



Fruit & Veggies: More Matters...Always!

Eating a healthy diet with plenty of fruits and vegetables has many benefits. People who eat enough of fruits and vegetables generally have a lower risk of high blood pressure, heart disease, type 2 diabetes, obesity and cancer.

As a community, we need to work together with our local health professionals and businesses to spread the word and encourage people to eat more fruits and vegetables on a daily basis.

Here are a couple ideas on how to use this month to get involved in your community:

- Motivate restaurants, stores, and businesses to provide quality foods made with fresh fruits and vegetables, preferably locally grown!
- Tell your friends, family and neighbors about programs that support local agriculture.
- Talk with your family and friends about making small changes in your diet.
- Encourage your community to host an event where families can try different fresh foods
- Start your own fruit and vegetable garden!

Source: Healthfinder.gov

Back to School: Immunization Awareness and Upkeep

August is not only back to school but also National Immunization Awareness Month.

Immunizations (also called shots or vaccines) play an important role in preventing dangerous and sometimes deadly diseases our community and in our schools. They also help protect us against serious illnesses like the flu, measles, and pneumonia.

Now is the time to consider your vaccinations and remind your family, friends, coworkers and community members to do the same

Here are a few ways that you can help raise awareness:

- Communicate with friends and family about how vaccines can protect people of all ages from serious diseases.
- Encourage your community members to get the flu shot annually.
- Invite a doctor or nurse to your school to speak to parents about why it's important.
- Host a community event where families can gather and learn about vaccinations.
- Research local clinics in your area that administer vaccinations.

Source: Healthfinder.gov

Spotlight Villas

BACK TO SCHOOL SUPPLIES!

Just 4 of the more than 20 kids smiling when they received their generous gift of new school supplies today from Mr. Stutz. Thanks Hapi Directors for blessing these kids every day!



YOGA 'NAMASTE' SESSIONS WITH PEPE

Meet Hapi's new certified yoga instructor, Sean Pepe, aka Pepe or Mr. Yoga Instructor who will be leading Hapi's new "Namaste Sessions." He has been actively practicing yoga diligently for 8 years! He's also a vegetarian and recently became a vegan.



Pepe holds free onsite yoga sessions for Villas residents several times a month. All ages are welcome to join!



Space is limited! Be sure to check the Hapi-Villas monthly calendar for session dates and to reserve your spot with Pepe in advance!

Inside Villas

FOOD, LEARNING AND FUN

Hapi kids learned how to make Green Smoothies on Smoothie Day led by Yoga Teacher, Pepe! With his help, they learned how delicious eating greens can really be!



Our very own amazing Capt. Victor Johnson taught Hapi kids the importance and benefits of orderliness and living in a clean home and a clean environment.

"Without order, cleanliness and structure, it's very difficult to move forward and accomplish the great things," stated Capt Victor Johnson.



Villas' office staff encouraging Hapi kids and thanking them for their hard work and for keeping their home clean!



Hapi kids and Capt. Victor Johnson enjoy a fun movie night at Villas!



PB&J Apples

INGREDIENTS

2 Apples
¼ Cup of Peanut Butter
¼ Cup of Jelly
Servings: 4

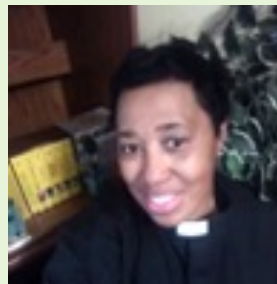


INSTRUCTIONS

Slice apples into ¼ rounds. Use a small cookie cutter to cut the core from the center of each slice. Spread peanut butter on jelly on half of the slices then cover with the remaining halves. Serve immediately!

Source: Delish

MEET OUR TEACHER - DENISE SMITH LADD



Denise Smith Ladd is not only a Villas' Hapi program teacher but she is also a Minister and a volunteer at the Dallas police department! She is an amazing mentor that loves her very important role with Villas and the Hapi Foundation.

Wise Words

"Be the change you wish to see in this world." GANDHI

