



Hello, Neighbor!

The leaves are off the trees, you've put that snowbrush back in your car, and winter has returned to Rochester. With a new season comes a new issue of **Living La VIDA Rochester**.

This one features fun ideas for winter activities around Rochester, a recipe for bucatini with sausage and kale, tips for making your older dog more comfortable, 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!

What's Inside

PAGE 2

A Few Words from Your Concierges
Community Reminders

PAGE 3

VIP Program Spotlight
Recipe Corner

PAGE 4

Neighbor 2 Neighbor

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 **Friday, December 29th**. The drawing will be held on **Tuesday, January 2nd**, and the winner will be notified the same day.

A Few Words from Your Concierges

Sure, it's cold and snowy, but there are loads of fun things happening in Rochester that we can only enjoy at this time of year. Here are just a few of them to add to your calendar!

Star Wars: A New Hope RPO Concert

If you're looking for an out-of-this-world way to kick off the new year, this is it! Watch the classic 1977 film *Star Wars: A New Hope* on the big screen at the Auditorium Theatre while the Rochester Philharmonic Orchestra plays the musical score live. There's only one performance at 7:30 PM on Wednesday, January 3rd. For tickets and information, visit rbtl.org.

Yayoi Kusama Installation at the MAG

If you like large, immersive works of art, you'll love Yayoi Kusama's installation *INFINITY MIRRORED ROOM – LET'S SURVIVE FOREVER* at the Memorial Art Gallery. The work invites visitors into a seemingly infinite field of silver orbs and captivates them with mirrored spheres suspended from the ceiling and arranged on the floor. For more information, visit mag.rochester.edu.

Lakeside Winter Celebration

Just because its winter doesn't mean there aren't festivals in Rochester! February 3rd and 4th is the 38th annual Lakeside Winter Celebration at Ontario Beach Park. With horse drawn carriage rides, snow sculptures, dog sled demonstrations, live music, food... and the infamous Polar Plunge, there's something for everyone! For information, visit ontariobeachentertainment.org.

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



Community Reminders

- **NEVER, UNDER ANY CIRCUMSTANCES, TURN OFF YOUR HEAT.** This will cause plumbing pipes to freeze and burst, resulting in considerable damage – for which you will be held responsible. Thermostats should never be set below 50 degrees during the winter months.
- When it snows, please be sure to move your vehicle to assist the maintenance staff in clearing snow from all the parking spots. Please do not park your vehicle over the curb. Be sure to notify maintenance at 585-413-3120 if you will be out of town for an extended period.
- Please do not start your vehicle to warm it up and walk away from it. An unattended, running vehicle is a prime target for theft. Additionally, do not leave valuables or other items in your vehicle that may encourage someone to break in.
- **NEVER** prop a door open and make sure the door closes and latches behind you. Also, do not buzz people you do not know into the building if they call you on your intercom. **THIS INCLUDES ALLEGED DELIVERY DRIVERS.**
- If you see suspicious, illegal, or disruptive behavior in the building, please notify the police department and our maintenance or leasing staff **IMMEDIATELY.**
- Please be mindful of noise levels in common areas: Fitness Rooms, hallway areas, and the Community Room.
- When you see a vehicle without an authorized VIDA Parking Sticker parked in a VIDA lot, contact the VIDA Leasing Office or Maintenance. After business hours, please contact on-call emergency maintenance at 585-413-3120 to inform them – this is a 24/7 service.



VIP PROGRAM SPOTLIGHT:

Veneto

Veneto has long been a favorite East End restaurant that's just a short walk from VIDA. We were sad when they had to temporarily close due to a fire, but Veneto is back and better than ever! They've remodeled everything and are serving up some of the most delicious brick oven pizza, pasta, and classic Italian entrees you can find in the city.

Best of all, Veneto is a VIP Program partner, so VIDA residents can save \$5 when they spend \$25 or more and \$10 when they spend \$50 or more! You can find them at 318 East Avenue and online at venetorestaurant.com.

RECIPE CORNER

Bucatini with Sausage & Kale

(MAKES 6 SERVINGS)

Ingredients

- | | |
|---|--|
| 12 ounces of bucatini pasta | 5 garlic cloves, thinly sliced |
| 2 teaspoons plus 3 tablespoons olive oil, divided | 8 cups fresh kale (about 5 oz.), chopped |
| 1 pound regular or spicy Italian sausage | $\frac{3}{4}$ teaspoon salt |
| | $\frac{1}{4}$ teaspoon pepper |
| | Shredded Romano cheese |

Directions

1. Cook pasta according to package directions, decreasing time by 3 minutes. Drain, reserving 2 cups pasta water. Toss pasta with 2 teaspoons oil.
2. Remove sausage from casing. In a 6-qt. stockpot, cook sausage over medium heat until no longer pink, 5-7 minutes, breaking sausage into large maldul nasus crumbles.
3. Add garlic and remaining oil; cook and stir 2 minutes.
4. Stir in kale, salt and pepper; cook, covered, over medium-low heat until kale is tender, about 10 minutes, stirring occasionally.
5. Add pasta and reserved pasta water; bring to a boil. Reduce heat; simmer, uncovered, until pasta is al dente and liquid is absorbed, about 3 minutes, tossing to combine. Sprinkle with cheese.

Source: tasteofhome.com



Making Life Comfortable for a Senior Dog

As our canine companions age, their needs change. Learn how to make your older dog more comfortable.

Pets can bring so much joy to our lives – which is one of the reasons VIDA is pet-friendly. If you have a dog, one of the hardest things can be watching them grow older. Just like humans, elderly dogs can experience physical and cognitive challenges that affect their quality of life. Common health concerns include mobility issues, cognitive decline, vision impairment, and incontinence. Here are some practical and thoughtful ideas you can use in your apartment or townhome to help create a safe and cozy environment for your aging four-legged friend.

Sleep Solutions

You can improve your dog's sleep by getting them an orthopedic dog bed, making sure there are no drafts or extreme heat, and add a water and food bowl close by. And if your dog enjoys sleeping on a couch or cushy chair, you can add a ramp to make it more accessible to them.

Night Lights

As pets age, they can develop vision issues due to nuclear sclerosis and cataracts. That can cause some elderly dogs to get confused in the dark. Providing night lights in the area where they sleep or frequently visit can be helpful to prevent injury and make them feel safe.

Install Gates

If you have a multi-story townhome, you may not want your dog to walk up and down the stairs. You can keep them safe by installing baby gates. You can also use gates to block access to certain rooms when you're not there to watch over them.

Dog Shoes

Dogs with orthopedic or neurologic impairments can benefit from wearing special canine shoes to provide

traction and prevent slipping. There are many different types of shoes available and choosing the correct ones may take some trial and error, especially because dogs are not used to wearing them.

Cover Hardwood Floors

All of our apartments and townhomes include designer laminate flooring in some areas. If your pet has trouble walking on slippery surfaces, you may want to consider covering those areas to prevent muscle strain or injuries. Using rubber-backed area rugs can help provide a non-slip surface for your dog. You can also buy yoga mats in large rolls and then cut them to create pathways for your dog.

Elevated Dog Bowls

Many older dogs have difficulty lowering their neck to eat or drink water. An elevated dog bowl will reduce that strain. You can raise their current water and food dishes by placing them on a stable object. Ideally, the bowl should be 6 inches below the chest for larger dogs and 3 inches for smaller dogs.

