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STAR Resident Newsletter is provided by the South Dakota Housing Development Authority for your interest and enjoyment. If you need any assistance with services, referrals or have special questions, please contact your STAR Coordinator. Suggestions for future articles or news items can be directed to Lee, Jill, Lindsay, Vona or Tracy.

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RECIPES

Thrifty Meatballs - Thelma Sandgren, Homestead Heights

- | | |
|------------------------|-------------------------------|
| 1 lb hamburger | 1 pkg seasoned stuffing mix |
| 1 cup milk | 1 can cream of mushroom soup |
| 1 tablespoon ketchup | 2 tablespoons Worcester sauce |
| chopped onion to taste | salt to taste |

Put dressing mixture in a large bowl and add milk, onions and salt. Stir and let soak until dressing is moist. Add hamburger. Mix well and make into meat balls or meat loaf. Mix soup, Worcester sauce and ketchup. Heat mixture on the stove. Pour over meat balls. Preheat oven to 350°. If using a casserole dish, bake for 1½ hours. If using a large flat pan bake for 1 hour.

Savory Stuffing Balls - Georgia Sandgren, Homestead Heights

- | | |
|----------------------------|-----------------------------|
| 1 lb pork sausage | 1 pkg seasoned stuffing mix |
| ¾ cup hot water | ½ cup onions |
| ½ cup celery, chopped fine | 1 egg, beaten |
| ½ teaspoon baking powder | |

Combine stuffing mix and hot water and let soak until mix is moistened. Break sausage into small pieces and add to stuffing mix. Stir in onion, celery, egg and baking powder. Shape into balls and put into baking pan. Cover tightly with foil. Bake 325° for 30 minutes. Remove foil and bake 20 minutes longer. Makes about 20 balls.

All Purpose Salt Free Blend - Fairview Health

- | | |
|--|--------------------------|
| 2 teaspoons garlic powder | 1 teaspoon thyme |
| 1 teaspoon onion powder | 1 teaspoon paprika |
| ½ teaspoon celery seed | 1 teaspoon white pepper |
| 1 teaspoon dry mustard | 1 teaspoon ground pepper |
| 1 teaspoon dried lemon peel (optional) | |

Blend well and store in a glass shaker. Add a few grains of uncooked rice at the bottom of the shaker. This will help the mixture flow when you use it.

Potatoes and Vegetables Salt Free Blend - Fairview Health

- | | |
|-----------------------------------|---------------------|
| 1 teaspoon dry mustard or oregano | ½ teaspoon thyme |
| ½ teaspoon sage | ¼ teaspoon marjoram |

Blend well. Sprinkle over hot potatoes or vegetables right before eating.

Invitation to all STAR Newsletter Readers:

My recipe file is empty! Please look through your recipe boxes, magazines and drawers for some tried-and-true or new recipes for us to try. Your STAR Coordinator can make copies for you. Thank You!

Tracy Laqua, Editor

SUMMER
2016



STAR

A QUARTERLY
PUBLICATION COURTESY
OF THE SOUTH DAKOTA
HOUSING DEVELOPMENT
AUTHORITY

Resident Newsletter

The Role of the *Durable Power of Attorney*



A Durable Power of Attorney (POA) is a document that allows a person to appoint an agent, such as a trusted friend or relative, to handle specific health, legal and financial responsibilities on their behalf. There are two specific types of POAs. One POA is for healthcare concerns and the other is prepared for financial matters.

If a person becomes incapacitated or incompetent and does not have this document in place, family members may not be able to make important financial decisions, pay bills or make important healthcare decisions on behalf of the individual. A family member who wishes to become a guardian for their loved one after he or she is unable to make decisions for themselves will have to petition the court system for the right to represent their family member in these matters. This can be a lengthy process during a time when critical decisions need to be made in a timely manner.

Occasionally a person will wait to complete a POA form until he or she is already experiencing significant medical issues. This can be problematic because some medical conditions impair a person's judgment which may ultimately deem them "not of sound mind" and unable to make big decisions such as who should be their POA. Having this important document in place long before medical issues arise is a way to ensure that a person will have his or her wishes followed in the event that he or she becomes incapacitated and can no longer express his or her wishes.

