

# FAMILY UPDATE



July 15, 2021

Hello everyone,

We have some good news on the parking front, some cautionary words about extreme heat, and some photos from our garden sure to make you smile.

## Relaxed enforcement of 1-2 hour parking time limits

Many residential streets around Misericordia Place, including Furby Street, have time limits for vehicle parking. We want our visitors to be aware that until September 30, 2021, enforcement of these time limits is relaxed. So, you can take a little extra time with your loved one and not worry about getting a ticket!

The relaxed enforcement only applies to time limits on parking. All other parking restrictions (i.e., obstructing fire hydrants, parking too close to intersections, etc.) remain in effect.

## Keep everyone safe in the heat

Heat warnings from Environment Canada are expected to continue into next week. Please be aware of steps you can take to keep yourself and residents safe: limit time spent outside; plan to go out during cooler times of the day; wear a hat and stay in shaded areas; take water and stay hydrated. The safest option in extreme heat is to remain indoors. Signs of heat exhaustion can include:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating

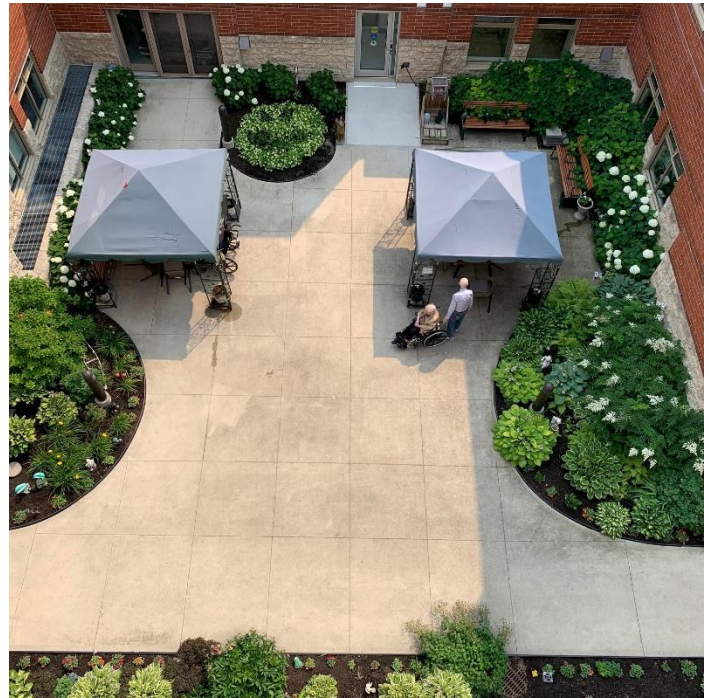


- Faintness/dizziness/fatigue
- Nausea and vomiting
- Weak, rapid pulse/low blood pressure upon standing
- Headache
- Muscle cramps

If anyone is showing any of these symptoms during extreme heat get them indoors and notify MP staff immediately.

### **When you're smiling...**

MP gardeners love to see people smile, and smiling flowers are making it happen!



Yours sincerely,

A handwritten signature in cursive script that reads "Jennifer Taylor".

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