

hapitimes

HARVEST GLEN edition

BE A FLU FIGHTER

WHAT'S INSIDE

Hapi Celebrates
Healthy Living with
1 Year Anniversary Party!

2

New Programs & Events

3

Senior Health Update:
Eating Right for
Stronger Bones

4

Arm Yourself with the Flu Vaccine

Influenza ("flu") is a contagious disease that spreads around the U.S. every winter, usually between October and May. Flu is caused by the influenza virus and can be spread by coughing, sneezing and close contact. Anyone can get flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. They can include:

- Fever/chills
- Muscle aches
- Cough
- Runny or stuffy nose
- Sore throat
- Fatigue
- Headache

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions such as heart, lung or kidney disease, or a weakened immune system. Flu vaccine is especially

important for these people and anyone in close contact with them. Flu can also lead to pneumonia and make existing medical conditions worse. It can cause diarrhea and seizures in children. Each year thousands of people in the U.S. die from flu, and many more are hospitalized.

Flu vaccine is the best protection we have from flu and its complications. It also helps prevent spreading flu from person to person.

— Source: Centers for Disease Control and Prevention



Celebrating 1 Year of Health!

HAPI CELEBRATES HEALTHY LIVING WITH 1 YEAR ANNIVERSARY PARTY!

On Saturday, July 19, Hapi Foundation hosted its inaugural celebration in recognition of Harvest Glen's one-year anniversary as a healthy community. More than 100 residents from the 346-unit apartment community gathered near the Community Center to learn about the various on-site health and wellness activities sponsored free of charge by Hapi Foundation.

The celebration included fitness sessions by both Vibe Fitness and Zumba Fitness, and featured a nutritionist and a chef who were on hand to demonstrate how to prepare healthy and delicious meals and smoothies. Rialto's local community groups also came out to engage the residents in various local activities.

Rialto Recreation engaged resident youth in football drills, while members of the local police and fire departments were on hand to greet families and show their support for the community. The Corner Bakery catered

the event, offering a large variety of healthy sandwiches and salads.

Members from the local Walgreens were also on hand to offer free health screenings and wellness advice to residents.

Hapi's Executive Director, Jane Lorin, is focused on fostering continued health and wellness for the residents of Harvest Glen: "An apartment is so much more than just a place to live. It's a community! And what better way to grow a community than through free health and wellness programs that offer our residents opportunities to strengthen their physical, mental and emotional health?"

Hapi Foundation is bringing many new health and fitness classes to Harvest Glen starting in September. Please see our Hapi Calendar for more information on times and dates for these classes.

CONGRATULATIONS TO OUR HAPI SURVEY WINNERS!



Desirae V. | Courtney W. | Lelar P. Jayden S. | Jonathan Y. | Judith R.

Each won a \$50 gift card!

Many thanks to those who took the HAPI survey!
If you haven't filled out a survey stop by the Community Center to fill one out and we will enter you in the next raffle!

And congratulations to our Walgreens prize winner, **JESSENIA LOPEZ**, who received a generous gift card to Walgreens!

FOLLOW HAPI! [facebook.com/hapifoundation](https://www.facebook.com/hapifoundation)



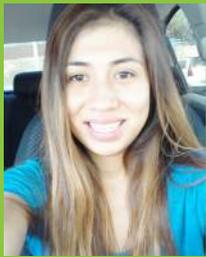
@hapifoundation

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! If you are interested in participating and volunteering, please contact: Dr. Precious Taylor - helpinghandshd1@gmail.com

THE HAPI TEAM



SAMANTHA NAVA ON-SITE REP

The Hapi Foundation is thrilled to welcome Samantha Nava as our new on-site "Hapi Person" at Harvest Glen. Please keep a look out for her! You can find Samantha welcoming new residents

to the community and doing exercise class with the kids on Wednesdays from 3pm-4pm. She is always happy to answer any questions you may have about our programs.

