

# ARBROOK PLAZA



## 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.



## MAC & CHEESE DAY: JULY 14

It's no surprise hot dogs are a summertime favorite, but macaroni and cheese is a commonly served summer side at picnics, gatherings, and reunions. Between the sauce, seasonings, cheese selection, and the way it's cooked, there's a chance for you to try something new with each variation. Here are a few tasty options you can try this summer:



**Veggie Delight:** Vegetables are an excellent way to add nutrients to your mac & cheese, and creates a healthy spin on a classic dish. Veggies also add a splash of color with peas and carrots.

**Spice it Up:** Add a splash or two of your favorite hot sauce or spicy seasonings like smoked paprika, red paper flakes, or Cajun powder.

**Say Cheese:** One of the best parts of a mac and cheese meal is the cheese itself! Enjoy adding some out-of-the-box cheeses you might not commonly try with a mac and cheese dish, like feta, colby jack, or gouda.

**BBQ:** BBQ sauce enriches mac and cheese with a unique flavor pairing of sweet and savory. Grab your favorite BBQ sauce and drizzle it over top of the dish to enjoy a delicious combo!

**Oodles of Noodles:** Add more variety to your mac and cheese dish by trying out three or four different types of pasta! A few varieties to try are rigatoni, penne, cavatappi, and elbow macaroni. Don't be shy to mix and match the pasta, and experiment with a few different combinations to create your perfect dish.

## 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.

## 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](http://emojipedia.org) to learn more.



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## 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:** Have there ever been encouraging words that have uplifted you through tough times? 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:** Add to your rock creation process by listening to your favorite music in the background, and write or paint the music lyrics onto the rock. The person who finds it may even know the song too!



# Stay connected.



## 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 |
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| Q | O | P | V | M | U | W | H | L | N | E | E | D | Y | C |
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| D | L | S | U | J | U | L | Y | H | I | K | X | H | R | S |
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| 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