



## Hello, Neighbor!

The snow is falling, the frost is here, and winter has settled over Rochester once again. With the season's chill comes a brand-new issue of **Living La VIDA Rochester**. This edition is packed with inspiration for winter fun, including cozy indoor activities, a recipe for comforting gnocchi with sausage, a guide to create the most out of the new year, and much more. Stay connected and make the most of this beautiful season!

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](mailto:info@vidarochester.com) by **Thursday, January 16th**. The drawing will be held on **Friday, January 17th**, and the winner will be notified the same day.

# ROC SPOTS

Yes, it's cold and snowy, but winter in Rochester brings unique experiences you won't want to miss! From seasonal traditions to one-of-a-kind local events, there's plenty to enjoy during this magical time of year. Here are a few highlights to check out!

## Holiday Show at the Lamberton Conservatory

Escape the cold and step into a tropical bliss at the Lamberton Conservatory in Highland Park, open seven days a week. The 2024 Holiday Show runs now through January 12th, where you can wander among festive displays and lush greenery, perfect for brightening your winter days. For more details, visit [daytrippingroc.com/lamberton-conservatory](http://daytrippingroc.com/lamberton-conservatory).

## Gingerbread House Display at the George Eastman Museum

Experience the magic of the holiday season at the George Eastman Museum's Sweet Creations Gingerbread House Display, running now through January 25th. Explore dozens of intricately designed and beautifully decorated gingerbread houses that fill the historic mansion with delight. The display is free for members and included with regular museum admission. For more information, visit [eastman.org](http://eastman.org).

## Share The Joy of Cinema at The Little

Looking for a unique night out? The Little Theatre is Rochester's go-to destination for American independent and foreign films. This historic gem offers a cozy, artistic atmosphere where you can enjoy thought-provoking movies and cultural events year-round. Whether it's a weekend outing or a weeknight escape, The Little makes any evening special. View film schedules & tickets at [thelittle.org](http://thelittle.org).

**Sending warm wishes to you and your loved ones for a joyful holiday season and a bright, happy New Year! ~ Your VIDA Team**



# 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. Always ensure 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:

### ROAM Cafe

Looking for the perfect spot for a cozy dinner, a lively happy hour with friends, or a relaxing Sunday brunch? Roam Cafe has it all! This neighborhood gem, located at 260 Park Avenue, offers a welcoming atmosphere, mouthwatering menu options, and the ideal setting for any occasion.

As a VIP Program Partner, Roam Cafe makes it even better—our residents can enjoy 10% off their bill! Stop by any day of the week and don't miss their Happy Hour from 3:00 PM to 6:00 PM, Monday through Thursday. Treat yourself to great food, good company, and exclusive savings! Visit [roamcafe.com](http://roamcafe.com) for more info!

## RECIPE CORNER

### Creamy One-Pot Sausage Gnocchi

(YIELDS 4-6 SERVINGS)

#### Ingredients

- |                              |                         |
|------------------------------|-------------------------|
| 2 Tbsp. butter               | 1 yellow onion, chopped |
| 3 cloves garlic              | 1 Tbsp. tomato paste    |
| 1/2 cup panko breadcrumbs    | 1 tsp. dried oregano    |
| 1 1/4 tsp. kosher salt       | 1/2 cup white wine      |
| 3/4 tsp. ground black pepper | 2 packages gnocchi      |
| 3/4 cup grated parmesan      | 1 can diced tomatoes    |
| 1/4 cup parsley, chopped     | 1 cup chicken broth     |
| 1 lb. hot Italian sausage    | 4 oz. cream cheese      |
|                              | 5 oz. baby spinach      |

#### Directions

1. Melt butter in a large skillet over medium heat. Add 1 finely chopped garlic clove and cook for 30 seconds. Stir in breadcrumbs, 1/2 tsp. salt, 1/4 tsp. pepper, and toast until golden. Cool and mix with 1/4 cup parmesan and 1 Tbsp. parsley.
2. In the same skillet, cook sausage and onion until browned, 7-9 minutes. Add tomato paste, remaining garlic, oregano, 3/4 tsp. salt, and 1/2 tsp. pepper; cook 1 minute.
3. Deglaze with wine, then add gnocchi, tomatoes, broth, and cream cheese. Cover and simmer for 5 minutes.
4. Uncover, stir in spinach until wilted, and mix in 1/2 cup parmesan and 3 Tbsp. parsley.
5. Serve topped with breadcrumbs and extra parmesan

Source: [thepioneerwoman.com](http://thepioneerwoman.com)



# Setting Sustainable Goals

And Building Soul-Nurturing Rituals for 2025

A new year offers the chance to redefine your priorities, align your intentions, and create meaningful habits that enrich your life. By combining sustainable goal-setting with rituals that nurture your soul, you can approach 2025 with clarity, focus, and balance. Here's how to start the year on the right track.

## Start Small, Think Big

When setting goals, aim for sustainability over perfection. Break down big aspirations into smaller, achievable steps. Instead of simply saying, "I want to save more money," begin by setting up automatic transfers to your savings account or cutting back on unnecessary expenses. If your goal is to "get healthy," start with a 20-minute daily walk or one healthy meal swap a week. These small, incremental steps are not only easier to stick to but also build confidence as you see consistent progress.

## Prioritize Your Well-Being

Ambition is important, but it's equally vital to make room for self-care. Rituals such as journaling your thoughts each morning, practicing yoga or meditation, or even setting aside a tech-free hour every evening create a space to recharge. These nurturing habits ground you, helping you stay centered amidst the hustle of everyday life. Over time, they become anchors that sustain your mental and emotional health as you pursue larger goals.

## Create Accountability

Accountability transforms intentions into action. Share your goals with a trusted friend, family member, or mentor, or use tools like habit trackers and apps to monitor your progress. Having someone to check in with—or simply seeing your progress visually—can make a huge difference in staying committed. Plus, turning your journey into a shared experience fosters connection and a sense of mutual encouragement.

## Celebrate Progress, Not Perfection

One of the most common pitfalls in goal-setting is being too hard on yourself. Progress, no matter how small, is worth celebrating. Did you stick to a new habit for a week? Treat yourself to something meaningful, like a favorite activity or time off. Reflect on your journey regularly, acknowledging how far you've come rather than fixating on what's left to achieve.

## Blend Goals and Rituals for Long-Term Growth

The magic happens when your goals and rituals align. If your goal is to improve physical health, pair it with a ritual like prepping healthy meals on Sundays or enjoying a calming post-workout stretch. If your focus is career growth, complement it with a ritual like weekly reflection or setting daily priorities. This harmony ensures that your goals feel enriching rather than exhausting.

By combining realistic goals with self-nurturing rituals, you'll set a strong foundation for 2025—one rooted in growth, balance, and joy. Embrace this approach, and let the new year be your most rewarding yet!

