

# hapitimes



## HAPPY SUMMER!

We officially welcome summer on June 21. Also this month, we celebrate Father's Day, Flag Day, and Juneteenth, Pride Month, Alzheimer's and Brain Awareness Month (more on that below), and National Safety Month. Best wishes for a safe and happy kick off to summer!

## MAINTAINING BRAIN HEALTH

Every June, we mark Alzheimer's and Brain Awareness Month. 6.5 million people worldwide are living with Alzheimer's disease, a degenerative brain disease and the most common form of dementia. It causes problems with memory, thinking, and behavior.

Here are tips to reduce the risk of cognitive decline (think of it as keeping your brain in shape).

- Stay socially engaged. Find ways to be part of your local community or share activities with friends and family.
- Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body.
- Challenge your mind. Learn new skills and play puzzles or games of strategy like bridge. Take a class at a local college, community center or online.
- Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit.
- Take care of your mental health.
- Get enough sleep.
- Quit smoking.

Source: [www.alz.org](http://www.alz.org)

## HAPI meals

### Panzanella with Cucumber

#### Ingredients

- 4 cups day-old crusty whole-wheat peasant-style (rustic) bread, cut in 1-inch cubes
- 3 medium ripe tomatoes (about 1 pound), cut in 1-inch cubes
- 4 ounces mozzarella cheese, cut in bite-size chunks
- ½ medium unwaxed cucumber, sliced
- ½ small red onion, thinly sliced
- 20 large fresh basil leaves, torn in small pieces
- ¼ cup extra-virgin olive oil
- 2 tablespoons red wine vinegar or balsamic vinegar
- 1 clove garlic, minced
- ½ teaspoon Dijon mustard (optional)
- Salt and pepper, to taste

#### Instructions

- Combine the bread, tomatoes, mozzarella cheese, cucumber, onion, and basil in a salad bowl.
- Blend the olive oil, vinegar, garlic, and mustard (if desired). Season with salt and pepper. Whisk well.
- Pour the vinegar-and-oil dressing over the tomato-bread mixture. Toss gently.
- Cover; let sit at room temperature for 30 minutes before serving.

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

## wise words

"My humanity is bound up in yours, for we can only be human together."

—DESMOND TUTU

Thanks to everyone who came out to our first Spring Safety Fest! Residents had fun meeting the San Bernadino Police Department officers, and enjoyed tacos, snow cones, face painting, and more. We also met the Rancho West Neighborhood Association, which will continue to stay engaged with our community. Gateway Church also brought volunteers and is committed to offer spiritual support to anyone who seeks it out.

¡Gracias a todos los que asistieron a nuestro primer Spring Safety Fest el 23 de abril! Los oficiales del departamento de policía de San Bernardino se divirtieron conociendo a los residentes y compartiendo un buen rato con tacos, conos de nieve, pintura facial y más. También conocimos a la Asociación de Vecinos de Rancho West, que seguirá comprometida con el avance de nuestra comunidad. La Iglesia Gateway también trajo voluntarios y seguirá ofreciendo apoyo espiritual a cualquiera que lo busque.


An upcoming event we are introducing is a Neighborhood Watch meeting once a month, hosted by the Rancho West Neighborhood Association. This meeting will be

accessible to all residents at our Community Center! The first meeting will be Thursday, June 30, 6 to 8 pm. For now, the association recommended that we download safety watch phone applications, such as "Go SB City" and "City Guards."

Estas planeando reuniones de vigilancia del vecindario una vez al mes organizadas por la Asociación de Vecinos de Rancho West. ¡Esta reunión será accesible para todos los residentes en nuestro propio centro comunitario! La primera reunión será el 30 de junio a las 6-8 p.m. Por ahora, la asociación recomendó descargar aplicaciones de teléfono de vigilancia de seguridad como "Go SB City" y "City Guards."



**Good Neighbor Program** - Anarra Orellana, Resident Services Coordinator. Please send questions or suggestions to: [aorellana@prspurpose.org](mailto:aorellana@prspurpose.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
5	<b>Recreational Activity</b> Loteria for Adults 11:00 AM - 1:00 PM <b>Recreational Activity</b> Bingo for Seniors 1:00 PM - 2:50 PM <b>Youth Development</b> Tutoring and Snacks 3:00 PM - 5:00 PM	<b>Recreational Activity</b> Yoga for Seniors 11:00 AM - 12:30 PM <b>Neighborhood Development</b> Building Our Community Garden 12:30 PM - 1:30 PM <b>Family Development</b> Housekeeping 101 1:30 PM - 2:50 PM <b>Youth Development</b> Board Games 3:00 PM - 5:00 PM	8	<b>Adult Development</b> ESL Class 11:00 AM - 12:00 PM <b>Recreational Activity</b> Loteria for Adults 12:00 PM - 1:50 PM <b>Recreational Activity</b> Loteria for Adults 2:00 PM - 3:00 PM <b>Recreational Activity</b> Arts & Crafts 3:00 PM - 4:00 PM <b>Youth Development</b> Teen Chat & Chew 4:00 PM - 5:00 PM	9	10	11
12	<b>Health &amp; Nutrition</b> Nutrition for Seniors / Disabled 11:00 AM - 1:00 PM <b>Adult Development</b> Basic Everyday Math 1:00 PM - 2:50 PM <b>Youth Development</b> Making Bracelets 3:00 PM - 4:00 PM <b>Youth Development</b> Teen Board Games 4:00 PM - 5:00 PM	<b>Job &amp; Career Development</b> Preparing for an Interview 11:00 AM - 1:00 PM <b>Social Services &amp; Referrals</b> Special Needs Resources 1:00 PM - 2:50 PM <b>Youth Development</b> Outdoor Games 3:00 PM - 4:00 PM <b>Youth Development</b> Teen Chat & Chew 4:00 PM - 5:00 PM	14	15	16	17	18
19	<b>Job &amp; Career Development</b> Job Research and Application Assistance 11:00 AM - 1:00 PM <b>Recreational Activity</b> Yoga for Seniors 1:00 PM - 2:50 PM <b>Youth Development</b> Bingo for Kids 3:00 PM - 4:00 PM <b>Youth Development</b> Teen Time 4:00 PM - 5:00 PM	20	21	22	23	24	25
26	<b>Social Services &amp; Referrals</b> Apply for SNAP 11:00 AM - 1:00 PM <b>Recreational Activity</b> Bingo for Seniors 1:00 PM - 2:50 PM <b>Youth Development</b> Homework and Snacks 3:00 PM - 4:00 PM <b>Youth Development</b> Teen UNO 4:00 PM - 5:00 PM	<b>Neighborhood Development</b> Espresso Yourself 10:00 AM - 11:30 AM <b>Neighborhood Development</b> Cleaning Our Community 11:30 AM - 1:30 PM <b>Recreational Activity</b> Senior Community Walk 1:30 PM - 2:50 PM <b>Youth Development</b> Tutoring and Snacks 3:00 PM - 4:00 PM	28	29	30		
				<b>Program Coordination</b> Door to Door, Heart to Heart 12:00 PM - 3:00 PM <b>Program Coordination</b> Adminstration 3:00 PM - 4:20 PM <b>Program Coordination</b> End of Month Processing 4:30 PM - 5:30 PM <b>Neighborhood Development</b> Neighborhood Watch Meeting 6:00 PM - 8:00 PM			

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