

hapitimes

AT
ROCHESTER HIGHLANDS



SEPTEMBER 2022

TIPS TO HELP CHILDREN MAINTAIN A HEALTHY WEIGHT

September is National Childhood Obesity Month. In the United States, the number of children with obesity has continued to rise over the past two decades. Obesity in childhood poses immediate and future health risks.

Parents, guardians, and teachers can help children maintain a healthy weight by helping them develop healthy eating habits and limiting calorie-rich temptations. You also want to help children be physically active, have reduced screen time, and get adequate sleep.

The goal for children who are overweight is to reduce the rate of weight gain while allowing normal growth and development. Children should NOT be placed on a weight reduction diet without the consultation of a healthcare provider.

Tips to help children develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products, including cheese and yogurt.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Encourage your family to drink lots of water.
- Limit sugary drinks.
- Limit consumption of sugar and saturated fat.

Children ages 3 through 5 years should be active throughout the day, and children and adolescents ages 6 through 17 years should be physically active at least 60 minutes each day.

Tips to help children stay fit:

- Encourage aerobic activities, which is any form of exercise that makes their hearts beat faster.
- Promote bone-strengthening activities such as running or jumping and muscle-strengthening activities such as climbing or push-ups.
- Start adding physical activity to your own routine and encourage your child to join you!



Gluten-Free Chicken Nuggets

Ingredients

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- ¼ cup brown rice flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound chicken tenders, cut into 1-inch pieces
- 1 8-ounce can low-sodium tomato sauce
- 1 tablespoon white distilled vinegar
- 1 tablespoon dark brown sugar
- 1 tablespoon Dijon mustard
- 2 tablespoons honey



Rebecca Clyde, MS, RDN, CD

Instructions

- Heat the oil and butter in a large skillet over medium-high heat.
- Mix the flour with salt and pepper in a shallow dish.
- Dredge the chicken in the flour, shaking off the excess, and place each piece in the skillet.
- Cook the nuggets for 4 to 5 minutes, until the chicken is cooked through and browned.
- Mix the tomato sauce, vinegar, sugar, mustard and honey in a small saucepan with a whisk until well combined. Heat over low heat until the sauce reaches a simmer.
- When the chicken is done, dip each piece into the sauce to coat it and place the nuggets on a serving plate.

Recipe: www.eatright.org



"The best way out is always through."

—ROBERT FROST



Rochester Highlands
apartments



Community Offerings and Events: Call 585-216-1887 ext. 4 to register for events; see the calendar for more.

Fall Wellness Festival. Friday, September 30, 2:30 to 5:30 pm, outside the Community Center. There will be free food, exercise, a drum circle, DIY projects, and more!

Take and Make Meal: Apple Crisp. Thursday, September 15, 3 to 4 pm, at the Community Center. Register before Thursday, September 8 to receive the fixings for the free dish and recipe.

Memory Screening with The Institute on Aging JSL. Monday, September 12, 1:30-3:30 pm. Get a short, safe healthy brain check-up to test memory and other thinking skills. Screening results are not a diagnosis, but they can suggest a follow-up with a physician for a full evaluation.

Self-Care Basket Event: Monday, September 19, 11 to 11:45 am, at the Community Center; register by Monday, September 12. Self-care means doing things that help you live well and support your physical and mental health. Join us for hot tea and get your own self-care basket!

Fun at the Community Center

- Adult Board Games: Wednesday, September 7, 2 to 3:30 pm.
- Uno Game: Tuesday, September 13, 3 to 4 pm.
- Jeopardy: Tuesday, September 20, 3 to 4 pm.
- DIY Paper Roll Pumpkins Craft Class: Wednesday, September 21, 2 to 3 pm; register by Wednesday, September 14.
- Acrylic Painting Class: Wednesday, September 14, 2 to 3 pm; register by Wednesday, September 7.


Property Report:

Bees and rodents are attracted to garbage, so please place closed bags securely inside the dumpster.



Community Spotlight: Lillian getting her hair done.

Please call 585-216-1887 ext. 4 to register for all events
Call ext. 2 for any questions or more information

 SEPTMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:00 - 12:00pm Pantry Pick Up Resident Planning Committee 5:00 - 6:00pm	2 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	3
4	5 Labor Day No exercise with Sanjay JFS Office Closed	6 3:00 - 4:00pm Bingo	7 2:00 - 3:30pm Adult Board Games	8	9 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	10
11	12 12:30 - 1:15pm Exercise with Sanjay 1:30-3:30 Memory Screening with The Institute on Aging JSL	13 3:00 - 4:00pm UNO	14 2:00 - 3:30pm Craft Class: Acrylic Painting with various techniques *Must Register by 9/7*	15 3:00 - 4:00pm Take & Make Meal: Apple Crisp *Must Register by 9/8*	16 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	17
18	19 11:00-11:45am Self-Care Gift Basket *Must Register by 9/12* 12:30 - 1:15pm Exercise with Sanjay	20 3:00 - 4:00pm Jeopardy!	21 2:00-3:30pm Craft Class: DIY Paper Roll Pumpkins *Must Register by 9/14*	22 11:00 - 12:00pm Pantry Pick Up 6:00 - 7:00pm Bingo (White Elephant Style)	23 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	24
25 Rosh Hashanah Begins	26 Rosh Hashanah No exercise with Sanjay JFS Office Closed	27 Rosh Hashanah JFS Office Closed	28	29	30 2:30 - 5:30pm Fall Wellness Festival 3:00 - 5:00pm Curbside Market/WIC	

Wegmans medical motors service every Monday: Pickup at 12 Green Knolls at 11:00am, Dropoff at 1:00pm