

COMMUNITY INSIDER

Volume 1 Issue 15

Winter 2018

Editor's Welcome

Winter is here! You all know what that means: snow, cold, and long, dark nights. It also means good things like getting together with family, bright colored lights, tasty treats, and many celebrations.

Winter is the Earth's time to rest and rejuvenate; to sleep and prepare for the coming spring. I hope you find this time both celebratory and restful and that you've started the new year rejuvenated and hopeful.

This time of year can be especially hard for some people, so please spare a care for your friends and neighbors who might seem a little down or who are going through a hard time. Remember that the light will return and that it does get better.

Carpe diem!
Melissa Pappas, Editor



Mark Your Calendar

Upcoming meetings:

- Computer Team: Feb.15, March 15 at 1:30PM
- Community Bldg: Feb. 2, March 2 at 10:00AM
- Exec. Board: Feb. 16, March 16 at 11:00AM
- Presidents Council: Feb. 26, March 26 at 10:00AM

Hamline Hi-Rise Spotlight

Compiled by Mindy Johnson



Keeping an active mind has been vital to my survival, as has been maintaining a sense of humor.
- Stephen Hawking

Hamline Hi-rise, 777 North Hamline Ave, is PHA's only senior designated hi-rise building, with residents 62 and older. It houses 186 single units and is located a 'short' mile north of 1-94 in St. Paul's Midway area, not far from Bandana Square and Como Park. There are many churches and businesses in the area such as Hamline United Methodist, First Hmong Baptist Church, Target, Cub, Kowalski's and many restaurants nearby.

Hamline is home to many services such as an onsite lunch, and exercise and yoga groups. It offers weekly Bengo and a walking club, as well as the Wilder Assisted Living Program (ALP) and the Hamline Midway Elders Block Nurse Program. The Wilder program helps residents who need supportive services to continue independent living. ALP services include meals, help with cleaning and laundry, health monitoring, personal care and activities. The Block nurse program provides assistance to enable elders to remain in their own homes with independence, dignity and choice. It helps with socialization, shopping and technology assistance (e.g. telephone and computer help.) Hamline Hi-Rise also has amenities such as a coffee bar and onsite voting. Hamline continues to be an active Hi-Rise bustling with activity.

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



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

Numbers to Know

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What It Means to Have the 2018 Super Bowl Here

By Roxanne Sands

Excitement is building for the arrival of the *Super Bowl*, scheduled for Sunday, Feb. 4, at the US Bank Stadium in Minneapolis. The Host Committee has pulled out all the stops to ensure a smooth experience for the expected 1 million visitors to our Twin Cities (yes, that's right, 1 million MORE bodies walking, driving, shopping, and filling hotels and restaurants), hopefully bringing an excess of \$400M to our area. If the weather doesn't cooperate they've got that covered too: 10,000 trained volunteers will direct guests to skyways, buses, and designated light rail for covered transportation.

Rockport Analytics of Philadelphia reports these following assessments:

- An estimated 126,000 non-resident visitors will come to Minnesota for this event.
- About 48% will stay overnight for slightly over 4 nights at area hotels.
- Super Bowl visitors will spend an average of about \$620 per day.

Impact on MSB businesses:

Direct Impact: \$206 million for industries directly providing goods and services to MSP visitors (restaurants, etc)
Indirect and induced impact: \$198 million
Industries providing goods and services to front-line businesses (food distribution, etc)

- Value to MSP Economy: Economic Impact: \$404 million
- Total Expenditures: \$407 million

These are all lofty numbers and, barring any major storm with a power knockout, will benefit our coffers greatly.



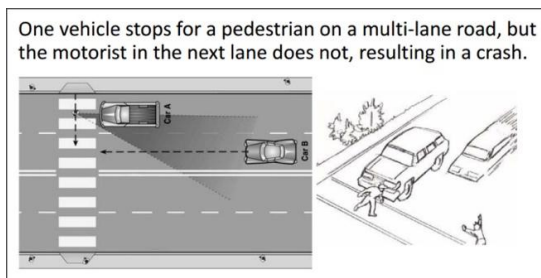
SHIP Notes

By: Betsy Christensen, PHA SHIP Coordinator

We are thrilled to announce two new crosswalks were installed in Oct. 2017 along Marion St., at the intersections of Ravoux St. and at Fuller St.

