



COMMUNITY INSIDER

Volume 1 Issue 5

Fall 2022

Editor's Welcome

An Early Fall

Colorful leaves
Pumpkin spice
Cooler days
Longer nights
New iPhones and other gear
Football season
Sweater weather
Halloween
Hayrides and bonfires
Giving thanks for all we have
Family gatherings
Helping others
Counting our blessings
With all its delights
Celebrate
Savor
The wheel of the year turns
Nature prepares to slumber
We should relax as well
Autumn is here

Melissa Pappas
Editor

Mark Your Calendar

Computer Team: October 27th, November 17th, December 22nd at 1:00PM

Executive Board: January 14th, February 18th, March 18th at 11:00AM



Behold the beauty of nature's palette

Presidents Council: October 24th,
November 28th, December 26th, at 10:00AM

President Council Contact Information

*Presidents Council, 555 Wabasha Street
North Suite 400, St. Paul, MN 55102*

Email:

presidentscouncil@stphapresidentscouncil.org

Website:

<http://www.stphapresidentscouncil.org>

Important Numbers

Maintenance Work Order: 298-4413

Emergency Maintenance: 227-9919

Police Non-Emergency: 292-1111

Artist's Corner

Welcome to our virtual art gallery. Here you will see artwork submitted by some of your fellow hi-rise residents. In the future, we hope to have interviews with some of our resident artists as well.

Here is a digital artwork submitted by Mindy Johnson from Cleveland Hi-Rise. It is titled "The Horse Whisperer."



Here is an ink on paper drawing by me. It is titled "Pop Art TARDIS".



Hi-Rise Happenings

What did Hi-Rises do this summer?

Here are pictures from the picnics at Cleveland and Seal hi-rise.

Cleveland





Seal



Health Improvement Program Notes

Juniper Wellness Classes

Take charge of your health. Juniper classes are research-based so you can count on them to get you on the right track. The classes will help you establish healthy routines that work for you. No one can do it on their own; community support is essential to positive change. <https://yourjuniper.org/> St Paul PHA has a partnership with Juniper to offer classes on site at your Hi Rise location for FREE. We need at least 8 participants to host the class, and it may take some time to schedule the class based on teacher capacity and availability. **If your site is interested in any of the classes below, please reach out to your Building Manager, Human Services Coordinator, or Betsy Christensen (betsy.christensen@stpha.org or 651-298-4030).**

Prevent Falls Classes

- **A Matter of Balance** – Learn practical strategies for reducing your fear of falling, changing your environment to reduce risks and

increase your activity level to prevent falls in this group discussion class. [Learn more about A Matter of Balance](#)

- **Stepping On** – Increase your self-confidence and self-control to reduce your risk of falling in this class with information, discussion and group support. [Learn more about Stepping On](#)
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- **Life (SAIL)** – This exercise class help you increase strength, balance and fitness and incorporate active movement into your everyday life. [Learn more about SAIL](#)
- **Tai Ji Quan: Moving for Better Balance** – Improve your balance, strengthen your muscles and reduce your risk of falling using tai ji quan (also known as tai chi) movements in a class that will help you stay mobile and independent. [Learn more about Tai Ji Quan](#)

Get Fit Classes

- **Arthritis Foundation Exercise Program** – A group exercise class for people with arthritis who want to learn safe ways to stay active, reduce pain and move more easily. [Learn more about Arthritis Foundation Exercise Program](#)
- **Stay Active and Independent for Life** - This exercise class help you increase strength, balance and fitness and incorporate active movement into your everyday life. [Learn more about SAIL](#)
- **Walk with Ease** – Learn safe, relaxing and enjoyable ways to make walking part of your everyday life.

You'll start walking and stay active. Develop and sustain a personal plan to make walking a daily part of your life. [Learn more about Walk with Ease](#)

Live Well Classes

- **Aging Mastery Program** – Learn techniques for managing your health, maintaining economic security and engaging in your community as you age. Make and maintain small but impactful changes and take charge of your life. [Learn more about Aging Mastery](#)
- **Diabetes Prevention Program** – Designed for people at risk for Type 2 diabetes, the Diabetes Prevention Program is community-based, lifestyle change program that can cut the risk of diabetes in half. [Learn more about Diabetes Prevention Program](#)
- **Living Well with Chronic Conditions** – If you have high blood pressure, heart disease, COPD, arthritis or other chronic conditions, this class is for you. You'll develop strategies for feeling your best and connect with others who will support your journey. Learn more about [Living Well With Chronic Conditions](#)
- **Living Well with Chronic Pain** - Learn non-narcotic methods for managing chronic pain and get on with your life. [Learn more about Living Well with Chronic Pain](#)
- **Living Well with Diabetes** – Learn to manage your Type 2 Diabetes, develop strategies for living well and connect with others who will support

your journey. [Learn more about Living Well with Diabetes](#)

