

Spring 2016

Community Insider

Editor's Welcome

Happy spring!

It is finally getting warmer and the days are getting longer. That means it is the perfect time to get outside and get active. This issue has lots of information about active things you can get involved in and events going on around the city. If you do not want to go outside you can still stay fit in your apartment. Check out the fitness column for the first WOI (workout of the issue) and some easy to do chair exercises.

Let's move more and enjoy the new season.

Carpe Diem!

Melissa Pappas
Editor



Mark Your Calendar

Presidents Council: April 25, May 23
RPC: April 8th at 9:30 a.m.
Community Building: May 6 at 9:30 a.m.
Vending Rep Training: April 25
Executive Committee: April 15, May 13
PEER Team: April 22, May 27, June 24

Hi-Rise Spotlight



Cleveland Hi-Rise
By Ruby Steward

Cleveland hi-rise is located at 899 South Cleveland Ave. It is a brick building with 144 one-bedroom apartments built in 1970.

Cleveland features free parking, laundry facilities, large community room, and an outdoor patio area. Major renovation work was completed at Cleveland in 2000.

On-site employees include a part-time Assistant Housing Manager, Human Services Coordinator, and a full-time maintenance staff person.

Cleveland hi-rise is located in the Highland Park neighborhood, and is near Highland Village for shopping, banking, there are local churches and health care facilities.

Cleveland is located on a major bus route. There are local programs and activities that provide transportation for some of their clients to attend.

Recipe Book: Avocado Hummus

Submitted by Eileen Mackin

INGREDIENTS:

- 1 1/2 cups Chickpeas or Garbanzo Beans (rinsed and drained if from a can, or soaked and cooked)
- 1 ripe Avocado
- small handful of fresh Cilantro (or frozen)
- 2 Tablespoons fresh Lime Juice
- 1/2 teaspoon salt
- 1-2 garlic cloves
- Red Pepper Flakes or Red Pepper (optional)*

INSTRUCTIONS:

1. Pulse all ingredients together in a food processor until smooth.
2. Garnish with red pepper flakes (optional)
3. Serve with crackers, pita bread, vegetables, or use as a spread on sandwiches.

NOTES:

1. If hummus is too thick, add more water. If it is too runny, add a few more chickpeas.
2. This hummus is made without tahini. You can add tahini or sesame paste to this recipe if you prefer a more traditional hummus flavor. Add a bit more water, lime juice, and salt and pepper to taste and texture.

* I use 2 pinches of ground red pepper in my hummus. Makes 2 cups

"Every creative act has its destructive consequences, Will." - Hannibal Lecter, *"Hannibal"*

Community Events

Holidays:

- April 15- Tax Day
- April 22- Earth Day
- April 27- Administrative Professionals Day
- April 28- Daughters & Sons to Work Day
- April 29- Arbor Day
- May 3- National Teacher Day
- May 5- Cinco De Mayo
- May 8- Mother's Day
- May 15- Peace Officers Memorial Day
- May 21- Armed Forces Day
- May 22- Harvey Milk Day
- May 30- Memorial Day
- June 6- D-Day
- June 7- Ramadan starts
- June 14- Flag Day
- June 19- Father's Day
- June 19- Juneteenth
- June 19- Emancipation Day
- June 20- Summer Solstice



Events:

- April 1- A Celebration of Fools – Free Ice Cream & Dreamcycle rides in downtown St Paul
- April 7- Marjorie McNeely Conservatory Spring Flower Show – Como
- April 8- American Craft Council Show- St Paul RiverCentre April 8 – April 10
- April 9- St. Paul Saints 13th Annual Running of the Pigs- CHS Field in Lowertown
- April 12- Ballet Tuesdays- Landmark Center
- April 13- 15- Spring Pop Up Art Fair- Town Square- St. Paul
- April 22-24 - Saint Paul Art Crawl
- Art in Bloom- April 28-May 1, Minneapolis Institute of Art
- May Day Parade and Festival- May 1st, Powderhorn Park. Parade begins at Noon.
- Grand Old Day- June 4-5th

IN LOVING MEMORY

Of our friends and neighbors that have passed away since our last newsletter.

Never more than a thought away, loved and remembered every day.



Losing a loved one is painful—all of us have gone through it and know firsthand the stages of grief. Losing a friend leaves us lonely; losing a neighbor shakes up our world. Living in a hi-rise carries its unique brand of heartache. Sometimes the death has the added stress of being untimely—“she was too young for cancer” or “what more could we have done for his depression?” Or we watch as paramedics try their best and fail to revive. And the pain is multiplied when we lose 2, 3, or even more in a short time.

How do we cope? Talk. Talk to each other. Remember the good times; the gifts that neighbor brought to the community. Talk to your own family, friends. Reach out to the HSC or Manager, or other professional who is helpful. Be open to others who want to talk with you about their grief. Sharing lightens the load. Be kind to yourself. Give yourself time to feel the sadness. Then think of something fun you can do that would have made that person smile. Just as you wouldn't want your friends to wallow in grief, know those who leave us wish for our happiness as well.

