

NEWSLETTER



I Scream, You Scream, We All Scream for ICE CREAM MONTH!

Designated by President Reagan in the early 1980s, July is celebrated as Ice Cream Month, which features Creative Ice Cream Flavors Day on July 1 and Ice Cream Day on the third Sunday.

Did you know... the average American consumes 23.2 quarts of ice cream per year.

- The top three flavors are

vanilla, chocolate, and strawberry, often found in Neapolitan ice cream.

- Other popular flavors include **butter pecan, mint chocolate chip, rocky road, and pistachio.**
- Japan offers unique flavors like **wasabi, sweet potato, and matcha.**

If you could create your own ice cream flavor, what would you include? Would you start with a basic vanilla and add your favorite fruits, candies, or

nuts, or would you start with something unconventional like pineapple-coconut and add bacon bits or hot sauce for a spicy twist?

Looking for something fun to do on a hot afternoon? Host an ice cream social this July for family and friends. Offer a variety of toppings, sprinkles, drizzles, cones, and flavors for everyone to mix and match. Ask each guest to write down their favorite flavor or an imaginary flavor and have fun guessing who belongs to each flavor.



HAPPY BIRTHDAY

RESIDENTS

| | |
|--------------|-------|
| Alice K. | 07/05 |
| Nora G. | 07/07 |
| Anita P. | 07/09 |
| Christoph H. | 07/13 |
| Janet P. | 07/27 |

STAFF

| | |
|-------------------|-------|
| Shelley Beers | 07/01 |
| Rozlyn Gonzales | 07/01 |
| Ida Young | 07/04 |
| Ashley Martinez | 07/05 |
| Sandra Rocha | 07/16 |
| Julien Beers | 07/18 |
| Lala | 07/20 |
| Brittany Paul | 07/23 |
| Totsy Carrion | 07/27 |
| Raquell Rodriguez | 07/27 |

Activity Photo Highlights!



Activity Highlights

Taco Tuesday
Tuesdays 9:30



Movie & Popcorn
Wednesdays @ 2PM



Proud To Be An American Week
July 1 – 5

Flag Raising & National
Anthem July 4th 9:30AM



Red, White & Blue Celebration
July 4th 3 PM

Summer Sunshine Week
July 6 - 12



Luau & Laughter Week
July 13 - 19



Summer Carnival Week
July 20 - 26

Summer Celebration Week
July 27 - 31





TIPS FOR PREVENTING HEAT RELATED ILLNESS

- ✓ **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing, wide-brim hats, and sunglasses. Many brands have offer UPF (Ultraviolet Protection Factor) apparel for added sun protection.
- ✓ **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- ✓ **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of 30 SPF (Sun Protection Factor) or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
- ✓ **Drink Plenty of Fluids:** Drink more fluids, specifically water, regardless of how active you are. Don't wait until you're thirsty to drink. However, be sure to consult with your physician how much water you should consume daily, especially during summer months. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid and become dehydrated sooner.
- ✓ **Updates and Buddies:** Check your local news for extreme heat or UV alerts and safety tips. When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke.

Take Your Text Messages to the Next Level on World Emoji Day

On July 17, celebrate the fun texting phenomenon that is emojis! By definition, an emoji is "a small digital image or icon used to express an idea or emotion."

Designer Shigetaka Kurita is considered to be the founding father of today's emojis.

Fun Fact: The word "emoji" is a blend of two Japanese words: picture and letter.

With emojis, you can add a layer of self-expression and depth to your text messages. Here are several popular ones to try and incorporate:



This emoji is typically not used for something physically hot, but rather to indicate that something is amazing or trending.

Example of how to use:

The volunteer artist workshop event last Tuesday was great! 🔥



The meaning of raised hands can be ambiguous, but is often indicative of praise or agreement about the topic.

Example of how to use:

I agree, the movie night with the family is a great idea for next weekend! 🙌



This emoji is to show intense feelings of extreme sadness or overwhelming joy/happiness.

Example of how to use:

That was my favorite show. 😭
I can't believe it is over.

Are you interested to learn more about emojis, what they mean, and best practices for how they can be used? Visit the website emojipedia.org to learn more.



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MEDICAL RECORDS
Treva Edwards
CENTRAL SUPPLY
Anna Ortiz
HOUSEKEEPING SUPERVISOR
Tony Zamora-Kershaw
TALENT AND LEARNING DIRECTOR



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | U | N | K | H | U | M | Q | I | P | K | J | V | R | G |
| P | X | O | M | V | T | I | F | Y | W | A | X | K | R | H |
| F | B | V | J | B | O | R | E | D | O | M | I | Y | W | I |
| V | I | X | O | A | X | T | C | N | A | A | G | N | S | L |
| M | O | X | R | J | A | D | J | E | J | C | N | D | T | X |
| Q | T | H | M | E | B | B | R | M | E | A | Z | F | A | T |
| E | I | A | H | T | U | C | N | G | E | R | F | R | R | Q |
| S | C | F | A | B | E | N | B | O | K | O | V | I | S | S |
| I | X | F | R | C | R | E | I | T | L | N | Y | E | W | R |
| Z | T | C | I | O | M | U | K | O | A | I | S | N | F | O |
| Q | O | P | V | M | U | W | H | L | N | E | E | D | Y | C |
| S | X | A | X | E | M | O | J | I | E | P | Z | S | B | K |
| D | L | S | U | J | U | L | Y | H | I | K | X | H | R | S |
| F | C | N | M | X | N | Y | C | F | V | K | B | I | Q | W |
| X | X | F | J | S | T | R | I | P | E | S | V | P | F | T |

WORD LIST

BOREDOM
CHEESE
EMOJI
FLAVOR
FRIENDSHIP
HEAT
ICE CREAM
JULY
MACARONI
PAINT
REUNION
ROCKS
STARS
STRIPES
SUN