- **Social Connect** – Social Connect includes gentle movement, quiet meditation and an opportunity to connect with peers. Learn to take time to notice and reflect upon positive experiences. Learn more about [Social Connect](#)

A Gardener's Journey

By Mindy Johnson

I remember when I was a young girl watching my Grandma taking care of her tomato plants and harvesting peas in her garden. She was very diligent about weeding; her garden always looked pristine. Everything she grew she cooked or prepared with care for family and friends. My cousins and I would also eat the fresh raspberries from her backyard, one of my favorite memories of spending time at her house.

I did some gardening in my late teens/early 20s when I was living in Wisconsin. I mostly planted grasses and built my own pond with a small waterfall and fountain. It was very peaceful and attracted a lot of wildlife such as turtles and frogs. I didn't really know a whole lot, but I learned as I went along.

Fast forward to fall 2015, I moved into Cleveland HiRise and picked up gardening again the following spring. We have raised beds at the building, and we had a volunteer garden mentor named Marlene who assisted me with growing vegetables such as tomatoes, which I knew little about at the time. She was very informative, I learned a lot from her about planting seeds and starter plants, and what she or I didn't know we would research online together.

I enjoy my time in the garden, getting my hands dirty, and watching the plants thrive under my care. It's rewarding to harvest your own produce. I started expanding my gardening knowledge to growing perennial and annual flowers. (I still struggle a bit sometimes distinguishing weeds from flowers. I did learn that dandelions were in the sunflower family, which I thought was interesting.)

Saint Paul Public Housing has a Garden Mentor program that is currently in the process of being restructured. In the past, it had allowed PHA residents to gain gardening skills and share with other residents in the garden club their knowledge of plants. The classes were taught by Ramsey County Master Gardener Volunteers, in a partnership with the University of Minnesota Extension.

I was interested in participating in the Garden Mentor program, but at the time I was attending college at Saint Kate's and there was a conflict with scheduling. After college in 2019, I still had an interest in gardening and volunteering, and since I had more free time to commit, I decided to apply for the Ramsey County Master Gardener program. And I was accepted!

I started my internship that year, and I took an online course to earn my certificate. As an intern, there were volunteer opportunities at Farmers Markets, yard waste sites, youth gardening programs in the community and at schools, and local fairs. I enjoyed meeting new people and continuing to expand my knowledge of gardening through available classes through the program and learning from other Master Gardeners.

When the pandemic hit in 2020, in- person volunteering came to a halt but there were plenty of opportunities to educate the public via Zoom through community education classes. In- person volunteering picked up again this year, with Zoom options still being offered. Last year I joined the Communications Committee and became an Admin for the Ramsey County Master Gardener Facebook page and Instagram. I post articles, photos, and videos that align with the Master Gardener program core values that are also of interest to followers. I also have written articles for their blog based on the raised bed gardening experience I had living at Cleveland.

Participating in gardening at the hirise has led me to new friends and opportunities to help build community. As Audrey Hepburn once said, “To plant a garden is to believe in tomorrow,” and I definitely agree with that!

For more information about the Ramsey County Master Gardener program, visit online:
<https://extension.umn.edu/volunteer#master-gardener>

Just For Laughs:

Funny Definitions

Reintarnation: Coming back to life as a hillbilly

Ignoramus: Someone who is both stupid and an ass

Hipatitis: Terminal coolness

Inoculate: To take coffee intravenously when you are running late

Decafalon: The grueling event of getting through the day consuming only things that are good for you

Bozone: Substance that surrounds stupid people that prevents good ideas from

penetrating. Unfortunately, the Bozone layer shows no sign of thinning.

Osteoporosis: A degenerate disease

Food For Thought

“Do not go where the path may lead, go instead where there is no path and leave a trail.”- Ralph Waldo Emerson

“When one is never invited to speak, one learns instead to observe.”- Larys Strong, House of The Dragon

“Free advice is seldom cheap.”- Rule 59, The Ferengi Rules of Acquisition, Star Trek: DS9

Submitted by Camille Gunderson from Neill Hi-Rise:

