

# COMMUNITY INSIDER

Volume 2 Issue 1

Dec. 2016

## Editor's Welcome

Happy New Year!

White snow on the frozen ground  
A chill wind blows  
The Earth sleeps  
The dawning of a new year  
Possibilities  
Endless in their magnitude  
Stretch before us  
Wipe the slate clean  
Start anew  
Rebirth  
From Winter's bleakness comes Spring's beauty  
Take a chance  
Choose life  
Explore  
Create  
Imagine  
You can make magic  
All you need to do is believe

Carpe Diem!

Melissa Pappas, Editor



## Mark Your Calendar

### Upcoming meetings:

- Computer Team: January 19th, February 16<sup>th</sup>, March 16th at 1:30PM
- Community Building: January 6<sup>th</sup>, February 3rd, March 3rd at 10:00AM
- Executive Board: January 13th, February 16<sup>th</sup>, March 17<sup>th</sup> at 11:00AM
- Presidents Council: January 23<sup>rd</sup>, February 27th, March 27th at 10:00AM

## Iowa Hi-Rise

Compiled by Mindy Johnson



Iowa Hi-Rise is a 14-story stucco building located in the Hillcrest neighborhood near White Bear Avenue. It was built in 1970, and has 148 one-bedroom apartments. The hi-rise boasts a park-like back yard for residents to enjoy year round. There are plenty of activities to keep people busy such as Cribbage Club, Bengo, and Birthday parties. The hi-rise offers many services including CHSP (Congregate Housing Services Program), which helps individuals in need of assistance with meals, laundry, and housekeeping live independently. Other services include the Wilder Mobile Market bus every Saturday, yearly Thanksgiving and Christmas dinners from the Union Gospel Mission, a bible study group, and an Officer In Residence (OIR.) The Maplewood Community Center and Maplewood Mall are only a short bus ride away. The Hillcrest Shopping Center is close by, as well as a public library and Plaza Theatre.

In the summer, Iowa residents can soak up the sun at Lake Phalen, one of the largest lakes in St Paul and a popular destination for swimming, fishing, and picnics. The Dragon Boat Festival celebrating Asian culture is an annual event at the lake many look forward to attending. During the winter months, residents can take up ice skating or skiing, or check out the high speed ice boat races.

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“Curiosity is the one thing invincible in Nature.”

– Freya Stark

## Insider Writing Contest

Writers, where are you? As of this issue we have not received any submissions for the writing contest.

The deadline has been extended to the next issue and we hope to get some entries by then. We know there are creative people out there. This is your chance to shine and get a bit of recognition.

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](mailto:insider@stphapresidentscouncil.org)

*Jose: I'm always grouchy when facing a deadline.*

*Smooth: Maybe that's because you call it a 'deadline'. You might react more positively if you called them a 'liveline', or 'birthline'.*

*Jose: If you're here to kill me, fine. But please refrain from murdering the English language.- Millennium, "Jose Chung's Doomsday Defense"*



*"There is no such thing as an ordinary human."- The 9<sup>th</sup> Doctor, "Doctor Who"*

## In Memoriam....



It is with great sadness that we report the recent passing of Connie Lydon.

Connie worked tirelessly for the Presidents Council, The Peer Team, and the Neill Hi-Rise Residents Council for a number of years. Her willingness to help out and her giving spirit will be sorely missed.

Our thoughts are with her family and friends at this difficult time.

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*"900 years of time and space, and I've never met anyone who wasn't important."- The Doctor, "Doctor Who"*

## Remembering....

**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*

Proofreader: *Ruby Steward, Connie Lydon*

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)

## 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**



Iowa



Wilson

## Creative Corner

### “What is beautiful”

By Kathy Berntsen and her mother

Have you looked at a baby’s hand?

Have you ever watched the waves on the sand?

Have you ever seen a rainbow in the sky?

After a storm has gone by.

