

STAR

Resident Newsletter :: Summer 2011

A publication of the South Dakota Housing Development Authority
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Volunteering Benefits Everyone

Loretta Goehring says that Wednesday is her favorite day of the week. Why Wednesday? Because that is the day she goes to the Hospice Thrift Store in Pierre and gets more plastic bags for her volunteer project. Loretta, a resident of the Old West Apartments in Fort Pierre, is a volunteer for the Central South Dakota Retired Senior Volunteer Program (RSVP). Loretta has been a RSVP volunteer for over ten years. Loretta stated, "I've been working with the Hospice Thrift Store for so long that I would not know what I would do if I couldn't volunteer for the store."

The thrift store receives donations from the surrounding area. Staff and volunteers sort, clean and prepare the items to be sold. Sale proceeds are used for hospice and cancer care in the community. Loretta provides a valuable service for the thrift store. She takes the crumpled plastic bags that people drop off and carefully straightens and organizes them so they can be used at the checkout counter. Some have told Loretta that they don't know how she can do such a tedious task, but Loretta said, "I love being able to help the store and work on the project in the privacy of my home. Straightening the bags helps improve the dexterity in my fingers by keeping them nimble."

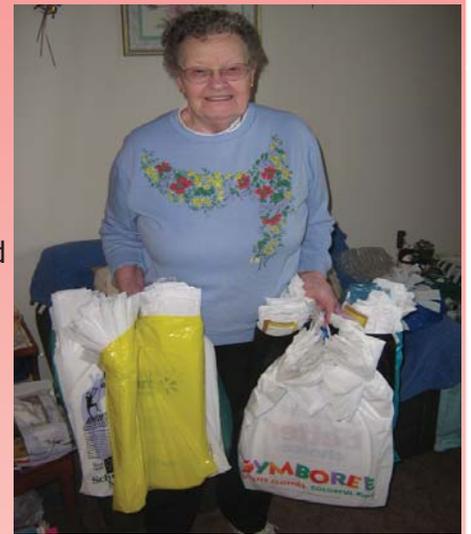
Holly Hoing, Executive Director of Countryside Hospice Inc., appreciates Loretta's efforts. "Loretta's project is not only helpful for the thrift store but also contributes to the community recycling effort. The thrift store would not exist without volunteers like Loretta," said Holly.

When Loretta first began volunteering at Hospice, a member of the thrift store staff

suggested that she become involved with RSVP. After visiting with a RSVP representative, Loretta completed an application form and began receiving a time sheet in the mail. Loretta keeps track of her hours, which average around 40 each month, and at the end of the month brings the sheet to the Central SD RSVP office.

"The staff at Central SD RSVP has always been nothing but friendly and helpful. They do a great job of keeping track of everyone's hours and sending out a monthly newsletter to all the volunteers. It is also really nice because RSVP has a volunteer recognition luncheon that makes the volunteers feel appreciated," said Loretta.

"I very much enjoy my volunteer work and don't know what I would do without my project to work on each week. It's nice to know I am making a difference and I really encourage everyone to get out there and find a project that they enjoy working on. RSVP is fun and the staff is easy to work with." For more information about becoming involved with RSVP, speak with your STAR Coordinator for your local RSVP's office contact information.



Loretta is ready to return these sack bundles to the thrift store.

RSVP

Lead with Experience

The Retired Senior Volunteer Program (RSVP) is a national program that has offices all over South Dakota and invites people 55 years and older to stay active and share their life-learned knowledge and skills with others in their community. Volunteers have many diverse opportunities to choose from such as mentoring children, patrolling bicycle trails, assisting nonprofit organizations and helping with special events in their community. There are always new and exciting volunteer opportunities presenting themselves for RSVP volunteers.

As a volunteer you have the ability to decide what type of volunteering opportunity best fits your skill set and interests. You also choose what days and hours you will volunteer. You are not under any obligation to purchase uniforms. The RSVP program provides its volunteers with free supplemental accident and liability insurance when you are on your way to and from a volunteer job and when you are at your volunteer job site.

There are many benefits to becoming a RSVP volunteer. You have the unique opportunity to touch the lives of others in need. With each new volunteer opportunity, there is the chance to utilize your unique skills, meet new people and make a difference in your community. Volunteering is a healthy activity that provides individuals with a social outlet, raises their self-esteem, gives people a sense of purpose and can lessen stress. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life.

