



Happy Thanksgiving

There's no better time than Thanksgiving to express gratitude! Suggestion: When you gather with family and friends this Thanksgiving, ask everyone to share one thing they are grateful for, or ask them to write it down on piece of paper and read them aloud.

DIABETES MONTH

November is National Diabetes Month and this year's focus is on prediabetes and preventing diabetes. Prediabetes is a serious health condition where your blood sugar levels are higher than normal and could lead to type 2 diabetes. More than 1 in 3 U.S. adults have prediabetes, but the majority of people don't know they have it (source: CDC).

The good news is that it is possible to prevent type 2 diabetes and even reverse your prediabetes by making small healthy lifestyle changes, such as:

- **Moving more:** Limit the time you spend sitting and try to get at least 30 minutes of physical activity, 5 days a week. Start slowly by breaking it up throughout the day.
- **Choosing healthier foods and drinks:** Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
- **Losing weight or maintaining a healthy weight:** If you're overweight, you may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.
- **Seeking support:** Making a plan, tracking your progress, and getting support from your health care professional and loved ones can help you make the necessary lifestyle changes.

HAPI meals

Sweet Potato Casserole

Ingredients

- 4 sweet potatoes (about 1 pound)
- 3 egg whites 1/2 cup sugar
- 1 can evaporated milk, nonfat (12 ounces)
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger

Instructions

- Rinse sweet potatoes in cold running water and pierce with a fork.
- Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half-way through.
- Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with hand beaters or food processor. Add the rest of the ingredients and mix until smooth.
- Pour mixture in an 8 inch baking dish. Bake until casserole is firm in the center, about 40 minutes.
- Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares. 6. Serve hot. Refrigerate leftovers. Enjoy!

Recipe from www.myplate.gov

wise words

"Sometimes the little things in life mean the most."

—ELLEN HOPKINS

inside Village Green

We will come together at the learning center for Diabetes Awareness Month and Alzheimer's Awareness Month.

Fun activities in November: seasonal arts and crafts and making slime! As always, check the calendar of activities for our monthly schedule of events at the center. En este mes de noviembre, ¡esperamos con ansias el Día de Acción de Gracias y el buen clima de otoño! También nos reunimos en el centro de aprendizaje para el Mes de concientización sobre la diabetes y el Mes de concientización sobre el Alzheimer. Algunas actividades divertidas que podemos esperar para este mes incluyen manualidades de la temporada y actividades para hacer slime! Le recordamos que consulte el calendario de actividades para conocer el horario del mes del centro.

Thanks to those participated in our first Door Decorating Contest! Special congratulations to residents at 2703 for winning the contest! The judging panel, which included management, a resident volunteer, and an outside volunteer, unanimously voted to award this beautifully



decorated patio with a Fall goodie basket! Nos gustaría agradecer a todos los que se unieron con su espíritu de la temporada de otoño para nuestro primer concurso de decoración de puertas aquí en Village Green. ¡Felicitaciones especiales a los residentes del 2703 por ganar el concurso! El panel de jueces, compuesto por la gerencia, un voluntario residente y un voluntario externo, votó unánimemente para otorgarle a este ganador la canasta de regalos de temporada.



Thanks to those who joined our National Bullying Prevention Month event! También iluminamos a los miembros de la comunidad que participaron en la concientización sobre el Mes Nacional de Prevención del Bullying. Los niños

de Village Green siempre son bienvenidos a participar en actividades de aprendizaje y divertirsión en un ambiente Seguro en su centro de actividades.

Village Green

November 2021



Good Neighbor Program - Valeria Cuevas Rivera, Resident Services Coordinator.

