

STAR

Resident Newsletter :: Winter 2011

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PO Box 1237 :: Pierre, SD 57501-1237 :: (605) 773-3181



The Gift of Giving

“Kindness is the language which the deaf can hear and the blind can see.” Mark Twain

Glenna Halseth uses a walker, needs oxygen around the clock and has fought cancer, but that doesn't mean she

is sitting back and letting life pass her by. At 84 Glenna walks down the hall with a smile on her face and says, “I'm doing great.” She fills her life giving to others. Glenna doesn't have great financial wealth, the latest fashions or a cell phone, but she states, “I have everything I need.”

Life hasn't been easy for Glenna and yet her positive attitude, energy and kindness is inspirational and motivating. Glenna has faced many challenges in the past including domestic abuse, the premature death of two children, poverty, the death of a husband and cancer, which has been in remission for two years.

Glenna supports the Brookings Domestic Abuse Shelter by gathering housewares and other basic living needs for shelter residents. In May 2009, Glenna received the Honorary Advocate Award from the shelter. “The rewards I receive back from giving are so great,” stated Glenna.

Glenna has a knack for recycling all types of items into some type of craft. She shares her special gift and crafts with neighbors, veterans, friends and members of the community.

Glenna hasn't shopped for yarn in twenty years because people bring her yarn for her projects. She creates seasonal crafts, blankets, hats and mittens. She passes on not only her craft, but her kindness and warmth, with each gift. When Glenna had little but the clothes on her back she had the gift of giving. She would give haircuts to anyone who asked.

Glenna lives at Heritage Apartments in Brookings and has three living children, whom she considers her best gifts. Her family also includes twenty grandchildren and twenty-three great grandchildren.

No matter what adversity she encounters Glenna says, “My children are a memory that no one can ever take away. What more could I ask for, I'm overwhelmed at what I have.”



This hat, sweater and baby blanket, along with an angel, are ready to be given away.

Watch Out for Health Care Reform Scams!

With the establishment of any new program or benefit to aid consumers, scam artists jump into action to find ways to turn people's trust in the new program into a way to swindle vulnerable individuals out of their hard-earned money or benefits. The enactment of the new health care reform law, the Patient Protection and Affordable Care Act (PPACA), is no exception.

Over the last several months, consumers have been bombarded with information and misinformation about this Act from a variety of angles, leaving many people confused. As a result, scam artists are already hard at work. Here are a few examples of scams that have recently been reported:

New Medicare Card scam: Medicare beneficiaries in several states have been receiving phone calls from people telling them that because of health care reform they need new Medicare cards. The caller then asks the person for his/her Medicare number so that they can issue the new card. In a similar scam, residents in at least six states have experienced phone calls from someone telling them that they need to re-register for Medicare because of health care reform. The caller asks for their Medicare number and other personal information. The caller even "spoofs" the phone number on the caller ID to show that the call is coming from Medicare. The scam artist often requests the person's bank account information.

Buy ObamaCare scam: As early as the day after the passage of the health care reform bill, SMP programs have been hearing about insurance agents who have told consumers they need to change their current insurance plan (Medicare supplemental plan, prescription drug plan, Medicare Advantage plan or private insurance plan) because of health care reform. Some agents have even claimed to sell "ObamaCare" policies.

\$250 Rebate scam: Beginning in June 2010, Medicare beneficiaries who reached the "donut hole" in their Medicare prescription drug coverage would receive a \$250 rebate check from the Government. To get the check a person does NOTHING. The drug plan you are on notifies Medicare that you have reached the donut hole. Approximately 45 days later a check is sent to you in the mail. Scam artists are calling people claiming to be from Medicare. They need you to verify your bank account number and personal information so they can deposit the \$250 in your account.

**The
Government
does not
solicit
personal
information.**

To avoid falling victim to one of these scams or other health care reform scams, consumers should remember that the Government does not solicit information for any reason. Do not give any personal information to someone who calls on the phone or comes to the door without an invitation. Guard your Medicare and Social Security card as you would a credit card. Never respond to a mailing or provide personal information until you verify that the sender is a legitimate business.

Anyone with concerns about Medicare scams should visit with their STAR Coordinator or contact the South Dakota Senior Medicare Patrol program (SMP) with questions or to report a suspicious mailing or potential scam. West River residents should contact the Rapid City office at 1-800-695-8168. East River residents can reach the Sioux Falls office at 1-800-822-8804.

Article provided by Melissa Wood, South Dakota Senior Medicare Patrol Program (SMP)

Columbus Heights has the Holiday Spirit Year Round

When it comes to having the holiday spirit of generosity and giving back to others, the residents of Columbus Heights Apartments in Milbank are a prime example. Several of the building's residents have been involved in a number of activities.

