

# STAR

Resident Newsletter :: Spring 2012

A publication of the South Dakota Housing Development Authority  
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## Self-Taught Doll Maker Shares Talents



Lorryne Anderson, a 22 year resident of the Fifth Avenue Apartments in Aberdeen, discovered her doll making talent when her children were in school. "My aunt made dolls," stated Lorryne, "and I was

always struck by the beautiful and intricately designed dolls she would create."

Lorryne decided to figure out how to make dolls and started by purchasing books about crocheting and knitting. "It took the whole winter of 1964, but after much practice I was able to crochet and knit successfully," remembered Lorryne.

Lorryne started out making baby blankets and afghans. Each afghan would take about two weeks to make. "I would find patterns that I liked and I would just have to make it," said Lorryne. "It is very soothing for me to handle yarn and crochet and knit. The best way for me to relax is to sit down with one of my projects and finish it," stated Lorryne.

Lorryne started making dolls when a friend gave her ten doll heads and told her that she should make clothing for the dolls. Lorryne had never tried making dolls before and was intrigued by the challenge. It took a while to master her skills, but soon she was able to make unique dolls of any size and style.

Throughout the years, Lorryne has kept a book of photographs of all the dolls that she has made.

One of the best things about knitting and crocheting is that Lorryne has been able to teach these skills to friends and family members. Lorryne was a foster parent to 12 children and also raised two grandchildren. Lorryne fondly remembers spending time teaching her children, nieces and even her sisters how to knit and crochet. The children loved playing with the dolls that she made. "I enjoyed teaching them how to create beautiful dolls of their own," said Lorryne.

Making dolls has brought joy into Lorryne's life. "The kid inside of me still loves the feeling of being able to create and display a beautiful new doll," smiled Lorryne.



*This pair of dolls showcases Lorryne's crafting talents.*

Though Lorryne loves to make dolls, she does not keep any for herself. "I believe that dolls have the unique ability to make others happy, so I have always given my dolls away to people who will enjoy them," stated Lorryne. She has created dolls for her family and friends for special occasions such as weddings, baby showers and other events. Lorryne takes pride in being able to provide a unique and handcrafted gift to someone on their special day. Now she often gets special requests from friends and family members who received her dolls who would like to give them for gifts. "These special requests for dolls keep me

busy. I don't have to worry about not having new projects to keep me busy," commented Lorryne.

## Low Income Energy Assistance Program

### *Recertification Paperwork Needs to be Completed*

With warmer days around the corner, this winter's heating season is drawing to a close. The recertification paperwork for the Low Income Energy Assistance Program should arrive in the mail in early May and needs to be completed and returned to the Office of Energy Assistance as soon as possible to ensure the timely processing of claims.

The Energy Assistance Program, administered by the South Dakota Department of Social Services, seeks to pay qualifying individuals' heating bills. Applicants need to provide information about their household, such as how many members live there and what each member's income is for a three month period which corresponds to the program application month.

Reportable income includes any wages, child support payments, Social Security, SSI, SSDI, Veteran's benefits, retirement payments, pensions, annuities and dividends. The total of all reportable income for the three month period must be under \$5,444 for a single person household and under \$7,354 for a two-person household.

Each member of a household that claims income must provide proof of that income, such as a copy of a bank statement showing the income is direct deposited or a copy of an award letter that details the amounts received by the applicant.

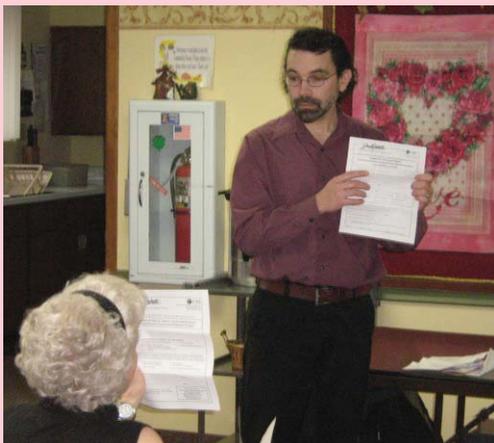
Senior citizens and people with disabilities receive preference when applying for the program. Applications submitted after March 31 are processed for the next heating season, which would begin in October and run through May.

