

hapitimes



Eating Heart-Healthy

February is American Heart Month. In addition to exercising, you can maintain heart health with your diet. Here are heart-healthy foods recommended by the U.S. Department of Health and Human Services.

Fruits and Vegetables

Fresh tomatoes, cabbage, carrots, leafy greens like Romaine lettuce, spinach, and kale
 Canned vegetables that are low in sodium
 Frozen vegetables without added butter or sauces, like broccoli or cauliflower
 Fresh apples, oranges, bananas, pears, and peaches
 Canned, frozen, or dried fruit without added sugars

Dairy

Fat-free or low-fat (1%) milk, yogurt, cheese, and cottage cheese
 Soy milk with added calcium, vitamin A, and vitamin D

Breads, Cereals, Grains

Whole-grain bread, bagels, English muffins, and tortillas
 Whole-grain oatmeal or shredded wheat
 Whole grains, like brown or wild rice, quinoa, or oats
 Whole-wheat or whole-grain pasta and couscous

Protein

Fish and shellfish
 Chicken or turkey breast without skin, lean ground chicken or turkey (at least 93% lean)
 Pork leg, shoulder, or tenderloin
 Beef round, sirloin, tenderloin, or lean ground beef (at least 93% lean)
 Kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas, and lentils
 Eggs
 Unsalted nuts and seeds
 Nut butters, like almond or peanut butter
 Tofu



"Change will not come if we wait for some other person or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."

— BARACK OBAMA



Because of COVID, the office is closed.

Paying Rent

You can pay by mail or online.

Mail in rent checks and money orders to 47 Green Knolls Dr., Rochester NY 14620. Print your name and apartment number CLEARLY on your payment. Receipts will be mailed.

Pay online: Learn how to make online payments at this URL: <https://www.rentcafe.com/>

Steps to make an account:

- Go to the URL
- On right hand corner of website, click “log in”
- Dropdown box will appear, then click “resident log in”
- Click on “click here to register”
- When they ask for a code, use your apartment number

Laundry

The laundry room is open from 9 to 10 am and 4 to 5 pm daily for loading laundry cards. Thank you for keeping the area clean and restricting use to doing laundry and folding. Friendly reminder that no smoking is allowed.

Recertification

We mail notices to recertify 120, 90 and 60 days before your recertification date.

In January: Residents who moved in during the month of May will receive their 120-day notice; residents who moved in during the month of April will receive their 90-day notice. residents who moved in during the month of March will receive their 60-day notice; residents who moved in February should have completed their recertification.

Requirements in order to recertify. Households must:

1. Have a zero balance. (Residents affected by COVID should call Liz or Jesandra to discuss their balance PRIOR to their recertification.)
2. Know their annual gross income.
3. Provide information about their assets.
4. Report any change in their household composition (anytime during the year), but also during their recertification.

Trash

Thank you for helping us to maintain our clean and sanitary property by keeping the area around the garbage bins clear.

Community Activities and Highlights

Garden Project: We will be putting in new plants in our community garden soon! Save your egg cartons (made of paper, not styrofoam) to serve as eco-friendly seed starters until it's time to transplant them into the garden beds. Call the Leasing Office with your seed requests and we will provide them along with potting soil.

Monthly Pantry Pick-Up: Pick up a bag of non-perishable food at the Community Center on Thursday, February 18, from 11 am to noon. Call 585-216-1887 to register; registration is REQUIRED by Monday, February 15, as quantities are limited. Please bring a reusable grocery bag for your items. February's pantry bag will include a special giveaway!



Valentine's Day Craft Activity: Please pick up craft materials at the leasing office on Thursday, February 11. Supplies will be provided for a fun activity prepared by JFS staff. Registration is not necessary. Happy Valentine's Day!



HAPI
meals**Banana Oatmeal
Pancakes**

These healthy banana oatmeal pancakes have only 8 ingredients: oats, almond milk, banana, egg and egg white, baking powder, salt, vanilla and maple syrup. The recipe from Melissa Stadler of Modern Honey serves 10 and is sugar-free, oil-free, gluten-free, dairy-free, and delicious.

Ingredients:

½ cup almond milk (unsweetened)
2 eggs
1 egg white
1 banana
2 TBL 100% real maple syrup
1 ½ cups rolled oats
2 tsp. baking powder
¼ to ½ tsp. salt
1 tsp. vanilla

Instructions:

In a blender (or by hand in a bowl), mix all above ingredients to form a smooth batter.

Heat skillet over medium heat. Once warmed, spray with non-stick cooking spray or butter.

Pour batter into round circles.

Cook 2-3 minutes on one side and flip for other side until browned.

Drizzle with maple syrup and toppings of choice.

Topping Ideas:

Scoop of almond butter
Fresh berries
Fresh bananas
Almond slices
Chocolate chips
Cinnamon

NURSE MURPHY'S HEALTH TIPS

By James F. Murphy MS, RN



Getting the vaccine is the BEST way to protect yourself from COVID-19.

Facts about the COVID-19 vaccines:

- The vaccines cannot give you COVID. The vaccines are not made with the live virus.
- The COVID-19 vaccine is free for all New Yorkers.
- Two vaccines have been authorized by the FDA and approved by New York State's independent COVID-19 Clinical Advisory Task Force: One that was developed by Pfizer and BioNTech and another that was developed by Moderna.
- Both vaccines require two doses.
- As of January 11, 2021, New Yorkers in Phase 1a and segments of Phase 1b are eligible for the vaccines. Eligible groups include doctors, nurses and health care workers, people age 65 and over, first responders, teachers, public transit workers, grocery store workers and public safety workers.
- Residents and staff at nursing homes and other long-term care facilities will continue to be vaccinated through a federal program, which the state is providing resources to accelerate.
- While the vaccination process is underway, every New Yorker should wear a mask, social distance and avoid small and large gatherings.
- ALL VACCINATIONS ARE BY APPOINTMENT ONLY.

Health Workshops

Nurse Murphy's Health Tips Workshop began via Zoom! This is a great opportunity for residents to learn about a variety of health-related topics. Workshops are generally 20-30 minutes long. In January, we offered First Aid in the Home and Choking Prevention, and participants received a first aid starter kit with some of the supplies discussed during the workshop. Nurse Murphy will offer those workshops again in the future as well as these for February:

Tuesday, February 9, 4 pm: High Blood Pressure

Tuesday, February 23, 4 pm: Atrial Fibrillation (fast heartbeat)

Look for the Zoom links for upcoming workshops, sent via email.

Community Resources

The Find Shelter Tool: This is a new resource developed to help individuals and families in need to locate nearby resources. A quick search can help find facilities that provide shelter, clothing, health clinics, and food pantries to those in need. www.hud.gov/findshelter

211: Call 211 if you or someone you know is in need of mental health help or is in crisis.



Are you the parent or guardian of a Kindergarten to Second Grade child?

If so, The Please Play Campaign is partnering with Jewish Family Service (JFS) to offer **free, online, child-directed play sessions with JFS volunteers.**



What is child-directed play?

The child **completely** leads the play session, deciding **what to play** and **how to play it!**

Let them...

- Make the rules
- Change the rules
- Lead



What resources are available?

You can connect to our FREE play resources to learn more about child-directed play:

- **Contact Mandy Hartman at JFS** to ask about online play sessions
- Visit our website pleaseplay.org for tips and resources
- Subscribe to our **YouTube Channel**

Please contact Mandy Hartman, Literacy Coordinator at (585) 216-1887 to participate!