Whether it is a small or a large project, the residents embrace the opportunity to give back to others. One simple project that has a big impact is saving the tabs from soda cans for the Ronald McDonald House Charity. They also recycle soda cans and donate that money, too.

Another easy project the residents enjoy doing is saving box tops from breakfast cereals and other products. These are given to local schools for the Box Tops for Education Program, which donates money back to the schools based on the number of box tops collected.

The residents are also saving the UPC codes from Our Family products to help Milbank grade school students raise money to upgrade computers and programs at the school's computer lab.

A group of ladies gather to make quilts for the community. The residents have found many programs that benefit from their donated quilts. A quilt is given to each new

baby that is born in Milbank. A blanket is also given to children that are admitted into the Emergency Room. The group has donated quilts to Project Linus, based in Sioux Falls, which is an organization that gives the quilts to kids who are admitted to the children's hospital.

Children are not the only ones who benefit from their quilting workdays. The residents provide quilts for local nursing home residents. The group also makes bags that can be attached to walkers or wheel chairs that allows people to carry items when they are on the go. Both the quilts and the bags have been such a hit that the Columbus Heights group branched out and now donates these items to the veterans in the Hot Springs VA Hospital.

The residents love to participate in these charitable activities and enjoy feeling like they are actively making a difference in their community and across the state.

Congratulations to the Columbus Heights residents and thank you for serving as role models for others who may be interested in starting charitable projects within their apartment buildings. We wish everyone luck with all of their charitable activities in 2011!

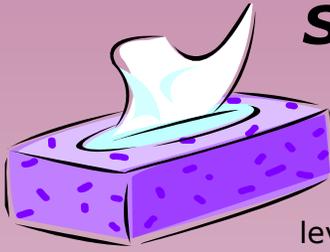


Tell your STAR Coordinator what activities you or your building participates in so we can feature your good works in a future edition of the STAR Newsletter!

Start a Charitable Cause in your Apartment Building

Glenna and the Columbus Heights residents have come up with some great ways to help others. If you are interested in starting something in your building, here are some more ideas to get you started:

- Save Campbell's Soup Labels for schools.
- Gather extra greeting cards and start a card writing group. Send notes to shut-ins, military personnel and individuals in nursing homes or hospitals.
- Have a drive in your building to collect items to send to soldiers who are serving in the military.
- Hold a rummage sale and donate the funds to charity.
- Collect items to be donated to a local domestic violence shelter or a homeless shelter. Every item collected helps!



Sick Day Management for Diabetes

When you have diabetes, sick days often mean more than a runny nose and sneezing. An illness such as a cold or the flu, or any condition resulting in nausea, vomiting or diarrhea may cause your blood sugar to increase. An infection also can raise blood sugar levels. It is very important to test your blood sugar when you are sick. Here are some guidelines to follow when you are ill:

- Check your blood sugar every four hours.
- Test for ketones if your blood sugars are above 240mg/dl, or as directed by your health care provider.
- Check your temperature regularly.
- Make sure you are drinking liquids if you are unable to keep down solid food.
- Drink one cup of liquid every hour while you are awake to prevent dehydration. If you are unable to hold down liquids, you may need to go to the emergency room or hospital.
- Do not stop taking your insulin, even if you are unable to eat solid foods. You may need to eat or drink something with sugar in some form so that your blood sugar doesn't drop too low. People with type 2 diabetes who are on oral medicines may need to stop taking their medicines when sick. Check with your doctor if you are unsure of what to do.

If you need an over-the-counter medicine to control symptoms such as cough and nasal congestion, ask your doctor or pharmacist for a list of sugar-free products.

If you have diabetes and are sick, call your doctor if:

- Your blood sugar stays higher than 180 mg/dL or lower than 70 mg/dL.
- You are unable to keep liquids or solids down.
- You have a fever (temperature over 101°).
- You have diarrhea or are vomiting. You should eat or drink 45 to 50 grams of carbohydrates every three to four hours to maintain your nutrition needs and to prevent hypoglycemia. Listed below are some of the more easily tolerated foods. Each of these items equal one carbohydrate choice:

1 cup clear soup or broth

½ cup regular gelatin

½ Popsicle

½ cup unsweetened applesauce

⅓ cup apple juice

½ cup sports drink, like Gatorade

½ cup regular soft drink, like 7-up or Sprite

Source: WebMD.com

Low Sugar Banana Bread

submitted by Janet DeGroot, Canyon Ridge

2 ⅓ cups overripe bananas	2 cups flour
⅓ cup brown sugar	½ cup melted butter
2 eggs, beaten	1 teaspoon baking soda
dash of salt	

Preheat oven to 350° and grease the banana bread pan. Mash the bananas. In a big bowl mix flour, baking soda and salt. In another bowl mix melted butter with sugar then add eggs and bananas. Pour the mixture into the dry ingredients and stir. Fill pan with batter and bake for 60 to 65 minutes. It is done when you can stick a knife in the bread and it comes out clean.

