

COMMUNITY INSIDER

Volume 1 Issue 14

Fall 2017

Editor's Welcome

Happy fall!

It's that season again. Time for cooler temperatures, beautiful colors, and the resumption of Resident Council meetings. It's also time for pumpkin spice lattes, new TV seasons, and Halloween. Whatever your fall favorites are, I hope you have a chance to enjoy them.

This issue we also have the entries to the Insider writing contest. We received two submissions. Hopefully you'll find that what they lack in quantity they make up for in quality.

Carpe diem!



Threat level: Pumpkin

Melissa Pappas, Editor

Mark Your Calendar

Computer Team: October 19th, November 16th,
December 21st at 1:30PM

Community Building: October 6th, Nov. 3rd,
December 1st at 10:00AM

Executive Board: October 13th, November 17th,
December 15th at 11:00AM

Presidents Council: October 23rd, November
27th at 10:00AM

Hi-Rise Spotlight, Compiled by Mindy Johnson



"There is nothing so stable as change."

--Bob Dylan

Edgerton HiRise was built in the heart of the east side in 1974. It is a 14 story building that is home to 221 units, each with their own balcony. The building consists of adult residents of all ages, and includes amenities such as an enclosed library space, CHPS program (food and light housekeeping service), and an in house wellness clinic run by Metro State University nurses.

Residents enjoy parties throughout the year, a large front yard and well-maintained gardening space. Additional gardening space was made possible several years ago in part by the Payne-Phalen Pocket Park project. The project helped provide raised garden beds that were needed to make gardening accessible for more residents.

Edgerton is located near the Arlington Hills Community Center, the East Side Arts Council, and the ever popular Magnolia's Restaurant, as well as other fine and/or ethnic dining options along Payne Ave. Edgerton is only a short bus ride from Lake Phalen, which is known by locals for its bike trails, fishing, and events such as WaterFest. There is always something to do to keep residents active in the community within and outside of the Edgerton building.

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



Community Building Corner

The Community Building team is looking for individual residents who are interested in creating positive activities within their hi-rise. We are looking for people who share ideas, thoughts, and suggestions within a team setting. All persons are welcome, so you do not have to be an officer to attend this meeting.

Meetings are held on the first Friday of each month at 10:00 on the third floor at 555 Wabasha St., St. Paul.



Community Gardens

By Yen Tran, Green Initiatives Technician

Hello, community gardeners

Wow, the summer season has flown by! I hope you, all had a delightful season full of wonderful and colorful blooms. The PHA would like to thank all of you for your dedication and hard work in beautifying the community and participating in the community gardens!

As the season is transitioning, we like to remind each community to please start thinking about setting a date to clear out the remaining plants, sticks, fencing materials, and tools from the gardens. The garden areas should be cleared no later than the **first week of October**. The PHA encourages community gardeners to compost garden waste to help the community recycle the organic materials into dirt for the next growing season. Hi-Rise gardeners will have the opportunity to compost the garden waste. Please put it in a bag near the raised garden beds and contact Yen Tran to help transport it to a Ramsey County yard waste site.

“Harry, I’m going to let you in on a little secret: every day, once a day, give yourself a present. Don’t plan it; don’t wait for it; just let it happen.”- Agent Dale Cooper, “Twin Peaks”

Let's Get Physical



Happy fall. (No pun intended)

This month I'd like to focus on exercises for balance and strength. This is especially important for seniors and those with disabilities because it can prevent falls and injuries. It also can help keep you independent and improve your quality of life.

Did you know that 28% to 45% of seniors have problems with falling due to elderly balance decline. Building your strength and balance can prevent this and even improve your condition

Most common reasons seniors fall:

- Your vision may decrease which can lead to falls due to not seeing clearly.
- Your hips and legs can become weaker making it harder to walk.
- We can develop poor posture or have spinal degeneration making it harder to stand erect.
- Our ability to lift our feet decreases and we can stumble.
- It takes longer to react when something is in our way causing us to fall.
- Many drugs interact causing dizziness or decrease balance.
- Low blood pressure can lead to light-headedness increasing our risk of falls.
- There are other conditions such as vertigo and Meniere's disease which can affect balance. Check with your doctor if you think you may have one of these.

Here are some exercises that can be used as part of a program to improve your balance and strength.

Single limb stance

Stand behind a chair and stand on one leg. Try to be aware of where your center of gravity is. Try to hold the position for a few seconds on each leg.

