



REDUCING SUGAR

You are probably aware that too much sugar in your diet can lead to obesity, but did you know it could also contribute to cardiovascular (heart) problems and other health problems?

In the Dietary Guidelines for Americans from the U.S. Food and Drug Association, it is recommended that we limit calories from added sugars to less than 10 percent of total calories per day (i.e. for a 2,000 calorie daily diet, that's 200 calories of added sugars per day, or about 12 teaspoons).

Sodas, fruit drinks, and other sweetened beverages make up almost half of the added sugars in our diets, but added or hidden sugars are also found in many processed foods—even items that are not considered sweet, such as frozen crackers or pizza.

To begin reducing sugar, start by familiarizing yourself with how much sugar you are consuming. Read food labels while grocery shopping and look for added sugars that can be listed as corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, lactose, malt syrup, maltose, molasses, sucrose.

Serving smaller portions of sugar-filled items is a great first step (one cookie instead of two or a smaller bowl of ice cream).

To help reduce sugar, choose:

- Fruits over candy
- Cereals with no added sugar, or reduced sugar (add fruit for sweetness)
- Carbonated beverages like naturally flavored seltzers over sodas
- Juices that are watered down (try half water, half juice)
- Canned fruits that have no added syrup
- Fewer processed foods when grocery shopping

More info: www.health.gov

HAPI meals

Pumpkin Soup

Ingredients

- 1 can white beans (15 ounce, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 cup water
- 1 can pumpkin (15 ounces, plain)
- 1 can vegetable or chicken broth, low-salt (14.5 ounces)
- 1/2 teaspoon thyme (or tarragon)
- Salt and pepper (optional, to taste)



Instructions

- Blend white beans, onion, and water.
- In a soup pot, mix bean puree with pumpkin, broth, and spices.
- Cover and cook over low heat about 15 to 20 minutes until warmed through.
- Optional: add additional fresh chopped herbs when serving.

Recipe: www.myplate.gov

wise words

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

—HARRIET TUBMAN

Property News

Halloween Fun: Kids, come show off your costumes! Enjoy sweet treats in the leasing office.

Parking: Get your parking permit registered at the leasing office. Display parking permit in left rear side window. Note; you must provide your license plate number to receive permit.

Seasonal Prep: We recommend you remove air conditioning units to reduce drafts during the cooler fall and winter months, and get a small bag of salt and shovel to clear around cars (management is not permitted to clear off resident cars). Call the Leasing Office to get a work order for maintenance to take AC units out of your window.

Community Offerings and Events

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

Story Hour & Music and Eat & Exchange with Chelse. Wednesdays in October, 6 to 8:30 pm, for adults and children up to age 5. Encourage an early love for literacy while moving to music and having fun with the littles. A family-style meal will be served.

Craft Class: A Fall Mystery. Thursday, October 23, 1 to 2:30 pm. We have spooky things brewing for this month's craft class. Join us and let your creativity flow!

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.

Game Time: Jeopardy. Tuesday, October 3, 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, October 17, 1:30 to 2:30 pm. This adult card and board game event will be centered around playing friendly card games and meeting new people.

Take-and-Make Meal: Apple Sauce. Thursday, October 11, 1 to 1:30 pm; must register. Get the recipe and ingredients for rich and creamy applesauce that tastes like a warm baked apple. This dish creates a wonderfully vibrant snack or adds love to vanilla ice cream.

Gardening Group. Every Tuesday, 11:30 am to 12:30 pm. Joining a gardening group can be a therapeutic and stress-relieving activity, while also providing a supportive environment to unwind and relax. Join for a chance to socialize and build friendships, which can add to your overall sense of well-being!



Summer BBQ

We had more than 100 community members at our end-of-summer BBQ! A huge shout-out to all those who made this such a fantastic event: Quin Kirton, Fiona Lessell, Lavante Brown, Alyssa Todd and Chelse Inman; to Liz and the leasing office staff; community volunteers from InterVol, the University of Rochester, and Wilson Day freshman students; our Resident Planning Committee members. Our primary goal is to help build a sense of community and that was exactly what we achieved!

