

COMMUNITY INSIDER

Volume 1 Issue 13
Summer 2017

Editor's Welcome

Happy summer! Here is a poem inspired by the season.

*The air is fresh
The days are warm
Everything is new,
Full of promise
Reborn
Awakening
Possibilities stretch before us
Where do you want to go?
What do you want to do?
Life
Renewed
Refreshed
Don't let it pass you by.*

Carpe Diem!
Melissa Pappas
Editor

"The things one most tries to hide are often the things most easily seen."- Ichabod Crane, "Sleepy Hollow"



Mark Your Calendar

Computer Team:	June 15, July 20, Aug. 17
Community Building:	October 6 at 10:00AM
Executive Board:	Sept. 18 th at 11:00AM
Presidents Council:	Sept. 25 th at 10:00AM

Hi-Rise Spotlight

Exchange Hi-Rise, by Mindy Johnson



Theatre is a mirror, a sharp reflection of society- Yasmina Reza (French playwright)

Exchange HiRise is situated in downtown Saint Paul, just a short walk from the historic Fitzgerald Theatre and the ever popular Mickey's Dining Car.

Exchange was built in 1972, and houses 194 one bedroom apartments. There are two different floor plans available. The 16 floor tall building offers residents great views of the city, and residents can enjoy the outdoor patio and garden space.

Exchange offers residents many amenities such as the NAPS food program and Senior dining, and postal van. Exchange HiRise is near a Metro Transit bus line. Residents can take the 75 bus to Harriet Island Regional Park, which hosts various community events throughout the year.

Remembering residents who have left us...

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 Insider Team

Editor: *Melissa Pappas*

Contributor: *Mindy Johnson, Eric Clark, Alesia Wentworth, Melissa Pappas*

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. Questions and comments can be sent to editor@stphapresidentscouncil.org
Article submissions can be sent to insider@stphapresidentscouncil.org

Congratulations to our new NLP graduates!



Congratulations go out to John Cardoza, Diane Anastos, and Eileen Mackin for completing the Wilder Neighborhood Leadership Program (NLP). Cheers! We're proud of all of you.

This is a great opportunity to improve your leadership skills and to connect with other community leaders. If you are interested in participating be on the lookout in the coming months for information on next year's program.



Numbers to Know

Presidents Council

555 Wabasha St. N. Suite 400

St. Paul, MN 55102

Phone: 651-292-6058

Email:

presidentscouncil@stphapresidentscouncil.org

Website:

<http://www.stphapresidentscouncil.org>

Maintenance: 298-4413

Emergency Maintenance: 227-9919

Police Non-Emergency: 292-1111

Insider Writing Contest



The Insider writing contest is still ongoing. If you want to submit a story you still have time. The deadline for submissions is now July 22nd. The winner gets a nice gift card.

Have some fun and let's see what you can do. Entries can be sent to the Presidents Council office downtown or emailed to insider@stphapresidentscouncil.org



Recipe Book

This issue we have some delicious craisin scones from the kitchen of Flo Pappas

Craisin scones

Cooking spray

½ cup all purpose flour

1T brown sugar

½ tsp baking powder

½ tsp baking soda

¼ tsp cinnamon

¼ cup nonfat yogurt

1t canola oil

1T dried cranberries or raisins

--Preheat oven to 425. Spray a baking sheet with cooking spray.

--Combine flour, brown sugar, baking powder, baking soda, and cinnamon

--In a small bowl. Add yogurt and oil. Stir mixture gently with a rubber spatula

--Be careful not to over mix. You want to make a soft dough.

--Fold in craisins. Divide dough into two pieces and drop onto baking sheet

--Bake for 11-13 minutes or until edges are slightly browned. Enjoy.

--Makes two servings. (I have increased this many times with great success.)

Creative Corner

By Eric Clark

The party was starting, people were arriving. Friends of my Mom and Dad's from the Air Force. The garden lights, orange, yellow, blue, red shone in the twilight.

There was steak on the grill. Potato chips and dip abound. One pilot said he brought his 'plastic potato chip'.

Anyway, it was another time, their time, my parents' time. A time to enjoy and show off their kids. Those days were fulfilling for them and can't be taken away.

My brother was probably chasing my sister while me and my other two brothers mingled with party guests.

I have dreams about that house in Texas. Oddly enough, they are all scorpion-free.

We kept the house when we moved to Minnesota and went on many vacations there. It was our second home.

Countless times we filled up a station wagon, grabbing all the Peanuts books and Mad magazines we could get our hands on, my parents having the time of their lives.

That garden with the lights, to my mother, might be much like the garden of her life, which was full, not empty, because she was here for 'her time'.



By Alesia Wentworth



...Let's Get Physical

This issue I'd like to talk about outdoor exercise. Spring is a great time to get back into the great outdoors. (Or give it a try if you've never exercised outside before.)

All you need is comfortable clothing appropriate for the weather and decent walking shoes. Start as slowly as you feel you need to. Even just walking around your Hi-Rise building several times is a good start. Once you are comfortable doing that you can build to walking the equivalent of a mile or more.

To figure distance, remember that there are twelve blocks in a mile. If there are four blocks around your building then walking around them three times equals one mile.

Walking in your neighborhood is also great exercise. Every Hi-Rise is in a unique area and there are sure to be a lot of interesting things to see when you venture out into the neighborhood.