Have you ever laid on your back at night

And gazed at the stars in the sky?

And watched the billowing white clouds

As they go racing by.

Have you ever walked through

The woods when the leaves are coming out

And baby animals are everywhere

And wild flowers are beginning to sprout.

It’s Jesus in a manger scene

And a candle with a yellow glow

As you walk through a dark field of snow

And now you know what beauty

And the four seasons mean to me.

*“Don’t give up. Not ever. Not for one single day. Be safe, if you can be. But always be amazing.”- Clara Oswald, “Doctor Who”*

## Recipe Book

This issue we have a lovely meatless recipe that is suitable for serving at a holiday meal.

From the kitchen of Melissa Pappas



### Vegetarian Lasagna

- 1 8oz package of lasagna noodles (regular or wheat)
- 1 jar pasta sauce
- 1 container low fat cottage cheese (12 oz)
- 2 cups of shredded mozzarella cheese
- Garlic, basil, oregano, pepper (season to your taste)
- Optional (spinach, broccoli, carrots, etc.)

Cook the lasagna noodles in boiling water until al dente (10-12 minutes). Drain and set aside.

In a small bowl mix cottage cheese with the garlic and other spices. If you are adding spinach, it should be mixed in now.

Place a tablespoonful of the pasta sauce in the bottom of a 9x12 pan. Spread it with the spoon. Lay three noodles lengthwise in the pan.

Spread with half the cottage cheese mixture, half the mozzarella, and half the sauce. Layer three more noodles and repeat the

cheese and sauce. Place the remaining three noodles on top and cover them with the remaining sauce.

If the lasagna seems dry on top add a can of tomato sauce.

Sprinkle with mozzarella and Parmesan. Cover with aluminum foil. Bake at 350 for 45-60 minutes.

If you want the top to get browned remove the foil for the last 15 minutes or so of baking.

Let cool for 5-10 minutes then serve and enjoy.

*"Don't be lasagne."- The 12th Doctor, "Doctor Who"*



## Holiday Cheer

Here are some hi-rise holiday trees. (This year and last year.)

Seal



Dunedin



# Let's Get Physical



Happy New Year, everybody!

This issue I'll talk about things you can do to keep fit indoors. Make sure to consult your physician or health care practitioner before beginning a new exercise routine.

## Indoor exercise

Walking is a great exercise for those of all fitness levels. Our hi-rise buildings have a number of opportunities for walking indoors.

The first is the stairs. Walking stairs is great for your heart and your leg muscles. You can start by choosing the stairs instead of the elevator for normal trips to and from your apartment. You can then move to planned exercise sessions on the stairs. Walk down a few floors and then walk back up. You can also walk through the hallway before going down the next floor to vary your routine and make the walk more interesting.

If you can't climb stairs or don't feel safe in the stairwells you can walk mainly in the hallways or around the first floor of your building.

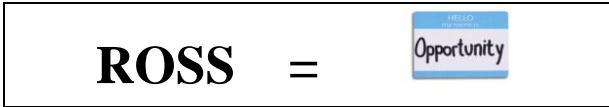
For muscle building you can do a variety of calisthenics in your apartment. Good basic exercises are sit-ups, crunches, push-ups (either on the floor or standing against the wall.), squats, let lifts, donkey kicks, jumping Jacks, jogging in place, arm curls, and shoulder presses. Most of these exercises require just your own bodyweight for resistance.

The main thing is to keep active, even during the cold months. Your body will thank you for it.

## WOI (Workout of the issue)

- **5 push-ups**
- **5 sit-ups**
- **5 squats**
- **Jog in place for 30 seconds**

“Make sure to consult your physician or health care practitioner before beginning a new exercise routine.”



Have you noticed flyers or posters in your building with ROSS splashed across them?

Ed Petsche and Val Wolff are contracted Service Coordinators with the PHA who help residents with a variety of employment and education training needs. Aaron Smothers, the third Service Coordinator focuses on computer literacy.