Tightrope walk

Just like a tightrope walker in a circus, this exercise requires elders to hold arms straight out from their sides, parallel to the floor. With arms positioned like this, try walking in a straight line, pausing for one or two seconds each time you lift your back leg off of the ground. Take between 15 and 20 steps this way. While you walk, try looking at a spot in front of you to keep your head straight and help maintain balance.

Rock the boat

For this exercise, you should begin by placing your feet hip-width apart. Make sure that each foot feels like it's pressing into the ground with the same amount of force. This will ensure that your weight is evenly distributed across both legs. With your shoulders back and your head level, slowly transfer your weight to one side, lifting the opposite foot off of the ground. You should try and hold your leg off the ground for as long as you comfortably can, but no longer than 30 seconds. Then, slowly transfer your weight back onto both feet and repeat the process on the opposite side. You can initially try to repeat this process five times on each side, eventually working their way up to more repetitions as you begin to feel more comfortable with the exercise.

(Information in this article is from eldergym.com and agingcare.com)

SHIP Notes, Ann Tranvik, Saint Paul-Ramsey County, Public Health Nurse



Quitting Isn't Easy Tip #1

Karen Klemond, Hamline Hi-Rise resident, just celebrated an important anniversary on Aug. 1, 2017. It has been six years since she successfully quit smoking. For over 25 years Karen had smoked one pack per day with many unsuccessful quit attempts. Karen credits her success to three things.

- ❖ She really wanted to quit. She had made up her mind.
- ❖ She used the patch – for 10 weeks she used a 21 mg patch each day. Then following the directions on the package gradually decreased the dose from 14 mg to 7 mg.
- ❖ She kept busy, didn't sit around watching TV, and found things to do to keep her mind off smoking.

Are you thinking about a smoke free life? Check out these resources.

QUITPLAN 1-888-354-7526 or quitplan.com available 24/7 includes Starter Kit: 2 weeks free patches, gum or lozenges, Text Messaging, Email Program, QUITPLAN HELPLINE (phone counselling and 4 weeks free patches, gum or lozenges). Other non-English languages are available.

Lung HelpLine & Tobacco QuitLine 1-800-LUNGUSA or www.lung.org –Talk to health experts who can answer your lung health questions or help you with quitting tobacco.

Walgreens Pharmacy – pharmacists are trained cessation specialists and provide free cessation medication counseling to anyone.

Out and About

Mississippi Cruisin': PHA Residents Take a Historic Boat Ride

By Mindy Johnson



This August, 8 residents from Seal and Cleveland took a historic boat cruise on the Jonathan Padelford. The cruise started at Harriet Island and the riverboat went as far as Fort Snelling before turning around to head back to dock. Residents were given a glimpse into the past as the boat ride was narrated with interesting tidbits about the city of Saint Paul and its rich history, including sights such as Pig's Eye Cave and Pike Island as well as passing barges. The narration helped paint a picture of how Saint Paul looked and operated nearly 200 years ago. It was an adventure they won't soon forget!



PHA Residents Visit the World of Guillermo del Toro at Mia

By Mindy Johnson



May 24th a group of residents from Cleveland and Seal were given the opportunity to see the *At Home with Monsters* exhibit at the Minneapolis Institute of Art (Mia). Del Toro, a Mexican film director, creates and reimagines highly inventive and characters that are often dark and mysterious in nature. The exhibit explored del Toro's creative process by theme, magic or monsters, or innocence and redemption. He has directed and imagined characters for such films as *Pan's Labyrinth* and the upcoming *The Shape of Water*.

Numbers to Know

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Editorial Policy

All submissions are welcome. Items may be edited for length or clarity. Publication is subject to approval of the committee and Resident 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



Notes from your Coordinator...

What interesting stories were submitted for the *Community Insider* writing contest! Everyone is invited to submit articles to this newsletter. Do you have a story you'd like to share? Send it to insider@stphapresidentscouncil.org

This newsletter is created & published by Hi-Rise residents. Contact me at julia.hupperts@stpha.org if you would like to be part of creating this newsletter.



Resident Writing Contest

There are two stories written by residents in this newsletter. Let us know your favorite by sending an email to either julia.hupperts@stpha.org or to insider@stphapresidentscouncil.org

Insider Writing Submission #1



It was a dark and stormy night

By Kathy Berntsen

Chapter 1: Elevator Caper
People all through Seal High Rise, in fact all over the world, are hoping that their power does not go out. But if it should go out, then they are stuck there in an elevator or wherever they might be! It would make the night even spookier!

But if you were by chance to have this happen, it would be a great time to get creative to pass the time by telling each person with you a scary ghost story. They would be getting scared and could not go anywhere! But then you might scare yourself at the same time until help gets there! And of course, being a stormy night, the elevator will be shaking from the wind as the cold breeze whistles around it!

