

# hapitimes



## Alzheimer's and Brain Health Month

We mark Alzheimer's and Brain Awareness Month each June. Alzheimer's disease is the most common type of dementia that involves parts of the brain in control of thought, memory, and language. Symptoms of the progressive disease include memory loss that disrupts daily life (i.e. getting lost or repeating questions); trouble handling money and bills; difficulty completing familiar tasks; decreased or poor judgment; misplacing things and being unable to retrace steps to find them; and changes in mood, personality, or behavior. Find out more at [www.alzheimers.gov](http://www.alzheimers.gov)

### Here are tips for maintaining brain health:

- Take care of your mental and physical health. Get regular check-ups, and manage health issues such as depression or high cholesterol. Maintain healthy blood pressure, which may help reduce the risk of dementia.
- Eat a healthy diet. Aim for a mix of fruits and vegetables, whole grains, lean meats and seafood, unsaturated fats such as olive oil, low-fat or nonfat dairy products, and limited other fats and sugars.
- Keep physically active, which can prevent strokes and boost overall health. Aim to get at least 150 minutes of moderate-intensity physical activity each week.

- Sleep well. Try to get seven to eight hours of sleep each night.
- Stay mentally active. Ideas: Reading, playing board games, crafting, taking up a new hobby, learning a new skill, working or volunteering.
- Be social. Connecting with family and friends and engaging in social activities can prevent social isolation and loneliness, which are linked to higher risks for cognitive decline and Alzheimer's disease.
- Treat hearing problems. Hearing loss may affect cognition and dementia risk in older adults and can make it more difficult to interact with others. Protect your ears from loud sounds to help prevent hearing loss and use hearing aids if needed.
- Prevent head injury. Try to prevent falls and head injury (i.e. fall-proofing your home and wearing shoes with nonskid soles to fully support your feet). Also, wear seatbelts and helmets to help protect you from concussions and other brain injuries.
- Limit alcohol use. Drinking too much can lead to falls and worsen health conditions, such as high blood pressure, stroke, memory loss, and mood disorders.
- Stop tobacco use. At any age, stopping smoking can improve your health and lower the risk of strokes.

inside  
Rochester  
Highlands

**Opening:** The Leasing Office and the Community Center will finally be opening June 1! If you would like to reserve the Community Center banquet room and kitchen, please call the office. There is a \$100 deposit required and will be returned as long as the Community Center is clean and nothing is missing.

**Rent Assistance:** If anyone is in need of financial help with rent, please call 211. They are available 24/7 and will connect you with an agency with funds set aside to help residents with rent relief. Call the office if you need any assistance. "Tell anyone who needs help with rent to call 211 because there is help out there for people who truly need it and are struggling," says Almira.

**Property Care:** Friendly reminder to always pick up after your pet so residents can enjoy walking on the lawns without getting an unwanted surprise in their shoes. Also, please pick up your garbage so that our maintenance staff does not have to pick up after residents. Our neighborhood residents want their home to be attractive and clean. We thank you for being respectful of your maintenance staff, your neighbors, and our planet!

**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.

**Heat:** Please do not wait until it is unbearably hot to call the office to have your AC unit installed at no cost. We like to secure the units with plexiglass so they don't fall out of the windows. Please call the Office at 271-2680. If you want to purchase an air conditioner unit, we recommend a 5,000 or 8,000 BTU unit. Anything larger will increase your utility bill unnecessarily.

## For Our Community

**Take and Make Meal:** JFS will be offering another "Take and Make Meal" for pick-up on Tuesday, June 15, 5 to 6 pm. June's dinner theme is Mexican Fiesta! Register to pick up the meal by calling 585-216-1887 by Tuesday, June 8.

**Pantry Pick-Up:** The monthly Pantry Pick-Up is Thursday, June 17, 11 am to noon. Residents must call 585-216-1887 to register by Monday, June 14.

**Ease Into Exercise:** JFS is excited to partner with the Jewish Community Center to offer exercise workshops beginning in June! These low-impact exercise opportunities will be in the Community Center on Wednesday afternoons: 6/9, 6/16, 6/23, 6/30, from 1:30-2:15pm.

**Financial Class:** Take a free financial/credit counseling class offered by Financial Consumer Credit Counseling Services (CCCS). The next workshop is "How your credit impacts you and how to improve your score" on Tuesday, June 29, 5 to 6 pm. Call 585-216-1887 to register.

**Summer Health and Wellness Fair:** We are working with local community members, services, and shops to celebrate summer at Rochester Highlands in July. Details coming soon!

**Gardening:** There is one garden spot left! Call the office if you are interested! Below, clockwise, from top left: Sue, Joann, Tara; Sue; Master Gardener and Tara; Sue and a resident.





# Community Activities

Our Spring Fling Extravaganza had 2 tie-dye stations, 4 carnival tents with 8 games and prizes, an ice cream truck, fresh-popped popcorn and was run by 4 hard-working resident volunteers! The HealthiKids Coalition also had a booth and shared a presentation for residents.



DeAndrea at the Spring Fling.



Mildred, a member of the Resident Planning Committee, with Samir, Samad and Samore and Erica at the Spring Fling tie-dye booth.



Latitia, a member of the Resident Planning Committee, and her son, Ahmir at the Spring Fling tie-dye booth.



Samore at the Spring Fling tie-dye booth..



Tausha and Mike at the Spring Fling.



Sasha at the Spring Fling.



Jennie and Beatriz LeBron at the HealthiKids presentation.



Beatriz LeBron at the HealthiKids presentation.



HealthiKids presentation Committee Members.



Make Your Own Instrument creation.



## DIY Trail Mix

### Ingredients

- 1 cup whole grain cereal (square type)
- 1 cup whole grain cereal (O type)
- 1 cup whole grain cereal (puff type)
- 1 cup dried fruit (of your choice)
- 1 cup pretzels (small)
- 1/2 cup nuts (small)

### Instructions

Set out a bowl of each ingredient with a serving spoon.

Scoop each ingredient into a plastic bag or other container.

Shake to mix.

Enjoy!

Recipe from [www.nutrition.gov](http://www.nutrition.gov)

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.



Are you on the fence about seeking counseling services?

Here are some questions you can ask yourself. Are you feeling irritable or overwhelmed? Having a hard time focusing? Experiencing racing thoughts? Have your sleep patterns changed? Have your eating habits changed? Do you find yourself feeling isolated or alone? Are you less active than usual or more active than usual? If you answered yes to two or more of the questions above, this may be a great opportunity to partner with a counselor and explore any changes in behavior. We have all been impacted by at least one of the pandemics (Covid-19, economic, employment, political, racial, global) and it is worth investing time in yourself to take care of your mental wellness. It is my belief that we, as people, are not problems and we do not require fixing. Instead, what may be helpful is learning how to acknowledge our emotions/feelings, manage our emotions/feelings, and practice healthy coping skills. You are worthy of investment!

Contact Tausha to schedule an appointment: 585-857-9330 or thill@jfsrochester.org



"The will must be stronger than the skill." — MUHAMMED ALI

The winners for the TOPS gift card: Debbie Drexel, Patti Hill, Brittany Brady, Yu Xiang Pan, and Donna Coons. Thank you for reading and continuing to read the Hapi at Rochester Highlands newsletter!

Happy Father's Day!



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.

