

hapitimes



Financial Literacy Month

April is Financial Literacy Month. Here are some steps to take to make sure you and your family are financially prepared for the days and years ahead.

Learn about the five money principles.

The five building blocks for managing and growing your money: Earn, save & invest, protect, spend, and borrow. Find more information: Federal Financial Literacy and Education Commission's website: www.mymoney.gov

Maintain a budget. Do you stick to a budget? Do you want to find out about your financial wellbeing? Find information from the Consumer Financial Protection Bureau: www.consumerfinance.gov/consumer-tools

Create an emergency fund. The pandemic has been devastating for so many. An emergency, "rainy day" fund can help you and your family face any future hardships. Many financial advisors recommend saving (at least a portion of) tax refunds and stimulus checks. Whenever you can, save a portion of income.



Teach kids about money. If you give your child an allowance for chores, teach them to track and budget their money. You can set up a savings account for a child and let them track interest and use online investment calculators to show them how interest can help grow their savings. With older kids, share with them your household budget and explain where the family income is spent.

Get Financial Help: Financial Counseling Consumer Credit Counseling Services (CCCS) is now offering free financial/credit counseling classes on site at Rochester Highlands.

The topics for the 5 sessions to be offered by CCCS are:

- Confessions of a Shopaholic
- Paper or Plastic...Avoiding Debt Disaster
- Credit Reports, Scores, and all that Fun Stuff!
- Defeating Your Debt
- Protecting Your Personal Information

The classes will begin on Tuesday, April 6, from 5 to 6 pm in the community center. Limited to 10 on site, but others may join via Zoom. Call 585-216-1887 to register.

inside
Rochester
Highlands

Office News

Join us in welcoming our new receptionist, Syneka Ellington!

We are open from 9-10 am and 4-5 pm to load laundry cards so you can say hello and introduce yourself if you are in the office.

Rent

We are not yet able to take payments in the office. Please use RentCafe.com to pay online or mail in your rent payments to Rochester Highlands, 47 Green Knolls Dr., Rochester, NY 14620.... Did you know that about 25% of renters in the City of Rochester are behind on rent and may be subject to eviction when current protections run out in May? Please dial 211 to speak with an intake specialist about Emergency Rent Assistance. Landlords can now also initiate an application with their tenant's consent.

Maintaining Our Property

If you use a shopping cart, please return it to the store. Parking shopping carts on the lawn is a

lease violation, and it can create muddy trenches in the lawn, making for hazardous walking conditions and a messy property. Thanks for helping us maintain the property!

Safety

Until we are able to have 100% capacity indoors, the Community Center remains closed. While there have been cases of COVID-19 at Rochester Highlands, it has not spread throughout the community. Let's continue to stay diligent and practice safe measures so we are all protected!

Welcoming Spring

Please call the office and ask for Elizabeth if you're interested in gardening this summer. Plots are limited.... Warmer days are perfect for taking advantage of our nature path and getting some exercise. Maps are located outside the office. Happy Spring!

Community Activities and Highlights

Craft Night: Join us for our "Make Your Own Instruments" night, for all ages, on Monday, April 12 at 4 pm. Please register by Friday, April 9 by calling 585-216-1887.

Pantry Pick-Up: This month's pick-up is Thursday, April 15, and you must register by Monday, April 12. Please call 585-216-1887 to register.



resident
spotlight

What homeschooling challenges do you face? How do you cope?

"Not being able to work is hard. I try to be positive and find ways to put a certain amount away each month for essentials. It's a struggle for the girls to understand everything, but the teachers are really good. I watch them teach and can see how my kids are learning. I'm a lot more involved now; I have every teacher's phone number and talk to them whenever I need to about how my kids are doing and what might help them." —Resheeda

"My son is 12. It's very hard. It's very time-consuming and my son is restless. It seems like now he doesn't want to go back because he's been gone so long and that won't do. He's going back as soon as they allow it." —Daphine



HAPI meals

Yogurt Pops

Ingredients

2 cups yogurt (vanilla, low-fat)

1 cup berries (fresh or frozen)

3 pretzel rods (halved; or 6 baked snack stick crackers)



Instructions

Break pretzel rods in half.