Ravoux residents, staff and community members had expressed concern about the lack of pedestrian crosswalk infrastructure along Marion St. Everyone wanted crosswalk improvements made so that all who live in the neighborhood could feel safer crossing this busy street.

St Paul Public Works was awarded an AARP Community Challenge Grant to improve two unmarked pedestrian crossings. This project is a result of ongoing efforts of the Ravoux Hi Rise Resident Council, the St. Paul Police Dept., ACOP, PHA, and the Statewide Health Improvement Partnership (SHIP). A celebration with ribbon cutting was held in late Oct. 2017 to celebrate the newly installed crosswalks. AARP Minnesota is also creating a video about the crosswalk project.



Crosswalk Safety Tip for drivers: Be on the lookout for pedestrians. Leave some space between your car and the crosswalk. This helps with better visibility for the pedestrian and other drivers. If a car is stopped in one lane of traffic, slow down and look... there might be a person trying to get across.

Crosswalk Safety Tip for pedestrians: When crossing a multiple lane road, make sure that you are seen by drivers in all lanes of traffic. A marked crosswalk alerts drivers of people trying to cross, but *it is no guarantee they will see you or stop.*

Safety and access are key factors to healthy, livable and thriving communities.

Here is what a Ravoux resident has to say about the event. By Tim Gjerdahl

We all know of one street corner you cross that is, shall we say, a little tricky. One of these corners was Marion at Ravoux.

The President of The Resident Council has long had a vision of making that corner safer. After years of letter writing and a petition, the result was two *Stop for Me Events*. These events raised driver awareness that pedestrians have the right-of-way. As residents walked across the street, with police supervision, drivers that entered the crosswalk were ticketed.

The shocking productivity of these two stings resulted in AARP taking notice. There is now a painted crosswalk with signs. Because of prior commitments, the council president could not be there for the ribbon cutting, and saying "Thank You" to AARP, the volunteers, and the police department. That responsibility fell upon me, the newly elected Vice-President of Ravoux.

Whenever you think, oh I can't make a difference, you are wrong! This was a vision with determination and the help of a lot of volunteers. Everyone makes a difference! One thing I've always stressed, and learned, was what can be done when people step up. When these *Stop for Me* events started to happen, I will admit there was a tiny part of that laughed inside and thought this isn't going to make a difference. I was never more wrong! Today, seeing that crosswalk has inspired me. I never dreamed I would be cutting a ribbon on anything. That is reserved for dignitaries and such, not this old truck driver. I was honored to cut the ribbon on the crosswalk,

There are many lessons in today's event. You do make a difference! I have seen our amount of volunteers increase. We couldn't do what we do without your help! Be proud Ravoux! Today our community made one corner safer for the whole community!

Community Corner: Creating Camaraderie and Combating Winter Blahs through Crafts

By Mindy Johnson, Cleveland Hi Rise

In the winter months, it's easy to want to curl up in a blanket and hibernate until spring, especially on the colder, cloudy days. Yet there are plenty of fun, indoor craft activities that can be done, that don't cost a lot, and are easy to complete. And you don't have to do them alone! Start a craft group by making posters inviting other residents of your building to participate. Set a day and time to meet, and together create a list of projects that you would all be interested in working on. (Stuck? There are plenty of DIY ideas on Pinterest and other websites.) Together share the expense by pooling supplies. If your building has a Community Builder, ask for their assistance in getting the group started. If funds are available, and approved, your Resident Council may be able to help cover the cost of some of the supplies for Community Building purposes.

Does your Hi-Rise already have a craft group going in your building? Share pictures of completed or in progress projects with the *Community Insider* and tips on how to keep such a group sustainable (such as material /supply resources, where to get inspiration beyond the internet, etc.)

Here's a craft idea to brighten your day from Joann.com: a DIY Glitter Lighted Canvas. It would be the perfect group project to work on over a snowy day (or two!) Wet Paint has been having awesome deals on canvases, and Art Scraps (both located in St. Paul) has low cost art materials to help keep your budget to a minimum. Happy Crafting!



