accepted a casual position with us.

## UPCOMING CLOSURE DATES

This is a quick reminder that we are closed for all statutory holidays except for Remembrance Day. We also have an annual summer and Christmas shutdown. Please see the following closure dates:

**SUMMER CLOSURE** - We will be closed on Monday, July 24, 2017 and re-open on Tuesday, August 8<sup>th</sup>, 2017 (due to the Civic Holiday)

**CHRISTMAS CLOSURE** – We will be closed on Saturday, December 23, 2017 and re-open on Tuesday, January 2<sup>nd</sup>, 2018

*We kindly ask that you send in or mail an updated medication list that includes all medications taken per day for your loved one. It is important for us to have an updated record on file.*

## Importance of HYDRATION



### SYMPTOMS OF DEHYDRATION:

- THIRST
- DIZZINESS
- CONFUSION
- FATIGUE
- DRY SKIN/MOUTH
- LESS-FREQUENT URINATION
- INCREASED HEART RATE

Tips to hydrate

- DRINK AT LEAST 64 OUNCES OF FLUID PER DAY
- MINIMIZE THE CAFFEINE
- AVOID ALCOHOL AND SUGARY BEVERAGES
- WHETHER YOU ARE THIRSTY OR NOT, DRINK WATER BEFORE, DURING AND AFTER EXERCISING