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Cynic's Corner

SN OBS

Those that talk as if they had begotten their own ancestors.

Herbert Agar

All Smiles at Boardwalk Dental Palliative Care Fundraiser

It was smiles, service and the scent that goal."

of summer cooking at the Boardwalk For the fundraising day, the clinic Dental fundraising barbeque on Fri- hosted a barbeque, had a raffle and day, May 14. donated all fees paid on May 14 for dental services to the charity gifting year," explains Dr. Pat Keeling, co- total.

"We raise funds for charity every dental services to the charity gifting year," explains Dr. Pat Keeling, co- total.

owner of Boardwalk Dental for the past 16 years with her husband Dr. Peter Culp. "About five years ago, we decided to donate a significant amount to one charity instead of several smaller donations. It seemed a more efficient use of the funds. Every year, we accept applications from different groups and choose a new Complex Continuing Care, Rehabilitation and Palliative Care at BGH, is grateful to Boardwalk Dental for their generosity.

This year, the Brockville & District Hospice Palliative Care Service based at the Brockville General Hos- "On behalf of the Palliative Care team," says Anderson, "I want to thank everyone at Boardwalk Dental for the effort and support. It is sincerely appreciated."

pital is the recipient of Boardwalk Dental's generosity—with a total donation of \$12,318.50. "Our goal each year is \$10,000," says Keeling. "And every year, we exceed

For the fundraising day, the clinic hosted a barbeque, had a raffle and donated all fees paid on May 14 for dental services to the charity gifting total.

"About 90% of our charitable contribution is earned through the donated fees," Keeling says, adding, "I want to thank our staff and clients who support us in this annual fundraiser. It can make for a rather crazy day at the dentist's office with everything going on, but everyone enjoys it."

Sherry Anderson, Director of Palliative Care at BGH, is grateful to Boardwalk Dental for their generosity. "On behalf of the Palliative Care team," says Anderson, "I want to thank everyone at Boardwalk Dental for the effort and support. It is sincerely appreciated."



(l - r, front row) Sherry Anderson, BGH Palliative Care Director; Joan McLaughlin, Executive Director for Brockville & District Hospital Foundation; Dr. Patricia Keeling, owner; Donna Hall and Deborah Burrige-Crooke, staff; (back row, l - r) Dr. Peter Culp, owner; and staff members Emily Twigg, Kim Rennie, Lisa Mercier, and Roxane Bourassa.



Happy Canada Day



BGH Announces New Chief Nursing Executive



Brockville General Hospital is pleased to announce the appointment of Heather Crawford, B.Sc.N, M.Ed, CHE to the position of Vice-President Clinical Services/Chief Nursing Executive. Crawford took the nursing helm on June 14.

"We're very pleased to welcome Heather to the hospital and area," says Ray Marshall, BGH President and CEO. "Her blend of experience and education is a solid asset for us."

Ms. Crawford left Alberta Health Services, as Executive Director Rural and Community Hospitals for the province. Previously she was the Executive Director, Chief of Nursing and Professional Practice for the Peace Country Regional Health Authority.

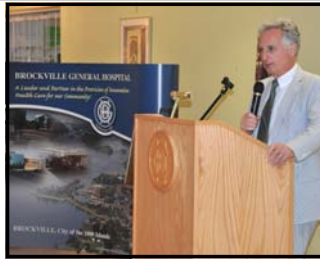
Heather has also served as Vice-President & Chief Nursing Officer at the Health Sciences Centre in Winnipeg, Manitoba; Director – Practice and Policy, College of Nurses of Ontario; and Associate Dean with The Sheridan Institute of Technology and Advanced Learning.

"I am very pleased and excited to have been selected for this position," says Crawford. "I was attracted to both the organization and the community as soon as I entered the city limits. The friendly faces I encountered and the professional appearance of the staff I met during the interview process at BGH were energizing," she adds. "I look forward to meeting everyone and exploring this beautiful community over the next few weeks and months."

A Warm Welcome to the following New Employees

Sherry Tanney—Casual PSP GSS
 Jimmy Weijie Shi—Part Time MRT—DI
 Heather Crawford—Full Time CNE—Administration.
 Aly Kamel—Full Time—Pharmacist Pharmacy

Vice Chair of Canada's Mental Health Commission speaks at BGH Annual General Meeting



Dr. David Goldbloom, Professor of Psychiatry at the University of Toronto and Vice Chair of the Mental Health Commission of Canada, was guest speaker at the Brockville General Hospital's Annual

General Meeting June 21st.