A Durable Power of Attorney (POA) is a document

A POA can be written so that the transfer of responsibility occurs immediately or can go into effect only when a person becomes incapacitated and is no longer able to make decisions for themselves. A POA can also be very specific about what duties and rights that the representative has, such as the ability to pay bills, sell assets and deal with creditors.

Many people do not have a POA in place and hesitate at the idea of getting a POA. People may be fearful that their wishes will not be followed in their most vulnerable moments if they turn over control to a POA. Other people feel that having a POA signals losing their independence. It is important to carefully consider who in your life will be the best choice as your POA. Communicate your wishes clearly to your POA and make sure that he or she truly understands what you would like done in various situations. Ensure that your POA fully understands the scope of responsibility that is involved with being designated as your POA. If someone is reluctant or nervous about the task, he or she may not be totally comfortable representing you in times of crisis and you may want to consider another person who will embrace the responsibility and understand your wishes. Remember that if you designate a POA and later have reservations about whether or not the person is truly a good fit in this role, you always have the right to revise or revoke the document at any time as long as you are deemed competent. If you decide not to make any changes to the POA form, the document will stay in force until your death. To learn more about how you can file the paperwork to designate a Power or Attorney, speak with a lawyer who has estate planning experience.

Source: www.agingcare.com



Medicare Information

Obesity Counseling Benefit

In 2011, the government offered hope to millions of overweight senior citizens when it announced that Medicare would offer free weight loss counseling to beneficiaries. The service was meant to be utilized as a safe, practical way to encourage seniors to lose extra pounds. According to a national study, currently 30 percent of American seniors are considered obese, yet to date, only one percent of Medicare's 50 million beneficiaries have taken advantage of the obesity counseling benefit.

Obesity is one of the leading causes of preventable death in the United States. Obesity, which is defined as being 35 pounds or more overweight or having a body mass index over 30, increases the risk of many diseases such as diabetes, heart disease and cancer. Though the negative health effects of obesity are well documented, not all seniors are aware of how to safely lose those extra pounds. Fortunately, Medicare provides the opportunity for seniors to have a discussion about weight loss with their primary care physician.

Medicare beneficiaries are eligible for one 15 minute face-to-face counseling visit with their primary care physician every week for one month, then once every other week for an additional five months. Patients who lose 6.6 pounds during the first six months are then eligible for once-a-month visits for an additional six months. The important thing to remember is the appointment needs to be set up as a 15 minute weight loss counseling visit. If a patient sees the doctor for something else during the visit, the visit will not be coded as a free weight loss counseling visit.

According to Medicare's research, weight loss counseling along with dietary changes and exercise, can produce an average weight loss of seven to eight pounds over one to three years. Losing even a few pounds and keeping them off over a period of time improves blood sugar levels, reduces new diabetes cases and increases a patient's mobility.

The obesity counseling benefit is not highly publicized by Medicare; however, information about the benefit can be found in the *Medicare and You* booklet that is mailed to beneficiaries each year. If you would like more information on how to use this free service, please speak with your STAR Coordinator or your primary care physician.

Source: Senior Journal

Enjoy a Cup of Joe

According to recently published studies, drinking an additional cup or two of coffee a day may be doing more than just giving you an extra boost of energy. Three large scale studies that followed over 208,000 people for 30 years revealed some interesting data.

Participants in the study who drank no more than four cups of coffee a day had much lower rates of death from cardiovascular disease, neurological diseases and type 2 diabetes. It was previously thought that only the caffeine in coffee had health benefits, but the research proved that it doesn't matter whether the coffee is regular or decaf because the benefits come from naturally occurring chemical compounds in the coffee bean that reduce insulin resistance and systematic inflammation. Coffee has also been proven to help ward off liver and prostate cancer as well as improving blood flow in small blood vessels in the body.

Physicians recommend to not overdo your coffee drinking because too much caffeine can have adverse effects, but if you are thinking about having that extra cup of coffee today, don't feel guilty about it!

Source: Senior Journal



Please Pass the Spices

Due to the high levels of sodium found in our food today, doctors often ask their patients to reduce their sodium intake and watch what they eat. Many people rely on salt to flavor their foods and might not realize that there are other ways to flavor foods without reaching for the salt.

For instance, you can add lemon or lime juice to meat, fish, vegetables or salads to bring out the food's flavor. Try mixing regular or flavored vinegar with a little oil to add to salads. Butter-like sprays, which are often much lower in calories and fat than real butter, taste great on vegetables. Several salt-free blends, such as Mrs. Dash, are available at grocery stores. You can even experiment with mixing seasonings together to make your own spice blends.

