

hapitimes

HARVEST GLEN edition



BREAST SELF-EXAM

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Take a Few Minutes — and Take Care of Your Health

Some women feel very comfortable doing Breast Self-Exam (BSE) regularly (usually monthly after their period), which involves a systematic, step-by-step approach to examining the look and feel of one's breasts. Other women are more comfortable simply feeling their breasts in a less systematic approach, such as while showering or getting dressed, or doing an occasional thorough exam.

The goal is to be able to report any breast changes to a doctor or nurse right away. Women who choose to use a step-by-step approach to BSE should have their BSE technique reviewed during their physical exam by a health professional.

you can more readily find any changes. If a change occurs, such as the development of a lump or swelling, skin irritation or dimpling, nipple pain or retraction (turning inward), redness or scaliness of the nipple or breast skin, or a discharge other than breast milk (which might be indicated by staining of your sheets or bra), you should see your healthcare professional as soon as possible for evaluation. Remember that most of the time, however, these breast changes are not cancer.

— Source: American Cancer Society

By doing the exam regularly, you get to know how your breasts normally look and feel and

INSIDE HARVEST GLEN

CELEBRATING THANKSGIVING

"I am grateful for the Hapi Team. I am amazed by our instructors who came together so quickly with such enthusiasm and passion. I am motivated and encouraged just being in their company—let alone taking one of their classes! You can feel their passion for what they do and how their true desire is to help people. They are eager to help improve the health of each and every resident at Harvest Glen Apartments."

—Jane Lorin, Executive Director of the Hapi Foundation

"I am extremely grateful to be part of the lives of the residents at Harvest Glen. It is wonderful to be part of an organization that cares enough about the health of the families that will change the course of their future."

—Dr. Precious Taylor, Director of Community Programs and the After-School Program

"When the Hapi Foundation came to us with their proposal to make renovations to the community center, we expected that it would be a great improvement to the property. It's even more amazing than we anticipated. While it is a great place for residents to gather for meetings and special events, it is also a shared space that is like an extension of their homes."

—Eddie Lorin, owner of Harvest Glen Apartments

As November marks the beginning of the holiday season—when loved ones gather to share meals and toast to good health and good fortune—we are happy to be doing the same at Harvest Glen.

Dr. Precious Taylor, Hapi's Director of Community Programs and Director of the After-School Program, will be joined by members and volunteers of the Water of Life Church, to share a Thanksgiving meal with residents at the community center. Date to be announced for the meal to take place during the week prior to Thanksgiving.

Prospective Menu:

Roasted turkey with apple, thyme, cornbread stuffing
Spinach salad with pear
Shaved brussel sprouts with toasted hazelnuts
Sautéed green beans with shallot crisps
Rosemary dinner rolls
Apple and sweet potato gratin
Blueberry pie

We look forward to sharing our Thanksgiving meal with the Harvest Glen Family and hope you will join us!

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Stay connected and kept up to date with the HAPI foundation, and receive more information about our programs, and general health and wellness by following us online and on your favorite apps!

hapi HELPERS

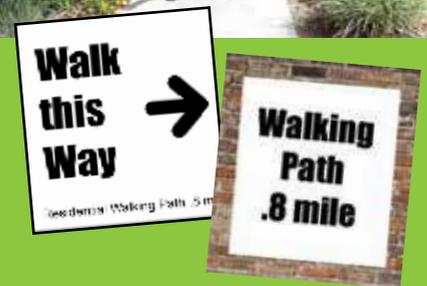
Are you an experienced art teacher or chef? Hapi is looking for people who are interested in sharing their skills by participating in teaching classes with the Afterschool Program. We are also looking for volunteers for our upcoming community garden! Contact Dr. Precious Taylor - helpinghandshd1@gmail.com

THE HAPI TEAM

MANAGER'S MESSAGE:

"I'm so excited about the new walking path and I am going to make a point to walk it every day at work. It's almost a mile and the easiest way to burn calories and maintain heart health. Plus, it just feels good to step away from your work to breathe in fresh air and get the blood flowing. Check the calendar and stop by the community center to find out about our walking challenge."

—Rosie Plasencia, Harvest Glen's On-Site Manager



INTRODUCING... CARMEN SMITH Our newest Zumba instructor!



Carmen told us the best part of teaching fitness is making people smile.

"Zumba is a party," she says. "It is fun and when you come and hear the music, you lose yourself and forget it's a workout."

Check the calendar for Carmen's class schedule.

Inspiration...

"You don't have to cook fancy or complicated masterpieces – just good food from fresh ingredients."

