

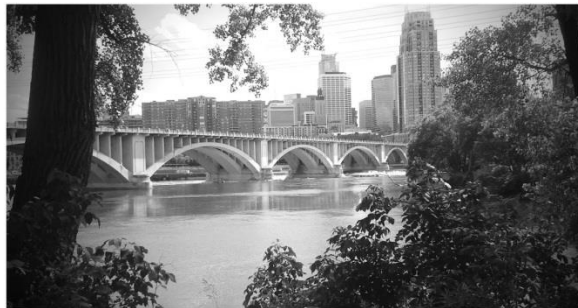
Community Insider

Editor's Welcome

Welcome to this issue!
It's fall again and the leaves are changing colors. Kids are going back to school and the weather is getting cooler. It's a great time to go leaf peeping, visit an apple orchard, or just snuggle up with a pumpkin spice latte and a good book. I hope you enjoy this issue and all fall has to offer.

Allons-y!

Melissa Pappas, Editor



“Some people live more in 20 years than others do in 80. It's not the time that matters, it's the person.”
— The Doctor, Season 3, Episode 6



Hi-Rise Spotlight



This month: Front
By Ruby Steward

On our hi-rise tour this edition, we are at Front Hi-Rise, located at 727 Front St. Front hi-rise is a 20 story hi-rise with 151 one-bedroom apartments, and was built in 1969. Front features laundry facilities, free parking, and an outdoor patio area that can easily be mistaken for as a public park.

Being located in the North End neighborhood of the city, Front is also on a major bus route, and across the street from a cemetery. Don't worry about it though; it is a nice quiet place to go study. Yes, this is the neighborhood I grew up in. Front is near the Midway Shopping Center, and there is a pizza parlor a couple of blocks away. There are also local shops and grocers nearby. There is even a small lake nearby, but I don't think there are any fish left in it. On my way home, I'll check to see if the Dairy Queen is still there. If you are a fan of the Minnesota State Fair, this is one of the better routes for getting there.

Front has some great advantages if green is one of

your favorite colors. The landscape is beautiful, and the fall colors are really a sight to see. There are sidewalks made for walking, in boots or sandals. Come on, take a look, see the beauty of nature's season change, before it snows.

Information provided by the front office of the PHA

“The way I see it, every life is a pile of good things and bad things. The good things don't always soften the bad things, but vice versa, the bad things don't always spoil the good things and make them unimportant.”
— *The Doctor, Season 5, Episode 10*

Know Your Manager

Every issue we ask the hard hitting questions and the Housing Managers answer.

This issue: Mela Krick

What was your first job?

Aside from babysitting at an early age, I started my first real job at age 15 as a hotel maid. I worked at that hotel for 3 years until I went off to college.

What did you want to be when you grew up?
I loved acting and was in plays as a young student. However I did not think being an actress was practical, so as a child I also thought I wanted to be a history teacher.

What's the best part of your job?
I love working with a variety of people. From a diverse group of PHA staff, St. Paul Police, PHA Legal Team, Pest Control Contractors, and especially the residents-- you name it-- I get to interact with so many incredibly wonderful people. I believe I can learn something new from every person I meet.

What's your favorite food?

Mexican food. There is a place down from the Edgerton Hi Rise that is a slice of heaven. If I'm having a challenging day or if things aren't

going quite my way, I will treat myself to a quesadilla at the Bymore Taqueria. Their home-made green sauce is amazing.

Who is your idol/mentor/hero?

I am blessed with amazing parents. I look up to my dad for his integrity and to my mother for her strength. Also, I have a close group of friends who have inspired me to always set the bar high on what I should contribute to life, and what to expect from it.

Who is your secret movie crush?

Marky Mark, but I'm pretty sure he only goes by Mark Wahlberg now. Certainly handsome, but what is more attractive is that even though he made questionable decisions early in life, he turned his life around. He is very family-oriented and a huge community supporter.

What is your favorite movie or TV show?

Not one specific favorite. I love comedies, musicals, historical movies, and true crime TV shows.

What do you like to do on your time off?

I used to love to run. Back and knee pain has slowed me down tremendously, so replaced it with walking. However, the majority of my time is spent raising my two kids and participating in their activities.

Any advice for Resident Councils/President Councils?

- 1. View each problem as a new challenge, and like a puzzle- try different pieces until you can find a fit.**
- 2. Other residents and PHA staff do not say it hardly enough: remember you are appreciated.**

How long have you been with PHA?

