

COMMUNITY INSIDER

Volume 1 Issue 17

Spring 2019

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



Upcoming meetings:

Computer Team: March 21st, April 18th at 1:30PM

Community Sharing Circle: March 1st, April 5th at 10:00AM

Executive Board: March 15th, April 12th at 11:00AM

Presidents Council: March 25th, April 22nd at 10:00AM

Hi-Rise Happenings

Submitted by John Cardoza



Pictured left to right: Council-member Chris Tolbert, Charlene, a resident of 20+ years, John Cardoza, President Cleveland Resident Council and Executive Director of PHA Jon Gutzmann.

The plaque under photo reads:

‘10th Anniversary Partnership Ford Motor Company / Cleveland High Rise 1989-1999.’

The Cleveland Resident Council hosted a Town Hall with Councilman Tolbert and the PHA Executive Director Jon Gutzmann on October 16th, 2018, to share their concerns and feedback about losing the Ford Baseball Fields that are directly next to the hi-rise, and to build a street next to the hi-rise. Also to share the development plans of the Ford plant, which is right behind the hi-rise with the possibility of losing the green space, walkway/path and mature trees. Nearly 40 residents and one non-resident were in attendance. The Resident Council plans a follow up Town Hall in the spring and will invite Ryan Company, the developer of the Ford Site.

Hi-Rise Spotlight

Compiled by Mindy Johnson

This month: Montreal Hi-Rise



Montreal hi-rise is the southernmost hi-rise in St. Paul. Built in 1969, it is located by Lexington Avenue and West 7th Street, and has 185 apartments. Residents enjoy a nice outdoor patio and community garden. The hi-rise is located only minutes from Hidden Falls Park, Crosby Farm Regional Park, and Cherokee Regional Park.

Montreal has a community room for residents to enjoy holiday parties or private events. The community room has plenty of vending machines for drink and snack options. Residents can take advantage of the CHSP (Congregate Housing Services Program) that provides residents with meals and light housekeeping for a fee based on income. The hi-rise also hosts monthly church services to meet the spiritual needs of residents.

Throughout the year residents can enjoy many family owned restaurants such as Mancini's and Cossetta's as well as other locally owned shops such as Sophie Joe's Emporium and the ever popular Maharaja's.

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

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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

Article submissions can be sent to insider@stphapresidentscouncil.org

Recipe Box

By Tim Gjerdahl

There are many ways to do ribs, but most of them require a grill or smoker. I found this on the internet and really love it and want to share it with you!

In a crock pot put a rack of ribs in around the pot like a fence and add a cup of beer, or a cup of broth if you prefer.

Then add one onion cut in quarters and 1 clove of garlic, I personally prefer 2, but that's just my preference.

On low let them sit for 8 hours, they will be really tender. After 8 hours, put them onto a baking or cookie sheet.

Baste or coat them with your preferred BBQ sauce and put them in your oven, on the broil setting for 10 minutes, just long enough to let the sauce caramelize on your ribs. Serve and enjoy!

Numbers to Know

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Police Non-Emergency: 291-1111

Funny Pet Stories

"In ancient times cats were worshipped as gods; they have not forgotten this."- Terry Pratchett

Here is Garfield.



Our story today comes from Garfield, again. As some of you may know, I belong to the Presidents Council. One thing we do is everyone takes turns chairing the meeting, well I was chosen to chair my very first meeting. Well I will admit, I had some butterflies. Anyways I got to the meeting early on my scooter and took out my notebook and was reaching in my basket for a pen to write with, and low and behold I pulled out Garfield's favorite toy! He had thrown his favorite toy into my scooters basket! I just broke up laughing and thanks to Garfield, all my butterflies were gone. Living with this guy is always an experience, as I wonder what he will do next!

I know there are more pet stories out there, please don't be afraid to submit your stories. I would love to hear them, and know Garfield is not the only crazy pet out there!

By Tim Gjerdahl



Notes from your Coordinator...

What if.... you became a Resident Council Officer....

Do you want to improve the quality of life at your hi-rise? Do you want to help residents have a positive living environment? Become a resident council officer and you can do this!

An Election Judge will be at your resident council meetings in April, May, & June to share how you can become a resident council officer. Your council activities cannot happen unless residents volunteer. Be that person!

Craft Corner

By Mindy Johnson

Bengala Soil Dyeing with Chiaki O'Brien

On Sunday, May 6 Cleveland hi-rise residents were able to experiment with Bengala soil dyeing using garments, pillowcases, and scarves.

Bengala is a natural Japanese dye made from soil that is environmentally safe. Although the dye is natural it is not suitable for those with latex allergies. Residents learned the history and cultural significance of this unique dye form. The process begins with a pre-fix of the material, followed by twisting, tying, or folding the fabric and kneading the material and kneading it into the dye. The process is easy, relatively mess free, and produces very beautiful results.

The class was taught by Chaska based weaving and Bengala Dyeing artist and Taiko drummer Chiaki O'Brien of Saori Studio

Fun. Chiaki is originally from Japan and has lived in Minnesota for 11 years. In addition to Bengal Dyeing classes Chiaki also teaches on site weaving classes for beginners.

Any hi-rise that is interested in learning more about Bengala soil dyeing or weaving class information may contact Chiaki at chiakiobrien@gmail.com or visit her website at saoristudiofun.com



Here are some pictures from the event.