GINO GARCIA

VIBE FITNESS

Vibe Fitness (VF), launched by Gino Garcia, is based on his passion to coach others on the principles of living an active and healthy lifestyle through physical fitness. Fitness serves as Gino's



vehicle to making positive IMPACT in the lives of others. The Vibe Fitness brand represents dedication, courage, strength, passion, and commitment which are all vital elements to achieving success.

Exercises include: Core conditioning, short distance running/walking, muscular strength, jumping rope, circuit training, hiking, fitness boxing, sport drills, obstacle courses, and more! This camp is suitable for ALL levels of fitness!



LISA WILLIAMS ZUMBA

"Zumba is pretty much the most awesome workout ever! It is a Latin-inspired fitness format which promotes "fitness should be fun". Dance to great music, with great people, and

burn a ton of calories without even realizing it. You don't have to be a trained dancer or particularly rhythmic to benefit from this class. All you need is motivation and a positive attitude; the rest is easy. This class incorporates fitness for not just the body, but mind and spirit.... So, ditch the workout and join the party!"

SHELLY TAMAR

NUTRITIONIST

"Are you tired of yo-yo dieting. Do you want more energy, lower cholesterol, lower blood sugar, and would you like to learn how to cook quick, healthy meals that you and your



family will love?" Learn how naturally, by attending my healthy cooking classes. It will benefit you and your whole family. So Let's start cooking!" - Shelly

Shelly studied Nutrition and Holistic Health for 17 years. Earned a BS in foods and nutrition at Cal Poly Pomona with an emphasis in Sports Nutrition. Worked at Loma Linda University Medical Center as a Registered Dietetic Technician. Presently working as a Nutrition Consultant offering menu planning, diet consults, and recommendations using alternative and holistic approaches. Shelly's passion is to serve people and communities by teaching how to achieve a healthy lifestyle through proper nutrition.

NEW PROGRAMS & EVENTS COMING TO HARVEST GLEN!

AFTER-SCHOOL PROGRAM

Starts September 9th
Tuesdays & Thursdays 3pm-5pm

Back by popular demand, Hapi's After-school Program is returning to the Harvest Glen Community Center starting September 9th. Every Tuesday and Thursday at the Community Center from 3:00-5:00pm, children will receive free, on-site access to:

Tutoring in all subjects
Nutrition education
Cooking classes
Exercise classes

PARENTS: don't miss out on the opportunity to enroll your children in Hapi's afterschool program. There is OPEN ENROLLMENT for any student that would like to attend. Just drop by the Community Center on Tuesday or Thursday at 3pm for same-day signup, and your child can start immediately.

HAPI IS COLLABORATING WITH ATAP

Every Friday 4pm-6pm

Join us every Friday from 4-6pm beginning Friday, September 12th at the HAPI Community Center for Friday Family Fun Nights of arts and crafts, community potlucks, recreation for all ages and special TEEN nights.

HAPI MOVIE NIGHT & FUN ACTIVITIES FOR THE KIDS!

Friday, October 10th 7pm-8:30pm

Join your neighbors for movie night on Friday, October 10th from 7pm-8:30pm with the feature film "Fed Up", which exposes the food industry's 30-year campaign of misleading the public about the health and safety of its food. This movie is for children 12 and up. We will be providing activities for younger children during the movie so you can relax and enjoy the film! (Refreshments will be served.)

TOWN HALL MEETING!

Thursday, October 23rd 5pm-7pm

Our first monthly Hapi Town Hall is scheduled for Thursday, October 23rd at 5:00pm with special guest speaker, Dr. Zaki Hadaya from our local Rialto Walgreens located on 1280 West Foothill Blvd., who will be giving a talk on everything you need to know to about flu season.

FREE FLU SHOTS WILL BE AVAILABLE!

- Be in the know about what's going on in your community
- Enjoy seminars from health and wellness leaders and specialists
- A great opportunity to meet your neighbors
- Get involved!

The HAPI Town Hall Meetings will be held once a month at the Community Center.