—Julia Child

NEWS, PROGRAMS & EVENTS:

GARDEN TIME

Calling all resident gardeners: Master gardener Kathi McHugh Pryor is working to complete the new garden at Harvest Glen, which will include some vegetables to be used in cooking classes. We will offer our first gardening workshop on Saturday, December 13 at 11 am. Join us in getting our hands dirty!

"It is always exciting to dig into the ground and plant a vegetable garden, knowing that I am filling the soil with what will end up on someone's plate! It's also exciting to work with those who are new to gardening and to be there as they experience the joy and excitement of seeing food grow right before their eyes. This garden is new, but I am already looking forward to the day when residents



at Harvest Glen can harvest their first crops. We hope the residents will become involved with the shared garden and I'm especially looking forward to seeing the excited faces of the kids learning about where their healthy food comes from!"
—Master gardener Kathi McHugh Pryor

TOWN HALL MEETING

Thursday, November 20

Our next Town Hall meeting will feature a discussion with two of our very own fitness instructors, Lisa Williams, a partner/Manager at Northrop Grumman, and Gino Garcia, entrepreneur and owner of Vibe Fitness. Lisa and Gino will be discussing a plethora of practical ideas for better fitness and health. You won't want to miss out on this exciting discussion!

HAPI MOVIE NIGHT

Friday, December 12

Please join your neighbors as we screen a movie on stress reduction! This fascinating one-hour movie proves the astounding and research-based effects of meditation. A classroom in northern California is transformed. Dinner will follow the movie screening.



hapi meals

Healthy, Fast, and Easy Recipes

It sometimes seems impossible to eat healthy during the holidays, but Shelly Tamar, Hapi's cooking and nutrition expert, has good advice. "Eating healthy during the holidays is achievable! For example, adding mashed cauliflower to mashed potatoes will add fiber, antioxidants, vitamins and minerals. Try adding an array of vegetables with each meal." In this Whole Foods Market recipe, cauliflower is used instead of potatoes to make a mash, but you could blend this with potatoes. For even more healthy recipes, check out suggestions from the USDA's MyPlate program online at Pinterest: www.pinterest.com/MyPlateRecipes

Mashed Cauliflower

INGREDIENTS:

- 1 medium head cauliflower, trimmed and cut into small florets (about 6 to 7 cups)
- 1 tablespoon extra-virgin olive oil
- Fine sea salt and ground black pepper, to taste

INSTRUCTIONS:

Bring a large pot of salted water to a boil. Add cauliflower and cook until very tender, about 10 minutes. Reserve 1/4 cup of the cooking liquid and then drain well and transfer cauliflower to a food processor. Add oil and reserved water, 1 tablespoon at a time, and purée until smooth. (Or, mash cauliflower with a potato masher). Season with salt and pepper and serve.

NUTRITIONAL INFORMATION: Per Serving: 110 calories (80 from fat), 9 g total fat, 1 g saturated fat, 0 mg cholesterol, 330 mg sodium, 8g carbohydrate (3 g dietary fiber, 3 g sugar), 3 g protein

AFTER-SCHOOL PROGRAM

Tuesdays and Thursdays, 3-5 pm

Twice a week at the Community Center, children receive free, on-site access to tutoring in all subjects. Also offered: Nutrition education, cooking classes, and exercise classes....

FAMILY NIGHTS

Fridays, 4-6 pm

Check out photos from family trees recently created by residents. Ms. Josie and her daughter Jasmine were awarded Most Creative Family Tree (their prize: \$50!). Check the calendar for upcoming Family Night events.

COMMUNITY FOCUS



We'd like to give a shout-out to our fitness instructor Gino Garcia, who was the race director of Rialto Family Fit Day on September 27. Gino was joined by representatives from Hapi (Dr. Precious Taylor, Director of Community Programs and the After-School Program,

and Samantha Nava, our Hapi On-Site Manager) and Harvest Glen (Rosie Plasencia, our Harvest Glen Manager, and Josephine Olabi Chiogor, one of our Harvest Glen residents). "It was a motivating

experience for me and I'm looking forward to more days like this in Rialto," Gino said. "My goal is to get the residents from Harvest Glen to come out for future events in large masses to take part in a healthier Rialto." Your next opportunity is a color run and it's coming right up: The Women Who Matter Too Splash Dash takes place November 1 in Upland. Sign up at the front office or the community center to be part of the Hapi Team that is participating!



You don't have to travel far to get fresh fruits, vegetables and other farm-fresh produce. The Rialto Farmers' Market takes place every Wednesday, from 10 am-2 pm, at Rialto City Hall (150 S Palm Ave.).

