



STAR

Resident Newsletter :: Winter 2012

A publication of the South Dakota Housing Development Authority
PO Box 1237 :: Pierre, SD 57501-1237 :: (605) 773-3181

A Spirit for Her Community

Since Penny Wood came to the Evans she has been involved with helping people. When Penny heard about the Hot Springs' Horizons anti-poverty program she decided to join the discussions. Penny was committed to helping the kids in the area and decided to dedicate her time to the children and youth action group. The Horizons study group researched the Boys and Girls Club of America. She and the other members started the leg work to establish the Club in Hot Springs.

There had been various youth programs that had started and failed in past years and the group did not want this to happen again. Not only did Penny help get the club started, she served on its' Board of Directors. Today there are over 200 kids enrolled in the program with an average daily attendance of 60 children. Though she is no longer on the Board, Penny stated, "My heart is with the Club and I continue to volunteer with the programs it offers the children."

Due to her work with the Boys and Girls Club, Penny was asked to serve on the Board of Directors for the Community Action Program. Penny is a strong proponent for the work Community Action does to assist the low-income residents of Fall River County. Community Action administers a number of services such as the Commodity Food Program, School Supply Sign-Up, Reading Is Fundamental Program and the Thrift Store.

The Commodity Program provides food boxes to persons age 60 and older who meet income eligibility and to low-income individuals and families who meet income criteria. Participants must register yearly for the service.

The Thrift Store carries good quality used clothing, household goods and furniture. It is a popular place for bargain hunters to shop.

The School Supply Program provided vouchers to assist low-income children purchase school supplies. Penny stated, "This school year the program helped buy school supplies for 38 area children."

The Reading Is Fundamental Program provides new, free books for children to take home. The focus of the program is to help children discover the joy and value of reading. Penny's face brightens when she tells of the children's reactions when they receive new books.

For the Christmas season, Community Action sponsors two Angel Trees. Shoppers pick an ornament for a local child and purchase items from their list.

Community Action's commitment to helping low-income individuals and families remains strong. Thanks to people like Penny, who have a heart for their community, it will succeed.



Penny Wood rolls up her sleeves to improve the quality of life for the people in her community.

Seasonal Flu and Flu Vaccines Misconceptions

Did you get your flu shot yet? Seasonal influenza vaccine provides the best protection available from seasonal flu, even when the vaccine does not exactly match circulating seasonal flu strains and even when the person getting the vaccine has a weakened immune system. Below are some of the misconceptions surrounding influenza and the flu shot:

Can a flu shot give you the flu?

No. A flu shot cannot cause flu illness. The influenza viruses contained in a flu shot are inactivated (killed), which means they cannot cause infection.

Why do some people not feel well after getting the seasonal flu shot?

The most common side effect of seasonal flu shots in adults has been soreness at the spot where the shot was given. The soreness is often caused by the person's immune system making protective antibodies to kill the viruses in the vaccine. These antibodies are what allow the body to fight against the flu. If problems occur, they are very uncommon and usually begin soon after the shot and last one to two days.



Does getting vaccinated against seasonal flu early in the season pose a risk that the immunity may wane before the end of the season?

No. Seasonal flu vaccination provides protection against the influenza strains contained in the vaccine through one influenza season. Vaccination can begin as soon as vaccine is available.

Is it too late to get vaccinated after Christmas?

No. Vaccination can still be beneficial as long as influenza viruses are circulating. Influenza is unpredictable and seasons may vary. Seasonal influenza disease usually peaks in January or February most years, but the disease can occur as late as May.

What about people who get a seasonal flu vaccine and still get sick with flu-like symptoms?

There are several reasons why someone might get flu-like symptoms even after they have been vaccinated against the flu.

- People may be exposed to one of the influenza viruses in the vaccine shortly before getting vaccinated or during the two-week period that it takes the body to gain protection after the vaccination. This exposure may result in a person becoming ill with flu before protection from the vaccine takes effect.
- People may become ill from non-flu viruses that circulate during the flu season, which can also cause flu-like symptoms. Flu vaccine will not protect people from respiratory illness that is not caused by flu viruses.
- A person may be exposed to an influenza virus that is very different from the viruses included in the vaccine. The ability of a flu vaccine to protect a person depends largely on the similarity between the viruses in the vaccine and those in circulation. There are many different influenza viruses.
- Unfortunately, some people can remain unprotected from flu despite getting the vaccine. This is more likely to occur among people that have weakened immune systems or the elderly. However, even among these groups a flu vaccine can still prevent complications.