Close to 100 people filled the cafeteria at the Brockville General Hospital Charles Street Site June 21 to hear Dr. Goldbloom's presentation "Stigma and Mental Health", and enjoyed displays featuring the departments, services and history of the 125-yr-old community institution. The Annual General Meeting of the BGH Board of Governors followed the presentation, culminating with the election of three new board members. Dave Gilliland, Sally Wills and Robert Pickens.

"We're very glad that Dr. Goldbloom was able to be here to provide his experience with mental health to the people of our community," says Ray Marshall, President and CEO of BGH. "David is a very engaging speaker and a passionate advocate on mental health issues in this country."

In addition to his clinical and research activities, David Goldbloom is active as teacher with the Faculty of Medicine at University of Toronto. He has won numerous awards, and in 2009 was elected as a Fellow of the Canadian Psychiatric Association. Dr. Goldbloom has written over 100 scientific articles and book chapters, and recently edited a new textbook titled *Psychiatric Clinical Skills*. He has provided numerous talks and lectures to student, professional and public audiences.

Brockville General Hospital celebrates 125 years of service to the communities of Leeds and Grenville Counties in 2010.

BGH LAB GETS LEAN



On June 28, and 29th, the lab management team at BGH participated in a Kaizen session as part of the on-going LEAN management initiative at the hospital. "Kaizen" (Japanese for "improvement" or "change for the better") refers to philosophy or practices that focus upon continuous improvement of processes. It has been applied in healthcare, government, banking, and many other industries. Here, Mike Boucher, Senior Advisor at the Kaizen Institute, provides feedback to Lab Manager Susan Pugh, Laurie Schroeder and Verna Graves.

Thousand Islands Community Development Corporation Donation Kicks Off Palliative Care Golf Tournament

It's about bricks and mortar, heart and soul for Palliative Care Services.

Thousand Islands Community Development Corporation (TICDC) recently presented Dave Publow, Co-Chair of the Friends of Palliative Care Golf Tournament, with a cheque for \$24,000 for the Hospice Palliative Care Service based at Brockville General Hospital. Publow received \$1000 of that directly as a kick-off for the golf tournament, and in tribute as the Brockville Chamber of Commerce Citizen of the Year for 2009.

"I can't think of a more worthy cause to support," says TICDC Executive Director Tom Russell, "or a more worthy Citizen of the Year. When Dave accepted the award from the Chamber, he pledged to continue his work to provide bricks and mortar, heart and soul for the important work the palliative care service provides to this community.

"We have a very responsible Board that makes the important decisions about donations," Russell continues. "They provided this support for the palliative care service and have for years. It's a service that affects everyone."

Along with the \$1000 kick-off for the tournament, \$18,000 was previously allotted to support the Palliative Care Music Therapy Program, and \$5000 was gratefully received by the Resource Library.

The Hospice Palliative Care Service (HPCS) offers support from diagnosis to bereavement and beyond, working with patients and families at home, at long-term care facilities, and at both Charles and Garden Street Sites of BGH. The program receives no government funding and operates entirely through local

fundraising. One of the two major fundraisers for the service is the Annual Friends of Palliative Care Golf Tournament, held each year at the Brockville Country Club. This year, the event is slated for Wednesday, September 1.

"This donation is a great way to start letting the public know our major fundraiser is coming up," says Publow. "We have 80 people registered now, and our capacity is 240 players. Our goal each year is to match what we accomplished last year—for 2009, we raised \$138,000. We hope to meet that goal again."

All donations are made through the Brockville and District Hospital Foundation (BDHF). Funds raised support the Brockville General Hospital's equipment needs and non-government funded programs such as Palliative Care Services and Brockville Cardiovascular Program.

"Without the work of Dave and his team," says Kevin Tackaberry, Chair of the Brockville and District Hospital Foundation, "we couldn't commit to the funding that we do for palliative care. The service needs about \$500,000 annually to operate."

Publow and the palliative care team are grateful to TICDC for the generous donation.

"To have corporations give this kind of support is a tremendous thing," says Publow. "It's a great way for the public to see how involved TICDC is in their community, and it sends a message to other corporations about getting involved. The Thousand Islands Community Development Corporation leads by example." For more information on the tournament, please contact the Foundation at 613-613-345-4478 or foundation@bgh-on.ca.



