

HELPING HANDS ADULT DAY PROGRAM

July 2022 Newsletter

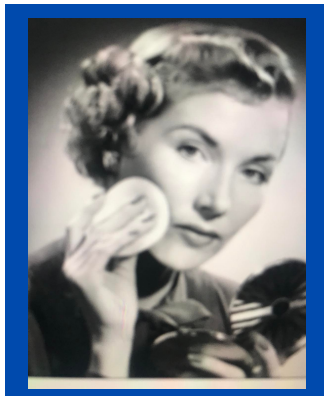
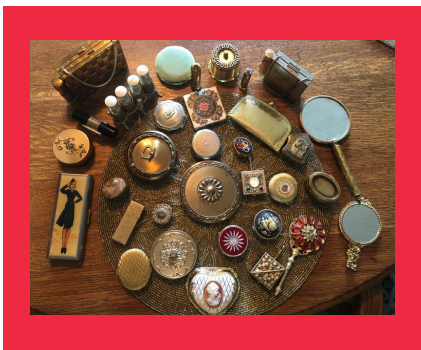


Welcome to our new friends joining us at Helping Hands!



Sharon's Antique Roadshow

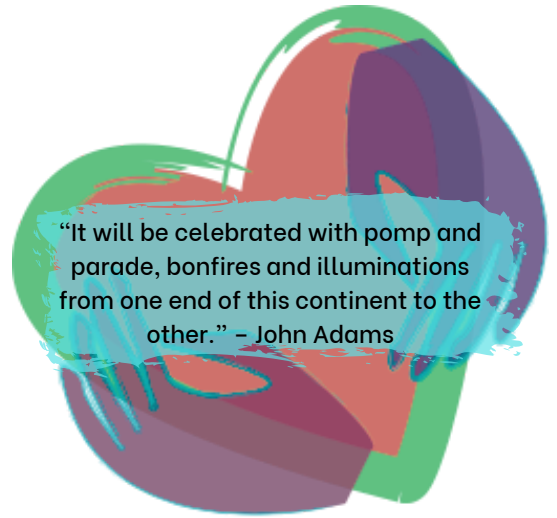
Whether you're touching up your makeup or trying to do some reconnaissance on the person behind you, vintage compacts can serve a multitude of purposes. These definably small makeup mirrors have truly taken some wild shapes and designs over the years, and remain a popular collectors item. Join us on July 12th for our Antique Roadshow on Vintage Powder Compacts and Lipsticks.



Save the Date

- July 4th - Independents Day
- July 7th - Helping Hands Life Enrichment Group 1-5 PM
- July 14th - Helping Hands Life Enrichment Group 1-5 PM
- July 21st - Helping Hands Life Enrichment Group 1-5 PM
- July 28th - Helping Hands Life Enrichment Group 1-5 PM
- August 10th - 14th - Nevada County Fair

"It will be celebrated with pomp and parade, bonfires and illuminations from one end of this continent to the other." – John Adams



July Birthdays

- July 1st - Stefanie B. (Social Worker)
- July 5th - Lisa M.
- July 19th - Vince P.
- July 21st - Claudia S.



Facebook.com/
HelpingHandsAdultDayCenter



NCHELPHINGHANDS.COM

Caregiver Counseling

Are you or the loved one you care for feeling stressed?

Tired of feeling like no one listens to you?

Just need to get things off of your chest?

Stop by the HH Social Worker office (located upstairs at Helping Hands) at any time on Tuesdays 10am to 4pm!

Tuesday's don't work for you?

Send us an e-mail

(socialworker@nchelpinghands.com) or call us and we can schedule a time that works for you. Video and phone appointments available as well.

4th of July Trivia

1. Where was the first celebration of Independence Day held?
2. The Fourth of July commemorates which document?
3. On the Declaration of Independence, who had the largest signature?
4. Who is the author of the Pledge of Allegiance?
5. Every July 4th, how many hot dogs are consumed?

Answers: 1. Philadelphia. 2. Declaration of Independence. 3. John Hancock. 4. Francis Bellamy. 5. 150 million.

What is TVP?

Facts about Textured Vegetable Protein

What is TVP?

Textured vegetable protein is dehydrated soybeans mixed with soy flour. Once dried, it is crushed into small pieces of varying size. The taste of TVP is neutral, similar to that of tofu, which also comes from soy. Eating a meal containing TVP instead of meat will give you your daily recommended protein value.

Is there gluten in TVP?

TVP is naturally gluten free and processed in a gluten free factory.

Although some companies that manufacture TVP do add other grains into their mix, such as wheat, oats, or cottonseed. Always check the packaging if you are unsure of the ingredients.

Nutritional Facts

TVP is low in calories and rich in important nutrients like protein and fiber. It also contains several other essential nutrients, including: copper, folate, magnesium, and thiamin.



Happy
INDEPENDENCE
Day!



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