

### VACCINATIONS FOR HEALTH

August is National Immunization Awareness Month, when the health community highlights the importance of getting vaccines throughout your life to promote good health for all.

While pediatricians remind parents about immunizations needed for infants and children, most adults are not aware that they also need vaccines to protect them from preventable diseases.

Some facts about vaccinations:

- Routine vaccinations during childhood help prevent 14 diseases.
- Vaccines, like any medication, can cause some side effects. Many of these effects are minor, treatable, and last only a few days.
- Among children born from 1994-2018, vaccinations will prevent an estimated 936,000 early deaths, 8 million hospitalizations, and 419 million illnesses.

Find out more about recommended vaccines for infants and children, preteens and teens, and adults: [www.cdc.gov/vaccines/schedules](http://www.cdc.gov/vaccines/schedules)

### Continuing to Fight COVID-19

COVID-19 remains a health concern for our communities. Have you and your family been vaccinated for COVID-19? Have you had your boosters?

The Centers for Disease Control (CDC) recommends COVID-19 vaccines for everyone ages 6 months and older, and COVID-19 boosters for everyone ages 5 years and older, if eligible.

Have you already had COVID-19? People who already had COVID-19 and do not get vaccinated after their recovery are more likely to get COVID-19 again than those who get vaccinated after their recovery.

Find out more from [www.vaccines.gov](http://www.vaccines.gov)

### HAPI meals

### Cauliflower No-Crust Quiche

#### Ingredients

- 2 teaspoons olive oil
- ½ cup chopped onions
- 5 large eggs
- ½ cup low-fat milk, rice milk or soy milk
- ½ teaspoon salt
- 1 ½ cups chopped cauliflower
- ½ cup shredded low-fat cheddar cheese
- 1 teaspoon paprika



Rebecca Clyde, MS, RDN, CD

#### Instructions

- Preheat oven to 375°F.
- Lightly oil an 8-by-8-inch casserole dish or 9-inch pie pan with olive oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients.
- In a bowl, beat eggs, salt and milk with a whisk.
- Remove dish from oven with mitts and spread cauliflower and cheese evenly.
- Pour egg mixture over cauliflower, onions and cheese, then sprinkle with paprika.
- Bake for 30 minutes, until cauliflower is cooked and casserole is golden brown.
- Quiche can be refrigerated in a sealed container for 2 to 3 days.

Recipe: [www.eatright.org](http://www.eatright.org)

wise words

“Believe you can and you’re halfway there.”

—THEODORE ROOSEVELT

Village Green Apartments is under new management. The community ownership remains the same while the property is now run by Apartment Management Consultants, LLC (AMC). These changes will not alter the lease of your unit and you should continue to pay your rent as usual. We are enthusiastic about this transition and look forward to providing you with exceptional customer service. Please contact the Community Manager at 909-883-3001 with questions. If you have an after-hours maintenance emergency, please call 909-300-3537.

We want to hear from you! How can we better serve your community through The Good Neighbor Program's events and activities? Take the survey to enter our raffle for a gift card; the winner will be announced at the end of August. Queremos escuchar de ti. ¿Cómo podemos servir mejor a tu comunidad a través de los eventos y actividades del Programa del Buen Vecino? El ganador será anunciado a finales de agosto.

SCAN THIS QR CODE TO FILL OUT A SURVEY TO ENTER OUR RAFFLE FOR A \$150 GIFT CARD!



¡ESCANEE ESTE CÓDIGO QR PARA COMPLETAR UNA ENCUESTA PARA PARTICIPAR EN UNA RIFA DE UNA TARJETA DE REGALO DE \$150!

The center has reopened! Whenever you see the new sign outside the door, you will know we are open and ready to serve your needs.

Something to look forward to this August is our grab-and-go school supply event on Monday, August 1. Can't come to the learning center during the work week? We have added services on Saturdays! Check our monthly calendar for activities.



¡El centro ha reabierto! Cuando vea este letrero afuera de la puerta, sabrá que estamos abiertos y listos para atender sus necesidades. Tendremos nuestro evento de útiles escolares para llevar que tendrá lugar el lunes 1 de agosto. ¿No puede venir al centro de aprendizaje durante la semana laboral? Hemos agregado servicios los sábados. Lo invitamos a que revise su calendario mensual de actividades para conocer el horario de actividades del centro de agosto.



—Anarra Orellana, Resident Services Coordinator/  
Coordinadora de Servicios para Residentes

Village Green

August 2022



Good Neighbor Program - Anarra Orellana, Resident Services Coordinator. Please send questions or suggestions to: aorellana@prspurpose.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Program Coordination</b> Administration 9:00 AM - 12:50 PM <b>Operation Back to School</b> 1:30 PM - 5:30 PM	2 <b>Neighborhood Development</b> EPP: Building Bridges with Law Enforcement 9:00 AM - 12:50 PM <b>Youth Development</b> Tutoring and Snacks 1:30 PM - 5:30 PM	3	4	5	6 <b>Recreational Activity</b> Eat and Greet 11:00 AM - 2:00 PM
7	8 <b>Program Coordination</b> Community Partner Outreach 9:00 AM - 12:50 PM <b>Recreational Activity</b> Face Painting and Snacks 1:30 PM - 5:30 PM	9	10	11 <b>Adult Development</b> Job and Career Search 10:00 AM - 12:50 PM <b>Recreational Activity</b> Community Walk 1:30 PM - 5:30 PM	12	13 <b>Social Services &amp; Referrals</b> Low Cost Internet Services 9:00 AM - 12:50 PM <b>Recreational Activity</b> Eat and Greet 1:30 PM - 3:00 PM <b>Youth Development</b> Kahoots Trivia 3:00 PM - 5:30 PM
14	15	16	17	18	19	20 <b>Health &amp; Nutrition</b> Budget Friendly Meal Prep 9:00 AM - 12:50 PM <b>Recreational Activity</b> Summer Painting 1:30 PM - 5:30 PM
21	22	23 <b>Program Coordination</b> Community Partner Outreach 1:00 PM - 2:50 PM <b>Youth Development</b> Homework and Snacks 3:00 PM - 5:30 PM	24	25 <b>Social Services &amp; Referrals</b> Special Needs Resources 9:00 AM - 12:50 PM <b>Recreational Activity</b> Popsicles by the Pool 1:00 PM - 3:00 PM	26	27 
28	29	30 <b>Neighborhood Development</b> Door to Door, Heart to Heart 8:00 AM - 11:50 AM <b>Program Coordination</b> End of Month Processing 12:30 PM - 3:30 PM	31			

Don't Forget...All programs are FREE for residents. Sign up your family today!