

# hapitimes

AT  
ROCHESTER HIGHLANDS



## HEALTHY HOLIDAY TIPS

Here is some helpful advice on how to maintain your health over the holiday season.

- You may be consuming more sugar (all those cookies!) and rich, fatty foods this time of year. To balance it out, ensure you eat plenty of vegetables and other nutritious foods that are lower in fat. At holiday gatherings, start with a small plate and eat slowly. (It takes the brain at least 20 minutes to realize you're full!) Try to enjoy every bite.
- Avoid or limit alcohol. If you do consume alcohol, drink it with food and water.
- Keep moving. Being active helps you maintain your health and also reduces stress during this busy time of year. Consider taking walks after meals and schedule small breaks for physical activity a few times a day. Look for fun ways to move, such as dancing with the family at a holiday gathering.
- Self-care is important for our physical and mental well-being. Prioritize "me" time every day, whether it's taking a short nap, walking the dog, taking a hot bath, or sipping a cup of hot tea. Relaxing activities help maintain your mood and energy levels.
- Sleep is an underrated way to stay healthy. Aim for 7 to 8 hours per night. Avoid screen time and try not to eat too close to bedtime.
- Focus on what is most important to you during this season of celebration, sharing and connecting with loved ones and community. When you wake up each day or go to sleep at night, think of what you are grateful for and consider sharing those feelings with loved ones.

Find out more at [www.cdc.gov](http://www.cdc.gov)

## HAPI meals

### Split Pea Soup

#### Ingredients

- 1 onion (large)
- 3 tablespoons margarine or butter
- 1 1/2 cups split peas, dry
- 6 cups water
- 1 teaspoon salt



#### Instructions

- Chop onion. Cook in margarine or butter in a large pan until tender.
- Wash and drain split peas.
- Add water, split peas and salt to onion. Bring to a boil.
- Lower heat and cover pan. Simmer about 2 hours, until thickened.
- Optional: Cook a ham bone or pieces of ham in the soup. Remove bone and serve meat in the soup.

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

## FLU PREVENTION

National Influenza (Flu) Vaccination Week is December 4-8. Here are flu-prevention tips:

- 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.
- Wash your hands often with soap and water and use an alcohol-based hand rub when you are unable to wash your hands.
- Avoid touching your eyes, nose, and mouth, as germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses.

## 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, call the office at 271-2680 to have your AC units removed for the winter season, which allows you to clean the filter and reduce drafts.

**Holiday Hours:** The office will be closed on Monday, December 25 to observe the Christmas holiday. We wish you a happy holiday season!



## Community Offerings and Events

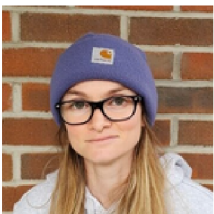
Call 585-216-1887 ext. 4 to register for free events at the Community Center. (More on the calendar.)

**Ugly Sweater Holiday Party:** Celebrate with us December 13, 5:30-7 pm, in the Community center!

**Carols and Hot Chocolate:** Join us for carolling and holiday cheer on Wednesday, December 20, 4:30 to 6 pm, as we fa-la-la-la along to holiday songs and enjoy hot chocolate.

**Holiday Tradition & Recipe Exchange.** Join us Monday, December 18, 4 to 5:15 pm, to share your favorite holiday traditions and family favorites with a recipe exchange!

**Curbside Market:** Every Friday, 3:30 to 4:30 pm. This market on wheels links communities in the Rochester area with affordable fresh food right at your neighborhood curbside.



Welcome to new staff: Heather, Bryan, and Nyasia!

**Craft Classes.** Join us for a gingerbread craft class on Tuesday, December 12, 2:30 to 3:30 pm (registration required); a holiday card-making class on Thursday, December 14, 2:30 to 3:30 pm; and snowflake-making on Thursday, December 21, 2 to 3 pm.

**Youth Movie & Craft Day:** We will have fun for kids on holiday break with a fun-filled Pajamas Day on Wednesday, December 27, 2:30 to 4:30 pm. We will show a movie and do some fun crafts!

**Meditation Class: Coloring and Meditation.** Join us to put your mind at ease on Thursday, December 28, 1:30 to 2:30 pm.

**Game Time:** Join us for Jeopardy on Thursday, December 7, 2 to 3 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. We will also host a special Holiday Bingo event on Tuesday, December 5, 2 to 3:30 pm; and Uno on Tuesday, December 19, 2 to 3:30 pm.



Scan here for more!



"Real generosity toward the future lies in giving all to the present."

—ALBERT CAMUS

"Write it on your heart that every day is the best day in the year."

—RALPH WALDO EMERSON