There are often questions from tenants about their eligibility for the Low Income Energy Assistance Program since their heating costs are included in their rent. Residents living in apartment buildings are still encouraged to apply for the program. The Department of Social Services can contact the landlord and determine the heat portion of the rent.

For more information about the Low Income Energy Assistance Program, please speak with your STAR Coordinator or contact the Office of Energy Assistance at 1-800-233-8503.

*Source: South Dakota Department of Social Services*

## ***Telecommunication Equipment Distribution Program***



*Andy Hallock, Relay SD-CSD, recently visited with the residents of Maplewood in Rapid City.*

The Telecommunication Equipment Distribution Program (TEDP) is for people who are deaf, hard of hearing, deaf-blind or speech disabled or have difficulty communicating on the telephone. Special equipment is available at no cost to enhance telephone communication. To be eligible for equipment you:

- Must be a resident of South Dakota,
- Have existing telephone service in your home, and
- Have difficulty communicating on the telephone because of a severe hearing loss or speech disability.

A severe hearing loss or a severe speech disability requires the use of a TTY or volume amplifier to communicate effectively over the telephone.

To get an application and certification form for TEDP, contact your STAR Coordinator, call Relay South Dakota at 1-800-642-6410 (voice), 1-866-273-3323 (TTY) or visit [www.relaysd.com/tedp](http://www.relaysd.com/tedp).

*Source: Relay SD*

# Medicare Phone Scam Targets Seniors

Attorney General Marty Jackley is warning South Dakota seniors to be cautious about fraudulent telemarketing calls targeting Medicare recipients.

Callers are seeking to obtain personal information that could be used to file fraudulent claims, commit identity theft or gain access to financial accounts.

The Consumer Protection Division and the South Dakota Senior Medicare Patrol (SMP) have received complaints from seniors that have been receiving unsolicited calls from various sources claiming to be a diabetic supply company offering free diabetic supplies or a Medicare-approved back or leg brace. Scam artists offer a number of free devices or services in exchange for the consumer's Medicare number. Medicare does not make unsolicited calls.

Sometimes, the caller claims to be a government agency representative, and tells the consumer that he or she is eligible for new medical equipment or supplies that are generally covered under Medicare. The caller then asks the consumer to confirm his or her Medicare number for eligibility and identity.

"Companies that work with Medicare are prohibited from making unsolicited telemarketing calls and such calls are direct violations of Medicare rules," said Jackley. "Seniors should not accept free items or services from unsolicited callers. Seniors are also encouraged to carefully review Medicare summary notices for any suspicious charges or items that have been double-billed."

Medicare has a cap on how many times individuals can receive these types of products. It becomes problematic when consumers receive sub-standard or non-conforming products

and cannot request a new one due to the Medicare limitations and guidelines that have been set.

Anyone who has been a victim of this scam or needs additional information should contact the Attorney General's Consumer Protection Division at 1-800-300-1986 or [consumerhelp@state.sd.us](mailto:consumerhelp@state.sd.us) or contact Senior Medicare Patrol at 1-800-822-8804.

*Source: South Dakota Attorney General*

***Medicare does not make unsolicited calls.***

## **South Dakota Sales or Property Tax Refund** *for Senior Citizens and Citizens with Disabilities*

The Sales or Property Tax Refund Program income guidelines have increased for 2012. To be eligible for the refund you:

- Must have turned 65 on or before January 1, 2011, OR were disabled during any part of 2011,
- Reside in South Dakota during all of 2011, and
- Meet the annual income requirements. The income limit for a single-member household is \$10,500; the limit for a multiple-member household is \$13,750.

If you applied for and received a refund last year, the Department of Revenue will send you an application this year. For further information please visit with your STAR Coordinator.