2-1/2 years.

If you could go anywhere, where would you like to go on a vacation?

I'm drawn to warm weather, water, and the

beach. I would also love to spend some time on an exclusive Greek Island!

What food do you absolutely hate?
My mom used to make octopus soup. Never tried it, but too scared off by the smell. I don't like olives or canned mushrooms.

What superhero would you like most to be?
Superman so I could fly and save money on airfare.

And last but not least, any comments you would like to share?
Resident Council work is sometimes overlooked or under-appreciated, but WHAT YOU DO MATTERS.

Thank you so much for sharing with us!

Community Events

Here are events and holidays coming up in the next three months

Holidays:

Columbus Day- October 12th
United Nations Day- October 24th
Halloween- October 31st
Dia De Los Muertes- November 2nd
Election Day- November 3rd
Veteran's Day- November 11th
Thanksgiving: November 26th
Hanukkah begins- December 6th
Pearl Harbor Day- December 7th
Christmas- December 25th
Kwanzaa begins- December 26th
Boxing Day- December 26th
New Year's Eve- December 31st

Events:

Sever's Corn Maze
1100 Canterbury Road
Shakopee, MN 55379
952-974-5000
[Shakopee](#)

[2015 Medtronic Twin Cities Marathon Weekend, October 2-4](#)

Community Events, Kids & Family, Sports & Recreation

The 2015 Medtronic Twin Cities Marathon Weekend is fun for the whole family!

October 10th:

[ALS Super Hero Dash](#)

Community Events, Kids & Family, Sports & Recreation.

Dress up as a super hero and race to help those families affected by ALS.

[Saint Paul Fall Art Crawl](#)

Community Events, Fairs & Festivals, Kids & Family, Arts & Culture

The Saint Paul Fall Art Crawl will include art, live performance, music, film, food and fun!

October 17th:

[Zoo Boo](#) Community Events, Holiday & Seasonal, Kids & Family

ZooBoo at Como Park Zoo is a non-scary Halloween fundraising festival for families and young children.

[Twin Cities Book Festival](#)

Community Events, Consumer Shows, Fairs & Festivals, Arts & Culture

The Twin Cities Book Festival returns to the Minnesota State Fairgrounds on October 17.

Making Healthy Choices to Avoid Type-2 Diabetes

By Jimmy Mach

It was sometime back in February when flyers were posted in all the St. Paul PHA hi-rises informing us of the “We Can Prevent Diabetes” study. I'm among a small group who participates in the program paid for by the Centers for Medicare and Medicaid (CMS) and run by the Minnesota Department of Human Services and the Minnesota Department of Health.

The main purpose of the study was to find out if it's more cost effective to run a preventive program in comparison to paying out benefits to those already having Type-2 diabetes. The criteria for “We Can Prevent Diabetes” is that participants are borderline diabetic. That means your fasting blood sugar range is 100 to 125. The 8-month program that began in mid-April starts out with 16 weekly sessions for four months and four more months of attending twice a month. The group meets at Open Cities Health Center at 409 N. Dunlap in the St. Paul Midway area. The one hour classes help you make better food choices and encourages you to get more exercise.

Part of the program includes weekly trackers to record the amount of calories and fat grams eaten as well as how many hours spent on physical activity. Free weight loss tools include a bathroom scale, measuring cups and spoons, food scale, cookbook, portion plate, a pedometer, a resistance band and free one year membership at any of the Saint Paul Parks Recreation Centers.

Perhaps the most helpful part of being a participant in this study is the support that we get from group facilitator Lifestyle Coach Mary Xiong and the other's in the group.

You may wonder what motivates us to attend the group? Ann Tranvik, a Saint Paul-Ramsey County Public Health Nurse wanted to find out and came to our group meeting in August to ask us some questions. One thing we have in common is we're all very aware of the problems that diabetes causes! When we were asked why we joined this group Rita said “Yeah, my one sister, who is 8 years younger than I am, has to give herself insulin shots four times a day”. She's motivated to prevent diabetes because she's seen the consequences first hand watching her family members suffer. Rita first heard about the diabetes prevention program from her doctor and exclaimed “I'm so glad I got into this, and my doctor suggested I do this”. Craig chimed in “I saw your flyer in a hi-rise and at the time my girlfriend had just been diagnosed with diabetes which runs pretty rampant in her family. So I figured if we're going to be together, we're going to have to our change lifestyles.” When asked about if his doctor or anyone in the clinic talked to him about diabetes, Craig added “Yeah, I got tested for diabetes. I was borderline, so I figured this would be a good fit for me. I wanted to get on top of it and help her”. When it was my turn to answer, I stated “I've been health conscious for quite a few years. But I slip now and then....I don't always eat right or get enough exercise. When I joined Lifetime Fitness, I got the results of my tests there and they told me I was borderline diabetic. I was like 2 points off....so that was a wakeup call for me to do something about it.