All of a sudden you hear sounds lurking outside the door. You hope that someone is out there to rescue you poor, scared people from this dark, stormy night. Even if it is Trump outside the door saying "Vote for me in November and I might let you out. Or I might send Hillary Clinton a email and see what she says." Will they ever get out and see what or who is really lurking outside the elevator door?

Chapter 2: Halloween Night Caper
It is also a special time for kids. I don't mean the four legged kind you find on a farm grazing in the pasture and eating everything it wants it can get its teeth into. I

mean young children who look forward to that all and spooky day: Halloween of course. What most children around the world look forward to. Of course they have to be careful of monsters lurking about as they take the chances, as they journey down the sidewalks on this dark and spooky, scary, stormy night! Who knows what creatures lay around the bushes hiding on this dark and stormy night! It could be a zombie coming to get you, coming back from the dead. Or a ghost in your attic from a relative you thought was dead. But as sure as you are alive, they say "surprise!" And you get scared as all get out when they say "I'm back." Then they sit down in an old rocking chair. As they start to rock the floor begins to creak and the ghost makes a groaning sound. Just then you say to yourself, as your body is stiff as a board, and your face as white as a brand new bed sheet, "This is all I need on this dark and stormy night."

Ch. 3: Halloween Party Costume Hunt
And of course when you think of a dark and stormy night Halloween costumes come to mind. Shops all over the world are prepared with costumes for everybody who wants to be prepared with every kind of costume you could ever think of. But a place like Costume City would be the best place to find your special costume at a shocking price on this dark and stormy night.

It is a hair raising, windy, spooky adventure. Many people and freaky monsters would probably agree with me. Would you? A perfect costume to get to scare the pants off your guests when they arrive at your Halloween party would be Jason. You would really be a hit and freak them out at the same time on this dark and stormy night. As you decide on a different costume idea how about Dracula and scaring everybody all on your way home as you drive along the

streets and bridges of St. Paul, like Raymond Ave. or along Highway 280 to come home. And be seen in a truck with a coffin in the bed of your truck with a sign on it that says “I will return to this coffin when I am done driving this truck.” That might really get people’s attention. Buckle up and pay attention or you might end up in my coffin instead of me! Am I real or just out to scare you on this dark and stormy and windy night?

Chapter 4: A Scary Night In London

On this dark, stormy night in London, England people think that Jack the Ripper may be lurking about the foggy streets of London looking for his net victim. After all he is known for it. Hiding behind trees and bushes wearing a dark trench coat with most of his scary face covered up. The local police force, or Bobbies as they are called in London, ride bicycles as they patrol the streets as the people try to go about their lives. The people in London on this dark and stormy night wish they had eyes in the back of their heads when it comes to Jack the Ripper. He likes to hang out by the Tower of London and castles of the King and Queen. If he ever got inside past the guards and other people on patrol, he could really cause a stir with the Royal Family. If they ever caught him they would say “Off with his head.” They also have to watch out for the werewolf when he is on the prowl. He might be living next door! Would you be scared if this happened at 825 Seal?

Insider Writing Submission #2



The Socrates Café

By Melissa Pappas

Note: This is part of a longer work and not a complete story in itself.

August 4th, 2010

10:00PM

Andrew Jones walked quickly down the street towards the tube station. A brisk wind was blowing and thunder rumbled in the distance. The night seemed darker than usual. He pulled up his collar and stuffed his hands into his pockets. A few drops of rain began to fall. Why was it always so unpleasant on the nights he had to take public transport? He grumbled silently to himself and continued on down the street.

A short distance ahead of him a stray cat ran across the pavement and into the alley. Andrew watched it go. The area looked totally normal but something made him take a closer look. He turned down it and investigated.

At first glance it was totally as expected. Brick walls of buildings on both sides, rows of dustbins, a few pieces of rubbish blowing around. Just your bog standard alley. He was about to turn around and go when something caught his eye partway down. It looked at first like a bag of rubbish someone had left in front of the bins. He started to grumble about lazy gits who couldn’t bother to toss their rubbish in the bins. Then he took a closer look. His eyes widened as he saw it

was a man. "Bloody hell." Andrew went over and took a closer look.

His first impression was that the man was dead. Then he saw his chest move slightly. That was somewhat of a relief. What had happened to him? He knelt down next to the man and carefully turned him over. He was in his early to mid thirties and was too well dressed to be a bum. He also didn't have the smell of liquor that they often did. There were bruises on his face and neck and his hands were covered with blood. Had he been in a piss up at a pub? There weren't any right in the area but it wasn't impossible that it could have happened.

