

# Community Insider

## Editor's Welcome

Happy 2016!

A new year is like a blank canvas; empty and fresh, waiting for you to bring it to life. How will you make your mark this year?

The new year is also a great time to start a new habit or learn a new skill. It's also a time for self improvement.

To that end, this issue marks the debut of a new health and fitness column. This will give ideas for simple things you can do to eat more healthily and keep fit in your apartment.

I hope you'll find this issue enjoyable and informative.

Carpe Diem!

Melissa Pappas, Editor



*Violet: "You know me...Never complain, never explain." Downton Abbey, season 5*

## Hi-Rise Spotlight



### Wilson Hi-Rise

Wilson Hi-Rise is located in the Battle Creek neighborhood, not far from Sun Ray shopping center. There are a number of other shopping facilities nearby, as well as banking and health care facilities.

Wilson Hi-Rise consists of 187 one bedroom apartments and was constructed in 1969. It features private balconies, free parking, laundry facilities, a large community room, and an outdoor patio area.

A St. Paul Police officer resides at Wilson Hi-Rise to provide a police presence as well as some community policing services.

On-site employees consist of a part time Assistant Housing Manager, a part time Human Services Coordinator, and a full time Maintenance staff person.

Besides the security controlled entry, Wilson also has a pool table, Bookmobile, & postal van visits, on-site voting, and the Food For Life Program for seniors 55 & older.

Wilson is also located near a major bus route.

## Express Yourself

End of The Year Thoughts  
By Ruby Steward

One of the greatest minds to have lived on the planet, and usually recognized as a scientific genius was Albert Einstein.

As a revolutionary in his area of science, he was also a general in the area of human existence. He is one of my heroes. I think he would have been a successful comedian too. Read and hear some of his thoughts I have listed here.

“Don’t worry about tomorrow. It will come soon enough. Did you see that minute go by?”

“Life is only a mystery to those who do not live it.”

“I know not with what weapons World War III will be fought. But I know World War IV will be fought with sticks and stones.”

“One thing is for sure, you cannot blame gravity for falling in love.”

“Anyone who has never made a mistake has never tried anything new.”

Have and enjoy the New Year. You only have 2016 one time.

## Mark Your Calendar

Here are the upcoming meeting dates

**Presidents Council: January 25<sup>th</sup>, February 22<sup>nd</sup>, March 28<sup>th</sup>**

**RPC: January 8<sup>th</sup>, April 8<sup>th</sup>**

**Community Building: January 15<sup>th</sup>, February 5<sup>th</sup>, March 4<sup>th</sup>**

**Peer Team: February 26<sup>th</sup>, March 25<sup>th</sup>**

**Executive Committee: January 15<sup>th</sup>, February 12<sup>th</sup>, March 18<sup>th</sup>**

## Ask a Manager

This month: Stephanie Long

What was your first job? “Cashier at Hardee’s”

What did you want to be when you grew up? “A school teacher”

What’s the best part of your job? “The resident interaction”

What’s your favorite food? “Chicken chimichanga, pretty much anything Mexican!”

Who is your idol/mentor/hero? “Jesus Christ”

Who is your secret movie crush? “Harrison Ford”

What is your favorite movie or TV show? “Raiders of Lost Ark”

What do you like to do on your time off? “Garden, scrapbook, spend time with my family”

Any advice for Resident Councils/President Councils? “Remember that one cannot please everyone all of the time. Do the best that you can do and be ok with that.”

How long have you been with PHA? “13 years (I think ☺)”

If you could go anywhere, where would you like to go on a vacation? “Jamaica”

What food do you absolutely hate? “Liver”

What superhero would you like most to be? “Any superhero that can fly”



# Recipe Book

This month we have a delicious carrot cake.

Recipe submitted by Mary Puente.

## Carrot Cake

Cream together: 2 cups sugar and 1 cup cooking oil

Add: 3 cups raw carrots grated (a 1lb bag of baby peeled carrots is the perfect amount. Use a food processor. If hand grating use peeled raw carrots. The big ones. Hehe!

4 eggs

1 cup crushed pineapple, drained

Sift: 2 cups flour

2 teaspoons baking soda

1 teaspoon salt

2 teaspoons cinnamon

Bake in ungreased 9 x13 pan at 350 degrees for 40 to 45 minutes

Cool completely before adding frosting

Frosting

Cream together:

8 oz cream cheese softened (microwave for 15 seconds. See package instructions to verify the time)

1/4 cup of butter softened

Add: 2cups powder sugar

2 teaspoons vanilla

Use hand mixer to smooth the frosting.

Refrigerate

## Community Events

Here are events and holidays coming up in the next three months

### Holidays:

January 18- Martin Luther King Jr. Day

February 1- National Freedom Day

February 2- Groundhog Day

February 4- Rosa Parks Day

February 5- National Wear Red Day

February 8- Chinese New Year

March 2- Read Across America Day

February 9- Mardi Gras

February 14- Valentines Day

February 15- Presidents Day

March 17- St. Patrick's Day

March 27th- Easter

March 31- Cesar Chavez Day

PHA will be closed on February 15<sup>th</sup>.

### Events:

St. Paul Winter Carnival- January 28<sup>th</sup> to

February 7<sup>th</sup>

Red Bull Crashed Ice- February 26<sup>th</sup>-27<sup>th</sup>

Website:

<http://www.redbull.com/us/en/events/1331748781945/red-bull-crashed-ice-2016-saint-paul-united-states>

Speaking of the Winter Carnival, Here is contact information for the Klondike Kates and the Senior Royalty.

Klondike Kates:

<http://www.klondikekates.org/contact.html>

email:

[klondikekates@gmail.com](mailto:klondikekates@gmail.com)

mail:

The Royal Order of Klondike Kates

PO BOX 211193

EAGAN MN 55121-2593

call:

Klondike Kates Hotline at 651-289-KATE(5283)

Senior Royalty:

WCSRAA@gmail.com

## Show Your Holiday Spirit

The holidays are over now. Let's see how various hi-rises celebrated.

**Seal:**



**Wilson:**



**Iowa:**



**Dunedin:**

## Numbers To Know

**Presidents Council**

**555 Wabasha St. N. Suite 400**

**St. Paul, MN 55102**

**Phone: 651-292-6058**

**Email:**

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

**Website:**

**<http://www.stphapresidentscouncil.org>**

**Maintenance: 298-4413**

**Emergency Maintenance: 227-9919**

**Police Non-Emergency: 292-1111**

## Community Building Corner

All About the Arts  
By Mindy Johnson

Has fear of not becoming the next Picasso stopped you from painting? Or do you think you're simply not creative enough to make great art? The good news is everyone is creative, it's just a matter of finding the right medium for you! Art is not about becoming the next Picasso, it's not even about creating something "great." It's about finding an outlet that allows one to express him or herself freely, and most of all have fun.

The Community Builders are working on starting some creative arts groups at each hi-rise, and feedback is needed as to what kinds of projects residents would be interested in working on, it could be almost anything from drawing, to coloring, to ceramics, to origami, to bookmaking or jewelry making. Supplies would be provided based upon interest.

Get in touch with your Resident Council Community Builder for details, comments, or suggestions.



## Community Insider Team

Editor: *Melissa Pappas*  
Proofreader: *Connie Lydon*  
Proofreader: *Ruby Steward*  
Photographer: *Roxanne Sands*

### 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](mailto:editor@stphapresidentscouncil.org)

Article submissions can be sent to

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

## Notes from your Resident Council Coordinator

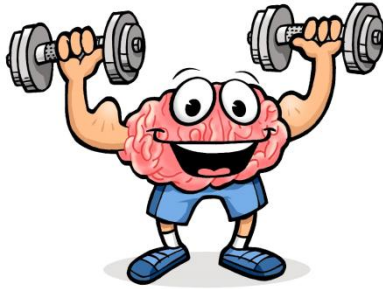
I've been so impressed going to all the Hi-Rises and seeing all the wonderful winter decorating. It's easy to see that many residents have been volunteering to keep the Hi-Rises festive and truly a home for all. I thank you all for making the Hi-Rises a very pleasant place during this Holiday season!

Good news! The National Alliance for Mental Illness (NAMI) will be presenting "Learn How to Quit" one-hour smoking cessation workshops in each Hi-Rise in the upcoming months. These workshops will cover how nicotine is addictive, medications to help quit smoking, and special considerations for people living with mental illness. When you see the flier in your Hi-Rise...mark your calendar and plan to attend!

As I write this, it is gently snowing outside. Keep safe and enjoy this special winter season!

*Julia Hupperts*  
*Hi-Rise Resident Council Coordinator*

## Let's Get Physical



Welcome to the new Insider fitness column. This issue we'll focus on what you need to keep fit in your apartment.

You may be thinking you can't keep in shape since you don't have much money or a lot of space. That couldn't be further from the truth. There are many exercises you can do using bodyweight as resistance. You can also use items you probably have in your home to make exercise equipment.

### **Weights:**

Food cans make good hand weights. You also can use things such as dish detergent and shampoo bottles filled with water. (Gallon milk jugs also work well and can provide a slightly heavier weight when you are ready for that.)

### **Resistance/stretching band:**

A towel twisted into a rope can be used for a variety of stretching and resistance exercises. Bath towel size is good for most people.

### **Exercise mat:**

One or more bath towels folded lengthwise and placed on the floor make a good makeshift exercise mat

As for the type of exercises to do, it's good to focus on calisthenics/gym type exercises. (I realize that not everyone is able to do these types of exercises. Future columns will focus on exercises that can be done sitting in a chair.)

These are exercises like squats, crunches, lunges, push-ups, leg lifts, sit-ups.

Doing this type of exercise along with aerobic exercise such as walking can provide a good full body workout that works all the major muscle groups.

**Remember to always stretch before working out, and only do what you can handle. If you haven't exercised before (or haven't for some time) it is recommended that you talk to your doctor before beginning a fitness program. You want to be sure you can exercise safely. It's also important to consult a doctor if you have physical limitations or a medical condition that might require avoiding some kinds of activities.**

Next issue we'll talk about exercises you can do from a chair.

## Food For Thought

*Stuff you didn't know that you didn't know!*

The percentage of Africa that is wilderness:

28%

The percentage of North America that is wilderness: 38%

The cost of raising a medium-size dog to the age of eleven:

\$ 16,400

The first novel ever written on a typewriter..... Tom Sawyer.

The San Francisco Cable cars are the only mobile National Monuments.