

hapitimes

AT
ROCHESTER HIGHLANDS



PRIORITIZING HEALTH

Each November we turn our focus on health to Diabetes Awareness Month as well as the Great American Smoke-Out.

Diabetes Awareness Month

Diabetes is a disease that occurs when your blood glucose (blood sugar), is too high. Over time, having too much glucose in your blood can cause health problems, such as heart disease, stroke, nerve damage, eye and foot problems, and kidney disease. An estimated 30.3 million people in the United States, or 9.4 percent of the population, have diabetes. It is the seventh leading cause of death in the U.S.

Maintaining a healthy weight, eating a nutritious diet, and staying physically active are important parts of a healthy lifestyle to help prevent diabetes.

Find out more: www.health.gov

The Great American Smoke-Out

Smoking causes an estimated 1 in 5 deaths in the United States—that's more than 480,000 Americans each year. Additionally, 16 million Americans are living with at least one serious smoking-related disease.

If you smoke, we urge you to quit. Quitting smoking will improve your health and reduce your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

The Great American Smoke-Out takes place every year on the third Thursday of November (November 16 this year). Ready to quit or find out more? Call a QUITline coach at 1-800-QUIT-NOW or talk to your healthcare professional to help you decide what treatment is best for you and to find resources.

Find out more: www.health.gov

HAPI
meals

Corn Casserole

Ingredients

½ cup onion, chopped
1½ teaspoons vegetable oil
1 can (about 15 ounces) low-sodium cream style corn
¾ cup cornmeal
½ cup 1% low-fat milk
4 tablespoons egg mix
¼ cup all-purpose flour
½ teaspoon baking powder
Nonstick cooking spray



Instructions

- Preheat oven to 350 degrees F.
- In a saucepan, cook onions over medium heat in vegetable oil until tender (about 4 to 5 minutes).
- Open canned corn and drain liquid into a measuring cup. If needed, add water to make 1 cup of liquid.
- Add liquid and cornmeal to the cooked onions in the saucepan. Stir until the mixture boils.
- Remove saucepan from heat. Mix in milk, corn, and egg mix.
- In a mixing bowl, mix flour and baking powder.
- Add cornmeal mixture. Mix well.
- Spray a 9-inch baking pan with nonstick cooking spray and pour mixture into baking pan.
- Bake for 25 to 30 minutes. Cut into 6 servings.

Recipe: www.USDA.gov

wise
words

"The power of finding beauty in the humblest things makes home happy and life lovely."

—LOUISA MAY ALCOTT

Property News

Seasonal Prep: We recommend you get a bag of salt and shovel to clear around cars (management is not permitted to clear off resident cars). Also, call the office 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 Wednesday, November 23 and Thursday, November 24 to observe the Thanksgiving holiday. We wish you a happy holiday!

IN ALL
things
GIVE
thanks

Community Offerings and Events

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

Take-and-Make Meal: Cinnamon Apple Cobbler. Thursday, November 8, 2 to 2:30 pm; must register. Get the recipe and ingredients for cinnamon apple cobbler, a warm and sweet treat for the fall season.

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.

Craft Classes. Join us for a pumpkin craft class on Thursday, November 9, 1 to 2:30 pm to create a pumpkin in a crafty way (not with a real pumpkin!); and for a Thanksgiving-themed craft class on Thursday, November 14, 2 to 3 pm to make a decorative turkey (non-edible!).

Game Time: Jeopardy. Tuesday, November 2, 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.

Adult Game Time. Thursday, November 14, 5:30 to 7:30 pm. This adult card and board game event will be centered around playing friendly card games and meeting new people.



Thanksgiving Leftovers

You may already make turkey sandwiches with your Thanksgiving leftovers. Here are some more ideas. Simply look up recipes online for these (or make up recipes of your own!)

- Turkey salad, made like chicken salad
- Tacos or quesadillas made with leftover turkey meat
- Turkey noodle soup (bonus: make it with homemade turkey stock using the turkey bones!)
- Frittata with leftover vegetables and turkey
- Meatballs made with turkey and stuffing
- Potato pancakes made with leftover mashed potatoes
- Casserole made with turkey, stuffing and leftover vegetables
- Sweet potato dip, made with yogurt or sour cream, to serve with chips
- Pumpkin pie or apple pie smoothie, made by blending leftovers with milk or yogurt

*Thank
You*

I am grateful for.....

Happy Thanksgiving! Love,



Cut out the thank-you image below and give it to someone this Thanksgiving!