Free Flu Shots Provided By:

Walgreens

HAPI MEALS

Healthy, Fast, and Easy Recipes

Salt and Vinegar Parsnip Chips - Makes: 4 servings | Serving Size: ¾ cup

- 3 cups Parsnips
- 1/8 cup Olive Oil
- ¼ cup White Vinegar
- 1 tablespoon Salt

Preheat oven to 400°

Remove the very ends of the parsnip. Thinly slice the entire parsnip—1/8-inch thick, or less works best. It may be helpful to use a mandolin slicer to keep slices uniform in size.

Put parsnip slices, salt, vinegar, and oil in a large bowl; and toss to coat. Bake in a single layer for 30 minutes, periodically mixing the chips. Cook until chips begin to crisp. Remove from the oven and allow to cool.

Per serving: Calories: 156; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 5g; Polyunsaturated Fat: 1g; Cholesterol: 0mg; Sodium: 1744mg; Potassium: 430mg; Carbohydrate: 23g; Dietary Fiber: 5g; Sugar: 0g; Protein: 2g
Nutrition Bonus: Iron: 4%; Vitamin A: 0%; Vitamin C: 25%; Calcium: 4%

Pro-tip: Instead of buying regular potato chips at the market, give bean chips a try. Bean chips are made out of beans and are higher in healthy fiber and protein! (They are also full of flavor and taste great!)

YOUR BABY'S HEALTH

Preventing Diaper Rash

A few simple strategies can help decrease the likelihood of diaper rash developing on your baby's skin.

Remove dirty diapers promptly. Rinse your baby's bottom with water as part of each diaper change. Moist washcloths and cotton balls also can aid in cleaning. Avoid wipes that contain alcohol or fragrance. Pat your baby's skin dry with a clean towel.

When possible, let your baby go without a diaper. Exposing skin to air is a natural and gentle way to let it dry. To avoid messy accidents, try laying your baby on a large towel and engage in some playtime while he or she is bare-bottomed.

Consider using ointment regularly. If your baby gets rashes often, apply a barrier ointment during each diaper change to prevent skin irritation. Petroleum jelly and zinc oxide are the time-proven ingredients included in many prepared diaper ointments.

After changing diapers, wash your hands well. Hand washing can prevent the spread of bacteria or yeast to other parts of your baby's body, to you, or to other children.

— Source: Mayo Clinic



Senior Health Update Eat Right for Stronger Bones

There are things you should do at any age to prevent weakened bones. Eating foods that are rich in calcium and vitamin D is important.

Getting enough calcium all through your life helps to build and keep strong bones. Women over age 50 need 1,200 mg (milligrams) of calcium every day. Men need 1,000 mg between ages 51 and 70 and 1,200 mg after age 70. Eat low-fat dairy foods, canned fish with soft bones such as salmon, and some dark-green leafy vegetables. Check labels on foods such as orange juice, breads and cereals to find those with calcium added.

Your body uses vitamin D to absorb calcium. Most people's bodies are able to make enough vitamin D if they are out in the sun without sunscreen for 10 to 15 minutes at least twice a week. You can also get vitamin D from eggs, fatty fish, and cereal and milk fortified with vitamin D. If you think you are not getting enough vitamin D, check with your doctor. Each day you should have 600 IU (International Units) if you are age 51 to 70 and 800 IU if you are over age 70. Check with your doctor to verify the right amounts of calcium and vitamin D for you.

— Source: National Institute on Aging

hapitimes health articles are not intended as medical, legal or regulatory advice. The information provided is intended to educate and inform. Please consult with your physician or other licensed professional for advice. hapitimes and its affiliates disclaim all liability arising from or related to reliance on information contained in hapitimes newsletter.

DID YOU KNOW?

Breast Milk Can Help Fight Many Diseases

The cells, hormones and antibodies in breast milk help protect babies from illness. This protection is unique; formula cannot match the chemical makeup of human breast milk. In fact, among formula-fed babies, ear infections and diarrhea are more common. Formula-fed babies also have higher risks of gastrointestinal issues, lower-respiratory infections, asthma, obesity and Type 2 diabetes. Some research shows that breastfeeding can also reduce the risk of Type 1 diabetes and atopic dermatitis (a type of skin rash) in babies.

— Source: Office on Women's Health,
U.S. Department of Health and
Human Services

