

hapitimes

This Month's Focus: Summer Safety

Let's make sure it's a safe summer! Below, safety tips to help you and your family have a healthy summer.

Sun Exposure

Prolonged UV exposure from the sun causes premature aging and skin cancer, the most common cancer in the United States. CDC tips for sun safety:

- Wear a hat with a brim to shade your face, head, ears, and neck.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection.
- Avoid indoor tanning.
- Be aware of oral and topical medicines that can increase skin and eye sensitivity to UV in all skin types, such as antibiotics, birth control pills, benzoyl peroxide products, as well as some cosmetics.

Extreme Heat

Avoid heat exhaustion, heat stroke or other illnesses with these CDC tips:

- Wear lightweight, light-colored, loose-fitting clothing.
- Use an air conditioner or visit cooling centers or other public air-conditioned public places—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

- Use your stove and oven less to maintain a cooler temperature in your home.
- Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.

Fireworks

- Leave lighting fireworks to the experts.
- If you choose to use legal fireworks, wear protective eyewear and only use them outdoors.
- Never allow young children to handle fireworks or go too close to those lighting them.
- Wear earplugs when attending fireworks shows to prevent hearing damage.



Have a safe and happy
Independence Day!

inside
Rochester
Highlands

Community Center: Friendly reminder that the Community Center is open! If you would like to reserve the banquet room and kitchen, please call the office. There is a \$100 deposit required, which will be returned as long as the Community Center is clean and nothing is missing.

Grill: At the request of the Resident Council members, our owners have made a new grill available for residents! There is a sign-up sheet available in the office for those who would like to use the grill (no deposit) for two time slots available daily, 11 am to 3 pm and 4 to 8 pm. (Gas shuts off at 8 pm.) Users are required to clean up after themselves on an honor system.



Resident Spotlight



Alexander Bracey

"Daddy was always on time. He loved to wait for the newspaper to arrive each day. He even went to the grocery store every month at the same time. He was caring. Daddy would give anyone a ride. I used to worry if it was safe, but he just said, "If I can help someone out, I always will."

—Marlene Williams

For Our Community

Summer Health and Wellness Fair

Please join us for our a free event on July 16, 3-6 pm; look for the invitation coming soon!

- Local health and wellness organizations, including Early and Head Start
- Services for the aging
- Mental health and substance abuse program information
- Dental health information
- Fun summer activities for all ages
- Food trucks!

Pantry Pick-Up

The monthly pantry pick-up is Thursday, July 15, 11 AM to noon. Residents must call 585-216-1887 to register by Monday, July 12.

Community Garden

The garden has its first sprouts! Swiss chard and lettuce are among the vegetables planted in our community garden.



Easing into Exercise with Sanjay

This class is designed to increase muscular strength and cardiovascular endurance, while working on flexibility, joint stability, dynamic balance, and coordination. Different pieces of equipment will be utilized, such as a resistance band and weights, and a chair is provided for modifications. Leading the class is Sanjay, who is from New Delhi, India; he took second place in the New Delhi Ironman Competition and his personal barbell bench press record is 360 pounds!) His hobbies include watching soccer and cricket, and he also enjoys playing cricket and chess, and watching films.

Classes are offered each Wednesday, 1:30-2:15 pm in the Community Center. Any and all warmly welcome!



Tortilla Cups with Eggs

Ingredients

- 4 tortillas (6-inch, flour)
- 4 eggs
- 1/4 cup mushrooms, chopped
- 1/4 cup bell pepper, chopped
- 1 teaspoon black pepper
- Optional: salsa, green onions, or sour cream for toppings

Instructions

1. Preheat oven to 350 degrees F.
2. Cut each tortilla in half and then in half again. This will result in four equal pieces per tortilla.
3. Spray six muffin tin cups with non-stick cooking spray. Overlap two to three pieces of tortilla in each muffin tin to cover completely and create a cup. Press into muffin tin. Spray with nonstick cooking spray.
4. Bake tortilla cups for 10 minutes. Remove from oven and set aside to cool.
5. Mix eggs, mushrooms, bell peppers and black pepper in a medium mixing bowl.
6. Pour egg mixture equally into tortilla cups.
7. Cook for 20-25 minutes, until eggs are cooked through, or when internal temperature reaches 160 degrees F.

Enjoy!

Recipe from www.nutrition.gov



HAPI TIMES: SUMMER FUN!

For kids of ALL ages!

Use in this space to draw or write about things you love about summer and return it to the office. We will post them at the Summer Health and Wellness Fair in July!

NAME: _____

AGE: _____

BEST THING ABOUT SUMMER: _____

HEALTHY SWEET TREATS

Make healthy popsicles (no added sugar!) by blending fruit with orange juice, coconut milk, or plain yogurt and freezing the mixture in reusable ice pop molds.



"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

— ANN WIGMORE

Tausha's Corner

Free on-site counseling for residents is being provided by Tausha Hill, MHC-LP of the Jewish Family Service counseling team. Tausha is a Mental Health Counselor specializing in emotional and behavioral difficulties, self-esteem, family issues, anxiety, and loss in any age group. She believes in a holistic approach that is guided by the individual needs of the client using a blend of therapeutic approaches.



Racing thoughts? Here are quick tips on quieting the mind:

It's important you take moments each day to clear your mind of all distractions. When your mind is freed from thinking, it awakens your senses and allows instinct type messages to come through more clearly.

Imagine pressing the "delete button" and clearing the accumulation in your brain. Or close your eyes and visualize a chalkboard being erased. Draining your mind of thoughts will quiet the racing mind and help you to become more centered.

Another tip: Find one thing to appreciate or be grateful for. Simply pick out one enjoyable or beautiful thing in your environment or wherever you happen to be. Focus on this thing, admire it, breathe deeply (in through your nose and out through your mouth). We can begin to set up outposts in our world, a small, isolated island in your mind to escape mentally for a moment, when needed.

Please contact Tausha to schedule an appointment if you are interested in counseling services: 585-857-9330 or thill@jfsrochester.org



We enjoy seeing you strolling around the property enjoying fresh air and exercise and the natural landscaping!



HAPI's summer intern Mia at the first "Story Hour with Mia" event. Look for info on more storytime sessions!

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 for 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.

COVID-19 Vaccinations

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.