For more information about becoming involved with RSVP, speak with your STAR Coordinator for your local RSVP's office contact information.

Attorney General Jackley Warns of Charitable Scams Relating to Flooding Disaster

Scam artists typically show up after disasters and pose as charities to collect money from those who are willing to help.

"South Dakotans reaching out with their generosity to fellow citizens recovering from the devastation of the flood waters should take some simple precautions to ensure their assistance is directed to those in need," said Attorney General Jackley. "It is disheartening, but scam artists often use these types of disasters to take advantage of those who simply want to help."

Here are a few tips to follow when giving to charities:

- Verify the legitimacy of the nonprofit organization as well as its nonprofit status by visiting www.guidestar.org or www.charitynavigator.org.
- Ask specifically how this donation will be used.
- Ask how much of your donation will go to the charity and how much will be used to pay fund raising costs.
- Consider giving to charitable organizations with a strong history in providing disaster relief.
- Beware of charitable organizations that use sound alike names of legitimate companies.
- Donors should not respond to any unsolicited emails, but rather go directly to recognized charities or aid organizations.
- Do not pay cash. For security reasons write a check.
- If you want additional information about the charity ask that they send it to you in writing. Any legitimate company will be more than happy to provide this information to verify their legitimacy.

For more information about charitable giving, contact the South Dakota Attorney General's Consumer Protection Division at 1-800-300-1986 or www.state.sd.us/attorney.

Medication Safety Tips

Do you take a long list of medications to manage serious health problems? Or do you simply reach for an over-the-counter drug from time to time? Either way, there is a lot you can do to make sure you get the most benefit from medications and stay safe in the process. These top ten medication safety tips are a good place to start:



1. Know as much as you can about the medications you are taking, including their side effects, how to take them and their contradictions. Your health depends on it.
2. Always tell your doctor about all of the medications, supplements and vitamins you are taking. Many prescription drugs can interact with over-the-counter products.
3. Keep an active list of all medications you are taking. Give one copy to your doctor and keep one copy in a safe and easily accessible location.
4. Maintain a daily medication routine. Take your pills at the same time everyday to avoid missed or skipped doses.
5. Using the same pharmacist for all of your medication needs protects your health and saves you time.
6. Never store medications in bathrooms or other areas that are vulnerable to moist and humid conditions.
7. Kitchen cabinets that are cool, dry and away from the reach of children and pets are a safe place to keep your medications and supplements.
8. Just because a product says it is natural doesn't mean that it is safe. Always get the OK from your doctor or pharmacist before you purchase any natural health remedies.
9. If a medication says to take with milk or food, it may cause nausea on an empty stomach. Pair it with a piece of dry plain toast and some water to prevent side effects.
10. Most medications take some time before they start working. Talk to your doctor about when you can expect to see results. Never stop taking a medication until you have approval from your primary health care provider.

Sources: *PatientAssistance.com* and *WebMD.com*

The more you know about any medication you use, the better you can be sure you're using it properly. For each drug you take, whether it's a prescription medication or an over-the-counter drug, be sure you understand what the drug does and how to use it. Use this chart as a guide for learning about the medications you take. If you can't find the information on the medication bottle, in the patient information that came with the medication or have trouble understanding the information, be sure to ask your doctor or pharmacist.

Medication Name: (list brand name and generic name)	
Size, color and imprint on pill:	
Dosage:	
Common Side Effects:	
What to do for side effects:	
When to call your doctor:	
Other special instructions:	

Source: *WebMD.com*

Do-it-Yourself: *Stop junk mail, email and phone calls*

Are you frustrated with the amount of junk mail you have to sort through and throw away? There are effective ways to tackle the problem of unwanted solicitations and a few techniques that you can follow to reduce intrusive advertising.

Your name, address and buying habits are a commodity that is regularly sold and traded on the open market. Organizations you deal with may sell your name unless you specifically ask them to stop. Here are some general tips for slowing unwanted mail and phone calls:

- Whenever you donate money, order a product or service or fill out a warranty card, write in large letters, "Please do not sell my name or address." Most organizations will properly mark your name in the computer.
- Product warranty cards are often used to collect information on your habits and income, for the sole purpose of targeting direct mail. They are not required in most situations.
- On the telephone, ask "Please mark my account so that my name is not traded or sold to other companies."
- Contests where you fill in an entry blank are almost always fishing expeditions for names. If you fill one out at a football game, expect to get a catalog of football merchandise within a few months. Avoid these if you don't want the mail.
- Select a false middle name or initial for each charity or business you deal with. Keep track of which letter goes with which organization. You can also select a false road designator, such as, avenue, place, circle, street, highway, parkway. This step can be very revealing. Some guides recommend changing the spelling of your name, but this can lead to duplicate mailings.