Be kind to your neighbors. Even harder than losing a friend or neighbor is losing that person

suddenly and the last memory you have is yelling at them to turn their music down.

A hazard of living closely with so many people is that you experience much more loss. What I have witnessed in my years with Public Housing is residents banding together, pulling each other up, fondly remembering that person, and surviving the loss as a community. Keep up the good, hard work, and use these tips as you move forward.

If you need further professional help, an excellent resource is The Center for Grief, Loss and Transition at 1133 Grand Ave., 651-641-0177.

Beth Forest, Human Services Coordinator



Creative Corner

Here is a poem submitted by Eileen Mackin

"Let me peer out at the world
Through your lens. (Maybe I'll shudder,
This
Let me see how your blue
is my turquoise and my orange
is your gold. Suddenly binary
stars, we have startling
gravity. Let's compare
scintillation - let's share
starlight."

Naomi Shihab Nye, Time You Let Me In

PEER Team

The PEER Team consists of residents who work with Hi-Rise residents around Resident Council issues and with problem-solving. They receive training, support, and reimbursement for their volunteer expenses.

You can read more about the PEER team in the Resident Council Guide on page 40. Sound interesting? Would you like to be part of this team? Contact Julia Hupperts at 651-228-3205 or by email at Julia.hupperts@stpha.org.

Community Building Corner

All About the Arts

By Mindy Johnson

It's All About the Arts

“Art enables us to find ourselves and lose ourselves
at the same time.”

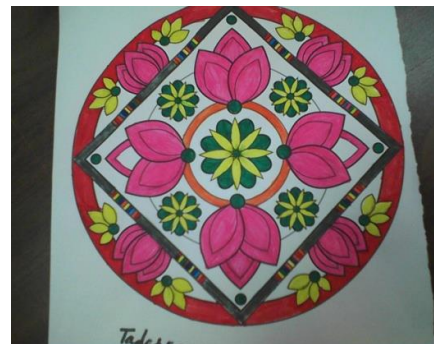
– Thomas Merton, No Man Is an Island

Cleveland Hi-Rise has caught onto the latest creativity craze with a bi-weekly Zen Coloring Book Group open to all residents. Markers or colored pencils are used to bring simple or intricate line drawings to life; residents can explore different color combinations, stretch their imagination beyond it's limits, socialize, and dream while listening to music that soothes the soul. Pastels will be added to the arsenal of coloring supplies thanks to a generous donation from locally owned art supply store Wet Paint on Grand Ave in St. Paul. Cleveland Hi-Rise is also expanding artistic offerings by starting a Fine Art group.

Residents may have the opportunity to dabble in medium such as watercolor, ink, calligraphy or charcoal. The Resident Council received another generous donation of watercolor paper samples and paint brushes from Blick Art Materials, and is currently looking into other resources to help fund needed supplies. Some residents have also donated supplies and we are grateful for their support as well.

Future plans include group outings to nearby art-related events. Residents are welcome to suggest events they would like to attend as a group or give feedback as to which art medium they would like to work in. The Cleveland Hi-Rise Resident Council has already organized a group of residents to attend On Air: A Return to Radio, a Saint Catherine University theater production at the end of April at the Frey Theater.

Here are some pictures of the Cleveland coloring group at work.



Numbers to Know

Presidents Council

555 Wabasha St. N. Suite 400

St. Paul, MN 55102

Phone: 651-292-6058

Website:

<http://www.stphapresidentscouncil.org>

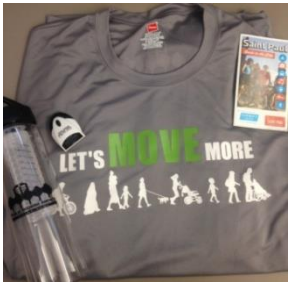
Maintenance: 298-4413

Emergency Maintenance: 227-9919

Police Non-Emergency: 292-1111

Let's Move More at PHA

Betsy Christensen, Statewide Health Improvement Program (SHIP) Coordinator



Warmer weather, longer days, lovely sunshine - spring has SPRUNG! This transition of seasons is such a special time of year. Let's make the most of it and set a goal to move more each day. SHIP is here to support

you and your hi-rise community in moving more and feeling better so reach out to me with any ideas or questions. Here's a snapshot of what's moving this spring:

Walking

Walking groups are a fun, simple way to get moving. Join an existing group or start a group at your hi-rise. We have shirts, water bottles and pedometers for walking groups.

- **Proud Hamline Walkers**
- Mon-Sat 8am
- **Wilson Walkers**
- Mon-Fri 9am
- **Seal Striders**
- Mon-Fri 9am
- Mon, Thurs, Fri 4:30pm

Walk with a Doc Community Events

PHA will host 6 community walking events. Each event will focus on a current health topic and an all abilities 30-minute group walk. 2016 event schedule:

- **Tues, May 10 1:00pm** at Hamline Hi Rise
- **Wed, June 15 4:00pm** at Mt Airy Hi Rise
- **Wed, July 20 12:00pm** at Neill Hi Rise
- **Tues, Aug 9 12:00pm** at Hamline Hi Rise
- **Wed, Sept 21 4:00pm** at Mt Airy Community Center
- **Tues, Oct 12 12:00pm** at Neill



Nice Ride Bicycle Tours & Free Membership

PHA hosts Nice Ride Bicycle Tours to offer FREE one-year memberships (\$75 value) to use the green bikes. Tours will begin in June.

