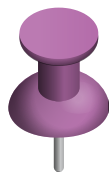




# CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux  
dans Vaudreuil-Soulanges

Newsletter  
june 2024



**june 13, 2024**

Annual general meeting

Location: Omni-Centre, 375 Cardinal-  
Léger, Pincourt

5:45 p.m. – Lunch box and treat;  
Draws and surprises

7 p.m. to 8 p.m. Annual general meeting

If you believe you are witnessing a situation of mistreatment, the Line is there to support you at every step towards resolving your situation.

**1.888.489.2287**



“Mistreatment occurs when an appropriate, singular or repetitive attitude, word, gesture or failure to act occurs in a relationship with a person, community or organization where there should be trust, and whether it intentionally or unintentionally causes harm or distress to an adult. »

## Training offered to employees

The employees of *Carrefour Bienveillance 50 +* have benefited from training in order to learn about animation, both to understand the role of the person who leads, to know their different functions and thus adapt their approach according to needs of the group with which they work.

This workshop allowed them to rediscover the attitudes and behaviors to adopt to achieve the objectives that will promote the success of the information, awareness and promotion activities of well-treatment offered by the organization in addition to helping them to implement established a new support group service for caregivers.

Management would like to highlight the collaboration of *Chartwell Residence* which welcomed us in its magnificent conference room and allowed employees to experience dining among the residents. Thank you for your warm welcome, the service and the little touches that made all the difference in learning!



# HEAT EXHAUSTION



What are the  
**SIGNS AND SYMPTOMS**  
of heat illness?

Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination



If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; water is best.

# HEAT STROKE

High body temperature



Confusion and lack of coordination



Dizziness/  
Fainting



No sweating,  
but very hot,  
red skin



Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:  
• moving them to a cool place, if you can;  
• applying cold water to large areas of the skin; and  
• fanning the person as much as possible.



# Happy Father's Day!



# IT'S VACATION TIME..!



The newsletter will not be published for the months of July and August. We will be back in September

Summer is marked no less by its flies and mosquitoes than by its roses and its summer nights

Paradise is sitting on the terrace on a summer evening and listening to the silence

Our offices will be closed from July 22 to August 2. We will be back on August 5



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