Salt substitutes have become a popular way for people to still enjoy the flavoring of salt without all the sodium content. Salt substitutes have no sodium. They use potassium because it does not affect your blood pressure or fluid balance. You should consult your doctor before making the switch to salt substitutes because getting too much potassium can cause irregular heartbeats. Also, it is important to not use salt substitutes if you have kidney failure, if you take potassium-sparing water pills or if you already have high levels of potassium in your blood. Below are a few foods and seasoning combinations for you to try. *Bon Appétit!*

Source: Fairview Health

| Food | Seasonings |
|-----------------------|--|
| Beef | bay leaf, celery seed, curry powder, garlic, green pepper, marjoram, mushrooms, onion, oregano |
| Chicken | basil, curry powder, garlic, ginger, lemon juice, paprika, pepper, pineapple, sage, thyme |
| Pork | apple sauce, curry powder, garlic, onion, oregano, pepper, rosemary, sage, thyme |
| Eggs | basil, cayenne hot sauce, chives, cumin, dill, mustard seed, pepper, sweet peppers, onions |
| Cottage Cheese | chives, marjoram, paprika, pepper |
| Corn | cumin, curry powder, green pepper, onion, paprika, parsley, pepper, pimento, tomato |
| Potatoes | chives, dill, garlic, green pepper, mace, mustard, onion, paprika, parsley, pepper, sage |
| Tomatoes | basil, bay leaf, cilantro, dill, marjoram, mint, onion, oregano, paprika, parsley, pepper |

A L I S A B F P A P R I K A Y
W B S S Q A H S Y R K U O P R
T V M E E X M J B B D M N O A
G I G L A B W A L N K P G O M
C A Y E N N E P E P P E R N E
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Z Z Y N I A M L A Y C J X N R
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G E S G R N K I E Y E L N R T
D E C I P S L L A Y O R A G E

Spices in Your Cupboard

- Allspice
- Basil
- Bay Leaf
- Cayenne Pepper
- Celery Seed
- Cinnamon
- Cloves
- Cumin
- Garlic Powder
- Nutmeg
- Onion Powder
- Paprika
- Parsley
- Rosemary
- Sage
- Thyme

Created by Discovery Puzzle Maker

Shopping for Food That's Good for You

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel. The food we put into our bodies is our fuel. It provides us with nutrients - the vitamins, minerals and other compounds our bodies need to function and thrive. Eating a well-planned, balanced mix of foods every day is easier than you might think. It just takes a little planning.

A successful trip to the grocery store starts with a shopping list. Throughout the week, try to keep a list of food and supplies you need. Keeping to a list helps you follow a budget because you will be less likely to buy on impulse. When making your shopping list, check your staples. Staples are nice to have around if you are unable to get to the store for a period of time. Staples include items like:



- cereal
- flour
- sugar
- cans of low-sodium soup, fruit and tuna fish
- bags of frozen vegetables or fruit
- frozen or bottled 100% juice
- powdered, dry milk or ultra-pasteurized milk in a shelf carton
- pasta
- low-sodium spaghetti sauce in a jar

If you have a choice of where to get your groceries, pick a store that is clean and well supplied. If it is also busy, the stock is probably more likely to turn over quickly and items won't be near their sell-by or use-by date. But don't depend on that - always check the dates.

A trip to the grocery store can be a chore for anyone, but as you get older, you might have some new reasons for not going. For example, getting around a big food store might be difficult. What can you do?

- Some stores have motorized carts you can use.
- Ask if there is an employee who can help you reach things or push your cart.
- If your store has a pharmacy department, you might find a seat there if you get tired.
- Plan to shop at a time of day when you are rested.
- If it's a busy grocery store, try to pick a time when it might not be so crowded; that way you won't have to stand in a long check-out line.

Shopping for healthy foods, especially fresh fruits and vegetables, might be hard where you live. People who live in rural areas or some city neighborhoods often have trouble finding larger supermarkets. Instead, they have to shop at convenience stores and small neighborhood markets. Sometimes smaller stores have limited selections of fresh foods. You might try talking to the managers or owners. Let them know that you and others are interested in buying more fresh fruits and vegetables, whole-grain products and low-fat milk products.

