

hapitimes

Back to School Tips

Keep a routine.

Maintain morning and bedtime routines and schedule ample time for meals, homework, movement, and relaxing/play time. Allow for enough time in the morning for breakfast and winding-down time before bedtime.

Eat right.

Prioritize healthy meals and snacks. Easy and good snacks: Fruits, vegetables with a yogurt dip or the recipe on this page! Do your best to stay away from fast foods, heavily processed foods, and products that have corn syrup or sugar as the first ingredient.

Move.

Start a family fitness routine. Take walks, do push-ups, sit-ups or jumping jacks together. Or have dance time, with every member of the family taking turns choosing songs. (See more below.)

Communicate.

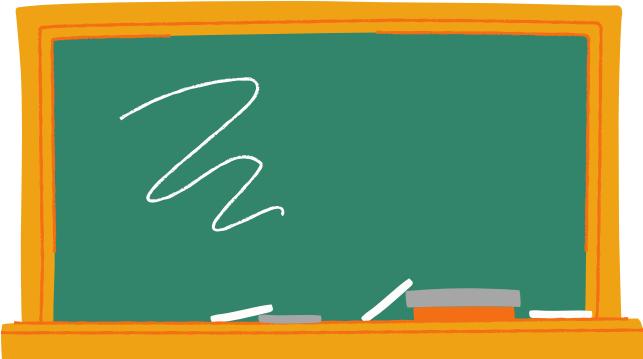
Talk to your kids about their day. What made them feel good? Bad? What was fun? What, if anything, made them scared or angry?

Practice mindfulness.

Mindfulness is a practice of paying attention that can help us cope during stressful times. Simple exercise: Fill a jar with water and glitter. When your child is anxious or angry, tell them to shake the jar and watch as the glitter settles. Explain that our minds are like this sometimes, but we can calm down by pausing to breathe. (And watching the glitter settle is calming.)

Reach out for help.

This is a challenging time for all of us, and kids are especially vulnerable. Talk to your child's school to find out if there are resources to help when they are having difficulties with school or experiencing mental health challenges.



HAPI meals

Nut Butter Balls

Ingredients

- 1/4 cup peanut butter or other nut butter
- 1/4 cup honey
- 1/2 cup instant dry milk powder (nonfat)
- 1/2 cup whole grain cereal (crushed flakes)

Instructions

- Mix nut butter, honey and dry milk in a bowl.
- Shape into 1-inch balls. Roll in cereal.
- Chill until firm for 30 minutes or longer.
- Store leftover nut butter balls in an airtight container in the refrigerator.

Recipe from www.nutrition.gov

wise
words

"Education is the key to unlocking the world; a passport to freedom."

— OPRAH WINFREY



Rochester Highlands
apartments



HEALTH FACTS

Children and adolescents ages 6 through 17 years should do 1 hour or more of moderate-to-vigorous intensity physical activity each day; plus activities that strengthen bones (like running or jumping) 3 days each week; and exercise that builds muscles (like climbing or doing push-ups) 3 days each week. (CDC)

New Nurse Specialist: Julie Haynes (Jules), our new Community Nurse Specialist has more than 30 years of nursing experience and currently works with the Monroe County Department Health in the vaccine clinic. Jules has a strong history as a Nursing Health Coach, helping patients to develop care plans that slowly change behaviors and lifestyle to improve their overall health. She believes in a holistic approach to health and wellness and feels there is no one answer for all, and every case is an individualized approach guided by the patient. Jules is very involved in her community and excited to join the Rochester Highlands/JFS Community team.

Yoga with Josh: Join us Wednesdays, 4:30 to 5:15 pm, at the Community Center for Mixed Levels of Vinyasa Yoga with Josh. Suitable for all levels, from beginners and advanced students; a chair can be used, if needed.

Food for Residents: Bread is back! Monday and Friday 10:30 am, Wegmans gives day-old bread to Rochester Highlands residents. Bring your own bag.

Moving Notice: If you plan on moving out, remember to give the office 60 days notice before you leave.

Resident Spotlight: "I had heard a rumor that our neighbor Lucille has never been sick, so I asked what her secret is when I saw her. She said, 'Beets, carrots, spinach, things like that. I eat every morning with two glasses of water. I don't eat sugary stuff. In my coffee, I put raw honey. I also lie in bed and exercise my legs and arms.' " What an inspiration!

Back-to-School Raffle: Fill out a raffle ticket from Liz at the management office to be eligible to win the Back-to-School giveaway at the BBQ at the end of August! Ask management about specific date and details.

Community Spotlight



The July Health Fair was a huge success. Thanks to all who joined us!