In a large bowl, gently stir together the yogurt and berries.

Spoon into 4-ounce ice-pop molds or 3-ounce paper cups.

Cover molds or cups with foil.

Use a sharp knife (adults should do this!) to cut a small hole in the foil.

Insert cut side of pretzel rod or a snack stick.

Freeze until firm (approximately 4 hours).

Remove foil and mold or cup before serving.

Makes 6-8 servings. Store in the freezer for up to one month.

Enjoy!

NURSE MURPHY'S HEALTH TIPS

By James F. Murphy MS, RN
Community Nurse Specialist, Jewish Family Services @ Rochester Highlands



COVID-19 Vaccine

Getting the vaccine is the BEST way to protect yourself from COVID-19. Call the New York State COVID-19 Vaccination Hotline at 1-833-NYS-4-VAX (1-833-697-4829), Monday through Sunday, 7 AM to 10 PM.

People who are fully vaccinated against COVID-19 can safely gather unmasked and inside with non-vulnerable people who are not yet immunized, according to the CDC. But this is not our final destination!

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing (at least 6 feet).
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing.
- Avoid quarantine and testing following exposure to someone if they remain asymptomatic.

Those who are fully vaccinated must still:

- Wear masks and physically distance in public settings and around people at high risk for severe disease.
- Wear masks and physically distance when visiting unvaccinated people from more than one household.
- Avoid medium- and large-sized gatherings.
- Avoid travel.

People considered at high risk for severe disease include those with cancer, chronic kidney disease, COPD, Down syndrome, heart disease, heart failure, a weakened immune system, obesity, sickle cell disease, and type 2 diabetes, as well as pregnant women and smokers. In public spaces, fully vaccinated people should continue to follow guidance to protect themselves and others by wearing a well-fitted mask, physical distancing, avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes, and washing hands often. Fully vaccinated people should still watch for symptoms of COVID-19, especially following an exposure to someone with suspected or confirmed COVID-19. Reference: <https://www.medscape.com/viewarticle/947035>

fitness fact

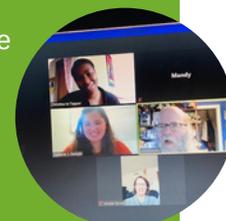
Dancing is good for cardiovascular health, improves balance, strengthens bones, and can improve mental health.

Nurse Murphy's Health Workshops

Tuesday, April 13, 4 pm: High Blood Pressure

Tuesday, April 27, 4 pm: Atrial Fibrillation (fast heart beat)

Residents can call his direct line to join the workshops offered via Zoom; 585- 431-0233



JFS Spotlight

We are pleased to share that Tausha, MHC-LP, a mental health counselor, is offering counseling support for children, adolescents, adults, and families!

Tausha will be providing individual and group counseling support for Rochester Highlands residents one day per week.

She has a special interest in self-esteem, family issues, anxiety, loss and trauma and she uses a holistic approach for each client's unique needs, believing that treatment should be individualized.



Tausha utilizes various practices, including Trauma-Focused Cognitive Behavioral Therapy, Infant Mental Health, Child-Parent Psychotherapy, Non-Directive Play Therapy, and Reflective Parenting, in addition to Cognitive Behavioral Therapy. Tausha is dedicated to creating a safe, warm, and supportive environment for the purposes of healing and growth.



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!



Bingo Night!

Thank you to JFS for hosting Rochester Highlands' first Bingo Night! We have limited space in person and will be offering a virtual option as well. Bingo will begin at 6:30 pm on Thursday, April 22. Please register by Monday, April 19 by calling 216-1887. We can assist with technology if you would like to participate and do not have internet access or a computer/tablet. Prizes to be announced!

Community Resources

The Find Shelter Tool: This is a new resource developed to help individuals and families in need to locate nearby resources. A quick search can help find facilities that provide shelter, clothing, health clinics, and food pantries to those in need. www.hud.gov/findshelter

211: Call 211 if you or someone you know is in need of mental health help or is in crisis.

wise words

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."

—OPRAH WINFREY