Heart, soul and smiles for Palliative Care Services: Accepting the donation from TICDC Executive Director Tom Russell (far right) are (l - r) B&DHF Chair Kevin Tackaberry, Friends of Palliative Care Golf Tournament Co-Chair Dave Publow, and Charleen Findon, Courtney Radbourne, Leslie Leeder, Patti Howlett and Joan Schwarze of BGH staff.

Looking for Donations for GSS Garage Sale August 14th

Garden Street Site Garage Sale & BBQ that will be taking place on Saturday, August 14th. We are looking for any used and/or unwanted items that you have at home to sell at our Garage Sale. All proceeds raised will go towards the GSS Residents' Fund to pay for patient activities (bus outings, entertainers, etc.). Small appliances (microwave ovens, toaster ovens, etc.) will be accepted but must be in good working order. Larger items can be dropped off at the Garden Street Site main garage. All items must be approved by Sherry Anderson by calling:(613) 345-5645, ext. 4024. Thank you for your support!

Ergonomic Multidisciplinary Steering Committee Takes Shape at BGH



BGH staff Karey Rutledge and Shelley Weapenicappo take cues on MDS prevention from Ryan Adams of the Ontario Safety Association for Community & Healthcare

Members of the new BGH Ergonomic Multidisciplinary Steering Committee had training sessions June 7 and June 24 on dealing with Muscular Skeletal Disorders in the workplace. The committee is piloting the introduction and facilitation of

the EPIC (Ergonomic Program Implementation Continuum) program into BGH as part of ongoing occupational health initiatives. As a multidisciplinary body, the committee would then have its members return to their various areas to address MSD prevention—through identification and control of related hazards in a participatory approach between staff and management.

“Participation, in the context of occupational health and safety, creates the foundation for all activities that aspire to promote and encourage health and safety in the workplace,” explains Pat Hoy, BGH Manager of Occupational Health and Safety. The Multidisciplinary Steering Committee has been created to support the prevention and elimination of MSD hazards in the workplace using a participatory ergonomics approach. The responsibility for a safe and healthy workplace falls on every person in the workplace.”

Students Serve up “Eats” for Art

It was a tough job, but someone had to do it.

Staff at Brockville General Hospital lined up to enjoy outdoor barbeques on both sites June 9 to start raising funds for a mural project commemorating the hospital's 125th anniversary. The mural will be created and painted by art students at TISS, under the capable eye of teacher Dave Sheridan. Staff Council at BGH has volunteered to fundraise an estimated \$3000 for the cost of the project, due to begin this fall and to be placed inside the Charles Street site.

Pictured is BGH President and CEO Ray Marshall being served some “eats for art” by St. Lawrence College practical nurse consolidation students (l – r) Richard Vallentgoed, Beth Johnstone, Geoff Paul, and Carrie Burns, with BGH Nurse Educator Diane Bowen. Funds raised at both sites totaled \$645.00.



Volunteer Association Supports Brockville Cardiovascular Rehab

The Brockville General Hospital Volunteer Association donated \$20,000 on June 8 to the Brockville Cardiovascular Rehab Unit based at BGH. This is the third such donation to the unit by the Association, bringing the total in support to \$60,000. Maureen Overy, President of the Volunteer Association—flanked by the Directors of the Board of the Association—presents the cheque to Dr. Jay Bhatt, cardiovascular specialist with BGH and one of the founders of the unit. The rehabilitation program has just celebrated a successful inaugural year, with over 70 former car-

diac and vascular patients receiving information, support and guided exercise programs while transitioning into their post-treatment lives. The program is locally created and supported, receiving no government funding



Florence Nightingale Home Foundation and the Order of the Eastern Star Kick Off Foundation's BGH 125th Benefit Gala with \$4000 Donation



Presenting the cheque for \$4000 is Stuart Taylor, Vice President (back row centre), with (front row, l – r) Director Margaret Bell, Secretary Patricia Catt, President Lois Goodall, (back row, left) Treasurer John McMillan and (back row, right) Duncan McFadgen. Gratefully accepting the donation is Dr. Karim Somani (back centre), with Anne Rodger, Director of OR and Maternal/Child at BGH (front, second from right), and Marsha Lindsay, Co-Chair of the B&DHF Black and White Gala Committee (front right).

