

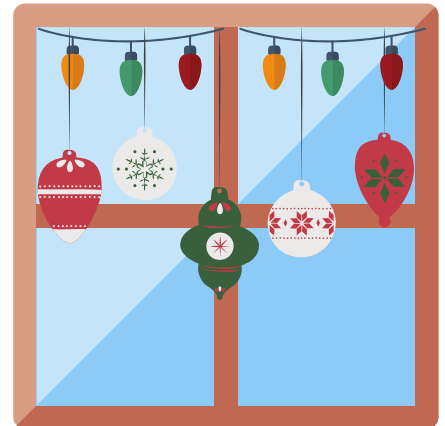
# hapitimes



## HOLIDAY DECORATING COMPETITION

JFS/Capriet/HAPI are sponsoring a Winter Wonderland decorating contest for all Rochester Highlands residents! Decorate your windows with your favorite winter/holiday designs. Everyone who participates will be entered into a drawing to win gift cards. Grand prizes will be given away for **Best Window (one unit)** and **Best Building (all units in one building)**. To register your apartment and/or building, please call 585-271-2680 and register by Friday, 12/4.

*Residents are prohibited from making any alterations or additions to the structure, equipment, or fixtures.*



## RESIDENT PLANNING COMMITTEE

The Resident Planning Committee is now underway we have 9 residents on the committee. Sub-committees are being formed to address interests, concerns, and promoting well being throughout the Rochester Highlands community. Subcommittees include:

- Safety/Security
- Design, DIY & Crafts
- Adult/Senior Activities
- Children/Youth Activities
- Welcome & Newsletter

Interested in joining a sub-committee? Please call 216-1887.

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



## THANKSGIVING BASKETS

West Herr Automotive Group, out of Buffalo, NY donated **100** (10lb) turkeys for our Thanksgiving baskets. The baskets will include:

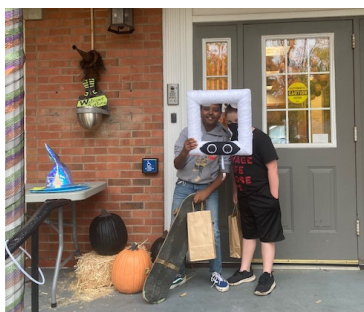
- A re-useable tote provided by JFS
- 1 (10lb) Frozen Turkey donated by West Herr Auto Group
- 1 can of corn
- 1 can of green beans
- 1 box of stuffing
- 4 white potatoes
- 1 (1lb) bag of carrots
- 2 large onions
- 4 apples
- 1 (4") apple pie provided by HAPI

*Thank you to our sponsor*



## PUMPKIN PATCH

We had a very successful pumpkin patch activity for the kids on Thursday, October 22. We decorated the entire courtyard and had 5 stations set up for the kids to visit and receive healthy treats and activity bags. Thank you to the 32 kids who attended and we look forward to seeing even more of you at the next event!



This is Daphine she is one of our food closet volunteers. We made the giant spider out of pieces we had!



## FRESH PICKS PRODUCE SPONSORED BY FOODLINK

Fresh Picks Produce boxes was a huge success! The provided fresh fruits and vegetables to the community members at no cost.

We are currently working on the next program to service the Rochester community: The Curbside Market — Foodlink's mobile farmers market!

Stay tuned for more details!



**“We build health and community with underserved individuals by increasing access to fresh, quality, and affordable food.”**



## ROASTED WINTER VEGETABLES



### Ingredients

- 1 pound carrots, peeled
- 1 pound parsnips, peeled
- 1 large sweet potato, peeled
- 1 small butternut squash, peeled & seeded (about 2 lbs)
- 3 tablespoons olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoons black pepper
- 2 tablespoons chopped parsley

### Directions

- Preheat the oven to 425 degrees F.
- Cut the carrots, parsnips, sweet potato, and butternut squash in 1 to 1 1/4-inch cubes. All the vegetables will shrink while baking, so don't cut them too small.
- Place all the cut vegetables in a single layer on 2 baking sheets. Drizzle them with olive oil, salt, and pepper. Toss well. Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.
- Sprinkle with parsley, season to taste, and serve hot.