Postal Mail: The Direct Marketing Association's (DMA) Mail Preference Service lets you opt out of receiving unsolicited commercial mail from many national companies for five years. When you register with this service your name will be put on a "delete" file which is made available to direct-mail marketers and organizations. This will reduce most of your unsolicited mail. However, your registration will not stop mailings from organizations that do not use the DMA's Mail Preference Service. To register with DMA's Mail preference service visit their website: www.dmachoice.org. You can also make your request by mail by sending your name and address, along with a \$1 processing fee to:

***DMAchoice
Direct Marketing Association
P.O. Box 643
Carmel, NY 10512***

Email: The DMA also has an Email Preference Service to help reduce unsolicited commercial emails. Registration is free and good for six years. Visit www.dmachoice.org to register for this service.



Telemarketing: The federal government's National Do Not Call Registry is a free, easy way to reduce telemarketing calls you get at home. To register your phone number or to get information about the registry, visit www.donotcall.gov, or call 1-888-382-1222 from the phone number you want to register. You will get fewer telemarketing calls within 31 days of registering your number. Telephone numbers on the registry will only be removed as they are disconnected and reassigned or when you choose to remove the number from the registry. After you have been on the registry 31 days you may file a complaint about unwanted calls. Use the same website or toll free number listed above to file a complaint.



Sources: ftc.gov and obviously.com

Health Spotlight :: Gout 101

If you have ever had extreme tenderness and pain in one of your joints, you may assume that it is just arthritis acting up, but it could actually be a condition called gout. Gout is a painful form of arthritis that is caused when high levels of uric acid in the blood stream form crystals that cause inflammation in the joints. The inflammation leads to pain and swelling. Gout attacks can become more severe throughout someone's lifetime and can eventually last longer and occur more frequently. According to the National Arthritis Data Workgroup, an estimated six million people in the United States report having experienced gout at some point in their lives.

Many people experience gout attacks at night with no warning. Common symptoms are pain, heat, swelling and extreme tenderness at the site of the attack. Gout seems to attack the big toe, though gout attacks can actually occur in other areas such as the ankle, foot, knee, fingers, elbow or even the wrist. Since many attacks seem to occur for no apparent reason, doctors believe that sometimes a previous joint injury, an infection or drinking alcohol may be to blame for gout attacks.

The people who suffer the most with gout seem to be men between the ages of 40 and 50

years old, women who are post-menopausal and people who have a family history of the disease. People who have certain medical conditions such as diabetes, high cholesterol, high blood pressure or kidney problems seem to have a higher risk for developing gout at some point in their lifetime. It is interesting to note that adults over 60 years old seem to experience different gout symptoms such as attacks in multiple joints at the same time and also having more attacks in the upper body area.

Originally it was believed that gout was caused mainly by the foods that people consumed. Today doctors know that gout is caused by either the body producing too much uric acid or the kidneys not efficiently eliminating the uric acid which causes the acid to build up. Some foods can contribute slightly to the production of uric acid, so it is important to drink plenty of water, exercise and maintain a healthy weight. Though gout can be very painful, the good news is that gout can be managed through positive lifestyle changes and in some cases, prescription medication. If you are suffering from gout and have questions on the treatment options available to you, please contact your doctor for further information.

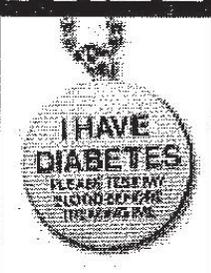
Source: www.gout.com

FREE Diabetes ID Necklace Offer

The Diabetes Research & Wellness Foundation is offering a free Diabetes Identification necklace for diabetics. Their mission is to promote and educate the public about proper identification for those with diabetes. This identification is helpful if you are unable to speak for yourself in an emergency. The diabetes identification necklace reads "I Have Diabetes, Please Test My Blood Before Treating Me."