DIY Glitter Lighted Canvas

Skill level: Beginner to intermediate

Crafting time: 3-5 hours (can be done in 1 to 2 sessions)

SUPPLIES AND TOOLS NEEDED

- 18"x 24" artist canvas (or smaller such as 11x14)
- Decoupage medium
- Foam brush
- Gold glitter(or glitter color of choice): Ultra-fine to coarse
- 3 packages battery-operated LED moon lights: Warm white
- Batteries (if not included with lights)
- Duct tape
- Craft knife
- Cutting mat
- Protected work surface
- Ruler

DIRECTIONS:

1. Use a foam brush to cover entire canvas with layer of decoupage medium.
2. Working 12" from the canvas, dust canvas with glitter. Apply glitter so the bottom is fully covered in glitter, fading into less glitter at the top to create the ombre effect.
3. Apply additional layers of glitter to achieve a thick consistency at the bottom. Mix types of glitters to create dimension.
4. Apply a thin layer of decoupage medium over the entire canvas to seal the glitter. Tip: Ensure base layer is completely dry before applying the top coat to avoid smearing the glitter.
5. Poke a small hole in the back of the canvas with craft knife. Push the tip of the moon light through the hole and secure in place with duct tape. Repeat, adding holes and lights over the entire canvas. Continue the ombre effect by placing more lights at the bottom of the canvas and less toward the top. Apply layers of duct tape to hold lights securely in place on the canvas.



Seal Hi-Rise

Craft for the birds

Submitted by Mary Ann Harrison

Here is a winter treat for birds and/or gift for bird lovers.

Items needed:

- Norway pine cones
- Fish line
- peanut butter
- wax paper
- bird seed
- bowl to put bird seed in
- rubber scraper or popsicle stick to spread peanut butter

Cut fish line about 10 to 12 inches. At the 6 inch point of line start to wrap around large end of pine cone under the cones scales. After wrapping twice tie in knot. Tie the two ends together making a loop. Spread the pine cone with peanut butter (crunchy provides an added treat). Be sure to get the peanut butter deep into the pine cone.

Roll the pine cone in the bird seed and pat into pine cone with wax paper. Wrap with wax paper and store in refrigerator until ready to use as a gift or wrap in wax paper and store in a cool area.

Have fun!

Krazy Kat Korner

By Tim Gjerdahl

Welcome everyone. This column is the idea of residents who love their pets. We are looking for your funny pet stories to share with others. Not just cat stories, but all pets and their humans that watch them doing something hilarious. So get your pen and paper out and share it with us. (We will respect all wishes of not putting your name and address in, if you choose to remain anonymous.)

Our first story comes from Garfield, who lives at Ravoux and shares an apartment with Tim. Tim writes: I was getting ready for a shower. The first thing I do is let the water run for a moment to warm up. I went to lay out my clothes as the water was running. To my shock, as I was preparing to enter my bathroom and proceed to shower, Garfield had beaten me to it. Yes, to my shock and horror there he was sitting there taking a shower!

I did some research and I found out there are cats who love water. I will never get used to that. I feel that Garfield is NOT normal. I wonder if he was always crazy, or it brushed off from me to him!

Since I don't have a picture of Garfield I thought I'd include one of my Sherlock hanging out in one of his favorite places. I'll share a story about him in a future issue. -editor



Cut the cord.....

By Bill Hughes, *with additional content by Melissa Pappas*

I recently purchased a Blu-Ray player, so that I could watch DVDs at a higher quality of picture and sound, along with future Blu-Ray disk purchases. I was surprised to discover that the device also allowed me to watch YouTube on my TV simply by connecting it to my network. I was also offered the options of watching Hulu, Amazon, Netflix VUDU, Internet, YuppTV, Pandora, Opera and AccuWeather TV services. Right now watching YouTube and DVDs is all I use it for, since I am too cheap to pay for TV online programming. I understand that some Hi-Rises provide cable TV to their community rooms. My Hi-Rise does not and we don't plan to provide it.

There are also options for watching channels like HBO and Showtime (either on their own or as an add-on to a subscription like Hulu), live TV and cable channels (Hulu Live TV, Sling TV), and various sports channels.

