

hapitimes



Happy New Year!

It has been a challenging year for all of us and we are hopeful for a happier and healthier 2021! Please join us in making a few New Year's resolutions.

Stay connected.

Even if we have to be physically apart to prevent the spread of COVID-19, we can take extra steps to be in touch with loved ones. Check in on friends, family and neighbors who live alone.

Move.

There are physical and mental health benefits of exercise. When you're not in the mood to move? That's often the best time! Tip: dancing to a favorite song is great exercise and boosts your mood. Also, go for walks around our Rochester Highlands walking path -- one lap equals one mile!

Connect with nature.

We look forward to joining you in the garden when the weather permits and it's safe to do so. In the meantime, consider growing herbs in pots in a window.

Have fun with food.

You can set a goal of trying out a new recipe every week or month, or try to replicate a restaurant meal you like. Consider it a challenge to add vegetables to meals or smoothies. Ask your kids to help in the kitchen and teach them how to cook a family recipe.

Breathe.

We know it's a difficult time. Stop when you feel overwhelmed and just take one or two minutes to sit and breathe. If you are feeling stressed, consider the 4-7-8 breathing technique to calm you. Breathe in to the count of four, gently hold your breath to the count of 7, then slowly release your breath to the count of 8. Repeat.



"Intelligence plus character — that is the goal of true education."

— MARTIN LUTHER KING JR.

inside Rochester Highlands

The office is closed after positive COVID-19 cases. You have two options on submitting rent payments:

- Mail to: 47 Green Knolls Dr., Rochester NY 14620
- Use RentCafe.com

Call for recertification appointments. The leasing office is open for loading laundry cards from 9-10 AM and 4-5 PM. Laundry rooms are closed from 2-3 PM for cleaning.

Thank you for wearing masks in the laundry rooms, office, and all common areas.

Resident Planning Committee

The Resident Planning Committee includes 9 residents and we are forming sub-committees to address interests, concerns, and promoting well-being throughout the Rochester Highlands community. Subcommittees include:

- Design, DIY & Crafts
- Adult/Senior Activities
- Children/Youth Activities
- Welcome & Newsletter

Interested in joining a sub-committee? Please call 216-1887.

Appliance Troubleshooting

Garbage Disposal

The disposal is meant for food items that break down easily. Common items that can damage or break it: bones, fish tank rocks, silverware, shot glasses and sippy cups. Top tips:

- Make sure the disposal is clear and the water is running when you turn it on.
- Request a sink strainer that prohibits large items from going into the disposal.
- If the disposal is clear and it stops working, call the office.

Dishwasher

Dishes should be rinsed before putting them in the dishwasher. If your dishwasher is plugged, scoop out any food and grease from the filter, run with hot water to rinse the bottom and clear the line.

Refrigerator and Freezer

When this appliance is overfilled, the fan gets blocked and prevents the cold air from moving about in the freezer. You'll know it's overstuffed if you cannot see the fan when you open the freezer door.



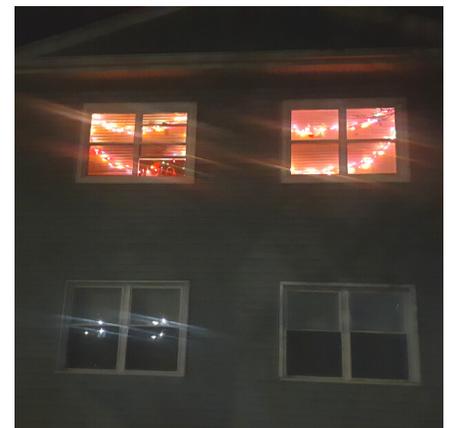
Recent Community Highlights



Holiday gift bags.



Thanksgiving baskets from JFS.



Holiday lights.



HAPI meals

Egg-less Egnog

This healthier and homemade version of eggnog is delicious and nutritious and can be made in small or big batches.

Ingredients:

- Coconut milk (8 oz. can)
- Milk of your choice (regular milk, almond milk, or oat milk)
- Cinnamon powder, to taste
- Nutmeg powder, to taste
- Honey, to taste

Warm up one can of coconut milk to one cup of milk of your choice. Sprinkle in cinnamon, a dash of nutmeg and drizzle in honey to taste.

For fun and extra flavor, add a cinnamon stick as a stirrer.

Enjoy!

Foods for Good Immunity

VITAMIN A

Get it from broccoli, carrots, sweet potatoes, spinach, red bell peppers.



VITAMIN C

Get it from citrus, strawberries, kiwi, red bell peppers.

VITAMIN E

Get it from vegetable oils, seeds, nuts, avocado.

ZINC

Get it from beans, seeds, nuts, meat, poultry and seafood.

PROTEIN

Get it from meats, poultry, seafood, eggs, beans, nuts and seeds.

Tip: add avocados and/or nuts in a blender with store-bought smoothies or shakes for extra nutrition.



NURSE MURPHY'S HEALTH TIPS

James F. Murphy MS, RN

To prevent the spread of COVID-19, we are all using hand sanitizer, but not all products are safe or effective. It's important to beware of hand sanitizers on the market that are dangerous. Some products have been tested by the FDA and found to contain methanol or 1-propanol, which can be toxic or even deadly if ingested.

Read the ingredient label and do not purchase it if you see methanol, wood alcohol, or 1-propanol. The other important factor to consider is the percentage of alcohol. To be effective against the coronavirus, hand sanitizer must contain 60% or more alcohol. Finally, remember that the best protection is to frequently wash your hands with soap and water for at least 20 seconds.

QUICK TIP

Are you using Zoom to stay connected to family and friends, or at work or school?
The Zoom Help center has great tips:
<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-meeting>



Are you the parent or guardian of a Kindergarten to Second Grade child?

If so, The Please Play Campaign is partnering with Jewish Family Service (JFS) to offer **free, online, child-directed play sessions with JFS volunteers.**



What is child-directed play?

The child **completely** leads the play session, deciding **what to play** and **how to play it!**

Let them...

- Make the rules
- Change the rules
- Lead



What resources are available?

You can connect to our FREE play resources to learn more about child-directed play:

- **Contact Mandy Hartman at JFS** to ask about online play sessions
- Visit our website pleaseplay.org for tips and resources
- Subscribe to our **YouTube Channel**

Please contact Mandy Hartman, Literacy Coordinator at (585) 216-1887 to participate!

