

# hapitimes

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ROCHESTER HIGHLANDS

APRIL 2023



## NATIONAL MINORITY HEALTH MONTH

April is National Minority Health Month, a time to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups and encourage action through health education, early detection, and control of disease complications.

This year's theme, Better Health Through Better Understanding, focuses on health literacy and how meeting cultural and linguistic needs can improve health outcomes. Health literacy is the ability for people to find, understand and use health information and services.

- All people have the right to health information that helps them make informed decisions.
- Health services should be delivered in ways that are easy to understand and that improve health, longevity, and quality of life.
- It is estimated that only 14 percent of the U.S. population has proficient health literacy.
- Nearly 20 percent of people in the U.S. speak a language other than English at home.
- It is estimated that over 60 percent of racial and ethnic minority patients over the age of 18 believe it is at least somewhat important to visit a health care provider who shares or understands their culture.
- When patients are provided with culturally and linguistically appropriate information, they are empowered to create healthier outcomes for themselves and their communities.
- Learn more from [www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov) and [www.nimhd.nih.gov](http://www.nimhd.nih.gov)

wise  
words

"What you do makes a difference, and you have to decide what kind of difference you want to make."

—JANE GOODALL



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## Cheesy Chickpea and Broccoli Bake Recipe

### Ingredients

- 1 large bunch (about 1 pound) fresh broccoli, rinsed and cut into medium pieces or a 1-pound bag frozen broccoli florets (thawed)
- 1 15½-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 cup shredded Gruyere, cheddar or vegan cheese
- ½ cup whole-wheat breadcrumbs



Rebecca Clyde MS, RDN, CD

### Instructions

- Preheat oven to 400°F.
- If using fresh broccoli, lightly steam raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for 5 minutes or until broccoli is just tender and bright green. Or, steam fresh broccoli in the microwave in a large microwave-safe dish or bowl with ½-inch water at bottom. Cover with a microwave-safe plate and microwave on high for 3 minutes or until just tender and bright green. Drain water.
- Toss steamed broccoli and chickpeas with olive oil. Place in a 9-by-9-inch baking pan.
- Add salt and black pepper to taste. Top evenly with grated cheese, then top evenly with breadcrumbs.
- Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.

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

**Community Offerings and Events**

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

**Passover Seder.** Wednesday, April 5, 12:30 to 2:30 pm (register by Monday, April 3; only 24 spots available). Join us to eat, drink, share stories, and sing songs for the Passover Seder, a ritual feast at the beginning of the Jewish holiday of Passover.

**Group Puzzle.** Monday, April 17, 2 to 4 pm. Puzzles are more than fun—they also give your brain a workout!

**Take and Make Meal:** Tuesday, April 25, 11 am to 12 pm (register by Tuesday, April 18). Get the recipe and fixings for zucchini bread.

**Cooking Demo: Veggie One Pot Chili.** Monday, April 24, 2:30 to 4 pm (register by Monday, April 17). Learn how to make the dish and taste the finished product at our first-ever cooking demonstration.

**National Council on Alcoholism and Drug Dependence (NCADD) Workshop.** Wednesday, April 19, 4 to 5 pm. The NCADD will share information on the risks of alcohol and prescription medications, and bring safe lock boxes for storing your medications to protect kids, pets and others.

**Book Club:** 1st and 3rd Fridays at 3 pm. (April 7 and April 21).

**Summer BBQ (Save the Date!):** Saturday, June 24, 1 to 4 pm. Food, music, a petting zoo and more!

**Notes for Residents**

- **Garbage Disposals:** Do not use the disposal to process the food waste, as strips of vegetable and fruit skins can jam disposal blades. Use it only for small scraps, after throwing large items into the garbage, use a strainer to keep large items from falling into the disposal, and use hot water to help to dissolve food. Silverware, screws, bottle caps, bones, and cooking oil can also plug/break the disposal. There is a \$100 replacement charge for a broken disposal.
- **Dishwashers:** Rinse dishes first, as dishwashers cannot dissolve food chunks. Water from the disposal may drip into the dishwasher and disposal sometimes forces water into the dishwasher, causing standing water in the bottom of the dishwasher. The water can start to smell if the dishwasher is not used. If this happens, just run the dishwasher through one cycle to clear the water.
- **Outdoor Garbage Dumpsters:** Be careful when sending children to throw away garbage, as they may need help lifting heavy bags. When bags are left on the ground instead of IN the dumpster, pests and bees gather, garbage piles up to obstruct access to the door, and the smell becomes foul. Please be respectful and responsible when discarding trash.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 <small>Palm Sunday</small>	3 12:30 - 1:15pm Exercise and Movement  5:00-6:00pm RPC	4	5 12:30-2:30pm Passover Seder *Only 24 spots available, register by 4/3*	6 JFS Office Closed for Passover	7 JFS Office Closed	8 <small>April Fools' Day</small>
9 <small>Easter Sunday</small>	10 12:30 - 1:15pm Exercise and Movement  5:00-6:00pm Writer's Workshop	11 11:00-12:30pm Craft Class *Register by 4/7*	12 Passover Beans  JFS Office Closed for Passover	13 JFS Office Closed for Passover	14 JFS Office Closed	15
16	17 12:30 - 1:15pm Exercise and Movement  2:00-4:00pm Group Puzzle	18 3:00-4:00pm Bingo	19 1:00-1:45pm Silver Sneakers  4:00-5:00pm NCADD Alcohol and Prescription Drug Awareness and Safety Workshop	20 11:00 - 12:00pm Pantry Pick Up	21 JFS Office Closed	22
23	24 12:30 - 1:15pm Exercise and Movement  2:30-4:00pm Veggie One Pot Chili *Register by 4/17*	25 11:00-12:00pm Take and Make: Zucchini Bread *Register by 4/18*	26 1:00-1:45pm Silver Sneakers  2:00-3:30pm Craft Class *Register by 4/19*	27 3:00-4:00pm Jeopardy  6:00-7:00pm White Elephant Bingo	28 JFS Office Closed	29 <small>Earth Day</small>
30	<p><b>All events are free and hosted in the Community Center!</b> Please call 585-216-1887 ext. 4 to register for all events!</p>					31

