



# COMMUNITY INSIDER

Volume 1 Issue 4

Spring 2022

## Editor's Welcome

### Equinox

Seasons change  
The Earth awakens from its slumber  
Refreshed  
Renewed  
New life springs forth  
The sun warms  
Flowers bloom  
Days lengthen  
It is the time of rebirth  
Celebrate  
Rejoice  
Embrace life and all its possibilities  
The time is now  
The choice is yours  
Think. Life  
Think spring  
What will you create?

Melissa Pappas  
Editor



*Tiptoe Through the Tulips*

## Mark Your Calendar

**Computer Team:** May 26<sup>th</sup>, June 23<sup>rd</sup> at 1:00p.m.

**Executive Board:** May 13th at 11:00AM

**Presidents Council:** May 23rd at 10:00AM

## President Council Contact Information

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

### **Email:**

[presidentscouncil@stphapresidentscouncil.org](mailto:presidentscouncil@stphapresidentscouncil.org)

### **Website:**

<http://www.stphapresidentscouncil.org>

## **Important Numbers**

**Maintenance Work Order: 298-4413**

**Emergency Maintenance: 227-9919**

**Police Non-Emergency: 292-111**

*"Angry people want you to see how powerful they are.*

*Loving people want you to see how powerful you are." - Chief Red Eagle*



## Hi-Rise Happenings

### What are Hi-Rises doing this Spring?

#### Arbor Day at Cleveland:

Arbor Day at Cleveland hi-rise was well attended by Cleveland residents and PHA staff. Maple sugar trees were planted!



#### “Placemaking” at Seal:

Thanks to the SAPCC and funds from a Good Neighbor Fund grant, a number of improvements to the neighborhood directly around Seal Hi-Rise are being made. Last fall, street painting on Seal Street was done. This May, a new bench was installed by the hi-rise. The rest of the project is comprised of other street painting and murals in the area. There will be a celebration and unveiling on June 11<sup>th</sup>.

## Health Improvement Program Notes

### Gardens, Pollinators and Produce Resources

- **UMN Extension Ramsey County Master Gardeners** - Call a Master Gardener with your home plant or insect question. A Master Gardener will research and return your call.  
**Phone: 612-301-7590**
  - <http://ramseymastergardeners.org/>
  - <https://extension.umn.edu/yard-and-garden#solve>
  - <https://extension.umn.edu/volunteer#master-gardener>

- **Ramsey County Urban Ag & Community Gardening**

- Resources for Community Gardens  
<https://www.ramseycounty.us/your-government/projects-initiatives/urban-ag-community-gardening>
- Community garden locations map  
<https://ramseygis.maps.arcgis.com/apps/webappviewer/index.html?id=46982856c9e44c85836ba80e19f42c7d>

- **Identify a Plant, Pest or Disease**

- Check out the [Solve a Problem](https://extension.umn.edu/yard-and-garden#solve) section from UMN Extension Yard and Garden site  
<https://extension.umn.edu/yard-and-garden#solve>
- Check out the [DNR's list of invasive plants](https://www.dnr.state.mn.us/invasives/terrestrialplants/index.html) found in Minnesota  
<https://www.dnr.state.mn.us/invasives/terrestrialplants/index.html>
- Bring your sample to the [Ramsey County Master Gardener Diagnostic Clinic](https://www.ramseymastergardeners.org/diagnostic-services)  
<https://www.ramseymastergardeners.org/diagnostic-services>

- **Learn about Pollinators**

- Visit [Flowers for Pollinators](https://extension.umn.edu/lawns-and-landscapes/flowers-pollinators) for info on creating a pollinator-friendly landscape in your own yard  
<https://extension.umn.edu/lawns-and-landscapes/flowers-pollinators>

- **Using Your Harvest**

- Visit [UMN Extension](https://extension.umn.edu/how-using-your-harvest) to learn tips for growing, harvesting, preserving and storing your locally grown food.  
<https://extension.umn.edu/how-using-your-harvest>

- **Garden Newsletters**

- Check out [The Garden Blog](https://www.ramseymastergardeners.org/secrethiddenblog) for helpful tips and tricks  
<https://www.ramseymastergardeners.org/secrethiddenblog>
- Check out [Through the Seasons](https://www.ramseymastergardeners.org/through-the-seasons-newsletter) for Ramsey County garden news  
<https://www.ramseymastergardeners.org/through-the-seasons-newsletter>
- Check out [Green Ramsey](https://www.ramseycounty.us/residents/recycling-waste/education/green-ramsey-e-newsletter) for news about recycling, energy, and environmental issues.  
<https://www.ramseycounty.us/residents/recycling-waste/education/green-ramsey-e-newsletter>
- Check out the [Bee Lab](https://beelab.umn.edu/) for pollinator research, news, and projects  
<https://beelab.umn.edu/>
- Check out [My Minnesota Woods](https://extension.umn.edu/natural-resources/my-minnesota-woods) for tree and forest stewardship info  
<https://extension.umn.edu/natural-resources/my-minnesota-woods>

## **NO | FALLS Minnesota Campaign**

Preventing falls is an important issue in the health and well-being of older adults.