RECIPE CONTEST

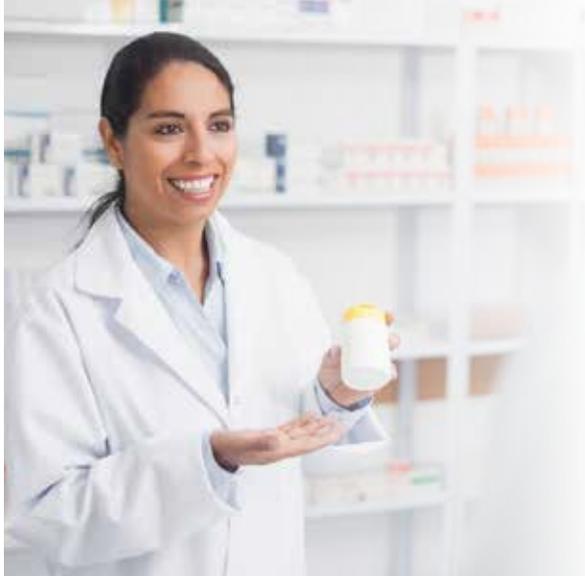
We want to hear about your healthy comfort food dishes! The recipe for mashed cauliflower is a good example. Do you have others? Submit a recipe for your favorite dish or dessert you make using better-for-you ingredients. Think of ways to reduce sugar, salt and fat or recipes in which you bake, instead of fry, the dish. Please make sure your name, phone number and apartment number are on the back of the recipe. Your recipe will be featured in an upcoming newsletter. Shelly Tamar, Hapi's cooking and nutrition expert, will choose one winner with a creative recipe to receive a \$50 gift card.

It's "Talk About Prescriptions" Month Use These Tips for Talking with Your Pharmacist

Your pharmacist can help you learn how to use your prescription and non-prescription (over-the-counter) medicines safely and to increase the benefits and decrease the risks. You can also use these tips when talking with your other healthcare professionals.

Tell your pharmacist:

- Everything you use. Keep a record and give it to your pharmacist. Make sure you include all the prescription and non-prescription medicines, vitamins, herbals and other supplements you use. Your pharmacist will use this to keep his/her records up to date and to help you use medicine safely.
- If you've had any allergic reactions or problems with medicines, medicines with dietary supplements, medicines with food, or medicines with other treatments.
- Anything that could affect your use of medicine, such as if you have trouble swallowing, reading labels, remembering to use medicine or paying for medicine.
- Before you start using something new. Your pharmacist can help you avoid medicines, supplements, foods and other things that don't mix well with your medicines.
- If you are pregnant, might become pregnant, or if you are breastfeeding.



— Source: U.S. Food and Drug Administration

End-of-Year Health Reminders Plan Ahead to Spend Your Healthcare Dollars Wisely

It's hard to believe, but 2014 will be wrapping up before we know it. Now's the time to make sure you take care of some important health-related "to-do" items:

- Spend your accrued flexible spending account (FSA) dollars by December 31 (or lose 'em!).
- Schedule doctor appointments now, as the end of the year is an extra-busy time for medical offices, with many people trying to fit in appointments before January 1, when the new year's insurance-plan deductible kicks in.
- Sign up for Medicare Part D if you are eligible. According to www.medicare.gov, these plans add drug coverage to original Medicare, some Medicare cost plans, some Medicare private fee-for-service plans, and Medicare Medical Savings Account (MSA) plans.

— Source: www.medicare.gov



Diabetes Update Live (Well!) with Type 2 Diabetes

It's common to feel a bit overwhelmed when you have been diagnosed with type 2 diabetes. You may be learning the steps you should take to stay healthy, but that doesn't make it easy to adjust to this new lifestyle.

Stress can raise blood sugar, so it's important to learn ways to lower your stress levels. Try deep breathing, gardening, taking a walk, meditating, working on a hobby or listening to your favorite music. Ask for help if you feel down. A mental-health counselor, support group, friend or family member who will listen to your concerns may help you feel better.

Eat well. Make a diabetes meal plan with help from your healthcare team. Choose foods that are lower in calories, saturated fat, trans fat, sugar and salt. Eat foods with more fiber, such as whole grain breads, cereals, rice or pasta. Choose foods such as fruits, veggies and low-fat dairy products. Drink water instead of juice and regular soda.

Set a goal to be more active most days of the week. Start slowly if you have been inactive by taking 10-minute walks three times per day.

Discuss how your diabetes plan is working each time you visit your healthcare provider.

— Source: National Institutes of Health

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