

hapitimes

AT
ROCHESTER HIGHLANDS

FEBRUARY 2023

HEART MONTH

Did you know that heart disease is the leading cause of death in the U.S.? In February, we mark Heart Month, a time to focus on cardiovascular health.

About Heart Disease

When people talk about heart disease, they're usually talking about coronary heart disease (CHD). It's also sometimes called coronary artery disease (CAD). This is the most common type of heart disease.

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

Risk Factors for Heart Disease

- Have high blood pressure
- Have high blood cholesterol
- Are overweight or obese
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of early heart disease; for example if your father or brother was diagnosed before age 55, or your mother or sister was diagnosed before age 65
- Have a history of preeclampsia, which is a sudden rise in blood pressure and too much protein in the urine during pregnancy
- Have unhealthy eating behaviors
- Are age 55 or older for women or age 45 or older for men

Heart-Healthy Habits

- Eat healthy foods and drinks
- Be active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress

Source: www.health.gov

HAPI meals

2-Step Creamy Chicken

Ingredients

- 1 tablespoon vegetable oil
- 2 boneless chicken breasts
- 1 can cream of chicken soup (10 ounces)
- 1/2 cup water
- Roasted or steamed vegetables (optional)



Instructions

- Heat oil in a skillet at a medium-high setting.
- Add chicken and cook for ten minutes.
- Remove chicken from pan and set aside.
- Stir the soup and water together in the skillet and heat it to a boil.
- Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.
- Add-ons: roasted or steamed vegetables.

Recipe: www.myplate.gov

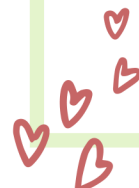
wise words

"Where there is great love, there are always miracles."

—WILLA CATHER



Rochester Highlands
apartments



Happy Valentine's Day from HAPI!
Celebrate the day by telling your loved ones how much you appreciate them.

Community Offerings and Events

Call 585-216-1887 ext. 4 to register for free events at the community center.

Wii Sports/Just Dance. Wednesday, February 8, 2 to 3 pm. Play online sports, games, dance, and more, using Wii. Beginners welcomed; we'll show you how to have virtual fun for all.

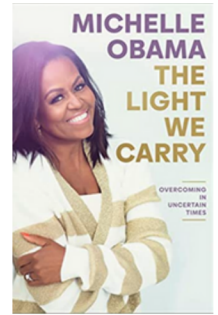
CPR, AED, and Heart Health Workshop. Thursday, February 9, 1 to 2 pm. To mark Heart Month, see a presentation from the American Heart Association on heart attacks and strokes symptoms and prevention, plus CPR and AED.

Valentine's Day Movie for Adults. Monday, February 13, 2 to 4 pm. Grab your popcorn and a friend and please join us in the Community Center for a free romantic comedy.

Craft Class. Wednesday, February 15, 2:30 to 4 pm. Register by Wednesday, February 8 for this free craft class.

Jeopardy. Tuesday, February 14, 3 to 4 pm. Play an in-person version of the trivia TV game show.

Book Club. 1st and 3rd Fridays at 3 pm, starting in March. We will meet March 3 & 17 to hand out books and have a discussion of it with Community Manager Elizabeth Buchner. Call the office before Tuesday, February 14 to sign up and get a free copy of Michelle Obama's "The Light We Carry."



Learn about locating and leaning on tools to help us better navigate change and remain steady within flux. All ages are welcome! (Small children must be supervised.)

Notes for Residents

- Emergency Renters Assistance Program (ERAP) is no longer accepting applications for rental assistance. Residents can make partial on-line payments through Rent Café. To sign up, please call the office to get your resident code.
- Please use dumpsters to dispose of trash. Large items can be placed in roll off dumpster behind apt. #8. Residents will be charged \$15 for garbage found by staff.

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	2 11:00 - 12:00pm Pantry Pick Up RPC: 5:00-6:00pm	3 JFS Office Closed	4
5	6 12:15 - 1:00pm Exercise with Sanjay	7 3:00-4:00pm Bingo 4:45-5:45pm Kids Dance Group	8 2:00-3:30pm Wii Sports/Just Dance	9 1:00-2:00pm CPR, AED, and Heart Health Workshop 4:45-5:45pm Kids Dance Group Pre-Recital Celebration	10 JFS Office Closed	11
12	13 12:15 - 1:00pm Exercise with Sanjay 2:00-4:00pm Valentine's Day Movie *Register by 2/8*	14 Happy Valentine's Day! 3:00-4:00pm Jeopardy	15 2:30-4:00pm Craft Class *Register by 2/8*	16 11:00 - 12:00pm Pantry Pick Up 4:45-5:45pm Kids Dance Group Recital	17 JFS Office Closed	18
19	20 12:15- 1:00pm Exercise with Sanjay 5:00-6:00pm Writer's Workshop	21	22 3:00 - 4:00pm Game Day	23 3:00-4:00pm Take and Make: Puppychow Popcorn *Register by 2/16*	24 JFS Office Closed	25
26	27 12:15- 1:00pm Exercise with Sanjay 2:00-3:30pm National Strawberry Day! *Register by 2/20*	28 6:00-7:00pm Bingo				

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

