

# hapitimes

AT  
ROCHESTER HIGHLANDS

JUNE 2023



## SUN SAFETY

Did you know that skin cancer is the most common cancer in the United States? Make it a healthier summer by protecting you and your family from sun damage and taking steps to prevent skin cancer.

### Know the facts about sun damage.

- UV rays are usually the strongest from 10 am to 4 pm daylight saving time (9 am to 3 pm standard time).
- If your skin is unprotected, it can take only 15 minutes to become damaged by the sun's UV rays.
- Overexposure to ultraviolet (UV) rays is the cause of most cases of melanoma (the deadliest kind of skin cancer).
- You need sun protection from UV rays from the sun, even if it's cool and cloudy out.
- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole. Check with your doctor if you're concerned about sun damage.

### Take steps to be safe.

- Use a broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher, and put it on before you go outside.
- When possible, use clothing to add protection, such as long-sleeved shirts and long pants and skirts.
- Wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck.
- Wear sunglasses to protect your eyes from UV rays and reduce the risk of cataracts.

Source: Centers for Disease Control and Prevention (CDC); [www.cdc.gov](http://www.cdc.gov)

## HAPI meals

### Black Bean Burgers

#### Ingredients

1 can (15.5 oz) low-sodium black beans (drained and rinsed with cold water)  
1 large egg  
1/2 cup cooked brown rice  
2 scallions (green and white minced, about 1/4 cup)



2 tablespoons chopped fresh cilantro (or basil leaves or a combination)  
1 clove garlic (peeled and minced)  
1/4 teaspoon dried oregano or basil  
1 teaspoon vegetable oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
4 whole-wheat buns

#### Instructions

- Mash beans in a bowl with a fork until chunky. Add the egg and mix well.
- Add precooked rice, scallions, garlic and oregano, salt and pepper and mix until well combined.
- Divide the mixture into 4 portions and form each portion into a patty about 3/4 to 1 inch thick.
- Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole wheat bun.
- Optional: Substitute rice with old-fashioned rolled oats, barley or Panko breadcrumbs.

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

**Property News**

**Bikes:** Place bicycles neatly outside your entrance door; do not leave them on the patio/balcony.

**Grilling:** Rochester Highlands prohibits barbecues and grills. Please use the community gas grill behind the Community Center.

**AC Units:** Please call the office to have your AC unit installed Free of Charge. Rochester Highlands must ensure 2nd story apartment Air Conditioners are securely installed.

**Community Offerings and Events**

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

**Gardening Group.** Tuesdays in June, 11 am to 12 pm. Gardening can be a stress-relieving activity, and a group can provide a supportive environment for you to unwind and relax and enjoy nature.

**Outside Morning Meditation.** Thursday, June 8, 10:30 to 11:15 am. Meditation can help reduce stress, improve mental clarity, and set a positive tone for the day.

**Animatronic Animals.** Thursday, June 8, 2 to 3 pm. Learn about NYSOFA's animatronic pet project, which provides older New Yorkers with lifelike robotic pets that provide comfort and companionship.

**Games and Crafts:** Play Jeopardy on Tuesday, June 13, 3 to 4 pm; take craft classes on Wednesday, June 14 (register by June 9) and June 24, 2 to 3 pm (register by Wednesday, June 21).

**National Chocolate Ice Cream Day.** Wednesday, June 7, 2:30 to 3:30 pm. Come by ice cream! As the name suggests, it is a day dedicated to enjoying and indulging in the creamy, chocolatey goodness of chocolate ice cream, and who doesn't love that!?

**Take and Make Meal.** Wednesday, June 21, 3 to 4 pm. Get the recipe and ingredients for a veggie pasta salad.

**Summer BBQ for Residents!** Saturday, June 24, from 1 to 4 pm on the grounds. Big Boys BBQ will serve BBQ chicken, smoked beef, sweet corn, baked beans, mac salad, collard greens with smoked turkey, and mac & cheese.



Lu'Gia's will provide ice cream sundaes; music is by DJ-The Party Connection; and animals will be here from Seneca Park Zoo's ZooMobile.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>June 2023</h1>				1 11:00 - 12:00pm Pantry Pick Up  5:00-6:00pm RPC	2 JFS Office Closed	3
4 Zumba Gold with Shalom  2:00-3:00pm Board Game Day	5 12:30 - 1:15pm Zumba Gold with Shalom  2:00-3:00pm Board Game Day	6 11:00-12:00pm Gardening Group  3:00-4:00pm Bingo	7 1:00-1:45pm Silver Sneakers with Mickey  2:30-3:30pm National Chocolate Ice Cream Day	8 10:30-11:15am Outside Morning Meditation  2:00-3:00pm Come Meet the Animatronic Animals!	9 JFS Office Closed	10
11 Zumba Gold with Shalom  5:00-6:00pm Writer's Workshop	12 12:30 - 1:15pm Zumba Gold with Shalom  5:00-6:00pm Writer's Workshop	13 11:00-12:00pm Gardening Group  3:00-4:00pm Jeopardy	14 1:00-1:45pm Silver Sneakers with Mickey 2:00-3:30pm Craft Class: Clay and Beaded Jewelry Making *Register by 6/9* <small>Flag Day (U.S.)</small>	15 11:00 - 12:00pm Pantry Pick Up  2:00-4:00pm Group Puzzle Day	16 JFS Office Closed	17
18  Father's Day	19 JFS Office Closed  JUNETEENTH	20 11:00-12:00pm Gardening Group  2:00-3:00pm Knitting/Crochet Group	21 1:00-1:45pm Silver Sneakers with Mickey 3:00-4:00pm Take and Make: Veggie Pasta Salad *Register by 6/14*	22  Summer Began	23 JFS Office Closed	24 1:00-4:00pm Chicken BBQ/Summer Kickoff!
25 Zumba Gold with Shalom  2:00-3:00pm Lawn Games	26 12:30 - 1:15pm Zumba Gold with Shalom  2:00-3:00pm Lawn Games	27 Polling Day  JFS Office Closed	28 1:00-1:45pm Silver Sneakers with Mickey  2:00-3:30pm Craft Class: Festive Cupcake Decorating *Register by 6/21*	29 11:00-12:00pm Adult Scavenger Hunt  6:00-7:00pm White Elephant Bingo	30 JFS Office Closed  JEWISH FAMILY SERVICES FOR GOOD. FOR ALL.	

All events are free and hosted in the Community Center! Please call 585-216-1887 ext. 4 to register for all events!



Time outdoors and in nature can help lower blood pressure, reduce stress and boost your mood.