WOI (Workout of the issue)

- **5 wall push-ups**
- **5 crunches**
- **5 lunges**
- **Jog in place for 30 seconds**

Smoking Cessation Resources

Call: 1-888-354-7526 (Available 24/7)

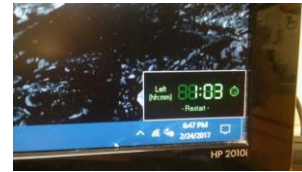
Website: quitplan.com. (Available 24/7)

All Services are FREE including:

- Text Messaging
- Starter Kit: Patches, Gum or Lozenges
- Email Program
- Quit Guide
- QUITPLAN Helpline

Computer Corner

You have probably noticed some changes with the computers. A software program called Faronics Cloud has been installed on the computers in your community room. Installation of this software allows the computers to be more secure.



Use Timer

This is probably the first thing you will notice. It appears as a small black box with green text in the lower right portion of the screen. This was installed in response to multiple complaints about residents using the computers for long periods of time. The default time set is 1 hour, 5 minutes. *The time limit is decided by your Resident Council.* When the timer counts down to zero the computer will reboot. *Be sure to save your work regularly so you don't lose anything.*



Splash Screen

When you log into the Resident account you will see a box like this in the center of the screen. You will need to click the accept button to access the Internet. This box contains the text of the new computer protocol.

Print Limit for Council Computers

Each Resident Council has decided the print limit for their printer. This was put in place to help control ink and paper usage at the hi-rises. These changes are not meant to make things more difficult for you. Please be patient and give them a chance.





.....Rethink Your Drink

By: Betsy Christensen & Ann Tranvik
Statewide Health Improvement Partnership

When it comes to weight loss, there's no lack of diets promising fast results. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think of what you drink. Last spring the Presidents Council approved a goal of **50% healthier drinks in vending machines** as a way to give residents more choices that are lower in sugar and calories. At the recent Vendor Fair in April, we kicked off the Rethink Your Drink Campaign at PHA. Look for the Rethink Your Drink Stop Sign label on your vending beverage machine. We're asking vendors to stock 50% healthier drinks that meet the Green GO! and Yellow SLOW! guidelines:

GO! Drink Plenty: Zero-Calorie water, Tea/Coffee without sugar, Low fat plain milk

SLOW! Drink Occasionally: Diet drinks, reduced fat milk, 100% fruit or vegetable juice

WHOA! Drink Rarely: Soft drinks, Sports and Energy Drinks, Fruit Drinks and Punches, Whole or Flavored Milk

Rethink Your Drink Tips –

- Replace one sugary drink a day with water.
- Refrigerate a reusable water bottle or pitcher of water. Add fruit or cucumbers to flavor the water.
- Provide a pitcher of cold water at your events and meetings instead of sugar sweetened drinks. Water is your best choice and cheapest too!



Walk (and Roll) with a Doctor

Join in for these monthly community walks to meet others and explore neighborhoods in St Paul. Feet, strollers, canes, wheelchairs, and other walking aids – all are welcome to join and move more!

JUNE - Wed, June 14 4pm
Seal Hi Rise, 825 Seal St

JULY - Wed, July 12 4pm
McDonough Community Center, 1544 Timberlake Rd

AUGUST – Wed, Aug 9 11am
Wilson Hi Rise, 1300 Wilson Ave

SEPTEMBER - Wed, Sept 13 4pm
Dunedin Homes & Hi Rise, 469 Ada St

OCTOBER- Wed, Oct 11 11am
Cleveland Hi Rise, 899 S Cleveland Ave



Tips for Requesting Donations

By Mindy Johnson

Did you know that as a 501(c)(3) nonprofit organization, your Resident Council is eligible for donations for concert tickets, theater events, sports events, cultural events and more?

Each Hi-Rise is allotted a certain amount of money each year to spend on art groups, exercise equipment, picnics, etc. that residents can vote on at the monthly Resident Council meetings; however, even when a council is fiscally responsible, money can become tight. Requesting donations is a viable option to help fund outings that residents are interested in attending that they could otherwise not afford.

As a volunteer Community Builder for Cleveland Hi-Rise, I started seeking out opportunities for residents to get out and about through donations. I have been successful, as I find most who are able to donate are willing and happy to do so. Each Resident Council has a form letter that can be used for donation requests; however, I recommend using it as a template to customize per each request. For example, if writing to request tickets from a community theater, it's best to be specific as to why these tickets benefit residents. Why is there interest? Who are your residents?

Most venues have a contact link on their website, the easiest way to request a donation is via email. Saves time, saves money on postage, paper and ink. If you know the name of the contact person, it is best to address them as you would in a letter. If you do not have a contact name, a simple hello or Dear Sir or Madam is sufficient.

When requesting a donation, be sure to mention who you are, who you are writing on behalf of (your Resident Council), and be sure to include that your Resident Council is a 501(c)(3) nonprofit. Let the potential donor know that you have a tax ID number and contact information for your Human Services Coordinator ready for verification purposes if needed. When requesting ticket donations, it's best to request a small amount of tickets. I've found 6 tickets to

be a decent number. If your residents can't use all the tickets provided, it's always courteous to let your contact person at the organization know in advance how many tickets you won't need. This ensures that tickets will not be wasted, and may be readily available to others.

Don't be afraid to ask for donations. Even if something your residents want to do seems really farfetched. You never know if a donation is feasible or not unless you put in a request. Also, be sure to send a thank you card in a timely manner to each donor. A short, sweet hand written note is always appreciated.



Notes from your Coordinator...



A big thank-you to all Hi-Rise officers who planned this year's annual *Hi-Rise Officers Recognition Event*, which was held at the Wilder Foundation.



Many Hi-Rise Resident Council officers and volunteers attended this year, as did staff from PHA, the City Attorney's office, ROSS grant, and Section 3. Each Hi-Rise took home a check for \$100 for Hi-Rise beautification and a set of resistance bands to add to the Hi-Rise exercise area.



Jon Gutzmann, PHA Executive Director, addressing attendees. Also pictured is Melanie Fox, Emcee.