What are you waiting for? Start your new year off right with a flu shot!

Source: [CDC.gov/flu](https://www.cdc.gov/flu)

Independent Living Choices

Maintain Your Independence

Submitted by Paula Cape, Independent Living Specialist, Aberdeen, SD

Independent Living Choices (ILC) is an Independent Living Center and was established in 1982 as a 501(c)(3) private, non-profit, organization. ILC has eight offices in Eastern South Dakota and covers 43 counties.

The founders of Independent Living Choices believed in the human value, contribution and spirit of people who have significant disabilities. They believed that all people, regardless of disability, should have the right to determine how and where they want to live. The Independent Living Center was established to provide basic skills so many of us take for granted, taking care of our own needs and making our own decisions...to be independent.

ILC provides advocacy services, referrals, peer counseling, assisted daily living services, community living services, summer transition, home modification and adaptive devices and telecommunication adaptive devices. ILC also provides assistance with independent living skills and American's with Disabilities Act requirements.

Peer support can be provided on a one-on-one basis by matching people with similar disabilities in order to share their experiences and provide a mentor/mentee relationship. Peer support groups are available for people with various types of disabilities. These groups allow people to share information and learn from each other in a supportive environment.

In addition to peer support groups, Independent Living Specialists can help people get needed adaptive devices based on the person's disability and their physical needs. These can include such items as jar openers, reachers, toilet risers and shower benches. A person must qualify financially to obtain adaptive devices.

The Independent Living Specialists are also able to provide people with disabilities an emergency dialer phone that is similar to a lifeline. These phones are free for those who income qualify. There is no monthly service fee. The Independent Living Specialist will train the recipient and properly program the telephone.

The Independent Living Specialists have established peer support groups. The focus of the groups can be social, recreational and informational, with an occasional guest speaker. All tenants are welcome to join peer support groups as they are open to everyone regardless of disability or age.

For more information about the Independent Living Center's services in your area please contact your STAR Coordinator or call:

Western Resources For Disabled Independence
1-888-434-4943

Independent Living Choices
1-800-947-3770

Native American Advocacy Project
(605) 842-3977

Things You Don't Hear Anymore

Don't forget to wind the clock before you go to bed.

Be sure and pour the cream off the top of the milk when you open the new bottle.

Take the empty bottle to the store so you won't have to pay a deposit on another one.

Get out from under the sewing machine; pumping it messes up the thread!

Put a dish towel over the cake so the flies won't get on it.

Quit jumping on the floor! I have a cake in the oven and you are going to make it fall.

Foster Grandparents

Shaping the Future ✨ Sharing Their Love

Vivian Rueb, resident of the Bicentennial Apartments in Aberdeen, says that one of the things she most enjoys in life is being a Foster Grandparent. Vivian, who works in the children's department at Northern State University, was recruited by a friend to join the program. Her friend suggested that she become involved in the organization as a way to give back to the community and positively influence the lives of the children. Now, ten years later, Vivian is still active in the program at least six hours a week. "I love that I can help out wherever they need me most. One day I might be feeding and holding babies, the next day I may be helping out somewhere else. The variety of experiences when working with babies and children is always exciting to me. My whole life I have always had to stave off boredom by working and keeping busy, so being a Foster Grandparent allows me to keep busy and allows me give back to my community as well," stated Vivian.

Several residents of the Fifth Avenue Apartments in Aberdeen also participate in the program. Helen Steiger works five days a week at Northern State University. She enjoys the special bond she shares with the children and the ability to have a positive impact on a child's life. Mae Breitag spends her time working with children at the YMCA and just recently became a Foster Grandparent. Mae's reason for becoming involved with the program is that she has always had a love for children. "My favorite part of the program is being able to hold the babies," stated Mae. "It is a special thing when a child feels comfortable enough with you to crawl into your lap to be held."

On the other side of the state Leona Olson, a resident of Grand Valley in Newell, became involved with Foster Grandparents after a brochure was posted in her apartment building. Leona doesn't have any grandchildren close by, so she felt that becoming a Foster Grandparent



Leona Olson went back to school to work with children.

would provide her the perfect opportunity to be near children. Since February 2011, Leona has been working with a group of ten children in the Newell school district that she helps with spelling and math, as well as listening to them read. The time she has spent with her

group of children has been very rewarding for Leona. One of her favorite memories is from a time when she was monitoring the lunch line and one little boy got out of line. Knowing he did something wrong, the little boy looked up at Leona and said, "Grandma, I try to be good, but it is really hard!" Leona says, "It is funny memories like this that make being a Foster Grandparent fun and memorable."

