

July is National Ice Cream Month!



I Scream! You Scream! – July is National Ice Cream Month!

Rocky Road, Butter Pecan, and Mint Chocolate Chip! Summer was made for ice cream and we all have our favorite flavors. The frozen treat is a summer time staple with classic flavors we love.

But, if a chocolate and vanilla twist isn't enough to keep you wanting more, ice cream companies know how to thrill your taste buds, developing new and unique combinations like Blondie Ambition (brown sugar ice cream, blonde brownies and butterscotch toffee flakes) and New York Super Fudge Chunk (chocolate ice cream, white and dark chocolate chunks, walnuts and fudge covered almonds). There's a flavor for everyone and there's no argument that it is a great escape from the summer heat!

But do we really need an excuse to eat ice cream? America's love for this dessert is endless, generating around \$3.5 Billion annually in sales. Perhaps that is why President Reagan declared July as National Ice Cream Month in 1984, and July 15th National Ice Cream Day.

How can you say no to that celebration?

Lourdes certainly didn't! Throughout July, residents observed this special month with ice cream bars, cream sickles and milkshakes. Mendelson Assisted Living and Clausen Manor also both hosted ice cream socials, providing sundaes with an assortment of delicious toppings.

And July isn't over yet! There's still time for you to celebrate with your favorite frozen treat!