

hapitimes

AT
ROCHESTER HIGHLANDS



JANUARY 2024

DIETARY GUIDELINES

Make a new year's resolution for healthier eating?
Get to know the dietary guidelines!

The core elements that make up a healthy dietary pattern include:

- Vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food, such as seafood and nuts

It is also recommended that we limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

- Added sugars: Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- Saturated fat: Less than 10 percent of calories per day starting at age 2.
- Sodium: Less than 2,300 milligrams per day—and even less for children younger than age 14.
- Alcoholic beverages: Adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.

Find out more at www.dietaryguidelines.gov

HAPI
meals

Light as a Feather Whole Wheat Pancakes

Ingredients

- 1 1/3 cups whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 egg, large
- 3 teaspoons brown sugar (1 tablespoon, packed)
- 1 1/3 cups buttermilk, 1%
- 1 tablespoon oil



Instructions

- Preheat griddle. In medium bowl, stir or sift dry ingredients together.
- In a separate bowl, beat egg, buttermilk, brown sugar, and oil together.
- Stir into dry ingredients just until moistened; batter should be slightly lumpy.
- Pour 1/4 cup batter for each pancake onto sprayed or seasoned hot griddle.
- Flip the pancake when bubbles appear on surface; turn only once.

Recipe: www.myplate.gov

wise
words

"Nothing is impossible. The word
itself says 'I'm possible!'"

—AUDREY HEPBURN

Property News

Seasonal Prep: We recommend you get a bag of salt and shovel to clear around cars when it snows (management is not permitted to clear off resident cars). Also, please remove all personal items from your apartment entryway.

Community Offerings and Events

Call 585-216-1887 ext. 4 to register for free events at the Community Center. (More on the calendar.)

Fall Prevention Workshop. Wednesday, January 24, 2:15 to 3:30 pm. Learn skills to help prevent falls; we are thrilled to have Jewish Senior Life join us to share fall prevention advice.

Hot Chocolate Day! Celebrate Hot Chocolate Day by enjoying the beverage with us on Wednesday, January 31, 2:30 to 3:15; register (free) by Monday, January 22.

Class: Reiki with Ann Knapp. Monday, January 29, 12:30 to 1:30 pm. Reiki is natural healing experience that can help with stress reduction and promote healing. Registration (free) is required.

Curbside Market. This market on wheels links communities in the Rochester area with affordable fresh food right at your neighborhood curbside. The market is on a holiday break and will resume the week of January 8.

Craft Class: Winter Wonderland Painting. Thursday, January 11, 1:30 to 2:30 pm; register (free) by Monday, January 8.

Craft Class: Candle Making. Monday, January 22, 2 to 3:30 pm.

Game Time! Join us for fun and games:

- Jeopardy: Thursday, January 4, 2 to 3:15 pm. The live version of the TV trivia show is an engaging way to test and expand your knowledge on a wide range of topics, improve your recall abilities, and enhance critical thinking skills
- Bingo: Monday, January 8, 2 to 3 pm.
- Uno: Tuesday, January 16, 2 to 3:30 pm.
- Adult Games Night: Tuesday, January 23, 5:30 to 7:30 pm.



Scan here for more!

Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

Apple
Banana
Broccoli
Carrots
Celery
Eggplant
Grapes
Kiwi
Orange
Papaya
Pear
Peas
Squash
Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)



Adapted from
Team Up At Home Team Nutrition Activity Book



Happy
New Year
from HAPI!

We hope you are greeting the new year with the intention of maintaining or developing new healthy habits for you and your family! We wish you a year filled with healthy and delicious meals, exercise and fun activities, social connections, and more.