Residents can contact Ed or Val for referrals or assistance with job search, creating resumes, finding job leads, and building soft skills such as communication building. They also help with interviewing tips and resources for education and employment readiness training. Aaron can help you use the internet if you are new to the digital world and teach you how to use Word if you want to write a letter. Our goal is to help you reach economic self-sufficiency. Whether this is done with partners or one-on-one with specific goals, we are here for you. You can reach us by phone: **Ed Petsche: 651 298-4933, Val Wolff: 651 298-4933 and Aaron Smothers 651: 651-298-4930.**

# Twin Cities Mobile Market

By: Ann Tranvik & Betsy Christensen,  
Statewide Health Improvement Partnership  
(SHIP)

The Twin Cities Mobile Market (TCMM) is a grocery store on wheels that brings affordable, healthy food directly into neighborhoods. The idea for TCMM was developed by program manager Leah Driscoll as part of her graduate study work on food access. In 2014, Twin Cities Mobile Market became a program of the Amherst H. Wilder Foundation to improve community health and well-being.

The TCMM transformed a Metro Transit bus into a grocery store on wheels. TCMM sells fresh meat, dairy, bread, fruits, vegetables, and staples like rice, pasta, soup, cooking oil and more. The TCMM makes 18 weekly stops Tuesday – Saturday in St Paul and Ramsey County with 7 stops at PHA sites. Check out the TCMM website for complete list of foods and schedule. [www.wilder.org/Programs-Services/tcmm/Pages/Mobile-Market-Map.aspx](http://www.wilder.org/Programs-Services/tcmm/Pages/Mobile-Market-Map.aspx)

If you're interested in being added to the waiting list for future PHA stops you can contact Julia Hupperts, PHA Hi Rise Coordinator.

Some answers to common questions:

1. How can I pay for the food? EBT/SNAP, Cash, Credit or Debit. (No checks)
2. Where does the food come from? TCMM +buys fresh produce from the [Hmong American Farmers Association](#) and SunRay Cub Foods.
3. Who can shop on the bus? Everyone. PHA residents, PHA staff, neighbors, friends, relatives – everyone can shop on the bus.
4. How much does food cost? Prices are often below market rates and less than what you see at full-service grocery stores.
5. When are they closed? They will be closed on the major holidays and when weather prohibits them from driving the bus.

**Hamline Hi-Rise resident, Margaret Gilbert** says when she shops on TCMM “The price was

right and I found what I wanted.” She has heard from several Hamline residents that special food requests can be made, just place an order with TCMM staff to receive it the following week. She also knows that people who use a walker or wheelchair can still shop at the bus. TCMM staff will come out, take the order, shop and bring it out to them. She sees a lot of people using the bus at Hamline and they all like it.



## TCMM stops at PHA

- Dunedin Hi Rise (469 Ada St)  
Tuesdays 3:30-4:30PM
- McDonough (1544 Timberlake Rd)  
Tuesdays 5:30-6:30PM
- Hamline (777 N Hamline Ave)  
Thursdays 12-1PM
- Valley (271 E University Ave)  
Thursdays 2-3PM
- Ravoux (280 Ravoux St)  
Fridays 12-1PM
- Mt. Airy Hi-Rise (91 E Arch St)  
Fridays 3:30-4:30PM
- Iowa (1743 Iowa Ave)  
Saturdays 12-1pm



## Arts in The Hi-Rises



By Mindy Johnson

Last fall Icelandic post-rock group Sigur Rós gave Cleveland Hi-Rise residents and their friends the opportunity of a lifetime - complimentary tickets to their September 30<sup>th</sup> concert at the Orpheum Theatre in Minneapolis. The concert was a sonically stripped down performance by Jón "Jónsi" Birgisson, Georg Hólm, and Orri Páll Dýrason. The trio usually is accompanied by a string and orchestra backup band; however, this tour they decided to scale back and perform two sets rather than having an opening band.

