

# hapitimes

## Celebrating Love

We celebrate Valentine's Day and mark American Heart Month each February. We hope you will take time to enjoy heart-healthy food and activities with your families. We like to celebrate more than romantic love on Valentine's Day, by also appreciating family bonds, our friendships—and self-love, which includes devoting time to take care of ourselves!

### HEART-HEALTHY TIPS

Get at least 2½ hours of physical activity each week and do muscle strengthening exercises at least 2 days a week. You can aim for 30 minutes a day, 5 days a week, or you can try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none!

Eat a healthy diet that is low in sodium and saturated fat for heart disease prevention. Try the Dietary Approaches to Stop Hypertension (DASH) eating plan: eat vegetables, fruits, whole grains, fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products; and limit foods that are high in saturated fat and sodium, plus sugar and other sweeteners. Find heart-healthy DASH recipes online at: [healthyeating.nhlbi.nih.gov](https://www.healthyeating.nhlbi.nih.gov)

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family, so your healthy choices may inspire those around you!

Make being active social. Invite family, friends, and colleagues to join you in staying fit and keeping you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. Studies show that people with friends or family who support their efforts to be physically active are more likely to be successful.

### HAPI meals

## Overnight Oats

### Ingredients

- 1 cup rolled old-fashioned oats, uncooked
- 1 cup low-fat yogurt or non-dairy alternatives such as soy or coconut
- 1 cup milk or non-dairy alternatives such as oat, almond, or soy
- 1 cup berries, fresh or frozen
- 1 cup chopped apple

### Instructions

In a medium bowl, mix oats, yogurt and milk. Add the fruit now or add just before eating.

Cover and refrigerate oatmeal mixture for 6-12 hours.

For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids. Refrigerate leftovers within 2 hours.

*Recipe from <https://www.nutrition.gov>*

## Heart-Healthy Snacks

- Raw vegetables
- Fresh fruits
- Fruits canned in their own juice or packed in water
- Dried fruits
- Unsalted rice cakes with nut butter
- Nuts mixed with raisins
- Graham crackers
- Fat-free and low-fat yogurt
- Popcorn with no salt or butter added

wise words

"Start where you are. Use what you have. Do what you can."

—ARTHUR ASHE

inside Village Green

Dear Village Green residents, I have been fortunate to get to know the Village Green community. I am writing to you to share that I am leaving to pursue my career as a full-time registered nutritionist. I want to thank each of you who trusted me to share time and knowledge at the community center. I will miss working with you and leave you in the good hands of our new Resident Services Coordinator, Cynthia Prendiz.



With almost 20 years of community engagement and customer service experience, Cynthia looks forward to meeting you and finding ways to bring new opportunities and activities that will be of benefit to your household.

Please feel free to drop by the center and share your thoughts or just say hello. Sincerely, your friend Valeria Cuevas and your new coordinator, Cynthia Prendiz

Estimados residentes de Village Green, He sido muy afortunada de pasar tiempo conociendo la comunidad de Village Green. Les escribo con las noticias de que he encontrado una oportunidad para seguir mi carrera como nutricionista de tiempo completo y tengo que dejar mi puesto como coordinador de servicios para residentes. Quiero agradecer a cada uno de ustedes que confiaron en mí para compartir tiempo y conocimientos juntos en el centro

comunitario. Los voy a extrañar muchísimo. Los dejo en muy buenas manos. Nuestra nueva Coordinadora de Servicios para Residentes, Cynthia Prendiz, está emocionada de unirse al equipo. Con casi 20 años de experiencia en participación comunitaria y servicio al cliente, Cynthia está lista para trabajar con esta comunidad de Village Green. Cynthia espera conocerlos a todos y encontrar formas de traer nuevas oportunidades y actividades que serán de beneficio para su hogar. No duden en pasar por el Centro de actividades y compartir sus ideas o simplemente a saludar. Atentamente, Su amiga Valeria Cuevas y su nueva coordinadora Cynthia Prendiz

**Holiday Party Recap:** Thanks to residents for making our first annual holiday party a success, and to Toys for Tots for the gifts for the kids! If your child did not receive a toy during the holidays, please see Resident Services Coordinator





Cynthia Prendiz! Nuestra primera fiesta de temporada de invierno en Village Green fue un éxito gracias a la participación de los residentes y al generoso apoyo de nuestros socios en la comunidad. Gracias a Toys for Tots, cada niño que vino a recibir un juguete se llevó uno. Si su hijo no recibió un juguete durante el evento, venga a ver a su nueva coordinadora de servicios para residentes, Cynthia Prendiz. ¡Puede que todavía le queden algunos artículos más!

