

# PARK MANOR OF CONROE



## 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.



# Celebrating Fourth of July

When the Declaration of Independence was signed in 1776, a staged party was planned to celebrate the birth of America and the separation from England.

Colonists, families and towns continued to celebrate the anniversary of this freedom yearly on July 4 with large crowds and festivities. However, it wasn't until 1870 that the Fourth of July became a federal holiday and more than 50 years later became a paid federal holiday.

While the celebrations of the 18th Century were essentially a political movement, today's Independence Day festivities and celebrations are based on freedom, courage, multi-cultural heritage, history, and unity of people.

Modern Independence Day festivities usually include parades, local celebrations, family cookouts, festivals, and fireworks. Be sure to check with your local community to find out what events are being held.



## Special Events

**Fri/July 4th**



2:30-3:30 pm – Fourth Of July Celebration With Special Musical Entertainment By Mike Casey & refreshments.

**Mon/July 7th**



2-2:45 pm – Staff Pay Day In-Service Meeting – Afternoon activities will start after this meeting at 2:45 pm.

**Tues/July 8th**



2-4 pm – We are so happy to have THE COUNTRY PICKERS back with their own special brand of Country Music!!!

**Fri/July 11th**



2-3:30 pm – Friday Ice Cream Social with our own music.

**Tues/July 15th**

2-3:30 pm – RESIDENT COUNCIL MEETING All Residents are encouraged to participate.

**Wed/July 16th**



2-3:30 pm – THE ARK FAMILY CHURCH worship & teaching service with prayer.

**Thur/July 17th**



10-11 am – Special Musical Entertainment by THE SECOND BAPTIST CHURCH UKULELE BAND.

**Fri/July 18th**



2-4 pm – Drive-in Movie in the Main Dining Room – WILD HOGS with John Travolta and Tim Allen. Refreshments to be served.

**Mon/July 21st**



2-2:45 pm – Staff Pay Day In-Service Meeting Afternoon activities will start after this meeting at 2:45 pm.

**Tue/July 22nd**



2-4 pm – Special Musical Entertainment by THE COUNTRY PICKERS.

**Wed/July 23rd**



10-11 am – Special Musical Entertainment by THE BOOK GOSPEL QUARTET.

**Fri/July 25th**



2:00-3:00 pm – Friday Social with Special Musical Entertainment by MIKE FALTIN – THE PIANO MAN. Refreshments to be served.

## National Therapeutic Recreation Week

Join us in celebrating National Therapeutic Recreation this July 6-12, as we honor recreational therapists and the importance of activities that help the recovery and healing of people with various disabilities. Therapeutic recreation programs may include sports, expressive arts, muscle relaxation techniques, gardening, and many other enjoyable activities.



## 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.



## HAPPY BIRTHDAY

Johnny G.	7/3
Susan G.	7/4
Angela S.	7/6
Toni D.	7/8
Jimmy F.	7/8
Jeanette O.	7/12
Arthur P.	7/12
Wanda P.	7/14
Helen W.	7/21
Charlene N.	7/21
Linda B.	7/29
Earnestine W.	7/31

## Drop a Rock Day: July 3



Have you ever noticed a painted rock on the ground or in an unexpected place? It was likely an unexpected little surprise that made your day! You can pass along that unique experience by making a painted rock of your very own, and leaving it for others to find. You only need some small rocks, paints, and a paintbrush to get started. Feeling stuck on what to create on your rock? Here are a few ideas to spark your creative process:



### Between a Rock and a Hard Place:

Spread a spark of positivity to the person who finds your rock with kind words. Some great affirmations include "You matter," "Be the light," and "You can do this."

**Rock and Roll:** Write or paint the music lyrics onto the rock. The person who finds it may even know the song too!







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## PARK MANOR OF CONROE ADMINISTRATIVE STAFF

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Ashley Colbert, LVN

ASSISTANT DIRECTOR OF NURSING

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Michelle Beier

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BUSINESS DEVELOPMENT DIRECTOR

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ADMISSIONS DIRECTOR

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CENTRAL SUPPLY DIRECTOR

Jacktone Ojuok, LVN

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Anna Chavez

HOUSEKEEPING & LAUNDRY MANAGER

Nicole Elsevier

DIRECTOR OF TALENT & LEARNING

Allean Johnson

CONCIERGE



**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