He then wondered if the man could have been robbed and then left for dead there. He glanced around briefly and then reached into the pockets of the wool coat he was wearing. In one was a wallet and mobile phone. The other held a small leatherbound notebook. That ruled out mugging then. He looked down at the man's face and jerked back slightly when he saw blue eyes looking back at him. "Good to have you back among the living, mate," he said. The man blinked and licked his lips. "Where..am I?" he murmured. He slowly sat up and looked around.

"You're in an alleyway in Brixton," Andrew said.

"How did I get here?" the man asked, half to himself.

"You don't remember?" The man shook his head and winced slightly. "No." He started to get to his feet, leaning on the dustbins for support. Andrew put an arm around him, steadying him. "Easy, mate. Let's start with what you do remember." He looked at the man. "What's your name?" The man hesitated for a moment. "It's Holmes. Sherlock Holmes."

12:00AM

Sherlock Holmes sat sulkily in front of the desk of DI Lestrade and sipped a cup of tea. Doctor John Watson sat in the other chair looking equally annoyed. He had been called after Sherlock had been taken to St. Bartholomew's hospital to be checked out. (And had had to listen to Sherlock complain about that indignity the whole way over to Scotland Yard.)

"You don't remember anything else?" Lestrade asked.

"I told you I didn't," Sherlock replied. "I remember going to the meeting of the Socrates Cafe. Everything after that is a blur."

"Socrates Cafe?" Both Lestrade and Watson were looking puzzled.

"It's a kind of discussion group," Sherlock explained. "They talk about philosophy, religion, does God exist, that sort of thing."

Watson raised an eyebrow. "I didn't know you were interested in discussion groups," he said. He smiled imagining what would happen if Sherlock got involved in a discussion with these unsuspecting people.

Sherlock looked at him. "It was Mycroft that first brought it to my attention. He attends meetings on occasion." He took another sip of coffee. "Apparently several members have gone missing recently. Mycroft asked me to investigate."

Watson looked surprised. "And you agreed?" It was well known how Sherlock felt about his brother and the things he asked him to do for him.

Holmes nodded. "He was less annoying than usual this time," he said. "And I was bored."

Lestrade looked at him. "Had you made any progress?" he asked.

"I was starting to," Sherlock replied. He hadn't solved the case by any means but he had several definite leads. And then this had happened.

Sherlock handed Lestrade a flyer. It was on yellow paper, hand printed and Xerox copied.

Socrates Cafe

Do you have an enquiring mind?

Do you wonder about the world around you and your place in it?

Do you like lively discussion and good company?

It then listed the meeting time and place. The back of the page had several notes written on it.

"Who is Rose?" Lestrade asked. He was looking at the back of the flyer where the name was written.

Sherlock rubbed his eyes. "I'm not completely sure."

Earlier that evening

Sherlock Holmes walked into the meeting room at St. Mary's Episcopal church. It was a standard issue function room with inspirational posters on the walls and a marker board and video screen. Folding chairs had been set up in a circle and a table in back held refreshments. Holmes found an empty seat and observed the people around him.

"Is this your first time?" He looked at the woman who had spoken to him. "Pardon?"

"Is it your first time at the Socrates Cafe? It's my first time tonight." She was in her

early forties and had long, hennaed hair and a brightly colored dress. Silver bangles hung from her wrist and multiple rings decorated her fingers. There was an obvious tan line on the ring finger of her left hand.

"Yes. It is my first time." Looking at the woman, Holmes could tell she was recently divorced and trying to embrace the creativity her ex-husband had likely stifled. She thought she was 'artsy' in the way she dressed and she was looking for someone to validate that.

"I'm Alisa Bloom." She held out her hand.

"Sherlock Holmes." They shook hands. "A friend recommended this group to me," Alisa said. "I was hesitant about coming at first and then I just said what the hell."

Sherlock nodded politely. He was more interested in what else was going on around them.

About a dozen other people were there. They were getting coffee from an urn on a side table or situating themselves in chairs that had been placed in a semi circle in the center of the room.

A woman dressed all in black appeared to be in charge of things. She got Sherlock's attention right away. Her hair was jet black and cut in a short, rather spiky style. She wore minimal makeup except for dark wine lipstick and had an abundance of silver jewelry. Her nails were short and painted dark purple. Sherlock saw someone who wanted to stand out while at the same time fading into the background. She strode to the center of the circle.

"If you'll take your seats, ladies and gentlemen we can begin."

To be continued.....