

HEWITT



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.



REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

Residents

Michael T.	7/03
Peggy S.	7/09
Charles B.	7/15
Douglas S.	7/17
Dianne B.	7/17
Edward C.	7/20
Joan D.	7/20
Felipe R.	7/23
Tina C.	7/31

WELCOME NEW RESIDENTS

Peggy S. Ricky W.
Charles B. Ricky F. Rex H.

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.



Garage Sale

The activity department hosted a "garage sale" in June

for residents. The outdoor heat brought the event into the air conditioning, but residents enjoyed the independence of shopping for their own clothes and for other residents in need. They helped sort and hang all the clothes beforehand and got to relive memories of weekend garage sale shopping. All clothing items were generously donated from the local community, many brand new. Since the event fell on National Doughnut Day, everyone was treated to a donut of their choice from Dunkin Donuts.



NEW WEEKLY ACTIVITIES

Residents kicked off a new Cardio Club, beginning

with 30-minute chair exercises to improve mobility, strength, flexibility, cardiovascular, digestive, and mental health. Cardio Club will be held every Monday at 2 pm in July, allowing time to digest after lunch.

New Activity Participation Incentive

Activities initiated a new incentive for residents to participate in group activities. A raffle is held at the end of each month for lifestyle accessory prizes. Every individual who participates in a group activity during the month is entered into the raffle. Our most recent winners received a wheelchair cup/phone holder accessory and a wheelchair caddy pouch. Each month, two residents will be selected at random to receive prizes.

JULY SPECIAL EVENTS

We will have a few new, exciting activities in July, including Glam Squad days for the ladies to get gussied up and show off their diva side. We will also have a science experiment interactive demonstration for residents to explore some fun (and safe) chemical reactions. More culinary activities and brain games are scheduled in July, so make sure to check your Activity Calendar daily!

ACTIVITY PHOTO HIGHLIGHTS



Residents assembled CNA appreciation gift bags



Nurse Gina & Activities Jesse grilling on Memorial Day



Residents made towel animals with Debbie from Accent Care



Fancy Nails with Monica from Gentle Transitions

KINDNESS MATTERS

Last month, we presented a Kindness Challenge activity to our residents in the form of a BINGO card. A "kindness challenge" encourages people to perform acts of kindness over a set period of time. These challenges involve simple tasks like smiling at someone, offering help, or writing a thank-you note, aimed at spreading joy and positive impact. Each BINGO card depicts 25 acts of kindness, with a pictogram. Each resident who completes 5 acts of kindness in a row, like regular BINGO, will receive a prize. For copies of the Kindness BINGO sheets, you'll find them on the Activity Room door. Small acts of kindness and service make our facility and the world a better place. Thank you for being a part of it!

Short-Term Therapy Success

James Caddell is a 87 y.o. male who had a hospital stay for a right knee replacement.

He participated in PT and OT requiring minimal assistance for transfers, right knee bending to 80 degrees, only able to walk 15 ft with a walker due to pain and minimal assistance for activities of daily living.

His goal was to return home with family, walking with a walker. After 17 days of rehab, he was able to discharge home.

At discharge, he was able to bend his right knee 110 degrees, walk 325ft with stand by assistance using a walker. He was performing activities of daily living with stand by assistance, and no adaptive equipment needed.

He was eager to participate and so sweet to work with throughout his stay and was able to meet his goal of returning home with family. He will continue therapy with home health services to safely acclimate back into his home setting.





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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.



HMGHealthcare

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