A generous gesture from the Order of the Eastern Star (OES) and one of its Benevolent Arms—the Florence Nightingale Home Foundation (FNHF)—is the first donation to the Isotope Indicator Fund supported by the Brockville and District Hospital Foundation's Benefit Gala celebrating Brockville General Hospital's 125th anniversary. "We're very happy to have the support," says Marsha Lindsay, co-chair of the Gala with her husband, Dr. Ardis Lindsay, "and very grateful for this donation. The Isotope Indicator costs about \$50,000, so the \$4000 is a wonderful start to the fund." The presentation was made June 3 at BGH, with both directors of the FNHF and members of the OES in attendance.

A generous gesture from the Order of the Eastern Star (OES) and one of its Benevolent Arms—the Florence Nightingale Home Foundation (FNHF)—is the first donation to the Isotope Indicator Fund supported by the Brockville and District Hospital Foundation's Benefit Gala celebrating

"We're pleased to support the purchase of important equipment like the Isotope Indicator," says Stuart Taylor, Vice President OES. "We also congratulate BGH on 125 years of community service and wish the hospital the best for the next 125."

The Florence Nightingale Home Board operated a home in Agincourt from 1928 to 1975, first for orphans and then for the elderly. When no longer financially viable, the home was sold and the interest derived from the capital fund raised by the sale is now used to provide donations totalling \$20,000 annually to accredited hospitals throughout Ontario. The Violet Chapter #206 of the OES in Prescott made the request for donation to the FNHF. The presentation to the Brockville & District Foundation (B&DHF) for the Benefit Gala is the FNHF's 205th such donation since 1982, bringing their total in charitable support to \$1,020,000 to date.

"It's wonderful to have this generous donation toward the Isotope Indicator and it will allow the surgeons in Brockville to provide the entire complement of breast oncology surgery to the community," says Dr. Karim Somani, General Surgeon with BGH. "Breast cancer strikes one out of every eight women in Canada. This equipment is valuable in providing a more accurate stage of breast cancer in patients, and often allows us to limit morbidity associated with extensive surgery." The B&DHF is hosting the Black and White Benefit Gala September 25th at the Brockville Armouries. For more information or to buy tickets, please contact the Foundation at 613-345-4478 or foundation@bgh-on.ca.

Recognizing our BGH Educators

Melodie Cromwell, RPN, graduated from St Michael's Hospital in Toronto. She worked at the Charles Street site for 21 years, then transferred over to the Garden Street site about 12 years ago. Melodie recently completed the Gentle Persuasive Approaches Coaches training. Together with Joe, they will provide the GPA training for BGH hospital staff. Melodie says that the training "...gives you an idea on how to approach patients" and "...helps you to understand the meaning behind the behaviour of some patients."



Joe Hanna, RPN, graduated from St Lawrence College in Brockville in 1987. He initially worked in Toronto for 2 ½ years in nephrology, then worked for 18 years as an orderly at CSS. He has been working at GSS for the past 2 years. Joe recently completed the Gentle Persuasive

Approaches Coaches training with Melodie. Joe states he "...likes education"; he works with different patients and now that he has completed the GPA training, he has more ideas on how to deal with them.

"Never stop learning!"

Cyndi Horsefield Tribute



Cynthia (Cyndi) Horsefield passed peacefully at the Toronto General Hospital on June 9, 2010, after a courageous eight-year battle against lung disease. She was in her 53rd year. Cyndi was Payroll Administrator for the Brockville General Hospital from 1986 to 2009, and is remembered as a great person with a solid work ethic. She was a good co-worker, known throughout the entire BGH organization. Cyndi is survived by her husband Ted, her sons Ian (Amber) and Cory (Krista), her two grandchildren Austyn and Tegan, her mother Ruth (Butcher Gorsline) and her 7 siblings: Beth (Curly), Dave (Janis), Gail (John), Gwen (Don), Ken (Arlene), Sue (Bud), and Tom (Peggy). As per Cyndi's wishes, in lieu of a funeral service a celebration of her life was held on June 18th, 2010, at the Mill Restaurant in Brockville.

Photo credit:

<http://yourlifemoments.ca/sitepages/obituary.asp?oId=399066>

A Big Thank you From the Lions Club

A while ago, Christine-Mary Yassa, Dr.Yassa's daughter, collected used eyeglasses and donated them to the Lion's Club to be distributed to needy people. The Lions Club Inc. has two areas where they send eyeglasses. Almost every year, Paul Mahabar, a member of the Kemptville Lions Club, accompanied by a nurse or two, an ophthalmologist and an eye surgeon, head to Trinidad/Tobago to dispense eyeglasses to needy individuals. Several minor eye operations including cataract surgeries are also performed. The second area is a Lions Eyeglass Collection Centre in Edmonton, Alberta. They dispense thousands of glasses to third world countries everywhere as well as Canada's Far North. "We collect 5,000 to 7,500 pairs of eyeglasses each year in Brockville alone. I'm always amazed, won-

dering where they all come from.", says Ron Pottinger, Lion Sight and Hearing Chairman, BLC.

