

hapitimes



Healthy Eating Tips

March is National Nutrition Month. Here are some tips on how to make sure you and your family are getting the nutrition you need.

Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.



Make Half Your Plate Fruits and Vegetables

Fruits and veggies add vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal.

Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods.

Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.

Drink More Water

Quench your thirst with water instead of drinks with added sugars. Try flavoring water with fruit or cucumber slices.

Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Make it a family affair!

Enjoy Family Meals

Plan to eat as a family at a regular mealtime, and turn off the TV, phones and other electronic devices to encourage mealtime talk.

Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition.



"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."

— MAYA ANGELOU



Safety

Please remember to use face masks in common areas, including the laundry rooms as there are active cases of COVID-19 at Rochester Highlands.

We want to be careful to avoid the spread of this virus for the more than 800 people living here at Rochester Highlands. Please help us protect ourselves and each other!

Laundry

We continue to clean laundry facilities daily, between 2 to 3 PM.

Parking

Please help us keep property areas clear for snow plows and salters to get around when necessary. Cars parked in fire lanes or in front of snow piles will have to be towed. The tow company number:

585 288-4580. Also please do not park in fire lanes, snow piles or too far forward so the sidewalk is blocked. Our tow company is not permitted to shovel between cars so we encourage residents to purchase their own shovels to clear those areas.

There are several residents who require handicap parking spots and we remind residents that a special permit is needed with a handicap sign in the window for their use. If you see someone illegally parked, please call the office.

Quiet Time

Please continue to be respectful of neighbors. Friendly reminder that the Rochester City Noise Ordinance requires that Rochester Highlands Residents remain quiet between 10 PM to 8 AM.

Community Activities and Highlights

Garden Project: April is the time to start growing seeds! Some vegetables like tomatoes and peppers require a long growing season. To ensure they ripen before Fall, most gardeners start germinating and growing seeds indoors. Remember to register for a garden plot and let the office know what seeds you'd like so we can purchase supplies. (Note: if you'd rather gather your own seed containers, you can reuse yogurt or egg containers, or household cans; make sure there are holes in the bottom for drainage, so roots don't rot.)

Spring Celebration: The first day of Spring is March 20! Join us for a craft group to celebrate the arrival of Spring on Monday, March 15 at 4 PM. We hope to have up to 10 people in person and offer it via Zoom at the same time. Supplies are limited. To register, please call 585-216-1887 by Friday, March 12.

Spaghetti Dinner: Pickup is Thursday March 25, from 3 to 5 PM. Residents will need to pre-register by Friday, March 19. Dinner pick-up will include: a box of spaghetti; a jar of spaghetti sauce (or 2 cans); a bag of salad; a loaf of fresh bread; 2 packets of grated parmesan cheese; dessert (cake mix or a cookie mix). We are able to offer whole wheat pasta, upon request (when you pre-register, so we can pack the bags accordingly). Please call 585-216-1887 to register.

Curbside Market: The market will be returning to Rochester Highlands on Thursdays, from 4 to 5 PM. The truck will be parked near the office/community center.

Passover: Please let JFS know if you are interested in celebrating Passover, which begins March 22.



HAPI meals

Carrot Kugel

Ingredients

- 1 cup matzah cake meal
- ½ cup sugar
- ¼ cup brown sugar
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon ground ginger
- 1 teaspoon lemon juice
- 2 ¼ cups grated carrots
- 2 eggs
- ½ cup canola oil



Instructions

Preheat oven to 325° F and place rack in the center of the oven.

Butter and flour an 8-inch square baking dish.

Combine all dry ingredients (cake meal through ground ginger) in a large bowl.

In a smaller bowl, combine lemon juice, carrots, eggs, and oil.

Mix the dry and wet ingredients together, stirring until smooth.

Pour into the prepared 8-inch square baking dish and smooth out the top.

Bake for 45 minutes; the kugel should spring back a bit when touched.

Serve warm or at room temperature.

Enjoy!

Recipe courtesy of Noser;
www.myjewishlearning.com/about-the-nosher

NURSE MURPHY'S HEALTH TIPS

By James F. Murphy MS, RN
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COVID-19 Vaccine

Getting the vaccine is the BEST way to protect yourself from COVID-19. Call the New York State COVID-19 Vaccination Hotline at 1-833-NYS-4-VAX (1-833-697-4829), Monday through Sunday, 7 AM to 10 PM.

Since February 15, individuals with many chronic conditions became eligible to receive the COVID-19 vaccine in New York state. If you have these conditions, you are eligible:

- Cancer (current or in remission, including 9/11-related cancers)
- Chronic kidney disease
- Pulmonary Disease, including but not limited to, COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), pulmonary fibrosis, cystic fibrosis, and 9/11 related pulmonary diseases
- Intellectual and Developmental Disabilities, including Down Syndrome
- Heart conditions, including but not limited to heart failure, coronary artery disease, cardiomyopathies, or hypertension (high blood pressure)
- Immunocompromised state (weakened immune system), including but not limited to solid organ transplant or from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, use of other immune weakening medicines, or other causes
- Severe Obesity (BMI 40 kg/m2), Obesity (body mass index [BMI] of 30 kg/m2 or higher but < 40 kg/m2)
- Pregnancy
- Sickle cell disease or Thalassemia
- Type 1 or 2 diabetes mellitus
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Neurologic conditions, including but not limited to Alzheimer's Disease or dementia
- Liver disease

While the vaccination process is underway, every New Yorker should wear a mask, maintain a social distance from others outside their households, and avoid gatherings.

Nurse Murphy's Health Tips Workshops

Tuesday, March 9 (atrial fibrillation)

Tuesday, March 23 (high blood pressure)

Workshops are at 4 PM, via Zoom. Call Nurse Murphy for registration info: 585-431-0233

Community Resources

Pandemic Rent Relief: New York State has received federal money to help people who have rent delinquency. Call 211 to connect with an agency to offer financial assistance for rent.

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.

COMING SOON

Credit Help: A partnership with Consumer Credit Counseling Services (CCCS). Do you worry about your credit score? Could you use some help designing your budget? Trying to save? CCCS may be able to help!

The Summer Youth Employment Program (SYEP): This is a government-funded program to provide youth with six weeks of paid work experience through work sites and programs across Monroe County, which is operated by RochesterWorks!, in collaboration with the City of Rochester's Summer of Opportunity Program (SOOP).

- Applications Open: Monday, March 1
- Deadline for Application Submissions: Friday, March 26
- Parent Orientations: Monday, March 1 to Wednesday, March 31, via Zoom
- Deadline for Youth to Submit Documentation: Wednesday, March 31 by 11:59 PM
- Program Provider Fair (Eligible Youth Only): Saturday, May 8

Necessary documentation:

- Work Permit: Contact your school counselor for assistance
- Social Security card: Contact the Social Security Administration if you do not have your SS card. Only the card is acceptable and not the letter showing a replacement request.
- Photo ID: If you do not have a photo ID (school ID/bus pass, learner's permit, driver's license, passport), you should apply for a NY non-driver license ID through the Department of Motor Vehicles (DMV).

If you have additional questions, please email SOOP@cityofrochester.gov



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!

