

hapitimes

AT
ROCHESTER HIGHLANDS



NOVEMBER 2022

NATIONAL DIABETES MONTH

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause health problems, such as heart disease, stroke, nerve damage, eye and foot problems, and kidney disease.

Type 1 diabetes occurs when your immune system attacks and destroys the insulin-producing cells of the pancreas. Scientists think type 1 diabetes is caused by genes and environmental factors, such as viruses, that might trigger the disease. Type 2 diabetes—the most common form of diabetes—is caused by several factors, including lifestyle factors and genes. You are more likely to develop type 2 diabetes if you are not physically active and are overweight or have obesity. Extra weight sometimes causes insulin resistance and is common in people with type 2 diabetes. The location of body fat also makes a difference; extra belly fat is linked to insulin resistance, type 2 diabetes.

Diabetes Facts

- An estimated 30.3 million people in the United States, or 9.4 percent of the population, have diabetes.
- About one in four people with diabetes don't know they have the disease.
- An estimated 84.1 million Americans aged 18 years or older have prediabetes.
- Diabetes is the seventh leading cause of death in the U.S.

Maintaining a healthy weight, eating a nutritious diet, and staying physically active are important parts of a healthy lifestyle to help prevent diabetes.

Find out more: www.health.gov

HAPI meals

Turkey Quesadillas

Ingredients

- 1 pound ground turkey
- 1/4 cup parmesan cheese
- 2 cups chopped vegetables (tomatoes, green beans, carrots, peppers, zucchini, etc.)
- 8 whole wheat tortillas



Instructions

- In a skillet, cook ground turkey until completely cooked. Drain and rinse.
- Add cheese and vegetables to turkey.
- Place 1/4 cup of turkey mixture on a tortilla. Fold over or roll.
- Heat and lightly brown in skillet or in the oven.

Notes

- Quesadillas are a great way to use up leftover cooked meats or vegetables. Instead of ground turkey, you can use leftover roasted turkey that is shredded or chopped, or other leftovers.
- Make half your plate vegetables! You can stretch food dollars and eat healthier by adding your favorite vegetable to your recipes. Experiment with new foods and have fun!

Source: www.nutrition.gov

Happy Thanksgiving from the HAPI team!



wise words

"When we give cheerfully and accept gratefully, everyone is blessed."

—MAYA ANGELOU



Rochester Highlands
apartments



Housekeeping Updates:

Residents are responsible for cleaning their bathroom grout and to return air vents.

Grout: Spray with Tilex or Comet with Bleach (liquid). Let sit ten minutes, then scrub grout clean.

Return Air Vents: Sweep or vacuum the surface of your returned air duct.

Holiday Wishes: We would like to wish you and your loved ones a happy Thanksgiving! See our schedule of events to help you prepare your meals (and our wellness groups to help you manage any holiday-related stress!)



Community Offerings and Events: Call 585-216-1887 ext. 4 to register for events; see the calendar for more.

Open Tech Class. Monday, November 7, 10:30 to 11:30 am. Free class to learn about online programs such as email, social media, and more.

Take and Make Meal: Butternut Squash Bake with Cranberries and Apples. Thursday, November 10, 3 to 4 pm; register by Monday, November 7 to receive the fixings for the free dish and recipe.

Thanksgiving Sides with Chef Rhondalyn. Monday, November 14, 1:30 to 2:30 pm. Join Chef Rhondalyn from Jewish Senior Life and learn how to get creative in the kitchen this Thanksgiving holiday!

Jeopardy. Tuesday, November 15, 3 to 4 pm at the Community Center. Play a real-life version of the TV show.

Wellness Groups: November 2, 9, and 16, 4 to 5 pm. Mindfulness meditation practice couldn't be simpler: take a seat, pay attention to your breath, then return to it when your attention wanders.



Please call 585-216-1887 ext. 4 to register for all events
Call ext. 2 for any questions or more information
Curbside Market Fridays 3:00 – 5:00pm – ACCEPTS SNAP, for every \$20- you spend in SNAP benefits, \$20 goes back on your card!



The Rochester Highlands

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 4:00-5:00pm Wellness Group	3 11:00 - 12:00pm Pantry Pick Up RPC: 5:00-6:00pm	4 JFS Office Closed *Last Day to Register for Thanksgiving in a Bag*	5
6	7 10:30 – 11:30am Open Tech Class 12:30 - 1:15pm Exercise with Sanjay	8 Election Day JFS Office Closed	9 3:00-4:00pm Bingo 4:00-5:00pm Wellness Group	10 3:00-4:00pm Take and Make: Butternut Squash Bake with Cranberries and Apples *Register by 11/7*	11 JFS Office Closed	12
13	14 12:30 - 1:15pm Exercise with Sanjay 1:30-2:30pm Chef Rhondalyn: Thanksgiving Sides	15 3:00-4:00pm Jeopardy 4:45-5:45pm Kids Dance Group	16 4:00-5:00pm Wellness Group	17	18 4:00-6:00pm Thanksgiving in a Bag Pick-Up	19
20	21 12:30 - 1:15pm Exercise with Sanjay 2:00-3:30pm Holiday Craft *Register by 11/14* 4:30-5:15pm Songs with Savannah	22 3:00 – 4:00pm Family Feud	23 JFS Office Closed	24 JFS Office Closed	25 JFS Office Closed	26
27	28 12:30 - 1:15pm Exercise with Sanjay 4:30-5:15pm Songs with Savannah	29 6:00-7:00pm Bingo	30 1:00-3:00pm Memorial Art Gallery *Register by 11/23*			

Wegmans medical motors service every Monday: Pickup at 12 Green Knolls at 11:00am, Dropoff at 1:00pm