Some of the stories that come back are truly heart-warming! It's a wonderful experience for someone to be able to see clearly for the first time and a wonderful feeling for those that are able to bring them that renewed sight!

The Lions Club says a big Thank You to Christine-Mary Yassa for taking on such a big project and also to everyone who donated their old glasses! You, too, should be most pleased that you are helping someone, somewhere, enjoy a better life.



Workplace Wellness Events



Marie Piotto (L) - Laurie Maisonneuve

The BGH workplace wellness committee "The Bee Geez" hosted a health fair for employees on Wednesday June 9th. Staff were able to stop by and visit a variety of displays, including Shepell-fgi (our Employee Assistance Program provider); Greenshields; Marion Sudds for a short on-site chair massage; blood pressure check by the SLC consolidation students; Goodlife and Curves gyms; and displays from ARCC and Heart and Stroke. Fruit and vitamins were available for staff to pick up, and there were several draws for prizes throughout the health fair. There was a

follow up blood glucose check for employees on June 18th."



Sandra McKerracher - Melissa Marshall

BGH Lab Staff Testing “100 km in 100 Days”

Some things are just in the blood.

The BGH Medical Laboratory staff is literally taking steps to improve personal wellness, boost mental health, and try some creative teambuilding. “It’s called ‘100 km in 100 days,’” explains Lab Manager Susan Pugh. Pugh read a motivational article about the concept and decided to see if it would ‘fly’ with her staff. “Basically,” says Pugh, “people commit to walking 100 km in 100 days. That’s one kilometer per day, doable in about 15 minutes on your lunch break.”

May 1st was the kick off healthy breakfast in the lab department.

“The response was wonderful,” says Judy Curry, Charge Technologist in Transfusion Medicine who is co-leading what is now called the “Lab 100 Club”. “The sign-up was tremendous. Now most of the staff is out every day, walking one kilometer, and return-



ing to work for the afternoon feeling refreshed.”

Laurie Schroeder, Medical Lab Technologist and co-leader, qualifies the initiative as “friendly competition, but not competitive.”

“This is about taking some first steps with your health,” she says, “about setting personal goals. Being part of a group,” she adds, “encourages individual participation. It’s fun to walk together, and we support each other.”

When the first 100 km is accomplished, the group plans to set new goals to continue and perhaps expand the walking initiative to other departments in BGH.

“When you spend your days providing for the health care of others,” says Pugh, “it’s good to remind yourself that personal wellness is also important.

“We’re taking these 100 days to do just that.”

Learning at BGH

Here are the learning opportunities for July and August, 2010. Please register on line using the Events Calendar on the Organizational Development sharepoint site. For further information or to register, call Jessica X 1335 or Shirley X 1104.

- Monday July 5** **Student orientation:** 8 to 10 am
(CSS room 324)
- Tuesday July 6** **OVID e-library training:** 12:30 to 2 pm
(CSS library)
- Monday July 12** **Orientation:** 8 am to 4 pm
(CSS Room 324)
- Tuesday July 13** **OVID training:** 2 pm (in a department)
- Tuesday July 27** **OVID training:** 2 pm (in a department)
- Monday Aug. 9** **Orientation:** 8 am to 4 pm
(CSS Room 324)
- Tuesday Aug. 10** **OVID training:** 2 pm (in a department)
- Tuesday Aug. 24** **OVID training:** 2 pm (in a department)
- Monday Aug. 30** **Orientation:** 8 am to 4 pm
(CSS Room 324)

Winners of Nurses’ Week ONA Draws

Karen Brummell, Bobbie Annabel, Shirley Coleman, Mary Bailey, Karen Duncan, Cheryl Rennick, Pam Saunders, Anne Howison, Eleanor Stenhouse, Laura Young, Dianne Wing, Karen Gilbert, Janis Easton, Rosemary Vanhartkamp, Sandy Thompson, Rolande McLeish, David Dubois, Julie Lynch, Sue Connerty, Viet Pham, Karen Dawson, Kathy Sands, Angela Lawson-Rimmer, Jennifer Brouwer, Donna Burke, Christine Bax, Helen Ostap, Christine Blasko, Michelle McCabe, Sandra Sherwood.