The Foster Grandparent Program, which is available in many communities throughout South Dakota, is for people 55 years or older who have a strong desire to share their years of life experience with children. Foster Grandparents are looked up to as a role models, mentors and friends. There are a variety of options for placement which may include a school, a child care center or Head Start Center. Foster Grandparents may be called upon to help children with reading, provide one-on-one tutoring or even provide child care.

Participants in the program may serve up to 40 hours a week. Some volunteers even qualify to earn a tax-free hourly stipend. Pre-service orientation and training are provided for participants. Supplemental accident liability insurance is also provided while volunteers are on duty and on location.

If you are interested in sharing your time, love and experience by becoming a Foster Grandparent, your STAR Coordinator can connect you to the Foster Grandparent office in your area.

Source: www.seniorcorps.gov

SHIINE keeps Consumers Informed

The mission of SHIINE is to advocate for, inform, educate and assist consumers on Medicare and related health information and insurance issues so consumers can make timely, informed decisions and have access to the resources to meet their needs. SHIINE (Senior Health Information and Insurance Education) has three offices in South Dakota. The offices are located in Pierre, Rapid City and Sioux Falls. SHIINE has staff and trained volunteer counselors available statewide to assist people, free of charge, who have problems or questions regarding Medicare benefits. SHIINE is not affiliated with any company that sells or distributes a product or service.

SHIINE volunteers can provide a presentation for your group entitled "Understanding Medicare." During Medicare Open Enrollment, volunteers assist Medicare beneficiaries by reviewing their Part D prescription drug plans, and if necessary, the volunteers can help change a beneficiary's Part D plan. Providing this valuable service to Medicare beneficiaries has often saved the beneficiaries money due to yearly changes in the prescriptions that a beneficiary takes as well as changing costs of insurance plan premiums and co-payments.

SHIINE is committed to providing free, confidential and unbiased information to Medicare beneficiaries. If you have questions and would like to speak with a SHIINE representative, would like a representative to speak with your group or if you are interested in volunteering your time to become a trained SHIINE volunteer, please contact the SHIINE office in your region for more information.

Eastern SD SHIINE at 1-800-536-8197

Central SD SHIINE at 1-877-331-4834

Western SD SHIINE at 1-877-286-9072

Source: Katie Nagle, Central SD SHIINE Director

Medicare helps those who are in need of medical assistance. Unfortunately there are individuals, companies and organizations that may try to take advantage of Medicare and obtain funds they do not deserve. Here are some tips to protect your personal information and avoid being a victim of Medicare fraud:

- Don't give your Medicare or Medicaid numbers to strangers.
- Don't buy products or services from people claiming they are from Medicare. Medicare never endorses products or services from a particular company.
- Medicare does not solicit business by going door to door or calling you on the telephone. Hang up or slam the door!
- Don't let anyone have access to your medical or prescription records without the approval of your physician or pharmacist.
- Your Medicare number is usually your Social Security number. Do not put your Social Security number on your driver's license or checks.
- If you suspect someone has stolen your identity, place a fraud alert on your name with credit bureaus and Social Security. The telephone numbers are:

Equifax: 1-800-525-6285

Trans Union: 1-800-680-7289

Experian: 1-888-397-3742

Social Security Fraud Line: 1-800-269-0271

- Don't let someone use pressure or scare tactics to sell you medical equipment, supplies or health insurance.
- Shred all papers that have your Medicare, Social Security number or any other personal information on them before throwing them away. If you do not have a shredder, use a black permanent marker to black out all personal identification numbers, names and addresses.

Source: southdakotasmip.org

Why Social Security Doesn't Use Power of Attorney

Most businesses and financial institutions recognize a Power of Attorney (POA) as a legal position giving the holder the right to negotiate business on another person's behalf. However, the Social Security Administration (SSA) is a federal agency bound by federal laws and regulations, which prohibit the use of a Power of Attorney to negotiate Social Security or Supplemental Security Income (SSI) payments.

