

hapitimes

Happy Thanksgiving

There's no better time than Thanksgiving to express gratitude! Suggestion: When you gather with family and friends this Thanksgiving, ask everyone to share one thing they are grateful for, or ask them to write it down on piece of paper and read them aloud.

DIABETES MONTH

November is National Diabetes Month and this year's focus is on prediabetes and preventing diabetes.

Prediabetes is a serious health condition where your blood sugar levels are higher than normal and could lead to type 2 diabetes. More than 1 in 3 U.S. adults have prediabetes, but the majority of people don't know they have it (source: CDC).

The good news is that it is possible to prevent type 2 diabetes and even reverse your prediabetes by making small healthy lifestyle changes, such as:

- **Moving more:** Limit the time you spend sitting and try to get at least 30 minutes of physical activity, 5 days a week. Start slowly by breaking it up throughout the day.
- **Choosing healthier foods and drinks:** Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
- **Losing weight or maintaining a healthy weight:** If you're overweight, you may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.
- **Seeking support:** Making a plan, tracking your progress, and getting support from your health care professional and loved ones can help you make the necessary lifestyle changes.

HAPI meals

Pumpkin Pie Bites

Ingredients

- 1/4 cup pure pumpkin puree
- 1/4 cup honey
- 1/2 cup regular creamy peanut butter, slightly melted
- 3/4 cups old-fashioned oats, crushed OR ground in food processor
- 1 tablespoon chia seeds (optional)
- 1/2 teaspoon ground cinnamon
- 2 teaspoons pumpkin pie spice

Instructions

- In a large bowl, combine the pumpkin, honey, and peanut butter.
- Add in oats, chia seeds, cinnamon, and pumpkin pie spice. Stir well.
- Using a small spoon or scoop, roll into balls.
- Refrigerate for 15-30 minutes, or until firm, if needed.
- Notes
- Place peanut butter in microwave safe dish, in microwave for 30 seconds
- Pumpkin Pie Bites will keep covered in the refrigerator for up to 2 weeks.
- Enjoy!

We will be making this at the No-Bake Fall Dessert session on November 11!

wise words

"Sometimes the little things in life mean the most."

—ELLEN HOPKINS

inside Rochester Highlands

Rent Help: Monroe County residents can call 211 for help with back rent if you have decreased income or increased expenses related to COVID-19.

Please call before moratorium protections expire January 15, 2022. You will need your SSN, ID, and all forms of income during the pandemic, which may include unemployment disbursements (print from NY portal), SS, DHS, and pay stubs. Please call the leasing office (271-2680) if you need any documents provided from Rochester Highlands.

Late Fees: Please make sure you pay your rent on or before the 5th of the month!

Bread for Residents: Bring your own bag to get day-old bread from Wegmans on Mondays and Tuesdays, 10:30 am to close of day, at the office.



Community Outing: Residents enjoyed a great time in nature during our field trip to Letchworth State Park & Castile Cider Mill in October.

A/C Removal: Call the office to have our maintenance team remove your AC unit (during business hours); we can store them until Spring.

Apartment Tips: Closing windows tightly saves on energy bills.... With snow coming soon, we recommend having a bag of salt and shovel ready for clearing around your cars (we do not clear lots near cars).... Replace two-pronged extension cords with grounded three-pronged cords to prevent fires.... Be careful of package theft; we do not accept packages at the leasing office and suggest you have packages delivered via "in-store pick-up" or sent to your workplace or a family or friend's house.

NURSE JULIE'S HEALTH TIPS



Six out of every 10 falls happen at home. Here are tips to help you avoid falls:

- 1) Clean up clutter.
- 2) Stay physically active.
- 3) Have your eyes and hearing tested.
- 4) Find out about the side effects of your medications.
- 5) Get enough sleep.
- 6) Stand up slowly.
- 7) Wear shoes.
- 8) Avoid loose clothing.
- 9) Use a cane or walker if you feel unsteady.

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 12:30-1:15pm Exercise with Sanjay *NEW* Curbside Market 3:30 - 4:30pm	2 Voting Day at the Community Center 6am - 9pm	3 1:30-2:15pm Exercise with Sanjay 4:30-5:15pm Yoga with Josh	4 **NEW** 11:00-12:00pm Pantry Pick Up 3:00 - 4:00pm Bingo	5 Late Fees for Rent Due JFS Office Closed
8 12:30-1:15pm Exercise with Sanjay Curbside Market 3:30-4:30pm	9 10-12:00pm Medicare 101 Preparing for Open Enrollment	10 1:30-2:15pm Exercise with Sanjay 4:30-5:15pm Yoga with Josh	11 Remember Our VETERANS 4:30-5:30pm No Bake Fall Desserts	12 JFS Office Closed
15 12:30-1:15pm Exercise with Sanjay Curbside Market 3:30-4:30pm	16	17 1:30-2:15pm Exercise with Sanjay 4:30-5:15pm Yoga with Josh	18 10:30am-12:30pm George Eastman House Gingerbread Sweet Creations Tour	19 4:00 - 6:30pm Thanksgiving Baskets JFS Office Closed
22 12:30-1:15pm Exercise with Sanjay Curbside Market 3:30-4:30pm	23	24 1:30-2:15pm Exercise with Sanjay 4:30-5:15pm Yoga with Josh	25 Thanksgiving JFS / CAPREIT Office Closed	26 JFS Office Closed
29 12:30-1:15pm Exercise with Sanjay Curbside Market 3:30-4:30pm	30 4:30 - 5:30pm Holiday Wreath Craft			
Registration required for all activities, please call JFS at the Rochester Highlands: 585-216-1887		Adult programming in BLUE / Children's programming in GREEN Interested in one-to-one tutoring assistance? Call 585-216-1887		