Seeking Donations of Gently Used Patio Furniture for our 2ND Floor Rooftop Patio at GSS!

Items should be sturdy and heavy enough to not be blown off the roof during high winds or storms. Sample items would be Adirondack chairs, wooden tables, wrought iron or wooden benches, etc.

If you have an item that you feel may be suitable please see Sherry Anderson on the main floor at Garden Street Site. Or, you may contact her at (613) 345-5645, ext. 4024.

Thank you for your continued support!

From picnics to cottages, to patios: summer is a favourite time of year for most people. But as the temperature and humidity rises, so does the risk for heat-related illness. Dehydration, heat exhaustion and other serious conditions can bring a bad end to a good time.

The hot weather and long days allow us to enjoy a lot of time outdoors.

Luckily, by following these tips you can keep your cool and prevent yourself from overheating.

Dress the part

Wear lightweight, loose-fitting and light-coloured clothing instead of dark, tight clothes that hold in heat. Natural fabrics like cotton and linen are more breathable, so try to avoid synthetics. Never forget your shades and, if you have long hair, tie it back away from your face.

Prevent sunburns

Use an umbrella or a light-coloured hat to protect yourself from the sun and regularly apply sunscreen to exposed skin. Sunscreen should be of SPF 15 or higher, used at least 20 minutes before going outside and reapplied every two hours. A sunburn can make it harder for your body to cool itself and can have negative long-term effects on your skin, including certain types of skin cancer.

Drink lots of fluids

Staying hydrated ensures that your body maintains a healthy temperature. Stay away from drinks with alcohol or caffeine, which can actually dehydrate you. Drink lots of water throughout the day—even if you don't feel thirsty.

Eat for the season

Heavy and hot meals only add heat to your body. Try enjoying a diet of cold summer foods like salad and seafood. Make homemade popsicles and smoothies, and munch on frozen grapes, berries or bananas. You can also consider making the most of the outdoors and cook meals on the barbeque.

Keep rooms cool

Close windows, curtains and blinds in the morning to block the sun's rays and to keep your home cool throughout the day. Try opening the windows at night to let in fresh, cool air. Lights and electronics often emit a large amount of heat, so turn these off whenever possible. Set up fans around the house, but just remember that they only move air around and can't cool it down. For the best results, place fans in front of an open window or next to a bowl of ice for a nice breeze.



Find shelter

Spending some time in an air-conditioned building is the best way to escape high temperatures. If you don't have air conditioning at home, shopping malls, movie theatres and libraries are all great places to stay cool.

Get wet

Bathe, shower and soak your feet regularly for an instant cool down. Visit your community swimming pool, fill up the wading pool in your backyard and load up your kids' water toys for active ways to beat the heat.

Shift your routine

If you exercise outdoors, try getting active in the morning or evening when it's likely to be cooler outside and the

air quality—especially on muggy days—tends to be better. Avoid activities in the direct sunlight or on asphalt surfaces and instead get active in the pool or shady areas. Take frequent breaks, regularly replenish your fluids, slow down and pay attention to your body. It's a

good idea to avoid strenuous activities altogether in extreme heat.

Keep an eye out

During a heat wave, regularly check in on family, friends and neighbours. In particular, children, seniors and people with chronic diseases are most susceptible to heat-related illness and some medications may also increase this risk. Never leave anyone unattended in a car and don't forget that pets also need protection from the heat.

Know the signs

Know that if you or someone you're with starts to experience weakness, headaches, dizziness, muscle cramps, nausea, vomiting or a rapid heartbeat following sun exposure—you are probably suffering from a heat-related illness. Try to bring the body's temperature down by getting somewhere cool, drinking water, misting the skin and using ice packs. If symptoms don't improve within 60 minutes, you must contact a doctor. If any of these signs are accompanied with a fever, fainting or confusion, seek medical attention immediately. It's hard not to overindulge during the sunny skies and hot weather of summer—especially if you're in an area where winter consumes more than half your year. By following the simple steps above, you'll stay cool, safe and ensure you get the most out of what the summer has to offer.

Need more information on how to keep cool this summer? Your Employee Assistance Program (EAP) can help. You can receive support through a variety of resources. Call your EAP at 1 800 387-4765 for service in English, 1 800 361-5676 for service in French.

Courtesy of Sheppel-fgi