- Minnesota ranks 4<sup>th</sup> in the nation on deaths of older adults from falls ([CDC](#))
- Every 11 seconds an older adult is treated in the emergency room for a fall ([NCOA](#))
- 95% of hip fractures are caused by falls ([CDC](#))
- A fall can have a devastating effect on a person's quality of life and carry a high cost to both the individual and our systems of care.  
**But falls are not inevitable; they are not a necessary part of aging.**

[Juniper](#) offers classes that help people build strength, improve balance, increase active movement and prevent falls. Juniper falls prevention classes are available both in-person and online, free or at a low cost.

- Find a class  
<https://yourjuniper.org/no-falls>

## **COVID-19 Resources & Updates**

Getting your health information from a trusted, reliable, reputable source is important. Minnesota Department of Health and Ramsey County Public Health have a lot of useful COVID-19 related information on their website.

- Minnesota Department of Health COVID-19:  
<https://www.health.state.mn.us/diseases/coronavirus/index.html>
- Ramsey County Public Health COVID-19:

<https://www.ramseycounty.us/coronavirus-disease-2019-covid-19-information>

## **COVID-19 Vaccines Update**

### **Ramsey County COVID-19 vaccine phone line**

- **651-266-1190 (Monday – Friday from 8am – 4:30pm)**

**In-home Vaccine Requests** – In-home COVID-19 vaccine appointments are available for adult residents of Ramsey County. This service applies to homebound residents – it does not include those in a group home or long-term care facility.

- Appointments available alternating Wednesdays between 8am-2pm
- Vaccines provided: Pfizer, Moderna and Johnson & Johnson
  - Schedule an appointment:  
<https://www.ramseycounty.us/covid-19-info/vaccine/home-covid-19-vaccine-requests#overlay-context=content/home-covid-19-vaccine-requests>
  - Phone: 651-266-1190

**Additional Booster Dose** – On March 29, 2022, CDC expanded eligibility for an additional booster dose for certain individuals who may be at higher risk of severe outcomes from COVID-19. ***People over the age of 50 can now get an additional booster 4 months after their prior dose to increase their protection further.***  
<https://www.cdc.gov/media/releases/2022/s0328-covid-19-boosters.html>

## **COVID-19 Testing MN Update**

**Order free rapid at-home COVID-19 test kits** – Every Minnesota home is eligible to order 2 rapid at-home COVID-19 test kits for free while supplies last.

- Order your tests:  
<https://sayyeshometest.org/>

### **COVID-19 Vault Saliva Testing at Home**

– MN's at-home PCR testing program through Vault Health will end on March 31, 2022. Minnesotans who have Vault PCT tests at home will be able to use them until they expire, or until December 31, 2022, whichever is first.

<https://www.health.state.mn.us/diseases/coronavirus/testsites/athome.html>

## **Visit the Science Museum this summer:**

You can visit the science museum this summer at a discount price! Please contact your Human Service Coordinator to get the below discount price:

Permanent Exhibits = \$3.00 (*Great Tix Price*)

Omni theater = \$ 3.00 (*Great Tix Price*)

## **Tips for hi-rise residents:**

### **Prevent Catalytic Converter Theft:**

#### **Catalytic Converter Pilot**

In 2021, the Minnesota Legislature created the catalytic converter theft prevention pilot program (Minn. Stat. 325E.21 subd.2b) .

The intent of the program is to deter the theft of catalytic converters by marking them

with unique identification numbers that permanently mark the catalytic converter.



The Commerce Fraud Bureau administers this program and chose the CATGUARD Label Solution as the primary method for marking catalytic converters. The labels are installed by sticking the label onto a - cool to the touch - catalytic converter. A fluid is then painted onto the label, which, once a vehicle is started, causes the unique number to be etched into the metal. Once registered, the unique number allows law enforcement to trace a converter back to a specific vehicle if a converter were to be stolen and later recovered.

The law requires the labels be installed at no cost to vehicle owners. Businesses cannot charge for the installation a program label, but they can require another service, e.g., oil change, be performed to install a label.

If you own one of the top 15 most targeted vehicles or if your catalytic converter has been (or attempted to have been) stolen, you can get a free catalytic converter marking label from a participating law enforcement agency, business, or community organization. \* Please note police departments in the list provide but do not install labels.



Here are the participating organizations in St. Paul:

- **Weinhagen Auto**
- **Greater East Side Community Council**
- **St. Anthony Park Community Council**
- **MN State Patrol - Capitol Security**
- **St. Paul Police Department - Central District**
- **St. Paul Police Department - Eastern District**
- **St. Paul Police Department - Western District**

### **Resident Council Coordinator**

Happy spring! I want to give a big congratulation to all councils for successfully completing and closing the council year. We started in September with 16 hi-rise councils and will end in June with 16 councils! This is thanks to the tremendous effort and volunteering time that our officers has dedicated to making improvements at their hi-rises and taking the time to organize and oversee ongoing council meetings and council events. I hope everyone have a wonderful and safe summer. I look forward to seeing you all again in the fall time!

Youa Thao – Resident Council Coordinator

### **Just For Laughs:**



### **Word from the Newsletter Team**

The Newsletter committee team would like to encourage everyone to practice being kind and continue to show compassion towards each other. We hope everyone would continue to enjoy the warm weathers and look forward to connecting with you all again this fall!

