

hapitimes

AT
ROCHESTER HIGHLANDS

AUGUST 2022

VACCINATIONS FOR HEALTH

August is National Immunization Awareness Month, when the health community highlights the importance of getting vaccines throughout your life to promote good health for all.

While pediatricians remind parents about immunizations needed for infants and children, most adults are not aware that they also need vaccines to protect them from preventable diseases.

Some facts about vaccinations:

- Routine vaccinations during childhood help prevent 14 diseases.
- Vaccines, like any medication, can cause some side effects. Many of these effects are minor, treatable, and last only a few days.
- Among children born from 1994-2018, vaccinations will prevent an estimated 936,000 early deaths, 8 million hospitalizations, and 419 million illnesses.

Find out more about recommended vaccines for infants and children, preteens and teens, and adults: www.cdc.gov/vaccines/schedules

Continuing to Fight COVID-19

COVID-19 remains a health concern for our communities. Have you and your family been vaccinated for COVID-19? Have you had your boosters?

The Centers for Disease Control (CDC) recommends COVID-19 vaccines for everyone ages 6 months and older, and COVID-19 boosters for everyone ages 5 years and older, if eligible.

Have you already had COVID-19? People who already had COVID-19 and do not get vaccinated after their recovery are more likely to get COVID-19 again than those who get vaccinated after their recovery.

Find out more from www.vaccines.gov



Cauliflower No-Crust Quiche

Ingredients

- 2 teaspoons olive oil
- ½ cup chopped onions
- 5 large eggs
- ½ cup low-fat milk, rice milk or soy milk
- ½ teaspoon salt
- 1 ½ cups chopped cauliflower
- ½ cup shredded low-fat cheddar cheese
- 1 teaspoon paprika



Rebecca Clyde, MS, RDN, CD

Instructions

- Preheat oven to 375°F.
- Lightly oil an 8-by-8-inch casserole dish or 9-inch pie pan with olive oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients.
- In a bowl, beat eggs, salt and milk with a whisk.
- Remove dish from oven with mitts and spread cauliflower and cheese evenly.
- Pour egg mixture over cauliflower, onions and cheese, then sprinkle with paprika.
- Bake for 30 minutes, until cauliflower is cooked and casserole is golden brown.
- Quiche can be refrigerated in a sealed container for 2 to 3 days.

Recipe: www.eatright.org



"Believe you can and you're halfway there."

—THEODORE ROOSEVELT

Community Offerings and Events: Call 585-216-1887 ext. 4 for the following events, and see the calendar for more.

Take and Make Meal: Cheesy Mashed Potatoes and Veggies. Thursday, August 11, 3-4 pm, at the Community Center. Register before Thursday, August 4 to receive the fixings for a free meal and recipe.

Walk-In Health Check: Monday, August 22 and Monday, August 29, 2-3 pm, at the Community Center. Do you have any health concerns? Please stop by for a free health check-in with our on-site nurse.

Coffee and Convos. Tuesday, August 30, 3-4 pm, at the Community Center. Come talk with your neighbors while enjoying freshly brewed coffee.

Line Dancing 101. Thursday, August 18, 2-3 pm, at the Community Center. The most fun way to exercise? Dancing! Learn how to do the the Cupid shuffle, the Cha Cha Slide, and the Wobble during the lesson.

Kid Activities at the Community Center

- Kids Board Game Day on Wednesday, August 3, 2:30-3:30 pm.
- Kids Movie Day on Wednesday, August 10, 2-4 pm; snacks and drinks will be provided.
- Scavenger Hunt for Kids on Wednesday, August 17, 2-3 pm.
- Spiral Kids Art on Monday, August 22, 2:30-3:30 pm.

Property Rules:

Friendly reminder that children are not permitted to play in the property's public buildings. Also, we do not allow the use of squirt guns in and around the laundry rooms.



Cleaning up the property.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:30 - 1:15pm Exercise with Sanjay	2 3:00 - 4:00pm Bingo	3 12:30 - 1:15pm Exercise with Diane 2:30 - 3:30pm Kids Board Game Day	4 11:00 - 12:00pm Pantry Pick Up On-site Registered Dietician during pick ups	5 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	6
7	8 No exercise class with Sanjay	9 3:00 - 4:00pm Jeopardy!	10 12:30 - 1:15pm Exercise with Diane 2:00 - 4:00pm Kids Movie Day	11 3:00 - 4:00pm Take and Make Meal: Cheesy Mashed Potatoes and Veggies *Must Register by 8/4*	12 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	13
14	15 12:30 - 1:15pm Exercise with Sanjay 2:00 - 3:00pm Escape Room for Adults	16 3:00 - 4:00pm Craft Class: Make a Doily Wreath *Must Register by 8/9*	17 12:30 - 1:15pm Exercise with Diane 2:00 - 3:00pm Scavenger Hunt for Kids	18 2:00 - 3:00pm Dancing 102	19 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	20
21	22 12:30 - 1:15pm Exercise with Sanjay 2:00 - 3:00pm Walk-In Health Check with Nurse Jules	23	24 12:30 - 1:15pm Exercise with Diane	25 11:00 - 12:00pm Pantry Pick Up 6:00 - 7:00pm Bingo (White Elephant Style: Bring a wrapped gift, get a wrapped gift)	26 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	27
28	29 12:30 - 1:15pm Exercise with Sanjay 2:00 - 3:00pm Walk-In Health Check with Nurse Jules 2:30 - 3:30pm Spiral Kids Art	30 3:00 - 4:00pm Coffee and Convos	31 12:30 - 1:15pm Exercise with Diane			



SCAN ME