

hapitimes

AT
ROCHESTER HIGHLANDS

DECEMBER 2022



PREVENTING THE FLU & OTHER VIRUSES

National Influenza (Flu) Vaccination Week is December 5-9. Learn more about flu prevention and the differences between the flu, COVID-19 and the common cold.

Preventing the Spread of the Flu

- Get the flu vaccine.
- Avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses.

The Flu and COVID-19

Influenza (flu) and COVID-19 are both contagious respiratory illnesses caused by different viruses. COVID-19 is caused by infection with a coronavirus (first identified in 2019; the flu is caused by infection with a flu virus (influenza viruses). Specific testing is needed to tell what the illness is and to confirm a diagnosis. Getting treated early for COVID-19 and the flu can reduce your risk of getting very sick.

The Flu and Colds

The symptoms of the flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

Source: Centers for Disease Control and Prevention (CDC)

HAPI meals

Veggie Omelet in a Mug

Ingredients

- 2 eggs
- 2 tablespoons 1% low-fat milk (or nonfat/skim milk)
- 1 pinch salt
- 1 pinch pepper
- 1/4 cup finely chopped mushrooms (or your favorite vegetables)
- 2 tablespoons shredded cheddar cheese (or your favorite cheese)



Instructions

- Lightly grease the inside of a 12-ounce microwave-safe mug.
- Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well. Mix in the vegetables and cheese.
- Microwave on HIGH for 45 seconds.
- Stir and return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.
- Refrigerate leftovers within 2 hours.
- To make a meal, serve with a slice of whole grain toast and fruit.

Recipe: www.eatright.org

Happy holidays and new year from the HAPI team!



wise words

"Rejoice with your family in the beautiful land of life."

—EINSTEIN



Rochester Highlands
apartments



Snow Safety:

Let's do what we can to be prepared and stay safe this winter! We recommend you get a shovel and salt to clean around your car, as maintenance is not permitted to shovel around the vehicles of residents.

Also, please park your car away from the sidewalk so that your vehicle's nose is not vulnerable to getting hit by the sidewalk plow.

If you see a patch of ice, please call the office to report it: 585-271-2680.

Finally, be careful walking when it's icy!



Community Offerings and Events

Call 585-216-1887 ext. 4 to register for free events; see the calendar for more.

Open Tech Class. Monday, December 5, 10:30 to 11:30 am. Learn about online programs such as email, social media, and more.

Take and Make Meal: Cocoa and Cookies (Peanut Butter Blossoms). Thursday, December 8, 3 to 4 pm; register by Monday, December 5 to receive the fixings for the holiday cookies.

Songs with Savannah. Monday, December 5, 12, 19, 4:30 to 5:15 pm, at the Community Center. Bring your little ones to play in the power of music.

Jeopardy. Tuesday, November 15, 3 to 4 pm at the Community Center. Play an in-person version of the TV show.

Fall Prevention: Wednesday, December 7, 2 to 3 pm. One-third of falls can be prevented. Learn about fall risks and strategies to prevent falls in the future.

Please call 585-216-1887 ext. 4 to register for all events
Call ext. 2 for any questions or more information
Curbside Market Fridays 3:00 – 5:00pm – ACCEPTS SNAP, for every \$20- you spend in SNAP benefits, \$20 goes back on your card!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:00 - 12:00pm Pantry Pick Up	2 JFS Office Closed	3
4	5 10:30 – 11:30am Open Tech Class 12:30 - 1:15pm Exercise with Sanjay 4:30-5:15pm Songs with Savannah	6 3:00-4:00pm Bingo 4:45-5:45pm Kids Dance Group	7 2:00-3:00pm Fall Prevention 4:00-5:00pm Tai Chi	8 3:00-4:00pm Take and Make: Cocoa and Cookies: Peanut Butter Blossoms *Register by 12/5* 4:45- 5:45pm Kids Dance Group	9 JFS Office Closed	10
11	12 12:30 - 1:15pm Exercise with Sanjay 4:30-5:15pm Songs with Savannah	13 3:00-4:00pm Jeopardy 4:45-5:45pm Kids Dance Group	14 2:00-3:30pm Holiday Craft *Register by 12/7* 4:00-5:00pm Tai Chi	15 11:00 - 12:00pm Pantry Pick Up 5:00-7:00pm Holiday Celebration	16 JFS Office Closed	17
18 Hannukah Begins	19 12:30 - 1:15pm Exercise with Sanjay 4:30-5:15pm Songs with Savannah	20 3:00 – 4:00pm Family Feud 4:45-5:45pm Kids Dance Group	21 JFS Office Closed No Tai Chi	22 JFS Office Closed	23 JFS Office Closed	24 Christmas Eve
25 Christmas Day!	26 Hannukah Ends Kwanzaa Begins JFS Office Closed No exercise with Sanjay No Songs with Savannah	27 4:45-5:45pm Kids Dance Group	28 4:00-5:00pm Tai Chi	29 4:45 – 5:45PM Kids Dance Group 6:00-7:00pm Bingo	30 JFS Office Closed	31

Wegmans medical motors service every Monday: Pickup at 12 Green Knolls at 11:00am, Dropoff at 1:00pm

