Editor’s Welcome

Happy fall! This is a great time of year to get out and enjoy nature’s bounty. See the fall color, visit an apple orchard, drink some fresh cider or a pumpkin spice latte.

Spring is the season of rebirth. Fall is the other end of that cycle. Nature is settling down to sleep and renew itself. We can also think of how we can celebrate the bounty available to us and renew for the new year to come. Enjoy the season, before winter chases us indoors.

Carpe Diem!

Melissa Pappas
Editor

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“Beside every good man is a good woman, and she must always be ready to step in front.”
Phryne Fisher, “Miss Fisher’s Murder Mysteries”

Calling All Writers!

We would like to announce the Community Insider fall writing contest.

What do I have to do?

Write a story of up to 1000 words and submit it to the Community Insider. Stories can be any genre, including poetry and nonfiction. We’d like you to use the prompt “It was a dark and stormy night”

Where do I submit my story?

Send it to the Presidents Council office address or email it to insider@stphapresidentscouncil.org

What is the deadline?

We would like to have stories by December 22nd so they can be put in the next issue. Stories will then be voted on and the winner will get a small prize.

Anything else I should know?

Just have fun and let your creativity go. We know there are talented writers out there and we are eager to see your work.
“A river seems a magic thing. A magic, moving, living part of the very earth itself.” Laura Gilpin (American Photographer)

Hi-Rise Spotlight

Montreal Hi-Rise, situated by the mighty Mississippi River near Lexington and West Seventh, is home to 185 one-bedroom units. 10 units are handicapped-accessible. Montreal was built in 1970, and renovated in 1997. The building provides breathtaking views of downtown St. Paul or the Minneapolis-St. Paul International airport. Residents are in walking distance to the bus stop to the Mall of America or downtown Saint Paul, and Montreal is located next to the Highland Park Nursery. The hi-rise is also close to the Sibley Plaza shopping center and is not too far from Cleveland Hi-Rise in Highland Park. Residents enjoy a large community room and an outdoor patio for recreation and socializing. Montreal houses a diverse population of residents; students, retirees, working individuals of different ethnic and cultural backgrounds and varying ages. Many services and programs are provided such as on-site voting, Meals on Wheels, Bookmobile, postal van, and Presbyterian Homes Creative Senior Dining. Montreal also offers The Congregate Housing Services Program (CHSP) CHSP improves quality of living for individuals in need by assisting with meals, housekeeping, and laundry. An Officer In Residence provides community policing services.

By Mindy Johnson

Recipe Book

This month we have an appetizer recipe submitted By Mindy Johnson

Bacon Wrapped Pineapple Bites

Ingredients:
- 1 pound Bacon
- 1 can Chunked Pineapple (large Chunks)
- ½ cups Brown Sugar

Set your oven to 375F.

Cut the pound of bacon in half. Put the brown sugar in a shallow bowl.

Take a half a slice of bacon and dredge it through the brown sugar.

Put a chunk of pineapple on one end of the bacon slice and roll up. Secure with a toothpick.

I put a cookie cooling rack into a foil-lined jelly roll pan.

Lay the bacon pineapple bundles onto the rack.

Bake for at least 25 minutes, or until the bacon looks brown and crispy.

Sometimes I pop them under the broiler for the last few minutes just to get them really crisp.

But watch out – the sugar will burn!

Try to wait for them to cool slightly – only because the tasty goodness will burn your lips if it’s too hot! Enjoy.
Rethink Your Drink

Rethink Your Drink Trivia: Each 20 ounce bottle of sugar sweetened soda has 227 calories. How far do you have to walk to burn off that bottle of soda? (Answer at bottom of article)

a. 3 blocks  
b. 6 blocks  
c. 1 mile  
d. 3 miles

When choosing drinks do you ask...how can I make every sip count? Here are some tips to make every sip count!

- Drink Water! Tap water is cheaper and produces less waste than bottled water. For $1 you can buy 1 quart of bottled water or 291 gallons of tap water.
- Use a refillable water bottle to carry water when you’re on the go.
- Tap water has to meet strict environmental standards to ensure it is safe to drink.
- Don’t like the taste of tap water? Leave water overnight in an open pitcher in refrigerator. The chlorine in the water (which kills bacteria) will evaporate and the cold water might taste better.
- Not ready to give up your favorite caffeinated or sugary beverage? Think about cutting down – drink one less bottle a day and over time only drink it on special occasions.
- Other healthier choices are natural, nutrient-packed beverages like low fat milk, 100% juices in small portions (6-8 ounces) or zero calorie drinks.

The Statewide Health Improvement Program (SHIP) is working with the Presidents Council, Citywide Council and Residents Councils to promote the Rethink Your Drink Campaign starting this fall. Watch for more information.

