


# THE Falls River Village Lifestyle



FALLS RIVER  
ASSISTED LIVING & MEMORY CARE

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ASSISTED LIVING COMMUNITY

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## AUGUST 2023

### Healthy Summer Snacking

School's out, and your child's eating routine is off. With longer days, less structure and an array of tempting treats available, many children become snacking machines during the summer months. The result can be unhealthy weight gain and cavities. Follow these tips to counteract the dangers of never-ending nibbling:

**Brush teeth more often.** During the summer, your child should brush three to four times a day.

**Brush within 20 minutes of eating a treat.** If that's not possible, brush as soon as arriving home.

**Beware of cooked starches.** Too often, people think of snacks such as bread, crackers and pretzels as "safe." But enzymes in your saliva break these down into simple sugars, which feed the bacteria that cause tooth decay. The result? Cavities.

**Beware of fruit leathers and rollups.** Made from highly sweetened fruit purees, these snacks are essentially candy. Consider them a treat—not a substitute for fresh fruit.

**Water is best.** When your kids have been out all afternoon and are clamoring for something to drink, water is better than juice or soda pop, which can lead to tooth decay and obesity. A sports drink may be acceptable in cases of dehydration or extreme exertion.

**Incorporate fruits and vegetables into your child's diet.** Also, for middle-of-the-day snacking, don't forget proteins, such as milk, cheese and yogurt. Being healthy doesn't mean you can never heed the call of the ice cream truck again. Moderation is the key. Consume treats on occasion, not as a regular part of your—or your kid's—diet.



### A Classroom Classic

Brightly colored squares of construction paper have been a staple in school settings for more than 100 years. Although dyed paper had been around for centuries already, a new manufacturing process emerged in the late 1800s that was cheaper and produced sturdier paper, making the colorful paper ideal for classroom use. Wood pulp and nontoxic dyes were stirred together in a large vat by a machine, resulting in an even color that wouldn't rub off after being folded or cut by little hands. Used to make and build various things, the "engine colored" paper soon became known as "construction paper." Professional artists, including Marc Chagall and Jackson Pollack, also embraced the creative opportunities of the paper.



**AUGUST 2023**

# Remember When: Hand-Cranked Ice Cream

Modern machines do all the work for you, but once upon a time, homemade ice cream meant turning a crank by hand for as long as an hour until the cool treat was ready to eat. Based on an 1843 invention by Nancy Johnson, early ice cream makers consisted of a wooden bucket with an inner metal canister. Inside the canister was a paddle, attached to an outer crank handle; the ice cream mixture went into the canister, and remaining space in the wooden bucket was filled with layers of ice and salt. Then it was time to crank! Since the ice slowly melted during the churning process, this was usually done on the front porch, as kids and adults alike took turns cranking. For many, the eager anticipation of the finished dessert made the ice cream even sweeter.

**"The winds and the waves are always on the side of the ablest navigators."**  
 —Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Word Search 1:30 Restaurant outing (your choice) 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise	2 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Reading w/Friends 1:00 BINGO 2:00 Music w/John	3 10:00 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Bowling/Sing Along 1:30 Diamond Art Club 2:00 Chef Chat	4 9:30 Ladies' Spa Day Outing 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!!	5 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
<b>Spirit Week!</b> 6 10:00 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	<b>Crazy Hair Day!</b> 7 10:00 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:00 Music w/ Luke 2:30 Baking w/Freddie	<b>Pajama Day!</b> 8 10:00 Encouraging Words for the day! 10:30 Aerobics 11:00 Bowling/Sing Along 11:00 Library Outing 11:00 Word Search 2:30 Ice Cream Social	<b>College Shirt Day!</b> 9 10:00 Encouraging Words for the day! 10:00 Master Gardeners 11:00 Reading w/Friends 1:00 BINGO 2:00 Music w/John	<b>Twin Day!</b> 10 10:00 Encouraging Words for the day! 10:30 Aerobics 11:00 Basketball/ I spy 11:00 Meditation in the Gallery 1:30 Diamond Art Club	<b>Hat Day!</b> 11 10:00 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!! 3:30 Music w/ Christian	12 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
13 10:00 Encouraging Words for the day! 10:00 Pastor Dawn 11:00 Hayes Barton Baptist Church 2:00 Music w/Renee 3:00 Music by Harrison	14 10:00 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Baking w/Freddie	15 10:00 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Pet Therapy w/ Denise 11:00 Word Search 11:30 Picnic at Pullen Park 2:30 Ice Cream Social	16 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Reading w/Friends 1:00 BINGO 2:00 Music w/John	17 10:00 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Bowling/Sing Along 1:30 Diamond Art Club 4:15 Movercize W/Rich	18 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!!	19 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
20 10:00 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	21 10:00 Encouraging Words for the day! 10:30 Zumba w/ Linda 11:00 Resident Council Meeting 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Baking w/Freddie	22 10:00 Encouraging Words for the day! 10:30 Aerobics 11:00 Bowling/Sing Along 11:00 Word Search 11:30 Men's Day Outing (Kickback) 2:30 Ice Cream Social	23 10:00 Encouraging Words for the day! 11:00 Reading w/Friends 1:00 BINGO 2:00 Music w/John	24 10:00 Encouraging Words for the day! 10:30 Aerobics 11:00 Basketball/ I spy 1:30 Diamond Art Club	25 10:00 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!!	26 <b>9:30 ALZ Fundraiser Carwash</b> 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
27 10:00 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	28 10:00 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Baking w/Freddie	29 10:00 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Word Search 2:30 Ice Cream Social	30 10:00 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Reading w/Friends 1:00 BINGO 2:00 Music w/John	31 10:00 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Bowling/Sing Along 1:30 Diamond Art Club 2:30 August Birthdays/HAPPY HOUR!!		



# Crazy Candy Ice Cream Sandwiches

These frozen treats will make you feel like a kid again!

## Ingredients:

- 6 sheets graham crackers, broken into 12 squares
- 1 cup vanilla ice cream
- 1/4 cup chopped candy bar of your choice
- 1/2 cup chocolate chips
- 1 1/2 teaspoons vegetable oil or refined coconut oil
- Sprinkles (optional)

## Directions:

Line a baking sheet or shallow pan with wax paper. Place 6 of the graham cracker squares on the sheet.

In a medium-sized bowl, stir ice cream until just softened. Stir in candy bar pieces. Work fast and spread a spoonful of the ice cream mixture onto each graham cracker square. Top with 6 remaining cracker squares. Gently press down on each sandwich. Freeze sandwiches for 1 hour.

In a small, microwave-safe bowl, combine chocolate chips and oil. Microwave about 1 minute, stirring the mixture every 20 seconds until melted. Let it sit at room temperature for 10 minutes.

Dip half of each frozen sandwich into the melted chocolate. Add sprinkles if you like. Place sandwiches back on the lined pan and freeze for 5 minutes.

Enjoy immediately.

*More recipes at [MilkMeansMore.org](http://MilkMeansMore.org).*



## Give Back at Back-to-School Time

When you're shopping school supply sales this month, consider picking up a few extra items to donate. Many community businesses and organizations host back-to-school drives, which provide backpacks full of supplies to children in need. You can also contact schools in your area and ask if you can drop off some extra pencils, crayons, glue and other goodies. School nurses will often keep toiletries and snacks on hand, so keep these items in mind if you're looking for other ways to give back.

