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SCA UPDATE

Memberships and Volunteer Opportunities:

Please visit springbankcommunity.com to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email info@springbankcommunity.com. We need your voices to be heard!



SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



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Please contact us at president@springbankcommunity.com if interested in working with the board.



Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit springbankcommunity.com/membership-join/ to learn more!

BRAIN GAMES

SUDOKU

	8		4		3	6		
					9		8	5
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SCAN THE QR CODE FOR THE SOLUTION



SCAN HERE TO VIEW ADDITIONAL SPRINGBANK CONTENT





Thank You

For another year of fun!

Sprinbank Ladies Time Out thanks all of its members and the Springbank community for their support, and another wonderful year of learning.


Registration for the Fall Session will be

September, 16, 2024

9:00am - 11:00am

Eden Brook Reception Center

24223 Township Rd 242



Check us out online at
springbanklto.com
or on Facebook & Instagram
[@springbanklto](https://www.facebook.com/springbanklto)

Recognizing and Managing Fatigue

by Alberta Health Services



Fatigue is a feeling of physical and/or mental tiredness or exhaustion that impacts your ability to perform at your best. You may feel fatigued because of overwork, poor sleep, worry, boredom, or lack of exercise. Any illness may cause fatigue and it usually goes away as the illness clears up. Most of the time, mild fatigue occurs with a health problem that will improve with home treatment and doesn't usually require a visit to a doctor.

Nearly everyone struggles with being overtired from time to time. Fatigue can be influenced by extended work hours, tough physical or mental activities, and loss of sleep.

Chronic fatigue is a constant state of weariness that develops over time and reduces your energy and mental capacity. Chronic fatigue can impact your emotional and psychological well-being.

Causes of Fatigue

Fatigue can be linked to your habits and routines, which can include:

- Sleep disturbances (e.g. snoring, night sweats, and loud noises)
- Home environment (e.g. window shades, bed surfaces, room temperatures, etc.)
- Level of support (e.g. peer support, family support, etc.)
- Too little or too much exercise
- Dehydration
- Medication
- Alcohol, caffeine, or drug use

Fatigue can impact your health, safety, and productivity at work and in life. In some cases, fatigue is a symptom of an underlying medical problem that requires medical treatment. Remember to reach out to a medical professional when needed.

Fatigue and getting good quality sleep are an important part of maintaining your health and wellness. But how do you know if you are feeling the impacts of fatigue?

Symptoms of Fatigue

The feelings associated with fatigue can be broken into three categories: physical, mental, and emotional. Being mindful of how you experience fatigue can help you understand how to address it.

Physical Signs:

- Yawning
- Drooping eyes
- Rubbing of eyes
- Head drooping
- Digestive problems

Mental Signs:

- Difficulty concentrating on tasks
- Lapses in attention
- Difficulty remembering tasks being performed
- Unable to communicate important information
- Failure to anticipate events or actions
- Accidentally doing the wrong thing

Emotional Signs:

- Quieter or more withdrawn than usual
- Lack of energy
- Lack of motivation to perform tasks

Being proactive and taking care of your health and wellness can help mitigate the risks associated with fatigue. Getting quality sleep – and enough of it – is an important way to manage fatigue.

Tips for a Good Night's Sleep

Sleep is an important part of maintaining your health and wellness. Not getting enough sleep can lead to feelings of fatigue, low alertness, negative mood, lengthier response times, and diminished attention and memory. Over long periods of time, not getting enough sleep can negatively impact health and has been linked to the development of chronic diseases including obesity, Type 2 diabetes, cardiovascular disease, and depression.

Springbank Community Association Summer Camps

Back by popular demand!

Please visit our website at www.springbankcommunity.com to register.

Weeklong full day camps for \$225 (subsidized for Rocky View residents):

- July 2 to 5 - Sports and Play Camp at SPFAS ages 6 to 14
- July 8 to 12 - Sports and Play Camp at SPFAS ages 6 to 14
- July 15 to 20 - Engineering for Kids ages 8 to 13 at EDGE School
- July 22 to 26 - Engineering for Kids ages 5 to 7 at EDGE School
- July 22 to 26 - Rediscover Play ages 5 to 13 at Equestrian Centre
- August 12 to 16 - Rediscover Play ages 5 to 13 at Equestrian Centre



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There are many things that can be done to improve your ability to sleep. Build healthy sleep patterns by:

- **Routines:** establish a pre-bedtime routine that includes quiet relaxing activities. Go to bed and get up at the same time every day.
- **Quiet:** reduce the amount of noise. White noise or earplugs are good options if the room is not quiet enough.
- **Cool:** ensure your room is the right temperature. The body typically sleeps best when the environment is between 18 and 22 degrees Celsius.
- **Dark:** block out as much light as possible. Darker rooms tend to encourage deeper and prolonged sleep.
- **Nutrition:** eat at regular intervals and consume a balanced diet.
- **Minimize distractions:** use your bed primarily for sleeping. Try not to watch television, play on electronics, or consume screen time in excess before bedtime.
- **Caffeine:** minimize caffeine intake prior to sleep. Caffeine acts as a stimulant and can last for up to six hours after consumption.
- **Stress free:** try to reduce stress before sleeping.

Make sleep a priority and allow yourself enough time to get the sleep you need!

What to Do If You Are Experiencing Prolonged Fatigue?

Fatigue that lasts longer than two weeks usually requires a visit to a doctor. This type may be caused by a more serious health problem, such as:

- A decrease in the amount of the substance that carries oxygen in red blood cells (anaemia).
- Problems with the heart, such as coronary artery disease or heart failure.
- Metabolic disorders, such as diabetes.
- Problems with the thyroid gland. It regulates the way the body uses energy.
- Kidney disease and liver disease.

Fatigue is a common symptom of mental health problems, such as anxiety or depression. If you think that your fatigue may be caused by a mental health problem, see your doctor.

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- Dish Rags

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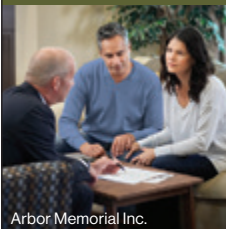
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continued on next page

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continued

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Happy Dominion Day, eh!

Canada Day is celebrated annually on July 1. But did you know that before 1982, it was called Dominion Day? This name reflected Canada's status as a self-governing colony within the British Empire. However, in 1982 it was changed to the patriotic name we know and love today to better assert Canada's independence



SAFE AND SOUND

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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