So the “We Can Prevent Diabetes” program was something I could do.

When answering another question about how do we feel now after being in this program, Rita stated “So much better, my body feels better. I can do things more....” which led to the question by Ann “so is it just a physical change or mental change or both?” Craig, Rita, and I agreed that it was both. “How would you describe this change in one word?” Ann asked. Craig answered “In tune”. I added “charged”. Rita chimed in “Yes, I feel like the Energizer Bunny”.

If you’re interested in attending the free **Monthly Diabetes Support Groups** at Open Cities Health Center please call Made-line Young, Dietician, at 651-285-5130. The Diabetes Prevention group will not be continued when this group is completed in November, due to the end of its grant funding. There are ongoing Diabetes Prevention Groups available at the YMCAs for a fee but some insurances will cover the cost.



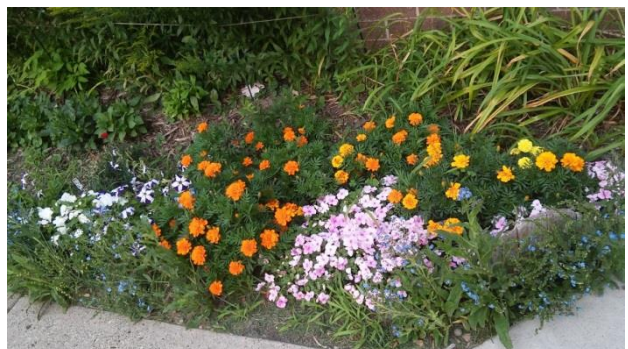
A Picture Is Worth A Thousand Words

Here are some pictures of hi-rise gardens.

Wabasha



Seal





Cleveland



Mark Your Calendar

Here are the upcoming meeting dates

Presidents Council: October 26th, November 23, December 28th

Community Building: October 2nd, November 6th, December 17th

Computer Team: October 15, November 19, December

one, eh?"

— *The Doctor*, Season 5, Episode 13

Numbers to Know

Presidents Council

555 Wabasha St. N. Suite 400

St. Paul, MN 55102

Phone: 651-292-6058

Email:

presidentscouncil@stphapresidentscouncil.org

Website:

<http://www.stphapresidentscouncil.org>

Maintenance: 298-4413

Emergency Maintenance: 227-9919

Police Non-Emergency: 292-1111

Community Insider Team

Editor: *Melissa Pappas*

Proofreader: *Connie Lydon*

Proofreader: *Ruby Steward*

Photographer: *Roxanne Sands*

Contributor: *Mary Puente*

Contributor: *Cathy Hicks*

Editorial Policy

All submissions are welcome. Items may be edited for length or clarity.

Publication is subject to approval of the committee and Residents Council Coordinator. We have a policy of non-discrimination and non-censorship.

Questions and comments can be sent to

editor@stphapresidentscouncil.org

Article submissions can be sent to

insider@stphapresidentscouncil.org

"We're all stories, in the end. Just make it a good

Feeling Social?

The Presidents Council is now on social media. You can see links to our Twitter feed and Instagram profile on the main page of the Council website. (You can tweet @pres_council and follow us @prescouncil on Instagram.) Hopefully both of these accounts will be useful resources and allow us to reach more residents and keep up with the times. (Right now this is kind of an experiment and we hope the response is good.)

We value your privacy and photos of residents or other personal information will never be posted without prior permission. (Event photos might be posted but they will just be of things like decorations.)

Don't forget to visit our website <http://www.stphapresidentscouncil.org>. There you'll find lots of important news and information. The site is being updated regularly and suggestions and ideas are always welcome. You can send them to web@stphapresidentscouncil.org or by mail to the Presidents Council address listed above.

In With the New

Let's give a big welcome our new Residents Council Coordinator, Julia Hupperts. We look forward to working with you.



Summertime....

Here are some pictures from a few summer activities.

Seal NiceRide tour



Front Picnic