SHIP Notes, by Ann Tranvik, Saint Paul-Ramsey County Public Health

New Coverage by Medicare for Prediabetes Programs

For the first time, Medicare beneficiaries will be covered when enrolling in the Diabetes Prevention Program (DPP), a program proven to reduce the risk of developing type 2 diabetes. Medicaid and some private insurance also cover this program.

- Prediabetes also called “borderline diabetes” is when your blood sugar is higher than normal but not high enough to be considered diabetes. This also is the time when you can make healthy changes that reduce your risk of developing diabetes. The DPP shows positive results: according to research participants over age 60 could reduce their risk of developing type 2 diabetes by 71 percent!

Diabetes Prevention Programs available in St. Paul:

- The YMCA offers the diabetes prevention program at three sites in St. Paul www.ymca.net/diabetes-prevention or call 612-371-8715.
- Metropolitan Area Agency on Aging (MAAA) offers DPP classes which are listed by zip code contact: <http://metroaging.org/contact/> or call 1-855-215-2174.



Roger Hintze teaching the Garden Mentors class in 2018

Tips for Helping Someone Trying to Quit Smoking

Quitting smoking is hard work. But it’s the job of the person quitting to do that work, not you. As their ally, it is your job to be understanding, supportive and caring. At the Seal Hi-Rise Freedom from Smoking support group several of the people attending the classes are coming just to learn about how to be a support for friends in the building trying to quit.

Here are some tips from the American Lung Association’s Ally Guide:

- Just ask the person quitting how you can help.
- Tell your friend or family member that you are proud of them for trying. Tell them you will support them no matter how long it takes.
- Don’t try to nag or give advice to the person trying to quit.
- If you’re a current smoker, don’t offer them a cigarette, even if you’re joking. Ask your friend or family member what to do if they ask you for cigarette.
- Many people trying to quit may slip or relapse. Be positive about slips (person has 1-2 cigarettes while trying to quit). A relapse (when a person starts to smoke again) usually teaches a person how to do things differently the next time they try.
- The first two weeks after quitting can be the hardest. Give them lots of praise. Your support will be needed and appreciated for the next weeks and months to come.

Free smoking cessation help is available:

LUNG Helpline and Tobacco Quitline www.lung.org 1-800-586-4827

QUITPLAN www.quitplan.com
1-888-354-7526

Roger Hintze Receives Award for the PHA Garden Mentor Program

Roger Hintze has been a Ramsey County Master Gardener for 20 years. He was recently recognized by the 200+ Master Gardeners for his work supporting the PHA Garden Mentor Program. Roger grew up on a farm in MN and growing plants has always been his passion. He graduated from the U of MN with a BS and MS degree in horticulture. After graduation he served for two years in South East Asia as a horticulture volunteer. He retired after working for 42 years for a horticultural sales firm.

Roger began volunteering with the Master Gardeners in 1999. As a member of the Master Gardeners' diversity and inclusion committee, he's supported the PHA's community garden program since it was started in 2012 with funding from the Statewide Health Improvement Partnership (SHIP). In 2017, he helped start an innovative PHA Garden Mentor Program modeled after the Master Gardener program to develop garden knowledge and leadership capacity in underserved communities. When asked Roger why he supports the PHA Garden Program he said "I love being part of the PHA Garden Mentor Program and meeting a diverse group of people with a rich history of gardening experiences. I find it tremendously rewarding."



**Roger Hintze, Jamie Aussendorf, Lesley Perg
Ramsey County Master Gardeners**

Resident Writings...



Life with Coffee, By Sharon Baker

Most of my life, I drank coffee every day. In fact, I was an outright coffee abuser in college. It turns out that it's best to balance coffee intake with some kind of food!

Enter baked goods! Any and all of them are wanted and appreciated! We are lucky to have two great bakeries in our neighborhood, Brake Bread (1174 7th St W, St Paul, MN 55102) and Mojo Monkey Donuts (1169 7th St W, St Paul, MN 55102). I work with both of these places for Coffee Saturday in our community room at Montreal. With the generous support from these two local businesses and our Resident's Council, we have coffee, hot cocoa, breads and English muffins available for toasting, donuts and other treats available every Saturday from 9:00-10:30. We have a group of 15-30 regulars who stop by to chat with their neighbors, or who simply grab a treat and go.

My own relationship with coffee has changed due to an illness this summer. Currently, it's mostly tea, with coffee as a once-in-a-while treat. Initially I struggled with this, but eventually came to the realization that the coffee ritual is about self-care, and the creation of community. So, while I still meet friends for "coffee," (and I'm a bit of a coffee snob) I mostly enjoy taking the time to connect with people.

Hi-Rise Happenings....

Submitted by Melissa Pappas

On November 30th the St. Anthony Park Community Council held their big annual meeting at Seal Hi-Rise. This was a good opportunity for residents to find out what the Community Council is working on and to meet and hear from Ward 4 City Councilwoman Mitra Jalali Nelson.

The following day, the Community Council, in partnership with Lydia Place held a winter community meal at Seal. Food was provided by the Hampton-Park Co-op and Afro Deli.



This space is reserved for your Hi-Rise! Submit a poem, a story, a recipe, a photo, etc. for the next issue of the COMMUNITY INSIDER!