Locally grown fruits and vegetables are starting to be harvested. If you don't have a garden where you live, you may be able to locate a farmer's market or vegetable stand nearby. The number of farmers' markets continues to rise, along with their collective impact on communities. More than just a shopping trip, markets offer a place to connect with neighbors, meet local farmers, support local small businesses and provide nutritious food to neighborhoods.

Sources: National Institute on Aging & NIH News in Health



Stand Up and Move

Too Much Sitting can be Hazardous to Your Health

The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that nudge them into moving without thinking about it. They live in places where they can walk to the store, to their friend's house or places of worship. Their houses have stairs. They tend gardens.

You probably spend more time sitting than you realize. Consider how much time you spend at a desk, in front of a computer or TV screen, reading or crafting. In fact, more than one half of an average person's day is spent in a seated position. When you sit, you expend fewer calories than you would while standing and you demand little effort from your muscles. When your body is still for too long you stop using blood sugar efficiently. You lose muscle, mobility and flexibility. Over the long term you may gain weight or develop depression. Sitting too much can also lead to other behaviors that contribute to obesity and heart disease. Many times when you are sitting you are often watching TV and snacking.

Even if your job or your lifestyle doesn't keep you on your feet, most of us can find ways to stand more. For example, try standing when you are waiting for the bus or for an appointment, folding clothes, sorting the mail, watching TV, preparing a meal or talking on the phone.

Put some extra steps in your routine and make things a little inconvenient. Take that extra trip to the bedroom to put away a sweater instead of laying in on a chair to put away later. Park far from the entrance when you visit a store. Consider volunteering at a shelter and walk dogs, do your own housework and get rid of some of the timesaving electronics and power equipment that have simplified your life. The key is to move more, more often. Soon those small extra movements will become a new set of healthy habits.

Sources: Avera.org, Harvard Healthbeat & Wellmark.com

Routine Tasks that Burn Calories

Doctors often encourage their patients to move more throughout the day in order to burn calories. Some people set the goal of walking 10,000 steps a day while others engage in regular exercise. What many people do not realize is that there are many simple things that you can do in order to burn calories throughout the day. Here is a list of some of the activities and the calories they burn:

- Brushing your teeth for two minutes can burn 5 calories.
- Vacuuming for 12 minutes can burn up to 54 calories.
- Sweeping your floors for ten minutes can burn 28 calories.
- Mopping for 12 minutes can burn 50 calories.
- Twelve minutes of gardening can burn 54 calories.
- Dusting the knick knacks and surfaces in your home can burn 80 calories.
- Folding laundry for 30 minutes can burn 72 calories.
- Twenty-five minutes of chopping and stirring ingredients for your meal can burn 57 calories.
- If you are able to, take the stairs. Five minutes of walking up the stairs can burn 54 calories.
- Take a slow walk after dinner. A leisurely 12 minute stroll after dinner can burn 55 calories.
- Twenty minutes of leisurely browsing the aisles of your favorite store can burn 50 calories, while an hour of pushing a grocery cart up and down the aisles can burn 243 calories.

Sources: huffingtonpost.com & health.howstuffworks.com

Spotlight :: Men's Health

A study conducted by the Center's for Disease Control (CDC) concluded that a large majority of men admit they hold off on visiting their doctor until they are really ill because they believe they are healthy for the most part and are uncomfortable with the thought of receiving bad news. Men often neglect their health care needs, while instead they should be paying more attention to their health because men are more likely to smoke and drink, make unhealthy or risky choices and put off regular checkups or medical care. As a result, men's health issues such as prostate cancer, colon cancer and low testosterone go undetected.



Prevention and early diagnosis increase the chances of successfully treating or managing a medical condition. Screening tests can find diseases early, so it's important to get screened. Men can be at risk for a variety of conditions such as high blood pressure, heart disease, diabetes or high cholesterol.

Part of prevention is making time to visit your doctor at least once a year for a physical exam. Men who have rarely been to a doctor might not know what to expect when they arrive. A physical includes your doctor checking your vital signs, asking about your health history and examining your mouth, nose and ears to check for any issues. Your doctor will also listen to your heart and lungs and will press on your abdomen to check for any tenderness. Many

doctors may also check your prostate gland. In addition to the physical, a doctor may want to order a blood count, lipid panel and/or a urinalysis to check how your body systems are functioning.

