

# hapitimes

## SUN PROTECTION

May is Skin Cancer Awareness Month. As we are spending more time outdoors this time of year, it's a good time to learn about ways to protect you and your family.

### Facts

- Skin cancer is the most common cancer in the United States, and includes different types.
- Overexposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer.
- UV rays tend to be strongest from 10 am to 4 pm daylight saving time (9 am to 3 pm standard time).
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.

### Tips

- Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside.
- When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.
- For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts.

Source: Centers for Disease Control and Prevention (CDC)

## HAPI meals

### Healthy Cookout

#### Go Lean

Choose options that are lower in saturated fat, such as lean cuts of beef and pork, skinless poultry or fish. Switch things up with ground turkey burgers. Turkey burgers can be as lean as 99% fat-free.

#### Add Different Spices and Ingredients For Flavor

Try cilantro, shallots or chili sauce.

#### Roast Veggies

Baste vegetables such as red peppers, corn on the cob, eggplant, summer squash, sweet potatoes, cherry tomatoes, mushrooms or onions with olive oil and season with herbs. Place directly on a hot grill (or a piece of tin foil) until they are tender and browned.

#### Grill Up Dessert

Cook fruit kabobs, pineapple slices or peach halves on low heat until the fruit is hot and slightly golden for a tasty and nutritious dessert. Grill watermelon for 30 seconds on each side to bring out unique flavors. Marinate strawberries in balsamic vinegar for 30 minutes, toss in fresh mint and serve a refreshing savory dessert.

Source: [www.eatright.org](http://www.eatright.org)

## wise words

"The future belongs to those who believe in the beauty of their dreams."

—ELEANOR ROOSEVELT

## Community Offerings and Events

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

**55+ iPad Workshop.** Wednesday, May 4, 10 to 11 am. Have you ever wanted to learn how to navigate using an iPad? Marisa can show you how! The iPad program is a free lending service full of virtual classes, workshops, and connections with others.

**Take-and-Make Meal in a Bag Pick-Up - Southwest Bake.** Thursday, May 26, 3 to 4 pm (must register by May 12). This casserole recipe includes vegetables and cheese and is good as a dip, a topping, or on its own!

**Paint and Sip.** Wednesday, May 18, 2:30 to 3:30 pm, at the Community Center. Enjoy drinks and treats with this professionally-led painting class.

**Jeopardy.** Tuesday, May 17, 3 to 4 pm, via Zoom or at the Community Center. Play an in-person version of the TV trivia game to win our big prize.

## Health and Wellness Events

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

**Wellness Workshop with Jules: Foods that Fight Inflammation.** Monday, May 9, 2 to 2:45 pm; via Zoom or at the Community Center.

**Mental Health Wheel of Fortune.** Thursday, May 19, 10:30 to 11 am; via Zoom or at the Community Center, led by our mental health counselor, Brittney.

**Wellness Workshop with Jules: Alcohol Awareness.** Monday, May 23, 2 to 2:45 pm; via Zoom or at the Community Center.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12:30 - 1:15pm Exercise with Sanjay	3 10:30 - 11:30am Coffee and Convos	4 10:00 – 11:00am 55+ iPad Workshop Virtual Senior Center! 12:30 - 1:15pm Exercise with Diane	5 11:00 - 12:00pm Pantry Pick Up	6 JFS Office Closed	7
8	9 12:30 - 1:15pm Exercise with Sanjay 2:00 – 2:45pm Foods that fight inflammation Via Zoom and in person!	10 3:00 - 4:00pm Bingo	11 12:30 - 1:15pm Exercise with Diane	12	13 JFS Office Closed	14
15	16 12:30 - 1:15pm Exercise with Sanjay	17 3:00 – 4:00pm Jeopardy!	18 12:30 - 1:15pm Exercise with Diane 2:30 – 3:30pm Paint and Sip *12 slots available, register by 5/6! *	19 10:30 - 11am Mental Health Wheel of Fortune 11:00 – 12:00pm Pantry Pick Up	20 JFS Office Closed	21
22	23 12:30 - 1:15pm Exercise with Sanjay 2:00 – 2:45pm Alcohol Awareness Via Zoom and in person!	24 3:00 - 4:00pm Coffee and Convos 5:30 - 6:30pm Bingo	25 12:30 - 1:15pm Exercise with Diane	26 3:00 – 4:00pm Take and Make Meal: Southwest Bake *Register by 5/12! *	27 JFS Office Closed	28
29	30 Happy Memorial Day! JFS Office Closed	31				