Please send questions or suggestions to: vcuevasrivera@prspurpose.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>Health & Nutrition Registration for Mobile Mammograms 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Program Coordination Community Partner Outreach 1:00 PM - 3:00 PM Youth Development Homework Help & Snacks 3:00 PM - 5:00 PM</p>	<p>Health & Nutrition Heart Healthy Road to Success 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Social Services & Referrals Apply for CAL Fresh / SNAP 1:00 PM - 3:00 PM Youth Development Making Glitter Slime! 3:00 PM - 5:00 PM</p>	<p>Job & Career Development Job Search Assistance 1:00 PM - 2:50 PM Coordinator Break 2:50 PM - 3:00 PM Recreational Activity National Candy Day - Candy Hunt 3:00 PM - 5:00 PM</p>	<p>Program Coordination Newsletter Planning 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Adult Development Computer Access Available 1:00 PM - 3:00 PM Recreational Activity Movies & Popcorn 3:00 PM - 5:00 PM</p>	<p>Program Coordination Administration 9:00 AM - 12:00 PM</p>		
7	<p>Adult Development Clases de Inglés (ESL) 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Program Coordination Community Partner Outreach 1:00 PM - 3:00 PM Youth Development Homework Help & Snacks 3:00 PM - 5:00 PM</p>	<p>Health & Nutrition Diabetes Awareness Month 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Social Services & Referrals Apply for WIC 1:00 PM - 3:00 PM Youth Development Falls Arts & Crafts 3:00 PM - 5:00 PM</p>	<p>Neighborhood Development Building Our Community Garden 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Job & Career Development GED Preparation 1:00 PM - 3:00 PM Recreational Activity Cupcakes & Board Games 3:00 PM - 5:00 PM</p>	<p>Adult Development Bingo for Prizes! 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Adult Development Computer Access Available 1:00 PM - 3:00 PM Youth Development Movies & Popcorn 3:00 PM - 5:00 PM</p>	11	12	13
14	<p>Adult Development Clases de Inglés (ESL) 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Program Coordination Community Partner Outreach 1:00 PM - 3:00 PM Youth Development Homework Help & Snacks 3:00 PM - 5:00 PM</p>	<p>Health & Nutrition Alzheimers Awareness Month 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Social Services & Referrals Food Pantry 1:00 PM - 3:00 PM Youth Development Making Slime! 3:00 PM - 5:00 PM</p>	<p>Neighborhood Development Building Our Community Garden 10:30 AM - 12:30 PM Coordinator Break Off Duty Meal Break 12:30 PM - 1:00 PM Job & Career Development GED Preparation 1:00 PM - 3:00 PM Recreational Activity MyPlate Hopscotch 3:00 PM - 5:00 PM</p>	<p>Adult Development Budgeting for the Holidays 1:00 PM - 2:50 PM Coordinator Break 2:50 PM - 3:00 PM Youth Development Movies & Popcorn 3:00 PM - 5:00 PM</p>	18	19	20
21	<p>Adult Development Clases de Inglés (ESL) 1:00 PM - 2:50 PM Coordinator Break 2:50 PM - 3:00 PM Youth Development Homework Help & Snacks 3:00 PM - 5:00 PM</p>	<p>Health & Nutrition National Eat a Cranberry Day - Cranberry Recipes 1:00 PM - 2:50 PM Coordinator Break 2:50 PM - 3:00 PM Youth Development Fall Origami 3:00 PM - 5:00 PM</p>	<p>Family Development Thanksgiving Celebration! 1:00 PM - 2:50 PM Coordinator Break 2:50 PM - 3:00 PM Family Development Thanksgiving Celebration! 3:00 PM - 5:00 PM</p>		25	26	27
28	<p>Neighborhood Development Resident Surveys 1:00 PM - 2:50 PM Coordinator Break 2:50 PM - 3:00 PM Youth Development Homework Help & Snacks 3:00 PM - 5:00 PM</p>	<p>Program Coordination Door to Door, Heart to Heart 10:00 AM - 12:00 PM Coordinator Break Off Duty Meal Break 12:00 PM - 1:00 PM Recreational Activity Goodbye November - List of Gratitude! 1:00 PM - 3:00 PM Program Coordination End of the Month Processing 4:00 PM - 5:00 PM</p>	<p>Take our SURVEY! Let us know what services you'd like to see</p>				

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