Depending on your age, there may be specific tests that you should have completed to ensure that your doctor is able to monitor your health. Starting at age 20, men should have annual testicular and hernia exams. At age 35, your doctor may begin to check your thyroid health. At age 40, your doctor may do an annual lipid panel to ensure your blood sugars and cholesterol levels are in the proper range. At age 50, you should have your first colonoscopy. You will also have an annual blood test to screen for prostate cancer markers in your blood. At age 65-75, your doctor may request testing to check for an abdominal aortic aneurysm.

Depending on the results of your blood tests and physical, your doctor may make suggestions as to how you can improve your health by developing healthy habits. Regular physical activity and a healthy diet can lower your blood pressure, blood sugar, cholesterol and weight. By keeping these numbers down you can lower your risk of serious health problems like type 2 diabetes and heart disease. You can also improve your health by getting regular medical care. Even if you feel fine, it is important to see your doctor because some diseases don't have symptoms right away.

One of the more frequently diagnosed men's health issue is prostate cancer, which according to the CDC, is the most common non-skin cancer among American men. Most prostate cancers grow slowly and don't cause any health problems in men who have them, but should be regularly monitored.

If you have further questions about getting a physical or want to discuss any specific health concerns, please contact your primary care provider for more information.

Sources: WebMD, SymptomFind, CDC.gov & Healthfinder.gov

Welcome to Medicare :: Preventative Visit

For individuals who are turning 65 years old or who are considered disabled by Social Security and are just joining Medicare for the first time, Medicare would like you to know that one of the most important things you need to do at this time is to schedule a visit with your primary care doctor.

Because it is important to establish a baseline reading of your health, Medicare offers what is commonly called a "Welcome to Medicare" preventative visit. The purpose of this visit is to gain information about your height, weight, blood pressure and calculate your body mass index and to review any screenings, shots or preventative services that you may need. This visit also provides an opportunity to have your doctor refer you for other tests or services they deem necessary.

The "Welcome to Medicare" visit is a service that is available to beneficiaries once during their first twelve months of having Part B coverage. It is important to remember when you make the appointment with your doctor to state that

you wish to schedule a "Welcome to Medicare" visit so the doctor's office staff will code the visit correctly. Beneficiaries are not billed for the "Welcome to Medicare" appointment.

Once you have received Medicare benefits for over a year, you are eligible to have a yearly wellness visit with your primary care doctor. The purpose of the wellness visit is to update or develop a personalized prevention plan that involves reviewing your medical history, developing a list of current providers and prescriptions, taking your height, weight, blood pressure reading and reviewing any risk factors for illnesses.

Your doctor will also help you develop a screening schedule, which will help you understand when it is time to get vaccinations and schedule preventative testing.

The yearly wellness visits are free to you once every twelve months, but it is important to inform your physician that you are using the yearly wellness visit so it can get coded correctly and you won't be billed for the visit.

Source: www.medicare.gov



First West Nile Virus Case in Minnehaha County

The Department of Health reminded South Dakotans to get in the habit of using mosquito repellent as it announced the state's first human West Nile virus (WNV) case of the year in Minnehaha County in June. "Most people who contract West Nile virus, about 70-80 percent, don't get sick but those who do can be severely ill," said Dr. Lon Kightlinger, state epidemiologist. "While typical symptoms include fever, headache, body aches and rash, in severe cases WNV can invade the brain and spinal cord leading to stiff neck, confusion, paralysis, coma and even death."

Kightlinger said South Dakota has a disproportionately high number of WNV cases and he encourages residents to reduce their risk with the following precautions:

- Apply mosquito repellents (DEET, picaridin, oil of lemon eucalyptus or IR3535) to clothes and exposed skin. Limit exposure by wearing pants and long sleeves in the evening.
- Limit time outdoors from dusk to midnight when Culex mosquitoes, the primary carrier of WNV in South Dakota, are most active.
- Get rid of standing water that gives mosquitoes a place to breed. Regularly change water in bird baths, outside pet dishes and drain water from flower pots and garden containers.

These precautions are especially important for people at high risk for WNV – those over 50, pregnant women, transplant patients, individuals with diabetes or high blood pressure and those with a history of alcohol abuse. People with severe or unusual headaches should see their physicians.

Source: SD Department of Health