

# hapitimes



## THANKSGIVING BASKETS

At this time of year we think of all that we are thankful for. Though 2020 has been a challenging and unprecedented year, Rochester Highlands and JFS are thankful to have the opportunity to be engaged with our community. To help celebrate Thanksgiving we will be providing Thanksgiving baskets filled with plenty to complement your special holiday meal. Please watch your mail/bulletin boards for additional information.

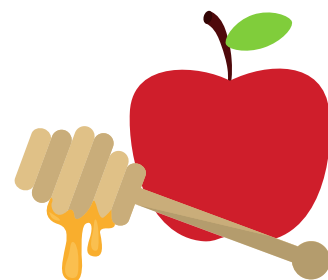
Hapi is proud to support our local Rochester non-profit, Special Touch Bakery! Look for their yummy apple pie in your Thanksgiving basket.



## ROCHESTER HIGHLANDS CELEBRATES ROSH HASHANAH



Charlie visits the residents of Rochester Highlands on Rosh Hashanah, September 7th.



# FRESH PICKS PRODUCE SPONSORED BY FOODLINK

During the past 3 months numerous residents have taken advantage of the Fresh Picks Produce program receiving fresh fruits and vegetables each week. Pictured are Mike and Olga. Olga giving Mike fresh veggies from her garden for another resident to enjoy!

More boxes are available until October 22 from 11:45 to 12:15 pm. If you would like one, please call 585-216-1887 to register and leave your name, phone number, apt number. We will keep you advised if we are able to continue this program through the winter.



Joann Thomas, Mike Bracey and Daphine Mosley



Sofiya signing for her package



JFS Volunteer

Thank you to our sponsor



## BUTTERNUT SQUASH SOUP



### Ingredients

- One 2- to 3- pound butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt & freshly ground black pepper

### Directions

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

*Recipe courtesy of Food Network Kitchen*



# ROCHESTER HIGHLAND'S VIRTUAL LITERACY PROGRAM



Ms. Rita and De'Andre



Rachel and Shemar



Ms. Cheryl and Star



Jewish Family Service is offering a **free virtual literacy program for children ages 7 – 9 focusing on reading and math.** iPad's are available for children interested in the program who do not have access to a laptop, Chromebook, iPad etc.

The program focuses on virtual learning, but one to one in person sessions may also be an option. Please call 585-216-1887 to learn more.

## RESIDENT PLANNING COMMITTEE

The Resident Planning Committee consists of 10 residents which meets 1x per month. The committee will be forming a variety of subcommittees and be asking for additional residents to participate going forward. Be on the lookout for more information and how you can get involved!

*The purpose is to represent the Rochester Highlands Community as a whole.*



## GET ACTIVE!

Join a neighbor, listen to music or a podcast! Something as simple as a daily brisk walk can help you live a healthier life. Regular walking can help you: Maintain a healthy weight. Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes. Getting fresh air helps your mind too!



Hapi/JFS T-shirt modeled by our new receptionist Sharnice!

## THANK YOU to our local EAGLE SCOUTS! *Boy Scout Troop 167*



The wonderful Eagle Scout Troop 167 built and donated three benches that can be found in the garden and dog park. They are a welcome addition to Rochester Highlands, not only to take a needed break from your walking exercise, but also to help build community!

# COMMUNITY GARDENS

If you want a plot of garden next year, call the office and reserve a spot. Experienced gardeners may move to the "big" garden.



Be on the look out for your **THANKSGIVING CRAFT** to decorate your home!



**Tip:** Write on the back of your craft what you're thankful for to remind you & your family in tough times.

✦ ✦ *We're thankful for our community & neighbors!*

## NURSE MURPHY HEALTH TIPS

### Flu Shot?

The Centers for Disease Control and Prevention (CDC) is urging all individuals who are without contraindications to receive the influenza vaccine for the 2020 – 2021 influenza season, saying it is even more important during the COVID-19 pandemic than in normal years.

Influenza vaccination of persons aged ≥6 months to reduce prevalence of illness caused by influenza will reduce symptoms that might be confused with those of COVID-19.

In Rochester, most pharmacies are providing flu vaccines free through person's medical insurance.

*Reference:: Influenza Vaccination Critical During Pandemic, CDC Says - Medscape - Aug 21, 2020.*