(Answer: 3 miles)

Betsy Christensen & Ann Tranvik, Statewide Health Improvement Program

Vending Rep Training

October 24, 2016, from 12:30-2 p.m.
555 Wabasha, Room #104

Upcoming SHIP Events

- Diabetes Expo - Live well with diabetes. FREE Metro Transit pass at diabetes.org/minneapolisexpo
  - Sat, Oct 15, 9am-3pm at Minneapolis Convention (1301 2nd Ave S, Minneapolis)

- Garden Mentor Training – Train with U of M Master Gardeners to become a garden mentor for in your community. Trainings Feb/March 2017. Contact Yen Tran 651-298-5222 for application.
  - Fri, Oct 21 applications due

Walk with a Doc at Hamline, Aug 2016
Let’s Get Physical

Welcome to this month’s column.

This time I’d like to talk about ways to get exercise during your day to day activities.

It’s surprisingly easy to burn calories and work your body without doing anything special. The first thing you need to do is think about ways you can move more. Maybe get off the bus or train a stop early and walk the rest of the way. Take the stairs instead of using the elevator. There are a lot of simple ways to add exercise to your life.

You can also do “mini workouts” when you have a moment. I sometimes do squats or calf raises or keg lifts while waiting for my load to finish washing in the laundry room. You could try stretching or doing bicep curls while putting away groceries or doing standing wall push-ups while waiting for the elevator. You can even exercise while waiting in line. Try tightening your stomach muscles, hold for a count of five, and then release. Repeat as many times as you want to. (You can also do the same with the muscles in your buttocks.) Another good exercise is rise up on your toes, hold for a count of five and then lower your heels to the ground. You can alternate this with rocking back on your heels for a count of five.

Try to put some more activity in your life. You’ll be glad you did.

Remembering...

Do not stand at my grave and weep
I am not there, I do not sleep
I am a thousand winds that blow
I am the softly falling snow
I am the gentle showers of rain
I am the fields of ripening grain
I am in the morning hush
I am in the graceful rush
of beautiful birds in circling flight
I am the starshine of the night
I am in the flowers that bloom
I am in a quiet room
I am in the birds that sing
I am in each lovely thing
Do not stand at my grave and cry
I am not there- I do not die
Welcome to the Presidents Council

Thank you to the returning members for coming back another year to guide others and hold dear what we stand for and what we do as a group to better residents lives. And a big welcome to all of our new people, bringing fresh ideas and hopes, eager to jump in and get started.

This is where decisions get made, new ideas take shape and questions get answered. We want you to go back to your Councils and use what you learn at PC to get people involved and help your communities to grow.

In making a commitment to your Resident Council and the PC for a year, you are the role model showing the importance of sticking with a task, activity or office. And always feel free to ask questions! Ask Staff, ask Peers, ask other members - just ask.

Good Luck on a new year!

by Connie Lydon

Computer Corner

A new Computer Use Protocol has been approved by your Presidents Council and is effective immediately.

I’ll start with the basics:

The previous computer protocol was implemented in 2009 when computers were first put in the hi-rises, and was overdue for an update. There also were some issues that necessitated tightening up some policies.

What was changed:

The main change is to the Internet filtering settings. Previously, only porn, gambling, and violent sites were blocked. With the new protocol a larger number of categories are not allowed. This may seem a bit restrictive at first but it was felt that it was necessary to protect PHA and the Resident Councils from legal liability from things like illegal downloading or viewing pornography. If you feel a site is being blocked unnecessarily you should use the email link on the block page to let Aaron Smothers know that the site should be whitelisted. (Not all sites will be unblocked but there is a good chance non-offensive sites will be.)

Please remember that the computers are for all residents to use. We want them to be safe and accessible for everyone. If you notice anyone viewing things they shouldn’t be or messing with computer settings or equipment you should notify your building manager.

In the coming weeks you will see a set of new computer rules posted in your hi-rise. This new computer protocol is very similar to the previous Presidents Council computer rules.

Mark Your Calendar

- Computer Team: October 20th, November 17th, December 15th at 1:30PM
- Community Building: October 7th, November 4th, December 2nd at 9:30AM
- Executive Board: October 14, November 18th, December 16th at 11:00AM
- Presidents Council: October 24th, November 28th, December 26th at 10:00AM
Notes from your Council Coordinator

A big thank-you to all residents, service providers, and staff who continue to make our Hi-Rises the best!

It’s so impressive to visit the Hi-rises and see beautiful flowers, vegetable gardens, and healthy choices in the vending machines.

*Walk with a Doc* brought Drs. to Hi-Rises to walk thru our neighborhoods. Everybody went at their own speed. It was nice to have “guests” from other Hi-Rises join in. The walks all ended with a snack and a chance to chat with neighbors. Everyone had a smile!

Be sure to join in and participate at the many events that will be happening at your Hi-Rise over the next several months. You’ll be building community in your Hi-Rise!