*Source: South Dakota Department of Revenue*

# Memory Center Offers Screenings

If you have ever experienced forgetting what you are doing or forgetting certain words, you may wonder if such memory loss is normal or if it is the start of a bigger problem. As people age, many who experience occasional memory loss may begin to worry that they could have the start of Dementia. Dementia is a term used to classify over 70 diagnosis of memory loss, including Alzheimer's disease. There are many reasons for memory loss such as illness, depression, stroke, stress, medications or sleep deprivation. Some memory loss is reversible while others may not be. It is now estimated that over eight million Americans are currently affected by Dementia.

People who are experiencing the early signs of Dementia may not necessarily experience memory loss right away. Other common problems may include personality changes, depression, confusion, irritability, restlessness, paranoia, agitation, speech problems, decreased concentration or disorientation. If you are noticing any of these symptoms, it may be time to be screened for memory loss.

The Countryside Memory Center in Pierre was developed in 2011 to serve people who were experiencing signs of memory loss. The Center has established three goals: screening and identifying patients with early Dementia; performing baseline testing for patients with a strong family history of memory loss; and educating and supporting

the family members of someone who is experiencing memory loss.

The Memory Center is available to help anyone who is currently experiencing memory issues or anyone who has a family history of memory issues. The screening process begins with a phone interview prior to your appointment. The next step is the appointment, which generally takes about two hours to complete and will include a brief physical exam, a review of current medications, a review of family medical history and a variety of memory tests.

After the appointment the Memory Center team will review and compile the tests and will send the results to your primary care physician, who will review the results and possibly order additional tests. You will then meet with your physician who will review all of the results with you and prescribe medication if it is necessary.

If you or someone you know is showing signs of progressive memory loss, please consider scheduling a Dementia screening. Though there is no cure for Dementia or Alzheimer's disease, early detection can be key to sustaining a higher level of memory function for a longer period of time.

You can call the Countryside Hospice office in Pierre at 605-945-0827 for more information or to make an appointment. You do not need a physician referral and there is no charge for the screening. All testing is done in their office in a quiet, confidential setting.

*Source: [www.countryside-hospice.org](http://www.countryside-hospice.org)*

## Health Tip :: Manage Memory Loss

The Alzheimer's Association offers these suggestions for coping with memory loss:

- Create a schedule of daily tasks (meals, bedtime, etc.). Ask someone to call to remind you about activities such as taking medications or doctor's appointments.
- Fill out a book with important information, including contacts, appointments and your address.
- Near the phone post a list, written in large print, of important phone numbers.
- Ask a loved one to help organize your medications.
- Keep a calendar and mark off each day as it passes.
- Make sure your closets and drawers are well-organized, so you can find the things you need.
- Post reminders around your home to lock doors and turn off appliances.

# Arthritis :: Exercise Can Help!

Long gone are the days when health care providers told people with arthritis to rest their joints. In fact, physical activity can reduce pain and improve function, mobility, mood and quality of life for most adults with many types of arthritis. Here are some **S.M.A.R.T.** tips for developing an activity plan if you have arthritis:

## **S**tart low and go slow.

People with arthritis may take more time to adjust to a new level of activity. Inactive people should start with a small amount of activity, such as three to five minutes twice a day. Adding activity in small increments allows time for your body to adjust to new activity levels.

## **M**odify activity when arthritis symptoms increase and try to stay active.

Remember, any activity is better than none. Arthritis symptoms come and go. Most people completely stop moving when their symptoms increase. It is better to modify your activity by decreasing the frequency, duration or intensity or changing the type of activity and stay as active as possible without making your symptoms worse.

## **A**ctivities should be joint friendly.

Unsure of what types of activity are best for people with arthritis? A general rule is to choose activities that are easy on the joints

like walking, bicycling, water aerobics or dancing. These activities have a low risk of injury and do not twist or pound the joints too much. It is also important to pick a variety of activities you enjoy. This will help keep you from getting bored and make it easier to stick with your activity plan.

## **R**ecognize safe places and ways to be active.

Safety is important for starting and maintaining an activity plan. For inactive adults with arthritis or those who do not have confidence in planning their own physical activity, an exercise class designed just for people with arthritis may be a good option. For those who plan and direct their own activity, finding a safe place to be active is important. For example, while walking in your neighborhood or at a local park, make sure the sidewalks or pathways are level and free of obstructions, are well-lighted and are separated from heavy traffic.