While the music was brought to the most basic of elements, the stage show was a full on light matrix illuminated with LED panels and surreal 3D shapes that seemed to transcend all space and time. The light rhythm and the beat of the drummer were often perfectly and hypnotically in sync, which required impeccable timing and skill. It truly was a sight (and sound!) to behold. As one resident put it the concert "was quite an adventure."

To listen to music and watch video by Sigur Rós visit their official YouTube page at <https://www.youtube.com/user/sigurros>



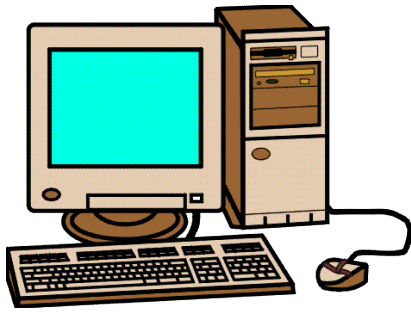
Cleveland Residents Get a Glimpse into Clara's Dreams

Thanks to a generous donation from the St. Paul Ballet, Cleveland Hi-Rise residents were given the opportunity to see Clara's Dream from the Nutcracker at the O'Shaughnessy Auditorium located on the campus of Saint Kate's University.

The ballet was beautifully choreographed by Artistic Director Zoé Emilie Henrot, The Saint Paul Ballet reimagined "The Nutcracker and the Mouse King," with Clara as the main star.

According to their website, "The ballet opens with the familiar 19th-century holiday party where we are introduced to Clara and her uncle Drosselmeyer, a magician who arrives with dancing dolls. After the party Clara falls asleep and the magic begins. Her dream begins with a growing tree under which a battle between mice and toy soldiers takes place. She travels through the Land of Snows to the Kingdom of Sweets to meet waltzing flowers, nursery rhyme characters, dancers from many lands and the iconic Sugar Plum Fairy. It's a "Magical Mystery Tour" of Clara's journey from adolescence to adulthood told with innocence and wonder to one of the most layered and lush musical scores ever written."

The ballet was a wonderful introduction to classical dance for all ages. For those interested in seeing a future performance by the Saint Paul Ballet, Zoé will premiere "Billy" this spring as well as a full-length "Carmen" in the fall of 2017.



## COMCAST & Internet Essentials

Internet Essentials is a new service offered by Comcast to bring affordable high-speed internet to your home

### Features of Internet Essentials:

- High speed internet service for \$9.95 + tax per month
- No contract or credit check
- No installation fee
- In-home Wi-Fi
- The option to purchase a refurbished desktop or laptop for \$149.99 + tax
- FREE in-person and online training classes.

### To Qualify for Internet Essentials:

- You must receive HUD housing assistance.
- You must not have outstanding debt to Comcast that is less than 1- year old.
- You cannot have subscribed to Comcast Internet service within the last 90 days.

You can learn about and apply for this opportunity by calling Tel: 1-855-846-8376 or by visiting [www.internetessentials.com](http://www.internetessentials.com)



## Notes from the Coordinator

So many exciting opportunities for YOU are written about here in this newsletter! Do you like to write? Check out the *Insider* writing contest. There will be a prize!

Do you like to eat? Try the amazing lasagna recipe. Most ingredients will be available right on the grocery bus...otherwise known as the Twin Cities Mobile Market.

Want to be as healthy as you can? After you've consulted with your health care practitioner consider the indoor exercise in this newsletter. There are some good suggestions for staying active indoors in our cold Minnesota winter.

Looking for a job or how to use the computers in your community room? Call the ROSS staff. They are able to meet with you right at your Hi-Rise to help you.

Like plants & gardens? Spring and the new growing season are just around the corner. Your Hi-Rise gardeners are already planning how to beautify your Hi-rise.

Do enjoy the unique beauty of this season!