You can request the FREE diabetes necklace by filling out this coupon and sending a self-addressed, stamped envelope to the address listed below:

FREE Diabetes Necklace
Diabetes Research Foundation
PO Box 96046
Washington, DC 20090-6046

FREE		DIABETES EMERGENCY NECKLACE		
	In case of Emergency, the attending physician or paramedic needs to know you have diabetes.			
	Name _____			
	Address _____			
	City _____		State _____	Zip _____
Send a Self-Addressed, Stamped Envelope To: Free Diabetes Necklace Diabetes Research and Wellness Foundation™ • P.O. Box 96046, Washington, DC 20090-6046				

Keep Yourself Hydrated

Did you know that dehydration is one of the most frequent causes of hospitalization for adults over 65 years old? Dehydration is a condition that results from not consuming enough water to cover the amount of water lost in normal bodily functions such as sweating, urinating and breathing.

Though it may not seem like a serious condition, over 70 percent of the body's weight is water. Elderly adults need to pay close attention to ensure that they are consuming enough water daily to maintain proper bodily function. The average amount of liquid that an elderly adult should consume is six to eight cups of liquid per day, and that liquid can be milk, juice or coffee, but water is the most highly recommended source of liquid.

There are several factors that cause elderly adults to be more susceptible to dehydration. Elderly adults have ten percent less body fluids than younger adults, which means they have less of a fluid reserve. Elderly adults are less able to sense when they are thirsty



because the body's thirst mechanism declines with age. Another reason that some elderly adults become dehydrated is due to a diet that is high in salt. While a little salt is okay, excessive salt can rob your body of water and increase the potential for dehydration very quickly. Certain medications, such as laxatives or diuretics, can inhibit the body's natural thirst response. Elderly residents who live alone are the most likely to become dehydrated, especially if they become ill with the flu, diarrhea or a fever.

Common signs of dehydration include confusion, dizziness, irritability, dry skin and lips, increased heart rate, muscle weakness and weight loss of two or more pounds in a span of a few days. The best way to check for dehydration is to monitor body weight every day. If sudden weight loss is noticed, contact a physician who can provide proper medical attention. Remember, drinking six to eight cups of liquid everyday can help you feel better and avoid dehydration.

Source: medicinenet.com

Social Security Announces New Office Location in Sioux Falls

The Social Security Administration is excited to announce a new office location in Sioux Falls. The new Social Security office opened for business at 5021 South Nevada Avenue, behind Panera Bread, just off of 57th Street and Louise Avenue on June 27, 2011. The office is open to the public from 9am to 4pm Monday through Friday and can be reached at 1-877-274-5421. Sioux Area Metro transportation Route 12 has multiple daily stops at 59th and Nevada, providing convenient access to the new location. Visitors can request new and replacement social security cards, report changes and schedule appointments for assistance with their retirement and disability.

In addition to new office space, the Sioux Falls Social Security Administration also welcomes a new District Manager, Jackie Kofoid. Jackie has been with the agency for 17 years. Prior to moving to Sioux Falls she worked in North Dakota, South Dakota and Montana. She is looking forward to the opportunity to serve Sioux Falls and the surrounding communities.



Remember – you can always visit the most conveniently located office Social Security has by using a computer and visiting our online office at www.socialsecurity.gov. Doing business with Social Security online is fast, convenient and secure. And it's so easy!

Submitted by Kathy Petersen, Public Affairs Specialist, SSA, Rapid City, SD
Kathy can be reached at 1-866-354-1123 ext 23519

Colorectal Cancer Screening Saves Lives

Colorectal cancer is the second leading cause of cancer death in the United States, but it doesn't have to be. The Centers for Disease Control and Prevention (CDC) estimates that at least 60 percent of deaths from colorectal cancer could be prevented if everyone over the age of 50 had regular screening tests. In South Dakota, an average of 160 people died annually from colorectal cancer from 2004 to 2008. According to Cancer Facts and Figures, 450 new cases of colorectal cancer were estimated to be diagnosed in South Dakota in 2010.

The South Dakota Department of Health (DOH) colorectal cancer screening program, GetScreenedSD, is encouraging all men and women 50 years of age and older to get screened for this preventable cancer. The goal of GetScreenedSD is to raise awareness of screening guidelines for all South Dakotans and to increase the screening rate. According to the Behavioral Risk Factor Surveillance Survey, the present screening rate for South Dakota is 71.4 percent. Financial help is available to South Dakota residents over the age of 50 who are uninsured or underinsured and meet certain income guidelines.