Nice Ride bikes will return April 4! Memberships are good for one calendar year so if you signed up in 2015 your key is still active!

Cycles for Change Bike Grant Program

Cycles for Change is launching Bike Grant to support participants in bicycle ownership. Applications online

<http://cyclesforchange.org/bike-grant-program/>

St Paul Women on Bikes

St Paul Women on Bikes works to make it safer and easier to ride a bike in St Paul through skill building, group rides and advocacy opportunities

<http://www.smart-trips.org/for-advocates/about-women-on-bikes/>

Twin Cities Slow Roll

The Cultural Wellness Center, Cycles for Change, and Women on Bikes will host 6 Slow Roll

community bike rides in St Paul. Stay tuned for location details! Event times:

5:30pm Mingle, 6:30pm Roll, 8:00pm Food

- Sat, May 28 - Kickoff Event!
- Thurs, June 16
- Thurs, July 7
- Thurs, July 28
- Thurs, Aug 18
- Thurs, Sept 8

Betsy can be reached at 651-298-4030 or

betsy.christensen@stpha.org



SHIP Notes...

Everyone with Diabetes Counts

Do you have diabetes or Pre-Diabetes? We can help!

Everyone with Diabetes Counts

The Diabetes Wellness series includes 6-weekly workshops at Ravoux Hi-Rise starting April 13, 2016. Each session will cover a different topic and will teach you how to live healthier in a fun, non-threatening, community setting. Class size is limited to 20 people.

*** Mark all six sessions on your calendar!**

Wed., April 13, 20, 27 from 1-3pm

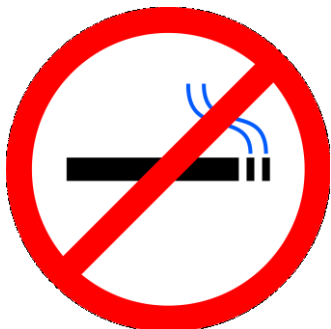
Wed., May 4, 11, 18 from 1-3pm

Sign-up today! Contact Eileen Tittle 651-292-6359.

Cessation Resources

Learn How to Quit Smoking

workshops are being offered at all 20 PHA sites this spring. Workshop participants learn about nicotine addiction, strategies to quit, insurance and MA coverage and free resources. If you missed the workshop, your Human Services Coordinator has a resource folder about cessation resources. All Minnesota residents can also contact **QUITPLAN 1-888-354-PLAN** or **quitplan.com** at any time for information about quitting smoking and mini-quit Mondays. Languages other than English are available through QUITPLAN by having someone request in English another language.



Resident Council Elections

It's Election Season in the Hi-Rises! Have you thought about being a Resident Council officer? Please attend your April Resident Council meeting. An Election Judge will be attending your Council meeting to answer your election questions.



Notes from your Resident Council Coordinator

Spring always brings fun activities & everyone can join! At your Council meetings this month you'll hear about the elections which will take place at your June council meetings. Gardening Committees are working on beautiful plantings for your Hi-Rise. Residents are lacing up their shoes & joining the Walking Clubs. Bikers are planning their next bike ride. Everyone is welcome to participate in these fun activities. Check with your Council President for dates & times. Enjoy!

Julia Hupperts

“There’s no point in being grown up if you can’t be childish sometimes.”
The Doctor, “Doctor Who”

Let’s Get Physical

It's Time To Workout



This issue we’ll talk about exercises you can do in a chair.

These are some simple exercises that work the major muscle groups. You can do them with just your bodyweight as resistance or use dumbbells and ankle/wrist weights.

Leg Raises

Sit in a chair with your back straight and your legs together. Keep both feet flat on the floor.

Take a breath and raise one leg until your lower leg is parallel to the floor. Hold for a count of three and then lower your foot to the floor. Repeat five times and then do the same with the other leg. You can use ankle weights for added resistance.

Arm Raises

Sit in a chair with your back straight and your feet flat on the floor. Your arms should be straight at your sides. Use a wrist weight or hold a light dumbbell or food can in your hand.

Start by raising one arm to the side until your arm is parallel to the floor. Hold for a count of three and then lower your arm back to your side. Keep your arm straight when raising it and do not swing or bounce the weight.

Do five raises and then switch to the other side.

You also can do arm raises to the front.

WOI (workout of the issue)

This is a good basic workout for those who do not have mobility issues.

5 Push-ups

5 Crunches

5 Bodyweight squats

Rest 30 seconds then repeat

Feel free to increase the number of sets or reps if this does not seem challenging enough. If it is too much you can just do one set of each exercise.

Remember to listen to your body and only do the amount of exercise you feel comfortable with.



Community Insider Team

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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 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

