

# hapitimes

## Celebrating Love

We celebrate Valentine's Day and mark American Heart Month each February. We hope you will take time to enjoy heart-healthy food and activities with your families. We like to celebrate more than romantic love on Valentine's Day, by also appreciating family bonds, our friendships—and self-love, which includes devoting time to take care of ourselves!

### HEART-HEALTHY TIPS

Get at least 2½ hours of physical activity each week and do muscle strengthening exercises at least 2 days a week. You can aim for 30 minutes a day, 5 days a week, or you can try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none!

Eat a healthy diet that is low in sodium and saturated fat for heart disease prevention. Try the Dietary Approaches to Stop Hypertension (DASH) eating plan: eat vegetables, fruits, whole grains, fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products; and limit foods that are high in saturated fat and sodium, plus sugar and other sweeteners. Find heart-healthy DASH recipes online at: [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov)

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family, so your healthy choices may inspire those around you!

Make being active social. Invite family, friends, and colleagues to join you in staying fit and keeping you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. Studies show that people with friends or family who support their efforts to be physically active are more likely to be successful.

HAPI  
meals

### Overnight Oats

#### Ingredients

- 1 cup rolled old-fashioned oats, uncooked
- 1 cup low-fat yogurt or non-dairy alternatives such as soy or coconut
- 1 cup milk or non-dairy alternatives such as oat, almond, or soy
- 1 cup berries, fresh or frozen
- 1 cup chopped apple

#### Instructions

In a medium bowl, mix oats, yogurt and milk. Add the fruit now or add just before eating.

Cover and refrigerate oatmeal mixture for 6-12 hours.

For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids. Refrigerate leftovers within 2 hours.

*Recipe from <https://www.nutrition.gov>*

### Heart-Healthy Snacks

- Raw vegetables
- Fresh fruits
- Fruits canned in their own juice or packed in water
- Dried fruits
- Unsalted rice cakes with nut butter
- Nuts mixed with raisins
- Graham crackers
- Fat-free and low-fat yogurt
- Popcorn with no salt or butter added

wise  
words

"I did then what I knew how to do.  
Now that I know better, I do better."

—MAYA ANGELOU

inside Rochester Highlands

**New Staff:** Join us in welcoming Alex Lanos, our new Assistant Community Manager!



**Winter Car Tips:** Make sure your car does not hang over the sidewalk to prevent it from getting hit. Sidewalks are plowed with a tractor that covers the whole width of the sidewalk.

Rochester Highlands is not responsible for clearing in between cars. Prepare for winter with your own shovel and salt so that you can get in and out of your vehicle safely. If you see ice on sidewalks, please report the slippery area to the main office. Use caution and wear boots! Salt does not melt easily when temperatures are very cold.

**New Washing Machines:** *How do they work?* Phone app and/or laundry cards. *What do they cost?* Two large capacity washers (triple load size) are \$3 per load; two large dryers (triple load size) are \$2.25 per load; regular size machines are \$1.90 washer and dryer. *What do I do with my old laundry card?* If you have any balance on your cards, please mail the cards and you'll receive a check for the remaining balance by mail; mail cards to: CSC-Attention Card Department 3201 West Royal Lane, Suite 100, Irving, TX 75063. The last day to receive cards is Thursday, February 10.

**Virtual Connections:** Join our iPad program to make connections with others, learn tech skills, go on virtual tours, and play online games! To rent out a free iPad, contact Marisa Severino at 585-216-1887 ext. 4 or email mseverino@jfsrochester.org

**Wellness With Jules: Healthy Hearts:** The heart is crucial to your survival. Keep it healthy with a well-balanced diet, exercise, sleep, and maintain good blood pressure. Join our informational workshop with Nurse Jules on how to keep your heart strong and healthy Monday, February 7, 10:30 to 11:15 am; call 585-216-1887, ext. 4 to register.

**Wellness With Jules: Children's Dental Health:** The sooner children begin getting regular dental checkups, the healthier their mouths will be throughout their lives. Join Nurse Jules on how to maintain a beautiful smile Monday, February 21, from 2:30 to 3:15 pm; call 585-216-1887, ext. 4 to register.

**Take & Make Meal Featuring Minestrone Soup:** Learn how to make a yummy Italian traditional soup to warm up this winter on Thursday, February 24, 3 to 4 pm; call 585-216-1887, ext. 4 to register.



The Rochester Highlands

FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 12:30 - 1:15pm Exercise with Sanjay 	3 11:00 - 12:00pm Pantry Pick Up 	4 JFS Office Closed	5
6	7 10:30 - 11:15am Wellness with Jules Healthy Heart 12:30 - 1:15pm Exercise with Sanjay  3:30 - 4:30pm Curbside Market	8 3:00 - 4:00pm Bingo 	9 12:30 - 1:15 pm Exercise with Sanjay 	10	11 JFS Office Closed	12
13	14 Valentine's Day 12:30 - 1:15pm Exercise with Sanjay  3:30 - 4:30pm Curbside Market 	15	16 12:30 - 1:15 pm Exercise with Sanjay  5:30-6:30pm Bingo 	17 11:00 - 12:00pm Pantry Pick Up 	18 JFS Office Closed	19
20	21 12:30 - 1:15pm Exercise with Sanjay  2:30 - 3:15pm Wellness with Jules Children's Dental Health	22	23 12:30 - 1:15 pm Exercise with Sanjay 	24 3:00- 4:00pm Take & Make Meal Featuring Minestrone Soup 	25 JFS Office Closed	26
27	28 12:30 - 1:15pm Exercise with Sanjay  3:30 - 4:30pm Curbside Market					

Virtual Learning Month! - Check out our flyer for more information!  
Curbside Market will be parked by the building maintenance garages

