

hapitimes



STAYING HEALTHY AND COOL

During the extreme heat days of summer, we are at risk of heat-related illnesses, such as heat stroke and heat exhaustion. Those at highest risk are infants and young children, people aged 65 and older, and those who are overweight or have certain medical conditions.

Signs of Heat Stroke: High body temperature (103°F or higher); hot, red, dry, or damp skin; fast, strong pulse; headache; dizziness; nausea; confusion; losing consciousness (passing out). If you have or witness signs of heat stroke, call 911 for medical attention.

Signs of Heat Exhaustion: Heavy sweating; cold, pale, and clammy skin; fast, weak pulse; nausea or vomiting; muscle cramps; tiredness or weakness; dizziness; headache; fainting (passing out). If there are signs of heat exhaustion, move to a cool place; sip water; loosen clothing; use cool, wet cloths or take a cool bath. Get medical help right away if you are throwing up or your symptoms get worse or last longer than 1 hour.

Tips to Prevent Heat-Related Illness:

- Wear lightweight, light-colored, loose-fitting clothing.
- Limit outdoor activity to when it's coolest (in the morning and evening hours) and cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.
- Drink more water and healthy fluids and don't wait until you're thirsty to drink. Avoid very sugary or alcoholic drinks and very cold beverages.

Source: CDC.gov

HAPI meals

Fruity Guacamole

Ingredients

- 2 avocados, cubed
- ½ cup seasonal fruit, diced (strawberry, mango, peach, apricot, fig, grape)
- ¼ cup finely chopped onion
- 1 plum tomato, seeds removed, finely diced (optional)
- 1 small jalapeño pepper (with seeds), minced
- 3 tablespoons chopped fresh cilantro
- Juice of 1 lime (about 2 tablespoons)
- 1 small clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon sea salt, or to taste



Rebecca Clyde, MS, RDN, CD

Instructions

- Wash your hands.
- In medium bowl, combine avocado, seasonal fruit of your choice, onion, tomato (if using), jalapeño pepper, cilantro, lime juice, garlic and cumin.
- Stir until just combined.
- Add salt to taste.
- Serve with blue corn tortilla chips or as a side dish or topping to a protein like chicken or fish.

Recipe: Adapted from www.eatright.org

wise words

"No act of kindness, no matter how small, is ever wasted."

—AESOP

Freezer Tip: The shelf in the freezer door takes up 4 inches. For the freezer to work correctly, air must flow and circulate, so do overpack your freezer.

Call 585-216-1887 ext. 4 for the following events, and see the calendar for more.

Blood Pressure Clinic. Monday, July 18, 2 to 3 pm; in person at the Community Center. Join us for an open and free blood pressure clinic, where our on-site nurse will conduct blood pressure checks and answer questions.

Line Dancing 101. Wednesday, July 20, 3 to 4 pm; in person at the Community Center. Learn to line dance—choreographed group dance with a repeating sequence of steps and people arranged in one or more rows.

Weight Loss Group. Wednesday, July 13, 11 am to 12 pm; in person at the Community Center. Join our nurse to learn more about forming and sticking to a healthy lifestyle.

Coffee and Convos. Tuesday, July 26, 3 to 4 pm; in person at the Community Center. Come to talk to your neighbors while enjoying freshly brewed coffee.

Play Time at the Community Center: Outdoor Lawn Games on Wednesday, July 27, 2 to 3 pm; Jeopardy on Tuesday, July 19, 3 to 4 pm; and Bingo-White Elephant Style on Thursday, July, 6 to 7 pm, where those who participate bring a wrapped gift to then receive another wrapped gift.

Take and Make Meal: No Bake Dessert. Thursday, July 14, 3 to 4 pm; in person at the Community Center. To receive a free dessert with a recipe included, please register before Thursday, July 7.

Resident of the Month. Our resident spotlight this month is on Kenadi Hawkins. She will be attending Houghton College in August to study nursing. Go, Kenadi!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	2
3	4 No exercise with Sanjay JFS Office Closed	5 3:00 - 4:00pm Bingo 	6 12:30 - 1:15pm Exercise with Diane	7 11:00 - 12:00pm Pantry Pick Up 1:00-2:00pm Weight Loss Group	8 3:00 - 5:00pm Curbside Market/WIC also partnered with Members of TBK and the Voter Alliance JFS Office Closed	9
10	11 12:30 - 1:15pm Exercise with Sanjay	12	13 12:30 - 1:15pm Exercise with Diane	14 3:00 - 4:00pm Take and Make No Bake Summer Dessert *Must register by July 7 th *	15 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	16
17	18 12:30 - 1:15pm Exercise with Sanjay 2:00 - 3:00pm Open Blood Pressure Clinic	19 3:00 - 4:00pm Jeopardy!	20 12:30 - 1:15pm Exercise with Diane 3:00 - 4:00pm Learning Line Dance 101 	21 11:00 - 12:00pm Pantry Pick Up 	22 3:00 - 5:00pm Curbside Market/WIC also partnered with Members of TBK and the Voter Alliance JFS Office Closed	23
24	25 12:30 - 1:15pm Exercise with Sanjay	26 3:00 - 4:00pm Coffee and Convos 	27 12:30 - 1:15pm Exercise with Diane 2:00 - 3:00pm Outdoor Lawn Games 	28 6:00 - 7:00pm Bingo (White Elephant Style: Bring a wrapped gift, get a wrapped gift) 	29 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	30
31						