



Hello, Neighbor!

Summer is such an amazing time to be in Rochester. When you think of all the festivals, outdoor recreation, and locally grown produce, the entire community just comes alive. With a new season comes a new issue of **Living La VIDA Rochester**. This one features ideas for fun summer activities, a recipe for a healthy and produce-filled grain bowl, tips on which fruits and veggies last the longest, and more.

Have something you want to share with your community? Reach out to the Leasing Office and we'll do our best to share your ideas on social media or publish them in our next issue. We'd love to hear from you!

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Treasure Hunt:

Somewhere inside this newsletter is the name of one VIDA staff member, spelled backwards. Find it and let the office know who it is, and we will enter your name in a drawing for a \$150 rent credit or a free professional cleaning!

Contact us with the answer at 585-400-8432 or info@vidarochester.com by 5:00PM on **Friday, July 7th**. The drawing will be held on **Monday, July 10th**, and the winner will be notified the same day.

A Few Words from Your Concierges

Summer in Rochester is the best and we've got some great ideas on how you can fill your social calendar with culture, fun, and fitness.

RPO Under the Stars

The Rochester Philharmonic Orchestra has been a part of our community since 1922, and on Friday, July 7th, you can get a little free culture at their Under the Stars concert. Head to Parcel 5 with your blanket or chairs. It's all part of Rochester's Downtown Definitely program, which features concerts, movies, and fun activities all summer long. And guess what... VIDA is an official sponsor of Downtown Definitely because we're all about helping you to live a vibrant life in the heart of Rochester. For more information and a calendar of events, visit rochestertown.com.

Turning Point Park Trail & Rain Garden

Take a hike on a 3,572-foot boardwalk built over the Genesee River and enjoy wildlife like swans, blue herons, mallards, purple martins, turtles, and osprey! Turning Point Park covers 275 wooded acres and includes a 3.7-mile out-and-back trail and a rain garden with unique water-loving plants. For information, visit cityofrochester.gov/parks.

Fourth of July Fireworks

Lots of communities across Rochester host fireworks on the Fourth of July, but there's nothing as big, bright, and special as the City of Rochester's. Watching them over the river and hearing those big booms echo off the downtown buildings is well worth the short walk from VIDA to the Court Street Bridge. For details, visit cityofrochester.gov/july4.

Call or write your concierges at 585-270-1617 or VIDAconciergeservice@gmail.com for more ideas!



Community Reminders

- The Leasing Office will be closed on Monday, July 3rd and Tuesday, July 4th in observance of Independence Day. We hope you have a safe and fun holiday!
- Resident Appreciation Days have begun! We hope to see you at the next one on Friday, July 7th from 7 to 9:00AM outside the Leasing Office for complimentary donuts, bagels, coffee, tea, and juice.
- VIDA's rooftop and patio areas are open for our residents to enjoy! Please remember to follow the rules and regulations when utilizing these spaces.
- We continue to experience a large influx of packages (of all sizes) being delivered to VIDA. Please be mindful of the following to keep systems working as smoothly and safely as possible:
 - When ordering larger items, you are responsible for being home to receive these items. We are having difficulty with extra-large packages being delivered to the overflow area and blocking the stairwell. This is a hazard.
 - All package deliveries need to be retrieved within 3 days.
 - VIDA is not responsible for any lost, stolen, misplaced, or broken items.
 - For Buildings A, B, and D, please contact Parcel Pending's customer relations department at 855-316-4756 or www.parcelpending.com/residents. They are a fully staffed team that handles all resident inquiries, including missing packages.
 - For Building E, please contact Amazon's customer service at 888-283-0577.
- Parking is for residents **ONLY**. All others will be towed at the owner's expense. Accessible spots are for vehicles that have the proper tag displayed, and charging stations are for those that have received an access code. If the parking lot is full and you are a resident with a parking sticker, please call 585-400-8432 and follow the prompts to report it.
- Please remember to seal your trash bags tightly before disposing them into the trash room bins. All pet waste, pet litter, liquids, and raw food / meats need to be taken directly to the outside dumpster corral. All recycling needs to be properly broken down and disposed of in the outside recycling dumpster in the corral area.
- **NEVER** prop a door open, even if you just expect to be outside for a few minutes. Be sure the door closes and latches behind you once you enter the building. Also, do not buzz people you do not know into the building if they call you on your intercom. **THIS INCLUDES ALLEGED DELIVERY DRIVERS.**
- Please remember to always lock your car, shut your windows, and never leave valuables inside your vehicle.
- If you see suspicious, illegal, or disruptive behavior in the building or on the property, please notify the police department and our maintenance or leasing staff **IMMEDIATELY**.