I recently checked and a similar Blu-Ray box with Wireless was priced under \$50.00. You do have to supply the appropriate HDMI digital video connection cable to use them. There are other devices available that are less expensive and also provide on-line TV programs with a player option. The Amazon Fire Stick with remote is available for about \$40.00. It plugs into your TV's HDMI video port directly and connects to the internet via wireless. There are other devices available for this, but I didn't look at them.

A Roku stick can be purchased for as little as \$30. The Roku box usually runs around \$70-\$100. Apple TV boxes cost from \$180-\$239. We have a Roku at Seal and have found it relatively easy to use.

You will probably have to pay a monthly fee for the more popular TV programming, but the cost per/month is significantly less than renting a cable box and paying a monthly cable bill. Plus it will run on the cable internet service that the

resident council is now paying for. The downside is that is another device to that you need to maintain, but the prices seem to keep coming down, so replacing broken, lost or stolen devices isn't too painful.



Getting accounts for things like Netflix or Sling TV must be discussed at a Resident Council meeting. Some services, such as Netflix, can be paid for with top-up cards that can be purchased in stores like Wal-Mart. Once debit cards are available, your resident council can look into getting an Amazon Prime account for the community room television.

What do you need to do?

- Well first off you need to know what connections are available on the TV: For example my Blu-Ray player connects to the HDMI port on my TV. My VCR/DVD combination player connects with the old fashioned Audio Video ports. So I have the option of watching VHS tapes without swapping connections. Most of these devices require a HDMI connection to the TV, which is common to most Flat Screen TV's
- You need to review the services available to look for the programming content your council wants. This will probably need to be done in a committee, with your Treasurer monitoring cost. The goal is to pay less than you do for Cable TV.
- You will have to connect the TV to an antenna to get local programs over the air.

Cut the cord...continued...

- You will have to come up with rules of use for the device and services.

- You have to decide on the security for the device(s). This will probably be the same as now.

Options in use at some hi-rises now include keeping the device (such as a streaming stick) in the office and having people check it out, super gluing the box to a cabinet, and putting it in some kind of locked, wall mounted enclosure.

My suggestion is to go with the Blu-Ray player route. You can also use the box to show pictures and videos that are saved on a PC or USB thumb drive, along with adding a Blu-Ray disk viewing capability to your system. This is what I recommend to my Residents Council for better movie nights.

I recommend the streaming stick or box option, either alone or along with a Blu-ray player. There are many more channels available, including some that appeal to people from different countries (like African and Asian programming.) Streaming boxes also have options for music and games if those are of interest to your hi-rise.

Bill Hughes / Melissa Pappas

Notes from your Coordinator...



Stories, written by residents, were published, as part of a contest, in the Fall 2017 *COMMUNITY INSIDER* newsletter. Both of these clever stories are now posted on the Presidents Council web page following the INSIDER link. Enjoy! And then vote for your favorite story. Vote by sending an email to:

insider@stphapresidentscouncil.org or to julia.hupperts@stpha.org



RECYCLING UPDATES:

There is high contamination of non-recyclable products both in the recycling carts (outside) and the recycling stations (indoors). Eureka Recycling, may have stopped collecting the recycling carts that have too much, non-recyclable products. The common contaminants found are plastic grocery bags, napkins, and containers or bottles with food or liquids still present.

The PHA has reusable recycling bags to help residents carry the recyclables and information on products that can be recycled. Please connect with your Recycling Coordinator or on-site Management for the resources. Reducing trash and recycling creates cleaner and healthier environments for you, the community, and the planet. Additionally, Eureka Recycling provides data on the pounds of recyclables collected, and the PHA utilizes that data to allocate funds to each of the Hi-Rise Resident Councils.

Did you know?

- **Mix your recyclables** (glass, paper, plastic, etc.) ALL IN! The City of St. Paul has single-sort recycling.
- **Cardboard boxes should always be flattened** and placed on the side of the recycling carts or recycling stations.
- **Plastic bags can be brought to grocery stores, Target, and Wal-Mart to be recycled.**
- **Always empty and rinse food or liquids from containers and bottles.**

You may share recommendations on the recycling program by contacting Yen Tran, Green Initiatives Technician at Yen.tran@stpha.org