

### HEALTHY AND HAPPY IN 2023

Join us in taking charge of our health with better eating habits in the new year.

In general: When deciding what to eat or drink, choose options that are full of nutrients and variety to make every bite count. More tips:

- Make half your plate fruits and vegetables.
- Focus on whole fruits like fresh, frozen, canned, or dried.
- Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.
- Make half your grains whole grains. Choose whole-grain versions of common foods such as bread, pasta, and tortillas.
- Choose low-fat (1%) or fat-free (skim) dairy milk or yogurt. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.
- Vary your protein routine. Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.
- Choose foods and beverages with less added sugars, saturated fat, and sodium. Limit added sugars to less than 50 grams a day; limit saturated fat to less than 22 grams a day; limit sodium to less than 2,300 milligrams a day.

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

### CERVICAL CANCER PREVENTION

January marks Cervical Cancer Awareness Month. Women can lower their risk for cervical cancer by getting screened regularly, starting at age 21. The Pap test (or Pap smear) looks for cell changes that might become cervical cancer if they are not treated appropriately; the human papillomavirus (HPV) test looks for the virus that can cause these cell changes. The HPV vaccine, for youth protects against the types of HPV that most often cause cervical cancers.

Source: [www.cdc.gov](http://www.cdc.gov)

### HAPI meals

### Broccoli Potato Soup

#### Ingredients

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- 1 cup mashed potatoes (either 1/2 cup mashed potato mix with water or 1 cup leftover mashed potatoes)
- Salt and pepper (to taste, optional)
- 1/4 cup shredded cheddar or American cheese



#### Instructions

- Combine broccoli, onion, and broth in large sauce pan.
- Bring to a boil.
- Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
- Add milk to soup. Slowly stir in potatoes.
- Cook, stirring constantly, until bubbly and thickened.
- Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
- Ladle into serving bowls.
- Sprinkle about 1 tablespoon cheese over each serving.

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

### wise words

"You are the sky. Everything else—it's just the weather."

—PEMA CHODRON

**Community Offerings and Events**

Call 585-216-1887 ext. 4 to register for free events.

**SilverSneakers Demo.** Wednesday, January 4, 11 am to 12 pm. All SilverSneakers fitness classes are led by supportive instructors to help meet your fitness goals and needs, whether you're experienced or a beginner.

**Take and Make Meal: Minestrone Soup.** Thursday, January 12, 3 to 4 pm; register by Monday, January 9 to receive the recipe and fixings for the meal.

**Movie Day for Adults.** Wednesday, January 11, 2 to 4 pm. Grab your popcorn and a friend and please join us in the Community Center for a free movie and snack day while we cozy up against the cold January weather!

Also: Exercise with Sanjay; Medical Motors Wegmans bus; Pantry Pickup; Kids Dance Group; Bingo. See the calendar for more, as well as special holiday scheduling.

**Mold Prevention:**

Seeing spots on your bathroom ceiling? You may have mold.

Mold grows where there is moisture. To eliminate mold: Use Tilex with bleach. Spray mold spots, wait 10 minutes then wipe. Repeat as needed to keep mold from growing. Also: Make sure you are running the exhaust whenever you take a shower.

This cleaning process also works on window sills where mold can grow from moisture on the other side of the window.



Dancing is good for cardiovascular health, improves balance, strengthens bones, and can improve mental health.

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!



The Rochester Highlands

JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year!	2 JFS Office Closed	3 4:45-5:45pm Kids Dance Group	4 11:00-12:00pm SilverSneakers Demo	5 11:00 - 12:00pm Pantry Pick Up RPC: 5:00-6:00pm	6 JFS Office Closed	7
8	9 12:30 - 1:15pm Exercise with Sanjay	10 3:00-4:00pm Bingo 4:45-5:45pm Kids Dance Group	11 11:00-12:00pm SilverSneakers Movie Day for Adults 2:00-4:00pm	12 3:00-4:00pm Take and Make: Minestrone Soup *Register by 1/9* 4:45-5:45pm Kids Dance Group	13 JFS Office Closed	14
15	16 JFS Office Closed Martin Luther King Jr. Day	17 3:00-4:00pm Jeopardy 4:45-5:45pm Kids Dance Group	18 11:00-12:00pm SilverSneakers 3:45-4:45pm Craft Class *Register by 1/11*	19 11:00 - 12:00pm Pantry Pick Up 4:45-5:45pm Kids Dance Group	20 JFS Office Closed	21
22	23 12:30 - 1:15pm Exercise with Sanjay	24 3:00 - 4:00pm UNO 4:45-5:45pm Kids Dance Group	25 11:00-12:00pm SilverSneakers 3:00-4:00pm Live Magician/Comedian!	26 4:45-5:45pm Kids Dance Group	27 JFS Office Closed	28
29	30 12:30 - 1:15pm Exercise with Sanjay	31 4:45-5:45pm Kids Dance Group 6:00-7:00pm Bingo				

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