



Celebrating 22 Wonderful Years – A Heartfelt Thank You

We would also like to extend our sincere appreciation to all the families who took the time to attend our recent Family Council Meeting, both in person and online. Our next meeting is in September .Thank you as well to everyone who has been helping their loved ones participate in the **Fraser Health Resident and Family Experience Survey** . It is due July 7, 2026.

We are excited to welcome the **Joyful Choir** back this month! Residents can also look forward to a variety of fun summer activities, including Ice Cream Socials, Smoothie Afternoons, our Summer BBQ, and a Fish & Chips Lunch. We are also pleased to have several new volunteers joining our Recreation Department to help make our programs even more enjoyable.

Finally, we would like to wish everyone a **Happy Canada Day!** Please note that **Tuesday, July 1**, is a statutory holiday.

Thank you for your continued support. We wish you and your loved ones a safe, happy, and enjoyable summer!

Family Letter
Anniversary Party
What is Happening
Happy Birthday/
Religious Services
Garage Sale
Beat The Heat



Highlights from our 22nd Anniversary Party



Highlights from our 22 st Anniversary Party







July 6 David M.
July 10 Adam B.
July 11 Rose V.
July 11 Peter K
July 23 Dorothy P
July 24 Paul S.
July 24 Beverly S.
July 25 Gladys H.
Jul 25 Dave S.
July 26 Georgina W.
Jul 28 Victor N.
July 30 Irma D.



Catholic Service



St. Matthews Church
2nd Wednesday of
Month



Punjabi Worship
July 16



It is time to do a clean sweep, reduce and repurpose your clutter by bringing it to the Fleetwood Place Garage Sale Fundraiser. This is a fun way to support fundraising of resident leisure programs. We are accepting donations as listed and all shopping is by donation. Drop off donations to the recreation office or Pia at the front office.

Garage Sale Items

Good Condition

Clothes, Small appliances, Toys

Lamps, Pictures, Outdoors

Kitchen, Linen, DVD's

Books, Kids, Purses

Clothing, Jewelry, Tools

Games, Sports, Home Décor

Electronics, and more

No Knives, No Food Items

No Shoes, No Broken/ No Rusted Items

BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



STAY COOL

Stay somewhere with air-conditioning



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses



STAY SAFE

Never leave infants, pets or children in parked cars



EAT LIGHT

Avoid hot foods and heavy meals



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar



COOL DOWN

Take a cool shower or bath



Oregon Health Authority

Hydration During Extreme Heat – Important Update

When indoor temperatures reach 26°C or higher, we work with all departments to ensure residents stay hydrated throughout the day.

- Extra fluids are offered starting in the morning and throughout the day.
- Residents are at higher risk of dehydration due to factors like reduced thirst, medications, incontinence concerns, and swallowing difficulties.
- Water is often served with juice, iced tea, lemonade, tea, or coffee to increase intake.
- Fluids are best accepted in small, frequent servings with regular encouragement.
- Recreation and physio teams help distribute drinks on weekdays; care staff support hydration during meals.
- Activity programs will be adjusted during extreme heat to reduce exertion.
- Visitors can help by bringing refreshing drinks or encouraging their loved ones to drink—especially in the evenings and on weekends.