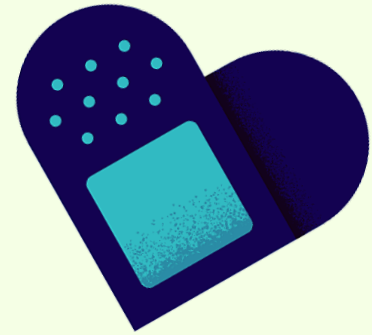
**Recipe courtesy of Ina Garten,  
Food Network Kitchen**



## NURSE MURPHY HEALTH TIPS

James F. Murphy MS, RN

**It is not too late to get your Flu shot, get it now!**



Influenza is a lot more serious than many people realize, killing 80,000 individuals during the 2017 to 2018 flu season in the United States. Pregnant women and individuals with heart disease, respiratory conditions like asthma and HIV are all at greater risk of developing life-threatening complications from the flu. Getting a flu shot is one of the most effective ways to protect yourself from this nasty disease. The good news is the flu shot is covered by most health care plans, so you typically pay nothing or very little.

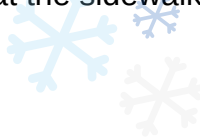
Listed below are Flu Clinics close to Rochester Highlands:

- **CVS** 1431 Mt. Hope Avenue, Rochester, NY 14620
- **Walgreens** 1650 Elmwood Avenue Rochester, NY 14620
- **Passport Health Rochester** 255 Crittenden Blvd, Rochester, NY 14642
- **Monroe County Health Dept** 451 E Henrietta Rd #2, Rochester, NY 14620
- **RIT Student Health Center** August Center, Bldg 23-A, 117 Lomb Memorial Dr., Rochester, NY 14623
- **UR Well Clinic at Asbury First Methodist** 1040 East Ave, Rochester, NY 14607

## SNOW EVENTS



- Our snow contractor will begin plowing in the early morning. Because it's such a large complex, **schedule medical appointments later in the morning** in the event there is a lot of snow to plow so that you are able to get out of the driveway on time.
- Salt is applied as needed. If you know of an icy area that is not salted, please call the office.
- The Snow contractor is not responsible for ice and snow between and around vehicles. **Please get a shovel so that you can take care of your own car.**
- **Parking:** Keep nose of cars one foot away from sidewalks so that the sidewalk snowplow doesn't hit your car.



## DELIVERY OF PACKAGES

The office does not accept packages for a resident in the resident's absence. Management is not responsible for loss or damage to packages at any time. To eliminate the potential for stolen packages left by delivery service, we encourage you to have holiday packages sent to a family member's address.



## FALL MAINTENANCE

### Rochester Highlands Responsibility

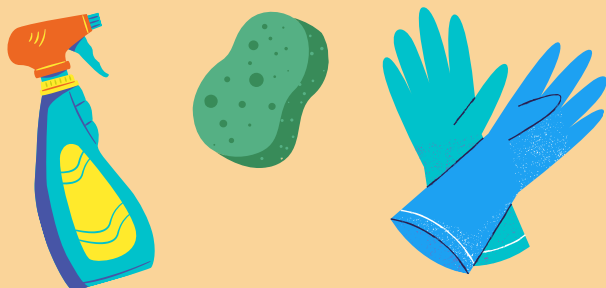
We are currently going through every unit to replace apartment air filters. You do not need to be home. You will be sent a notice telling you when we will be in your apartment. Please put any pets in a bedroom so that we may enter. We will take out your AC unit. This will save on your electricity and save you money. Please call the office.



### Resident Responsibility

Our maintenance staff is here for repair and replace damaged or missing parts of your apartment. We do not clean. Residents are responsible for:

- Cleaning return air ducts
- Cleaning shower/tub grout and tile. (If grout or caulk is missing, please call office)



## EMERGENCIES

### What is an “after hours emergency”?

- Fire
- Flood
- Sewer backup
- No A/C in temps above 85 degrees
- No heat in temps below 65 degrees
- Broken pipes/severe water leaks
- No water
- Inoperable plumbing
- Inoperable front door lock
- No hot water

### What is the process for calling when you have an emergency?

1. Call the regular office number: 585-217-2680
2. Please leave a message.
3. The operator will call our maintenance worker who is on call.
4. Maintenance will call you back to confirm the nature of the emergency, so we know what tools to bring.
5. You must answer the phone for him to respond.
6. He will leave ASAP to come repair your emergency.