"Colorectal cancer is a preventable and treatable cancer if the appropriate screening is completed," states Norma Schmidt, DOH Cancer Program Director. Screening can find precancerous polyps, abnormal growths in the colon or rectum, so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. About nine out of every ten people whose colorectal cancer is found early and treated are still alive five years later, according to statistics compiled by the CDC.

There are several different tests that can be used to find polyps or colorectal cancer. Some people at high risk may need earlier or more frequent tests than others. If you are 50 years of age or older, talk to your doctor about what test or tests are right for you. If you would like more information about screening guidelines or to see if you are eligible for the GetScreenedSD program, call the South Dakota Department of Health at 1-800-738-2301.

GETSCREENEDSD

Stop Colorectal Cancer.

Guest article submitted by Brooke Lusk, Black Hills Special Services

Article sources: Cancer Facts and Figures 2010, Centers for Disease Control and Prevention

YELLOW **BLUE** **ORANGE**
BLACK **RED** **GREEN**
PURPLE **YELLOW** **RED**
ORANGE **GREEN** **BLACK**
BLUE **RED** **PURPLE**
GREEN **BLUE** **ORANGE**

Question:

Say the COLOR of the word, not the word itself. Why is this so difficult?

Answer:

Because the right half of your brain is trying to say the color, while the left side of your brain is trying to say the word.

All Star Recipes

Herb & Tomato White Cheddar Pasta with Vegetables Nancy Butler, Gold Mountain

- 1 package (6.2 ounce) Pasta Roni Shells & White Cheddar
- ¾ cup grape or cherry tomatoes, cut in half
- ½ cup corn, fresh or frozen
- ¼ cup green peas
- ¼ cup sliced, pitted black olives (optional)
- 1 tablespoon thinly sliced basil leaves
- Crushed red pepper flakes (optional)

Prepare shells and pasta according to package directions. Stir tomatoes, corn, peas and olives into cooked pasta mixture. Stir in basil and garnish with pepper flakes, if desired.

Venison Meatloaf - Susan Hanson, Gold Mountain

- | | |
|-----------------------------------|----------------------------|
| 2 eggs | 1 8 ounce can tomato sauce |
| 1 medium onion, finely chopped | 1 cup dry bread crumbs |
| 1½ teaspoon salt | ⅛ teaspoon pepper |
| 1½ pounds ground venison | 2 tablespoons brown sugar |
| 2 tablespoons spicy brown mustard | 2 tablespoons vinegar |

In a large bowl lightly beat eggs; add tomato sauce, onion, bread crumbs, salt and pepper. Add venison and mix well. Press into an ungreased 9x5x3 inch loaf pan. Combine brown sugar, mustard and vinegar; pour over meat. Bake uncovered at 350° for 70 minutes.

Pecan Puffs – Annabelle Peterson, The Evans

- | | |
|--------------------|---|
| ½ cup butter | 2 tablespoons sugar |
| 1 teaspoon vanilla | 1 cup pecan meats, ground in nut grater |
| 1 cup cake flour | confectioner's sugar |

Beat the butter until soft. Add the sugar and blend until creamy before adding the vanilla. Stir the pecans and flour. Roll the dough into 1 ½" balls. Place them on a greased baking sheet. Bake at 300° for 45 minutes. Roll the puffs while hot in confectioner's sugar. When cold, roll again in confectioner's sugar. Makes about 32 puffs.

Twice Baked Sweet Potato with Cheese & Pickled Jalapeño Lindsay Bruckner, SDHDA

- 2 medium sweet potatoes
- 1 ounce pickled jalapenos, diced
- 2 tablespoons reduced-fat sour cream
- 3 ounces reduced-fat shredded cheese

Pierce the skin of the potatoes with a fork. Wrap potatoes in aluminum foil and bake at 350° for 55 to 60 minutes, until soft to the touch. Cut potatoes in half lengthwise. Carefully scoop out the pulp, leaving ¼ to ½ inch thick shell.

In a medium bowl mash the pulp with the sour cream, jalapeno and two tablespoons of cheese. Spoon mixture back into the shells and sprinkle the remaining cheese on top. Cover a large baking sheet with aluminum foil. Place the potatoes on the baking sheet and bake for 10 to 15 minutes or until the cheese has melted.

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Please submit items for the Fall 2011 Newsletter to your STAR Coordinator by September 1st.