Social Security prefers to send benefits directly to our beneficiaries; however, if a beneficiary is found to be incapable of managing his or her own benefits, the law requires that a Representative Payee be appointed to manage these payments. A Representative Payee is an individual or organization who is in the best position to ensure that the beneficiary's funds will be used properly. A payee is responsible for everything related to benefits that a capable beneficiary would do for him or herself. Generally family members, friends or qualified organizations are selected to serve in this capacity. Although an individual who has Power of Attorney can apply to become a payee, Social Security cannot automatically select the individual as the payee.

A Representative Payee's responsibilities include using benefits to pay for the current and foreseeable needs of the beneficiary, appropriately saving any remaining benefits and keeping suitable records of how the benefits are spent.

To learn more about the Representative Payee Program please contact the Social Security Administration between 7 AM and 7 PM on business days at 1-800-772-1213. The TTY number is 1-800-325-0778.

Social Security is open 24/7 on the web! Visit <http://www.socialsecurity.gov/payee/>

Social Security Cost of Living Adjustments

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 60 million Americans will increase 3.6 percent in 2012. This cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012.

Most people are aware that there are annual increases in Social Security benefits to offset the corrosive effects of inflation on fixed incomes. These increases, or COLAs, are such an accepted feature of the program that it is difficult to imagine a time when there were no COLAs. But in fact, when Ida May Fuller received her first \$22.54 benefit payment in January of 1940, this would be the same amount she would receive each month for the next 10 years. For Ida May Fuller, and the millions of other Social Security beneficiaries like her, the amount of that first benefit check was the amount they could expect to receive for life.

Congress enacted the COLA provision as part of the 1972 Social Security Amendments. Automatic annual COLAs began in 1975. Before that, benefits were increased only when Congress enacted special legislation. The Social Security Act specifies a formula for determining each COLA. According to the formula, COLAs are based on increases in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). CPI-W's are calculated on a monthly basis by the Bureau of Labor Statistics. A COLA effective for December of the current year is equal to the percentage increase (if any) in the average CPI-W for the third quarter of the current year over the average for the third quarter of the last year in which a COLA became effective.

Medicare's Part B monthly premium, which helps pay for physicians' services, outpatient hospital services, certain home health services and other items, is rising by only \$3.50 to \$99 for 2012 despite earlier projections of a much bigger jump. For seniors who were paying \$115.40, premiums will actually decrease! Thanks to the Affordable Care Act, Medicare is providing better benefits at lower costs. Keep track of your Medicare benefits and services at: www.MyMedicare.gov.

Source for this page: Kathy Petersen, SSA Public Affairs Specialist

Health Spotlight :: Sleep Apnea



Though it is common that senior citizens get less and less sleep as they age, many people may not realize that the cause for their lack of sleep could be a condition called sleep apnea. It is estimated that over 12 million American adults have been diagnosed with obstructive sleep apnea. People who have sleep apnea may not even be aware of their condition, so it goes undiagnosed.

Sleep apnea is characterized by lapses in breathing during sleep caused by the inability to get enough air into the lungs. Breathing can stop anywhere between 10 to 20 seconds each time, and these episodes can occur 20 to 30 times per hour during the night. When breathing becomes irregular, the amount of oxygen in the blood drops.

Sleep apnea can lead to severe tiredness throughout the day, waking up with headaches, having memory or concentration problems throughout the day, feeling irritated or depressed, frequent urination during the night and having a very dry throat when waking up.

In order to determine if a patient has sleep apnea, doctors perform a sleep study where a person's heart rate, blood pressure and

breathing are all closely monitored while they sleep. When sleep apnea episodes occur they are recorded. The severity of sleep apnea is determined once the study is completed.

There are several treatment options for people with sleep apnea. One option for mild cases involves an exercise and weight loss program. Weight loss will decrease the pressure on the airways. Another simple option is to avoid sleeping on your back. If those suggestions do not help you sleep through the night, a doctor may recommend wearing a special mouth piece while sleeping that will assist in keeping the airway open.

Another common treatment option is a Continuous Positive Airway Pressure or CPAP unit. The CPAP acts like a splint to keep the throat and airways open by providing a constant source of pressurized air. The CPAP unit resembles a mask that is worn while sleeping.

Sleep apnea is a long-term condition that requires management throughout a person's lifetime. If left untreated, this condition can increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes. If you feel that you may be suffering with sleep apnea, please contact your doctor for more information.

