

# hapitimes

## Happy Holidays!

We wish you a happy holiday season! It has been a challenging year for so many, and we are proud of our HAPI communities for taking care of one another and participating in health-focused events and activities. We look forward to a happy and healthy 2022!

### PROTECTION FROM THE FLU

National Influenza (Flu) Vaccination Week is December 5-11. Have you received your flu shot yet? The CDC (Centers for Disease Control) recommends everyone six months and older get a flu vaccine every season.

Here are tips to keep us all safe during flu season:

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes. Use a tissue to cover your nose and mouth when you cough or sneeze, and throw it in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses such as the flu.
- Say home for at least 24 hours after a fever from the flu is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. Note that the stay-at-home guidance for COVID-19 may be different.
- Take flu antiviral drugs if your doctor prescribes them to you.
- More info: [www.cdc.gov/flu](http://www.cdc.gov/flu)

### HAPI meals

## Apple Cinnamon Bars

### Ingredients

4 apples (medium, peeled or unpeeled) or 16 ounces of applesauce or canned apples  
 1 cup flour  
 1/4 teaspoon salt  
 1/2 teaspoon baking soda  
 1/2 teaspoon cinnamon  
 1 cup brown sugar  
 1 cup oats (uncooked)  
 1 cup shortening

### Instructions

- Preheat the oven to 350 degrees.
- Stir together the flour, salt, baking soda, cinnamon, brown sugar, and oats in a mixing bowl.
- Add the shortening to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
- Lightly grease the bottom and sides of a baking dish with a little bit of shortening.
- Spread half of the crumb mixture in the greased baking dish.
- Remove the core from the apples and slice them. Put the apple slices into the baking dish.
- Top the apples with the rest of the crumb mixture.
- Bake in the oven for 40-45 minutes.
- Cut into squares and enjoy.

Recipe from [www.myplate.gov](http://www.myplate.gov)

### wise words

"It's not how much we give but how much love we put into giving."

—MOTHER TERESA

inside Rochester Highlands

**Packages:** Be careful of package theft, especially during this holiday season. We do not accept packages at the leasing office; please get packages via in-store pick-up or delivered to your workplace or a family or friend's house.

**Bread for Residents:** Bring your own bag to get day-old bread from Wegmans on Mondays and Tuesdays, 10:30 am to close of day, at the office.

**Winter Tips:** Turn thermostat no lower than 50 degrees to prevent pipes from freezing. Lock your windows to save on your RGE bill. Buy a shovel and bag of salt to take care of the area around your vehicles. Call to take out AC units. Keep management aware of outdoor lights that are not working properly.

**Kids Week:** There will be games, dancing, snacks, and more (see calendar), Monday, December 27 to Thursday, December 30. Register: 585-216-1887 ext. 4.

**Holiday Open House:** Join us Thursday, December 16, 3 to 6 pm, for games, music, holiday treats, and more! Register: 585-216-1887 ext. 4.

**Stress Strategies Workshop:** Join Brittney at the Community Center Thursday, December 2, 10:30 to 11:30 am, to learn about healthy coping strategies for stress. Register: 585-504-1475.

**Holiday Shopping at Waterloo Outlet:** Join us Thursday, December 9, 10 am to 1 pm. The bus will leave Rochester Highlands PROMPTLY at 10 am; please arrive by 9:45 am. Register: 585-216-1887 ext. 4.

**JFS Help:** Are you interested in classes or workshops, have a medical question, need assistance with your benefits? We are here to help! Call 585-216-1887.

RESIDENT SPOTLIGHT

Judy B., a Rochester Highlands resident since 1982, raised her son James here and worked in the community. Judy has enjoyed a lifelong love of knitting, crocheting, needlepoint, and sewing and she would like to give back to our community by making children's scarfs and hand-embroidered kitchen towels for residents. These items will be available for free in January, during the pantry pick-up times on Monday and Tuesday at the community center.



December 2021

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   | 1<br>12:30-1:15pm<br>Exercise with Sanjay<br><br>2:00-4:00pm<br>Celebrating Hanukkah<br>Learn about traditions of this special holiday<br><br>4:30-5:15pm Yoga with Josh   | 2<br>10:30-11:30<br>Holiday Stress Strategies Workshop<br><br>11:00-12:00pm<br>Pantry Pick Up           | 3<br>Late Fees for Rent Due<br><br>JFS Office Closed |
| 6<br>12:30-1:15pm<br>Exercise with Sanjay<br><br>3:30-4:30pm<br>Curbside Market  | 7   | 8<br>12:30-2:15pm<br>Exercise with Sanjay<br><br>4:30-5:15pm<br>Yoga with Josh   | 9<br>9:45am-1:00pm<br>Holiday Shopping Waterloo Outlet  | 10<br><br>JFS Office Closed                          |
| 13<br>12:30-1:15pm<br>Exercise with Sanjay<br><br>3:30-4:30pm<br>Curbside Market   | 14<br>3:00-4:00pm<br>Bingo  | 15<br>12:30-1:15pm<br>Exercise with Sanjay<br><br>4:30-5:15pm<br>Yoga with Josh  | 16<br>11:00-12:00pm<br>Pantry Pick Up<br><br>3:00-6:00pm<br>Open House Games, Music, and Holiday Treats | 17<br><br>JFS Office Closed                          |
| 20<br>12:30-1:15pm<br>Exercise with Sanjay<br><br>3:30-4:30pm<br>Curbside Market   | 21  | 22<br>12:30-1:15pm<br>Exercise with Sanjay<br><br>4:30-5:15pm<br>Yoga with Josh  | 23  | 24<br><br>CAPREIT and JFS Office Closed              |
| 27<br>12:30-1:15pm<br>Exercise with Sanjay<br><br>2:00-4:00pm Fun & Games<br>Kids aged 2 to 8<br>3:00 pm Meet Lil Alli Gator   | KIDS WEEK<br>10:30-Noon<br>Weird Science, Board & Card Games<br>Kids aged 8-12<br><br>3:00-5:00pm<br>New Year's Fun |  | 30<br>1:00pm<br>The Dating Game & All That Stuff<br>Pizza and Snacks Provided!<br>Teens aged 12-18      | 31<br><br>JFS Office Closed                          |
| Registration required for all activities, please call JFS at the Rochester Highlands:<br><b>585-216-1887</b><br><br>Interested in one-to-one tutoring assistance?<br>Call 585-216-1887 |   | *Curbside market off from 12/27/21 - 01/03/22 resuming on 01/10/2022<br>Adult programming in BLUE / Children's programming in GREEN<br><br>Holidays In Our Community:<br>Hanukkah 11/28 - 12/6 2021<br>Christmas 12/25<br>Kwanzaa 12/26 - 1/1/22 |   |  |

