

hapitimes



Healthy Halloween

Here are tips for having a healthier Halloween with your family:

Serve a nutritious meal before trick-or-treating or going to a Halloween party.

Incorporate fruits and vegetables into your party menu. For instance, dip celery sticks in nut butter and provide chocolate chips and unsweetened coconut flakes as toppings.

Make fun edible decorations, such as oranges decorated like jack-o'-lanterns.

Make movement part of the fun. Wear costumes on a family walk, consider a Monster Mash dance party, play zombie tag, have a pumpkin toss.

Skip the juices and sodas. Healthier drinks to consider: a pumpkin milkshake or smoothie or a green juice (call it a witch's brew or zombie drink).

If you're handing out treats, consider giving non-edible ones, including glow sticks, balls, stickers, slime, or friendship bracelets.

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month. An estimated 1 in 8 women will develop the disease in her lifetime.

Lifestyle factors to reduce your risk of breast cancer include maintaining a health weight, exercising regularly, and limiting alcohol consumption. Self-exams and regular screenings are also recommended.

Women ages 40 to 49: Talk with your doctor about when to start getting mammograms and how often to get them.

Women ages 50 to 74: Get mammograms every 2 years.

Talk with your doctor to decide if you need them more often.

More info: www.health.gov

HAPI meals

Sweet Acorn Squash

Ingredients

- 2 acorn squash
- 1/2 cup orange juice
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Instructions

- Put each squash in the microwave. Heat for 1 1/2 minutes on high. This will soften the squash, and make it easier to cut.
- Cut each squash in half. Remove the seeds and loosen fibers in the middle.
- Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan.
- Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
- Bake at 400 degrees for 30 to 45 minutes, until tender. 6. Season with cinnamon and nutmeg, and serve. Enjoy!

Recipe adapted from www.myplate.gov

wise words

"It isn't where you came from. It's where you're going that counts."

—ELLA FITZGERALD

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 run out (extended deadline: January 15, 2022). You will need to provide your SSN, ID, and all forms of income during the pandemic. Such forms of income may include unemployment disbursements (print from NY portal) SS, DHS, pay stubs, etc. Feel free to call the leasing office (271-2680) if you need any documents provided from Rochester Highlands.

Late Fees: Residents can now be charged late fees. Please make sure you are paying your rent on or before the 5th of the month!

Garbage: Please make sure to put garbage IN the containers to help keep the bees away. Thank you for helping us maintain a safe and clean property!

Safer Power: Please replace two-pronged extension cords with grounded three-pronged cords. This will prevent fires and protect your belongings and family.

Bread for Residents:
Wegmans gives day-old bread Monday and Tuesday, from 10:30 am to close of day at the office. Contact Syneka and remember to bring your own bag.



Wegmans

Thank you to those who joined us for our Friends and Family “Fan” Day last month. Rochester Highlands staff enjoyed passing out breakfast treats to kids and parents waiting for the bus. What a terrific way to celebrate our young residents going back to school!



Upcoming Events

- **Fall Festival.** Friday, October 29, 3:30 to 5 pm. We'll be hosting a Halloween Parade/Fall Festival to show kids' costumes!
- **Fall Foliage Tour & Castile Cider Mill.** Tuesday, October 5, 10 am to 1 pm. Join us for a tour through Letchworth State Park & Castile Cider Mill. Space is limited.
- **Family Movie Day.** Monday, October 11, 2 to 4 pm. We'll be screening "The Mitchells vs. The Machines" in the community center; snacks will be provided.
- **Rochester Regional Health Mobile Mammography.** Tuesday, October 19, 9 AM to 4 PM. Mammograms will be provided on site behind the leasing office; look for the mobile unit.
- **Adult Fall Centerpieces.** Wednesday, October 20, 4:30 to 5:30 PM. Join us for a craft night.

See the JFS calendar or call 585-216-1887 for more details.



Resident Spotlight:

Jeanne Dooney turned 100 in September. Woohoo! She is enjoying the fitness classes offered at the Community Center and loves watering her plants and watching them grow.

NURSE JULIE'S HEALTH TIPS



Keep these tips in mind to prevent dehydration:

- Don't wait until you feel thirsty to drink
- Enjoy water filled with fruits and vegetables (try strawberries, citrus, cucumbers)
- Stay inside when it is too hot
- Dress for the weather
- Be aware of the signs of dehydration:
 - Feeling very thirsty
 - A very dry mouth
 - Sweating or urinating less
 - Very dark-colored urine
 - Dry skin
 - Feeling tired
 - Feeling dizzy