Source: National Heart, Lung & Blood Institute

Resolve to Improve your Eating Habits

Your food and physical activity choices affect your health and how you feel today, tomorrow and in the future. The US Department of Agriculture has introduced a new way to help people understand the recommendations for a healthy meal. The food pyramid has been replaced with a plate which is divided into four sections: fruits, vegetables, grains and protein with a glass of dairy on the side. Try making the easy changes below to your meals in 2012:



Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat free or low fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread and frozen meals-and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

All Star Recipes

Bread Pudding - Carol Bushyhead, Gold Mountain

2 cups bread cubes
¾ cup sugar
½ teaspoon salt
1 teaspoon vanilla

2 cups milk (scalded)
1 tablespoon butter
4 eggs

Mix ingredients together and bake at 350° for one hour.

Almond Bark Puff Corn - Arlys Hill, Prairie View

1 bag puff corn
1 12 ounce bag white chocolate chips

½ block (6 squares) almond bark

Microwave the almond bark on low/medium for one minute. Add the chips and microwave for another minute. Stir. If not melted, microwave again. Once all is melted pour over the puffs and cool on wax paper.

Spinach Ravioli Lasagna – Janet DeGroot, Canyon Ridge

1 jar spaghetti sauce
1 container Ricotta cheese

1 bag frozen ravioli (your choice)
Monterey Jack cheese, shredded

Divide ingredients evenly in three layers. Start by pouring a little spaghetti sauce on the bottom of a 9x13 pan. Add ravioli, spread Ricotta cheese, layer with shredded cheese and repeat twice. Bake at 350° for 30 minutes or until hot.

Sour Kraut Salad - Alma Boeding, Towne Square

1 large can sour kraut
½ cup grated carrot
½ cup chopped onion
½ cup chopped green pepper (optional)

1 cup sugar
½ cup chopped celery
½ cup salad oil

Drain off some of the juice of the kraut. Add the other ingredients. Add oil last and let set at least ½ day or overnight before serving.

Spicy Pineapple Zucchini Bread - Alma Boeding, Towne Square

1 8½ ounce can crushed pineapple, well drained
3 eggs
2 cups sugar
2 cups coarsely shredded zucchini
2 teaspoons baking soda
½ teaspoon baking powder
¾ teaspoon nutmeg

1 cup salad oil
2 teaspoons vanilla
3 cups flour
1 teaspoon salt
1½ teaspoons cinnamon
nuts (optional)

Beat the eggs with a mixer. Add the salad oil, sugar and vanilla. Beat until thick and foamy. Stir in shredded zucchini and pineapple. In a separate bowl combine flour, baking soda, salt, baking powder, cinnamon and nutmeg. Stir gently into the first mixture. Divide batter between two greased and floured loaf pans. Bake at 350° for one hour. Cool ten minutes before turning out on a wire rack.

Please submit items for the Spring 2012 Newsletter to your STAR Coordinator by March 1, 2012.

LEE ALTER
PO BOX 331
HOT SPRINGS, SD 57747
PHONE: 605-295-0542
E-MAIL: lee@sdhda.org

The Evans, Hot Springs
Gold Mountain, Lead
Grand Valley, Newell
Green Valley, Newell
Homestead Heights, Bison
Lookout Mountain View, Spearfish
Maplewood, Rapid City
Meadowlark Plaza, Belle Fourche
Senechal, Philip

JILL BALDWIN
PO BOX 57
SIoux FALLS, SD 57103
PHONE: 605-201-2108
E-MAIL: jill@sdhda.org

Beadle Plaza, Sioux Falls
Canterbury, Sioux Falls
Canyon Ridge, Yankton
Collins, Sioux Falls
Four Winds, Flandreau
Heritage Estates, Brookings
Olive Grove, Sioux Falls
Prairie View I & II, Madison
Towne Square, Armour

LINDSAY BRUCKNER
PO BOX 1237
PIERRE, SD 57501
PHONE: 605-773-4522
E-MAIL: lindsay@sdhda.org

Bicentennial, Aberdeen
Columbus Heights, Milbank
5th Avenue, Aberdeen
Gateway I & II, Kadoka
Lamro, Winner
Missouri View, Pierre
Old West, Ft. Pierre
Presho Courts, Presho
River Ridge, Mobridge
Sherman, Aberdeen

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 or Tracy Laqua, newsletter editor.

TRACY LAQUA
PO BOX 1237
PIERRE, SD 57501
PHONE: 605-773-5311
E-MAIL: tracy@sdhda.org