## **T**alk with a health professional or certified exercise specialist.

People with arthritis should already be under the care of a health care professional. Many health professionals are a good source of information on what types and amounts of activity are appropriate for people with chronic conditions and disabilities.

Source: [www.cdc.gov/arthritis](http://www.cdc.gov/arthritis)

## Go4Life :: Free Exercise Guide and DVD

Go4Life is an exercise and physical activity campaign from the National Institute on Aging. It is designed to help individuals fit exercise and physical activity into daily life. Motivating adults to become physically active for the first time, returning to exercise after a break in exercise routines or building more exercise and physical activity into weekly routines are the essential elements of Go4Life.

*Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging* is an easy to read guide that is packed with health information, motivational tips and exercises to help you get moving and stay active. The DVD features how-to demonstrations of exercises you can do at home, at work, in the gym - almost anywhere! It also has success stories and a sample workout for you to try.

**To order the Go4Life Activity Guide and/or DVD contact the National Institute on Aging information Center at: 1-800-222-2225 or go to [www.nia.nih.gov/health](http://www.nia.nih.gov/health) and click on the Go4Life tab.**

## Paying FICA Taxes After You Retire

*Guest Article by Kathy Petersen, Social Security  
Public Affairs Specialist, Rapid City*

Any time you work in a job that is covered by Social Security, even if you are already receiving Social Security benefits, you and your employer must pay the Social Security and Medicare taxes on your earnings. The same is true if you are self-employed. You are still subject to the Social Security and Medicare taxes on your net profit. This is true, regardless of your age. (Note: The Internal Revenue Service (IRS) is the authority on all tax matters including the collection of Social Security taxes).

The maximum amount of earnings on which you pay Social Security tax in 2012 is \$110,100. The combined 2012 tax rate for Social Security and Medicare 2012 tax rate is 7.65 percent. The Medicare portion (HI) is 1.45 percent on all earnings. The Social Security portion (OASDI) is 6.20 percent on earnings up to the applicable taxable maximum amount, established by Congress. The Tax Relief, Unemployment Insurance Reauthorization and Job Creation Act of 2010 reduced 2011 Social Security tax rates for employees and self-employed people by two percentage points, from 6.2 percent to 4.2 percent for employees and from 12.4 percent to 10.4 percent for self-employed people. Congress continued the reduction for 2012.

Although you may be retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and refigures your monthly benefit. If your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. If there is an increase, Social Security will send you a letter telling you your new benefit amount.

## New CDC Recommendation Adult Pertussis Vaccine

In February 2012, the US Center for Disease Control issued a recommendation for all adults, especially those 65 years and older, to receive an updated vaccination for Pertussis, which is commonly known as Whooping Cough.

Pertussis is a respiratory illness that is extremely contagious and is spread by coughing or sneezing. Symptoms appear after seven to ten days and usually start with cold and flu-like symptoms and possibly a mild fever. After one to two weeks, an infected person will experience severe coughing bouts where breathing is extremely difficult. The name Whooping Cough is derived from the whooping sound that is made when someone who has just experienced a coughing fit is trying to inhale oxygen. Known as the "100 day cough," Pertussis can last for 10-12 weeks.



Though infants and children are now routinely vaccinated for this extremely contagious bacterial disease, the vaccination only lasts for ten years, which means that adults are left unprotected from this bacteria. Also, until 2011, there was not a vaccine available for adults. Within the last year a new Tdap vaccine was approved for use in adults 65 or older. The new vaccine protects against three potentially deadly diseases: Pertussis, Diphtheria and Tetanus.

The Center for Disease Control reported over 21,000 cases of Pertussis in the United States in 2010, which is the highest number in the past 50 years. It is now recommended that every adult receive the vaccination once every ten years to prevent the spread of Pertussis. The Pertussis bacteria is especially dangerous because adults can carry the bacteria and spread it very easily to infants and children who are more prone to getting severe cases of Pertussis. For more information about the new Tdap vaccine and to determine if it is right for you, please visit with your doctor.

