



Meet our Family Night Winners: The Russells From Chicago!

"We are new to Texas and Villas of Sorrento. We love to play games with each other and really enjoyed ourselves at game night. Hapi has a great staff and awesome director. You might see us taking family walks around the complex. Don't be afraid to say hello and join us!!!" - Ca'Juana Russell and her three sons: Bobby, 14, Jahim, 10, and Christian, 5.

Breast Cancer: Early Detection is Key to Survival

Did you know breast cancer is the second most common kind of cancer in women? On average, about 1 in every 8 women will get breast cancer at some point during their lifetime.

Luckily, most women survive breast cancer if it's found and treated early.

Mammogram screening tests are commonly used to help detect early stages of breast cancer.

Let's use October, National Breast Cancer Awareness Month, to make a difference and spread the word about actions women can take to detect breast cancer early on.

Diabetes: Awareness and Prevention

More than 30 million people in the United States have diabetes, that's one in every ten people! Diabetes is one of the leading causes of disability and death in our country.

There are many risk factors associated with diabetes including, kidney disease, nerve damage, blindness and other health problems if it's not well managed.

Help raise awareness about diabetes and encourage your friends, family and coworkers to make small changes to improve their health and lower their risk of getting diabetes, like taking the stairs instead of the elevator and eating a well balanced diet.

It's never too late to make a change that will prolong your life and motivate others to do the same.

Sources: Healthfinder.gov



Hapi's AMAZING Volunteers that we want to thank when we see them! They are loving your children, providing homework assistance, exercise, healthy cooking and a whole lot more! Feel free to offer your services as well to our Director - Capt. Victor Johnson



Inside Villas

FOOD, LEARNING AND FUN

Hapi kids had an educational and fun September at Villas of Sorrento. Activities included Spelling Bee, rehearsing for upcoming Talent Show, Puzzle Day and HOMEWORK ASSISTANCE every day.



WHAT'S AHEAD

October Fashion Show and November Karaoke Night! Look for the calendars at the Hapi Program Office and/or the Leasing Office!

Marinated Zucchini



INGREDIENTS

- 5 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- ½ lb very small zucchini
- ½ clove garlic, minced
- A small handful fresh basil leaves, sliced
- Salt & Pepper

INSTRUCTIONS

Heat 2 tablespoons of olive oil in a heavy medium skillet over medium-high heat. Arrange the zucchini cut side down in one layer in the hot skillet and cook until browned, about 3 minutes. Flip zucchini over, then cook 2 mins until tender. Transfer the zucchini to a shallow dish and sprinkle with salt.

Whisk together the garlic, vinegar, and olive oil in a small bowl. Season with salt and pepper. Pour the vinaigrette over the zucchini and add the basil. Gently toss. Let the zucchini marinate at room temperature for about 1 hour before serving. **Source: Food52**



Huge thanks to the amazing team of North Texas Food Bank for providing healthy delicious daily meals for the kids of the Hapi Program!



“It isn't where you came from. It's where you're going that counts.”

ELLA FITZGERALD



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