

hapitimes



Welcoming the New Year

We made it through another challenging year and hope that 2022 is a happy and healthy one!

TIPS FOR A HEALTHY 2022

Eat Healthy: Eat a balanced diet and reach for healthy options like fruits and vegetables instead of salty or sugary treats.

Move More, Sit Less: Adults should get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities 2 or more days a week. Kids 6-17 years-old should get 60 minutes or more of moderate-to-vigorous intensity physical activity each day, plus activities that strengthen bones (like running or jumping) and build muscles (like climbing or doing push-ups) 3 days each week.

Rethink Your Drink: Substitute water for sugary or alcoholic drinks to reduce calories.

Unwind and Connect With Others: For stress relief, take deep breaths, stretch, meditate, or do an activity you enjoy. Talk with people you trust about how you're feeling and express gratitude.

Prioritize Sleep: Adults need at least 7 hours of sleep per night; preschoolers need 10-13 hours (including naps); kids 6-12 need 9-12 hours; teens need 8-10 hours. For a healthier sleep, be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

Be Sun Safe: Wear layered clothes and apply broad-spectrum sunscreen with SPF 15 or higher. Even in cold weather, the sun can damage your skin.

Get Your COVID-19 and Flu Shots: Get vaccinated for the flu and COVID-19 (including a booster shot).

Source: www.CDC.gov

HAPI
meals

Apple Sandwiches

Ingredients

1 medium apple
2 tablespoons peanut butter
1 tablespoon raisins

Instructions

Wash hands with soap and water.

Cut apple in half from the stem down and lay each half cut side-down on a cutting board. Slice each half into 6 half-round slices and cut out the core.

Spread 1/2 teaspoon peanut butter on one side of each apple slice.

Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.

Continue with remaining apple slices.

Options

Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.

Try other nut or seed butters, such as almond, hazelnut, or sunflower seed.

Use other dried fruit pieces, such as cherries or cranberries.

Recipe from www.myplate.gov

wise
words

"Start where you are. Use what you have. Do what you can."

—ARTHUR ASHE

inside
Rochester
Highlands

Office News: Please say goodbye to Jesandra Parrett, who will be leaving in January. She has served the residents of Rochester Highlands since 2017 and we will certainly miss her! In her new job,

Jesandra will be working behind the scenes helping people with computer questions. All the best to you, Jesandra! Angel has joined the CAPREIT team and will be taking care of maintenance, working in the quadrant by the large garden.

New Year Treats: There will be treats in the office to celebrate the New Year on January 3.

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

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 vehicles. Keep management aware of outdoor lights that are not working properly.

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: DEVONN

How's your morning and evening routine?

"We all take turns sharing the bathroom. Three different buses take the kids, from 6 until 9 am....

At the end of the day, Dad Devonn has supper ready when his son gets home at 5:08 pm!"



HAPI
tips

Morning Tips to Start Your Day

- Drink water.
- Eat a healthy breakfast.
- Spend time outside, in natural light.
- Exercise, or at least stretch.
- Make time to meditate, listen to music, read, or enjoy a favorite activity.
- Give yourself enough time so you don't have to rush.

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 12:30-1:15pm Exercise with Sanjay	4	5 12:30-2:15pm Exercise with Sanjay	6 11:00-12:00pm Pantry Pick Up	7
10 12:30-1:15pm Exercise with Sanjay	11 3:30-4:00pm One Pot Meal Chicken Tortilla Soup	12 12:30-1:15pm Exercise with Sanjay 5:30-6:30pm Bingo	13	14 JFS Office Closed
17 JFS Office Closed in Observance of MLK Day	18 2:30-3:30pm Chess Club Informational Meeting	19 12:30-1:15pm Exercise with Sanjay	20 11:00-12:00pm Pantry Pick Up	21 JFS Office Closed
24 12:30-1:15pm Exercise with Sanjay	25 3:00-4:00pm Bingo	26 12:30-1:15pm Exercise with Sanjay 2:00-3:00 Blood Pressure Clinic	27	28 JFS Office Closed
31 12:30-1:15pm Exercise with Sanjay				
3:30-4:30pm Curbside Market	3:30-4:30pm Curbside Market			
Registration required for all activities, please call JFS at the Rochester Highlands: 585-216-1887		*Curbside market will be parked by the Building Maintenance Garages		
		Interested in one-to-one tutoring assistance? Call 585-216-1887		