Village Green

February 2022



Good Neighbor Program - Cynthia Prendiz, Resident Services Coordinator. Please send questions or suggestions to: [cprendiz@prspurpose.org](mailto:cprendiz@prspurpose.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Adult Development</b> Computer Access 9:30 AM - 11:00 AM <b>Adult Development</b> English as a Second Language 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Program Coordination</b> Administration 1:00 PM - 3:00 PM <b>Youth Development</b> Homework & Snacks 3:00 PM - 5:00 PM	2 <b>Social Services &amp; Referrals</b> Food Pantry Help 10:30 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Neighborhood Development</b> Building Our Community Garden 1:00 PM - 3:00 PM <b>Youth Development</b> Arts & Crafts 3:00 PM - 5:00 PM	3 <b>Job &amp; Career Development</b> Building Your Resume 9:30 AM - 11:00 AM <b>Adult Development</b> Learning to Budget 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Recreational Activity</b> Loteria 1:00 PM - 3:00 PM	4 	5
6	7	8 <b>Adult Development</b> English as a Second Language 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Neighborhood Development</b> Recycling Plastics 1:00 PM - 3:00 PM <b>Youth Development</b> Homework & Snacks 3:00 PM - 5:00 PM	9 <b>Health &amp; Nutrition</b> Healthy Dessert Recipes 9:30 AM - 11:00 AM <b>Social Services &amp; Referrals</b> Applying for SNAP 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Program Coordination</b> Newsletter Planning 1:00 PM - 3:00 PM <b>Youth Development</b> Making Bracelets 3:00 PM - 5:00 PM	10 <b>Job &amp; Career Development</b> Writing Cover Letters 9:30 AM - 11:00 AM <b>Adult Development</b> Writing Basics 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Recreational Activity</b> Loteria 1:00 PM - 3:00 PM <b>Youth Development</b> Love and Friendship Crafts 3:00 PM - 5:00 PM	11 	12
13	14	15 <b>Adult Development</b> English as a Second Language 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Neighborhood Development</b> Recycling Paper 1:00 PM - 3:00 PM <b>Youth Development</b> Homework & Snacks 3:00 PM - 5:00 PM	16 <b>Health &amp; Nutrition</b> Eat Well to Prevent Diabetes 9:30 AM - 11:00 AM <b>Social Services &amp; Referrals</b> Elderly Nutrition Program 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Neighborhood Development</b> Building Our Community Garden 1:00 PM - 3:00 PM <b>Youth Development</b> Movie & Popcorn 3:00 PM - 5:00 PM	17 <b>Job &amp; Career Development</b> Job Search 9:30 AM - 11:00 AM <b>Adult Development</b> Reading: Alphabets 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Recreational Activity</b> Loteria 1:00 PM - 3:00 PM <b>Youth Development</b> Outdoor Play 3:00 PM - 5:00 PM	18	19
20	21	22	23	24 <b>Adult Development</b> Computer Access 9:30 AM - 11:00 AM <b>Adult Development</b> Listening Skills 11:00 AM - 12:30 PM <b>Coordinator Break</b> 12:30 PM - 1:00 PM <b>Recreational Activity</b> Loteria 1:00 PM - 3:00 PM <b>Youth Development</b> Outdoor Play 3:00 PM - 5:00 PM	25 <b>Program Coordination</b> Door to Door, Heart to Heart 10:30 AM - 1:30 PM <b>Coordinator Break</b> 1:30 PM - 1:40 PM <b>Program Coordination</b> End of Month Processing 1:40 PM - 3:00 PM	26
27	28					

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