*Source: [www.cdc.gov](http://www.cdc.gov)*

## Valentine Celebration



Residents enjoyed Valentine's Day party at River Ridge Apartments in Mobridge with regular bingo and wild bingo, hosted by Nina Dillman, Site Manager.

Nina provided the bingo prizes, which had a Valentine theme. Other residents helped her serve red velvet cake, vanilla ice cream from Schwan's, chocolate candy and sugar hearts, red punch, coffee and water.

Catherine Traxinger and Pauline Wendt's February birthdays were also celebrated.

## Bowlers Compete Weekly

On Tuesday nights you can find a crowd in the Community Room at the Sherman Apartments in Aberdeen. It's Wii Bowling Night!

League participants pictured (l to r): Loretta Hagen, Daniel Guthmiller, Joey Kelly, Jarod Markley, Karen Parish, Jamie Pence and Arline Snyder. Not pictured: Denis Heidenreich, Thomas Van Orman, Mike Mullenberg and Mike O'Malley.



## Signs of Spring

*"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month." ~Henry Van Dyke*

Below is a list of early blooming trees, shrubs, perennials and bulbs. After you find the spring blossoms in the word search, start watching for the floral display outside!

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|------------|----------|
| ANEMONE    | HYACINTH |
| BLUEBELL   | LILAC    |
| CRAB APPLE | PASQUE   |
| CROCUS     | SCILLA   |
| DAFFODIL   | SPIREA   |
| FORSYTHIA  | TULIP    |

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

# All Star Recipes

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## Country Apple Dumplings - Lorraine Robins, Maplewood

2 Granny Smith apples                      2 packages crescent rolls  
1 cup butter                                    1 ½ cups white sugar  
1 teaspoon cinnamon                        1 12 ounce can Mountain Dew

Heat oven to 350° and grease a 9x13 baking dish. Peel and core the apples and cut them into eight wedges. Separate crescent rolls into triangles. Roll each apple wedge in a triangle, starting at the small end. Pinch edge to seal. Place in baking dish.

Melt butter. Mix in sugar and cinnamon. Pour mixture over the dumplings. Pour the Mountain Dew over the top of the dumplings. Bake for 35 to 40 minutes or until the crescent rolls are golden brown. These are excellent. Only use Granny Smith apples.

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## Crazy Cake – Viola Heinrich, Bicentennial Apartments

3 cups flour                                      2 cups sugar  
2 teaspoons soda                                1 teaspoon salt  
⅓ cup cocoa                                        2 teaspoons vinegar  
2 teaspoons vanilla                              ¾ cup salad oil  
2 cups water

Combine all and mix well. Pour into ungreased 9x13 pan. Bake at 350° for 30 to 35 minutes.

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## Rhubarb Apricot Jam - Viola Heinrich, Bicentennial Apts

4 cups sugar                                      6 cups cut-up rhubarb  
1 can apricot pie filling                        1 3 ounce package apricot gelatin

Mix sugar into rhubarb and let set overnight. In the morning, boil rhubarb and sugar for ten minutes and add pie filling. Bring to boil again. Remove from heat and stir in gelatin. Put in sterilized jars and seal. About four pints.

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## Diabetic Strawberry-Banana Frappe - Iva Mohr, Bicentennial Apts

1 pint vanilla frozen yogurt, softened  
2 teaspoons Crystal Light strawberry tangerine drink mix  
1 cup strawberry halves                        1 ripe banana, cut into chunks

Place all ingredients in blender container in order listed; cover. Blend on high speed until smooth.

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## Diabetic Citrus Cooler - Iva Mohr, Bicentennial Apartments

1 envelope sugar-free lemonade flavored Kool-Aid  
2 cups cold water  
2 cups cold orange juice  
1 liter bottle cold diet lemon-lime carbonated beverage  
ice cubes

Place drink mix in large pitcher. Add water and juice; stir to dissolve. Refrigerate until ready to serve. Just before serving, stir in carbonated beverage. Serve over ice.

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*Please submit items for the Summer 2012 Newsletter to your STAR Coordinator by June 1, 2012.*

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