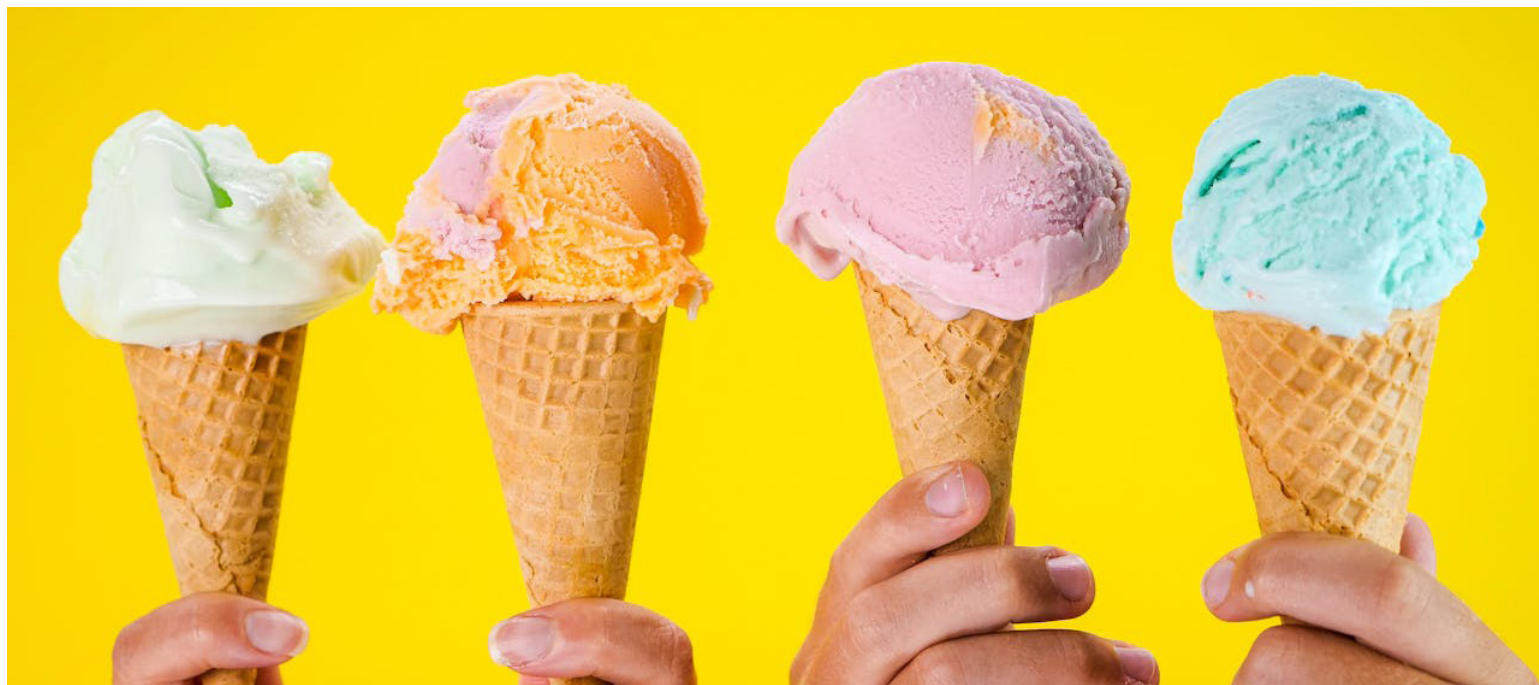


GULF POINTE PLAZA



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.



HAPPY BIRTHDAY

RESIDENTS

Ruth F.	7/03
Peggy D.	7/05
Annie B.	7/15
James T.	7/15
Pamela B.	7/23
Richard F.	7/23
Sophie S.	7/23
Billie D.	7/28

STAFF

Carolyn	7/01
Jonell	7/02
Sarah P.	7/06
Lindsey R.	7/21
Maria G.	7/22
Maria V.	7/31

EMPLOYEE OF THE MONTH

Pam A.



RESIDENT OF THE MONTH

Loretta A.



WELCOME NEW RESIDENTS

Virginia M.	Edythe C.	Harold S.
Lois Faye C.	Rayma H.	Norma J.
Refugia F.	Ronald F.	Jimmie F.
Linda M.	John S.	Janice E.
Delores B.	Rena C.	Philip S.
Susan F.	Regina J.	
Glenda D.	Cynthia B.	

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.

SPECIAL THANK YOU!

Residents and Staff would like to give a very big 'Thank You' to Ruben Garcia for donating a Flagpole and helping with our Flagpole Ceremony

TMG Construction for helping with the setup of the cement and the Flagpole

Nick Nickum's Baskets for the donation of the cement



SPECIAL EVENTS

7/2 4th of July Celebration

7/4 4th of July Movie

7/25 Resident Birthday Bash

7/30 Monthly Resident Council Meeting





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ROCKPORT, TX 78382

Admissions: 361.727.1800
info@gulfpointhe-plaza.com
gulfpointhe-plaza.com

ADMINISTRATIVE STAFF

Michael Higgins
ADMINISTRATOR

Shea Davis
DIRECTOR OF NURSING

Kenneth Davis
ASSIST. DIRECTOR OF NURSING

Kathryn Perley
BUS. DEVELOPMENT DIRECTOR

Caitlin Strahan
ADMISSIONS DIRECTOR

Adrienne Solis
BUSINESS OFFICE MANAGER

Pam Armentor
MDS COORDINATOR NURSE

Jimmi Vasquez
REHAB DIRECTOR

Victoria Tomblin
ACTIVITIES DIRECTOR

Betty Baker
DIETARY MANAGER

Ruben Hernandez
MAINTENANCE MANAGER

Griselda Garcia
SOCIAL WORKER

Veronica Medina
PAYROLL/AP/RECEPTIONIST

Sinal Patel
MEDICAL RECORDS/
UNIT MANAGER

Valerie Crane
DIRECTOR OF TALENT & LEARNING

Melody Hayhoff
WOUND CARE NURSE

Cecilia Garcia
HOUSEKEEPING/LAUNDRY SUP.



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
STRIPE
SUN