VIP PROGRAM SPOTLIGHT:

Paislee Boutique

At a time when everyone seems to be buying everything online, there's something special about visiting a local boutique where you can see, touch, and try on truly unique fashions. Paislee Boutique has modern, premium clothing, jewelry, and accessories that are not only fashion forward, but also all made in the U.S.A. They also offer complimentary hemming to ensure you look your very best!

As a VIDA resident, you'll get a 20% discount on any full-priced items at Paislee Boutique. You can find them at 1900 South Clinton Avenue or online at paisleeboutique.com.

RECIPE CORNER

Roasted Veggie Grain Bowl (MAKES 2 SERVINGS)

Ingredients

14-ounce can chickpeas, drained and rinsed
¾ teaspoon spicy curry powder
4 teaspoons olive oil
1 small red onion, cut into 1-inch pieces
1 small sweet potato, peeled and cut into ½-inch pieces
4 ounces medium cremini mushrooms, halved

⅓ cup plain Greek yogurt
1 tablespoon tahini
1 lemon
1 cup cooked quinoa
½ avocado, sliced thin
Salt and pepper

Directions

1. Preheat oven to 425°.
2. Toss the chickpeas with the curry powder, 1 teaspoon of the oil, ¼ teaspoon salt, and a few grinds of black pepper in a medium bowl. Place on one side of a baking sheet. Arrange the onions next to the chickpeas, then the sweet potatoes, and lastly the mushrooms. Toss the onions, sweet potatoes, and mushrooms with the remaining 3 teaspoons oil, ¼ teaspoon salt, and a generous amount of black pepper. Bake until the chickpeas are a bit crunchy, and the sweet potatoes are softened and starting to turn brown in a few spots, 25 to 30 minutes.
3. Meanwhile, whisk the yogurt, tahini, and juice of half the lemon in a small bowl. Slice the remaining lemon into wedges.
4. Divide the quinoa between two bowls. Arrange half the vegetables and avocado slices on top of the quinoa, leaving a space for the yogurt in the middle. Dollop the yogurt in the empty space and serve with the lemon wedges.

Source: foodnetwork.com



NEIGHBOR 2 NEIGHBOR

These Fruits & Veggies Stay Fresh Longer

If you hate throwing away fruits and vegetables because they've gone bad before you can use them, consider these options.

Summer is the best time for locally grown produce in Rochester. But if you've ever visited the public market and excitedly bought up loads of those gorgeous fruits and vegetables only to have them go bad before you can use them, it's time to reconsider what produce you're buying. Some fruits and veggies have a naturally longer shelf life. And choosing those will give you more flexibility around what you eat when. Next time you shop, consider these long-haul choices.

Apples: While they typically stay fresh for about a week on the counter, storing them in the crisper drawer of your refrigerator can extend their lifespan to four to six weeks. It's a crisp solution!

Oranges: Just like apples, oranges prefer the cozy company of the crisper drawer. For optimal freshness, rotate them in the drawer every few days to improve air circulation. By doing so, they'll stay good for at least two weeks. The same trick works for other citrus fruits like limes, lemons, and grapefruit.

Blueberries: To keep these tiny bursts of flavor fresh, use a container that allows for proper airflow, which the original packaging often provides. Toss in a folded paper towel to absorb any excess moisture, and voila! They'll remain plump and delicious for over 10 days.

Potatoes: The superheroes of underground veggies, potatoes have quite the staying power. To keep them fresh for a month or two, store them in a cool, dry, and dark place.

Carrots: Another trooper from below the ground, carrots can maintain their crispness for a month if you store them in an airtight container without washing or peeling them. Remember, the coldest part of your fridge (usually the lower section) is their ideal spot.

Squash: As long as you haven't cut them open, acorn or butternut squash can last well over a month. Protect them from direct sunlight, and they'll be patiently waiting for you to turn them into a delightful culinary creation.

Kale: While none of the salad greens last that long, kale boasts an impressive durability. To make it last a week or more, reduce excess moisture by storing it in paper towels in the crisper drawer.

