

# hapitimes



## HAPPY SUMMER!

We officially welcome summer on June 21. Also this month, we celebrate Father's Day, Flag Day, and Juneteenth, Pride Month, Alzheimer's and Brain Awareness Month (more on that below), and National Safety Month. Best wishes for a safe and happy kick off to summer!

## MAINTAINING BRAIN HEALTH

Every June, we mark Alzheimer's and Brain Awareness Month. 6.5 million people worldwide are living with Alzheimer's disease, a degenerative brain disease and the most common form of dementia. It causes problems with memory, thinking, and behavior.

Here are tips to reduce the risk of cognitive decline (think of it as keeping your brain in shape).

- Stay socially engaged. Find ways to be part of your local community or share activities with friends and family.
- Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body.
- Challenge your mind. Learn new skills and play puzzles or games of strategy like bridge. Take a class at a local college, community center or online.
- Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit.
- Take care of your mental health.
- Get enough sleep.
- Quit smoking.

Source: [www.alz.org](http://www.alz.org)

## HAPI meals

### Panzanella with Cucumber

#### Ingredients

4 cups day-old crusty whole-wheat peasant-style (rustic) bread, cut in 1-inch cubes  
 3 medium ripe tomatoes (about 1 pound), cut in 1-inch cubes  
 4 ounces mozzarella cheese, cut in bite-size chunks  
 ½ medium unwaxed cucumber, sliced  
 ½ small red onion, thinly sliced  
 20 large fresh basil leaves, torn in small pieces  
 ¼ cup extra-virgin olive oil  
 2 tablespoons red wine vinegar or balsamic vinegar  
 1 clove garlic, minced  
 ½ teaspoon Dijon mustard (optional)  
 Salt and pepper, to taste

#### Instructions

- Combine the bread, tomatoes, mozzarella cheese, cucumber, onion, and basil in a salad bowl.
- Blend the olive oil, vinegar, garlic, and mustard (if desired). Season with salt and pepper. Whisk well.
- Pour the vinegar-and-oil dressing over the tomato-bread mixture. Toss gently.
- Cover; let sit at room temperature for 30 minutes before serving.

Recipe: [www.eatright.org](http://www.eatright.org)

## wise words

"My humanity is bound up in yours, for we can only be human together."

—DESMOND TUTU

## Community News and Events

Call 585-216-1887 ext. 4 for the following, and see the calendar for more.

### Wellness Workshop with Nurse Jules:

**Alzheimer's and Brain Awareness.** Monday, June 13, 2 to 2:45 pm, available via Zoom and in person at the Community Center. Learn about brain awareness and Alzheimer's, a progressive disease that destroys memory and other important mental functions.

### Veteran's Coffee Hour and Flag Raising Ceremony

Tuesday, June 14, 3:30 to 4:30 pm, in person at the Community Center; On Flag Day, we will honor those who have served our country with a flag-raising ceremony. Coffee will be served.

**Fun in the Sun Event.** Saturday, June 18, 11:30 to 2:30 pm, outside of the Community Center (no registration is required for this event). Join Jewish Family Service to kick off summer! There will be free food and drinks, games, informational booths, a live band, and more!

**Narcan Training.** Thursday, June 9, 2 to 3 pm, in person at the Community Center. A Naloxone (NARCAN) training course will teach you how to recognize the signs of an opioid overdose and administer the opioid overdose reversal drug Naloxone.

**Property Rules.** Please remember that we do not allow bring grocery carts on the property.... Make sure your cars are registered and in operating condition so they are not towed.

**Rent Payment.** If you owe more than one month of rent, please call the office to set up a payment plan (and to avoid having to go to court). Call 585-271-2680 to set up an appointment with Liz.



It's garden time!



The Rochester Highlands

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12:30 - 1:15pm Exercise with Diane	2 11:00 - 12:00pm Pantry Pick Up	3 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	4
5 Shavuot	6 Shavuot JFS Office Closed	7 3:00 - 4:00pm Bingo	8 12:30 - 1:15pm Exercise with Diane	9 2:00 - 3:00pm Narcan Training	10 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	11
12	13 12:30 - 1:15pm Exercise with Sanjay 2:00 - 2:45pm Alzheimer's and Brain Awareness Via Zoom and in person!	14 Flag Day 3:30-4:00pm Veteran's Coffee Hour 4:00-4:30 Flag Raising Ceremony	15 12:30 - 1:15pm Exercise with Diane	16	17 No Curbside Market/WIC in observance of Juneteenth JFS Office Closed	18 11:30 - 2:30pm Fun in the Sun!
19 Father's Day Juneteenth	20 12:30 - 1:15pm Exercise with Sanjay	21 3:00 - 4:00pm Jeopardy!	22 12:30 - 1:15pm Exercise with Diane 2:30-3:30pm Succulent Gnome Project	23 11:00 - 12:00pm Pantry Pick Up	24 3:00 - 5:00pm Curbside Market/WIC JFS Office Closed	25
26	27 12:30 - 1:15pm Exercise with Sanjay 2:00 - 2:45pm Cataract Awareness Month Via Zoom and in person!	28 3:00 - 4:00pm Coffee and Convos	29 6:00 - 7:00pm Bingo	30		