

hapitimes

AT
ROCHESTER HIGHLANDS



FEBRUARY 2024

STAYING HEART-HEALTHY

In February, we mark Heart Month, a time to focus on cardiovascular health and take steps to prevent heart disease. Risk factors for heart disease include having high cholesterol, high blood pressure, or diabetes; smoking; being overweight; being inactive; and eating an unhealthy diet. While heart disease is the leading cause of death in the U.S., there are many steps you can take to be heart-healthy. Here are some tips.

Eat and Drink Well

A heart-healthy diet includes foods that are low in saturated fat, added sugars, and sodium (salt). Aim for meals with high-fiber foods (whole grains, fruits, and vegetables) and certain good-for-you fats (like the fats in olive oil and fish). Eat fresh and whole foods when possible. Drink alcohol only in moderation. Cooking your own meals helps you limit sodium, fat and sugar.

Move

Get your blood pumping and exercise that heart muscle! Aim for 150 minutes of moderate-intensity aerobic activity each week and muscle-strengthening exercises twice a week. To help keep you on track, create a calendar reminder for movement and make being active social by inviting family, friends, and colleagues to join you in your efforts to stay fit.

Manage Stress

We all experience stress, but prolonged stress that is unmanaged can be harmful to heart health. To help you manage stress, talk to loved ones or professionals, and engage in relaxing practices, as well as mindful activities such as journaling and meditating. You can find free guided meditation online or on apps such as Calm and UCLA Mindful.

Find out more at www.health.gov

HAPI
meals

Roasted Tomato Soup with Grilled Cheese Croutons Recipe

Ingredients

6 pounds tomatoes, cut
in half
Cooking spray
Salt and pepper, to
taste
2 yellow onions,
chopped
6 cloves garlic, minced
¼ teaspoon crushed red pepper
2 tablespoons olive oil
4 cups fresh basil leaves, chopped
3-4 cups water Balsamic vinegar, to taste



Croutons ingredients:

2 slices 2% Cheddar cheese
2 slices whole grain bread

Instructions

- Preheat oven to 400°F. Mist tomatoes with cooking spray, arrange on baking sheet skin side down, sprinkle with salt and pepper and roast for 45 minutes.
- In large pot, sauté onions, garlic, crushed red pepper, salt, pepper and olive oil for 5 minutes. Add roasted tomatoes, fresh basil, water, salt and pepper to the pot. Puree the mixture with a hand blender until semi-smooth.
- Bring to boil, cover and simmer for 15 minutes.
- Place cheese on bread, put on baking sheet, broil for 5 minutes until cheese bubbles/bread is toasted and cut into 1-inch bites.
- Serve soup with a drizzle of balsamic vinegar and cheese croutons on top.

Recipe: www.eatright.gov

Property News

Honoring Residents: January 2024 has been marked by loss for our community, as three of our longstanding residents passed away; they had lived here 16, 28, and 37 years. While their apartments will be filled with new families, nobody can take the place they leave behind—they were grandmother, daughter, father, sister, neighbor. One resident told us it didn't feel like home now because her neighbor wasn't behind her door—safe, quiet, kindly. To all of our three past neighbors: We miss you! Thank you for every good deed, open door, extra hand, smile, and kind word. Thank you all for being good neighbors!

Community Offerings and Events

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

Valentine's Day. Happy Valentine's Day to all residents! We hope you join us for these Valentine-themed events:

- **Meditation Class: Valentine Coloring and Meditation.** Monday, February 5, 1:30 to 2:30 pm.
- **Craft Class: Valentine Day Craft.** Wednesday, February 7, 2:15 to 3:30 pm.



National Muffin Day. Tuesday, February 20, 1 to 1:30 pm. We will celebrate the food holiday by sharing free muffins! (Must register.)

February Recess: Fun During School Break. The week of February 19-22, 1 to 4 pm. Kids are invited to join us in the Community Center for a few hours of crafts and more during the February school break.

Game Time! Join us for fun and games:

- Jeopardy: Thursday, February 8, 2 to 3:15 pm.
- Bingo: Monday, February 12, 2 to 3 pm.
- Uno: Thursday, February 15, 2 to 3:30 pm.
- Adult Game Night: Tuesday, February 6, 5:30 to 7:30 pm.
- Game Night for All Ages: Tuesday, February 20, 5:30 to 7:30 pm.

Karaoke. Monday, February 26, 1 to 2 pm. Come sing along for an hour of karaoke with your neighbors.

Craft Time: Vision Boards. Thursday, February 29, 1 to 2:30 pm.

Story Hour with Music & Art. Wednesday, February 21, and Wednesday, February 28, 6 to 7:30 pm. Adults with children up to age 5 are invited to story hour.



Scan here for more!

Cold Weather Exercise Tips

- Make up a routine of basic calisthenics, such as jumping jacks, push-ups, crunches, lunges, and burpees.
- Explore YouTube and other websites for fun workouts. Look for:
 - Yoga exercises
 - Aerobic routines
- Have a dance party with your family, with everyone picking out a different song.



"I have learned over the years that when one's mind is made up, this diminishes fear."

—ROSA PARKS

"Character is power."

—BOOKER T. WASHINGTON