

# hapitimes



## Mental Health Awareness Month

May is Mental Health Awareness Month and we want to recognize the mental health impacts of the pandemic. Studies show that 1 in 3 people who recovered from COVID-19 report neurological issues or mental health challenges, including anxiety and depression. Here are some warning signs of mental illness to look for in adults and adolescents:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable highs or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations)



- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight")
- Abuse of alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

If you or someone you love is experiencing symptoms, there is help and hope. Residents of Rochester Highlands can seek free on-site counseling by Tausha Hill, MHC-LP of the Jewish Family Service counseling team. Contact Tausha: 585-857-9330; [thill@jfsrochester.org](mailto:thill@jfsrochester.org) (More on Tausha on the back page.)

If you or a loved one is having thoughts of suicide, call the confidential toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week.

inside  
Rochester  
Highlands

**Welcome to the warmer weather!** The Rochester Highlands maintenance team will install customer-supplied air conditioning units. If you want to purchase an air conditioner, we recommend you purchase a 5,000 or 8,000 BTU unit. Anything larger will increase your utility bill unnecessarily.

**Caring for the Property:** Please feel free to use your balcony to enjoy the weather. Thank you for helping us maintain the property and keep it clear. A friendly reminder of Section 19 from your lease agreement: passageways may be used only for entry or exit. Passageways include common areas such as apartment balconies, hallways, and all outdoor spaces. These areas must be kept clutter-free and safe for others. Our maintenance staff has been instructed to throw away personal items that are in common areas, including chairs, ashtrays, shoes, umbrellas, grills, swimming pools, bicycles, etc. If we are diligent about maintaining the apartments and keeping the common areas clear and litter-free, we can keep our home beautiful!

**Moving?** If you plan on moving out, remember that our lease requires a 60-day notice. Call the office to receive an "Intent to Vacate" notice.

**Parking:** The parking lot will be sealed and striped this summer. Please call the office with updated vehicle information so we can coordinate this project together.

**Laundry:** You'll notice that the laundry rooms are now locked. We have a new fob system to open the laundry rooms. Please stop by the office between 9-10 am and 4-5 pm to pick up your fob. We are also using this opportunity to update resident contact information. Please provide our staff with your phone number, email, and car information, including license plate number, when you come to pick up your fob. This will help us contact you if we need your car moved when we repaint the driveways this summer.

Thank you!

## For the Community

**Free Treats & Tie Dye Craft Day:** Friday, May 21, 11 am to 4 pm. Details coming soon!

**Musical Instruments Craft for Kids:** Monday, May 10, 4 pm in the Community Center. Call 585-431-0231 to register.

**Free Financial/Credit Counseling Class:** Classes offered by Financial Consumer Credit Counseling Services (CCCS) are held on the first and third Tuesdays of every month from 5-6 pm at the Community Center through June. Call 585-216-1887 to register.

**COVID-19 Vaccine:** JFS is working with local public health officials to provide the COVID vaccine in a pop-up clinic at the Community Center! We need at least 100 residents to sign up in order to get a date on the calendar. Eligibility has been expanded and any adult who wants the vaccine can get it. If you have not yet received the vaccine and you would like to sign up, please call Sasha at 585-431-0232.

### Health Workshops

- First Aid on Tuesday, May 11 at 4 pm
- Choking Prevention on Tuesday, May 25 at 4 pm

## Recent Activities



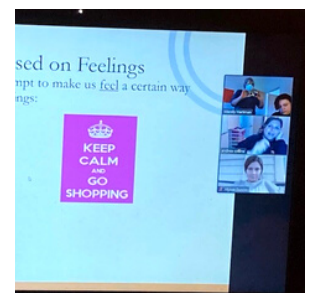
Bingo night.



Bingo night.



Bingo night.



Consumer Credit Counseling Services virtual financial class hosted by JFS



HAPI meals

**Apple Banana Salad with Peanuts**

**Ingredients for the Salad**

- 12 ounces lettuce mix
- 2 ripe bananas, sliced
- 2 1/2 medium apples, sliced (14 oz. of sliced apples)
- 3/4 cup unsalted dry roasted peanuts

**Ingredients for the Dressing**

- 1/3 cup plain low-fat yogurt
- 2 tablespoons fat-reduced mayonnaise
- 1 tablespoon honey
- 2 teaspoons paprika

**Instructions**

- Whisk together dressing ingredients.
- Toss greens, fruit slices, peanuts, and dressing.
- Enjoy!



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

**Gardening**

The Seed-to-Supper program began in April and will continue with weekly workshops through Monday, May 10!

The classes are held every Monday at 2 pm at the garden beds. We are grateful for the support and expertise of the Master Gardeners of the Cornell Cooperative Extension of Monroe County, who will be offering in-person gardening workshops right here at Rochester Highlands this summer (as long as public health guidelines allow us to do so).

Classes will include information on the importance of fruits and vegetables, recipes, and some physical activity! Look out for sign-up sheets in the office in the coming weeks.



Elizabeth, Community Manager at Rochester



Resident Tara DiMartino with Master Gardener Sue McGee

resident spotlight

**What keeps you moving?**



Nasha (pictured at left) told us: "Mental health is definitely important, especially with what we are all going through right now. Working out is how I release stress and also keep my mind focused. I try to work out at least 5 days a week."

Izolda (pictured below) is 94 years old and committed to walking daily, and sometimes twice a day (even in bad weather!).

Our Community Manager, Elizabeth, asked Izolda why she is so committed. "I have to take care of my feet. I am old and sit all day. It's bad for my circulation."



**What do you like about Spring?**

"It's not the birds. I like the flowers when they come out of the trees."  
—Lily, age 4

"It's warm. It's nice to get out of the house. Your friends do more things for you."  
—Klaus, age 69



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.

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

## 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](http://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](http://pleaseplay.org) for tips and resources
- Subscribe to our **YouTube Channel**

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



## wise words

"I think it's really important to take the stigma away from mental health... My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth?"

— KERRY WASHINGTON

## Community Giveaway!

Thanks for reading the newsletter! Anyone who reads this is invited to call us at 585-216-1887 to enter a drawing for a chance to win a \$20 gift card to Tops. We will be drawing 5 WINNERS on Thursday, May 20, so please give us a call to have your name entered!