Tomato Rice Soup

from SD Diabetes Control Program
Healthy Diabetes Recipes and More

1 ½ cups low-sodium tomato juice
1 ¼ cups low-sodium beef broth
¼ teaspoon Worcestershire sauce
1 teaspoon lemon juice
1 cup cooked rice

Combine all ingredients and bring to a boil. Makes 3 servings.

Exchanges: 1 starch, 1 vegetable

Calories: 109

Carbohydrates: 21 grams

Medicare Covered Diabetic Services

Diabetics have too much glucose in their blood. Glucose is a form of sugar the body uses for energy. Blood always has some glucose in it, but too much glucose can damage the body over time. Your body needs the hormone insulin to use glucose for energy. If your body doesn't make enough insulin or doesn't use insulin properly, you may develop diabetes.

Diabetes can cause heart attacks, strokes, blindness, kidney failure and other serious health problems. You can prevent health problems by keeping your blood glucose, blood pressure and cholesterol under control. Medicare covers a number of diabetic services:

Diabetic Screening: Medicare covers this screening if you have the following risk factors: high blood pressure, history of abnormal cholesterol and triglyceride levels, obesity or a history of high blood sugar.

Tests may also be covered if you meet other requirements such as being overweight and having a family history of diabetes. Based on the results of these tests, you may be eligible for up to two diabetic screenings every year. You pay nothing for the test, but you generally have to pay 20% of the Medicare approved amount for the doctor's visit.

Self Management Training: Medicare beneficiaries can receive this training if they are at risk of complications from diabetes, have been recently diagnosed with diabetes

or have diabetes and are now eligible for Medicare. A written order from a doctor or health care provider is necessary to receive the training. You are responsible for 20% of the Medicare approved amount. The Part B deductible applies.

Diabetic Supplies: This includes blood sugar testing monitors, blood sugar test strips, lancet devices and lancets, blood sugar control solutions and in some cases, therapeutic shoes.

Insulin is covered ONLY if used with an external insulin pump. You pay 20% of the Medicare approved amount. The Part B deductible applies.

Insulin and certain medical supplies used to inject insulin and some oral diabetic drugs may be covered by your Medicare prescription drug coverage Part D.

Therapeutic Shoes: In an effort to prevent foot ulcers in people with diabetes who are at risk, those who have Medicare Part B and are being treated under a comprehensive care plan can receive help paying for therapeutic shoes. For those who qualify, Medicare allows one pair of shoes, and up to three pairs of molded innersoles, per year. The amount allowed varies depending on the type of footwear prescribed by your health care provider. Medicare beneficiaries pay 20% of the approved amount after meeting the yearly Medicare Part B deductible.

Source: Medicare.gov

Request a Free Diabetic Cook Book

Healthy Diabetes Recipes and More is a free publication from the South Dakota Department of Health. To request a copy email: DOH.INFO@state.sd.us with your name and complete mailing address.



South Dakota residents only, please. Your STAR Coordinator can help you request the publication.

Keep your Feet Happy

When shopping for a new pair of shoes look for the following features, which are best for people with diabetes:



- Closed toes and heels.
- Leather uppers without a seam inside.
- At least ½ inch extra space at the end of your longest toe.
- Inside of shoe should be soft with no rough areas.
- Outer sole should be made of stiff material.
- Shoe should be at least as wide as your foot.

Report foot injuries and infections to your health care provider immediately.

Source: WebMD.com



Choosing the Perfect Light

As people age, light takes on a new importance. People who experience vision loss typically need seven times more light than a person with normal vision. Improving the light a person uses can make the difference between completing a task visually and struggling to see properly. Improved illumination enhances contrast and benefits people with reduced contrast sensitivity. Contrast sensitivity is the visual ability to see objects that may not be outlined clearly or that do not stand out from their background.

There are several types of lights and each one has its own characteristics: natural light, overhead light and task light. Natural light, or sunlight, is the best light but comes with problems such as inconsistency or reliability on cloudy or overcast days. Too much sun causes problems with glare and shadows. Natural light might be optimal for one person but cause problems for people who are extremely sensitive to the sun and the glare produced by natural lighting. Overhead fixtures light up an entire room and are helpful for providing general lighting, but when performing close up tasks most people prefer a task light.

There are a variety of lightbulbs that can be used in overhead fixtures and lamps. Incandescent lights are the most common and are available in many wattage levels. They are primarily used in table lamps, task lamps, overhead ceiling fixtures or floor lamps. Incandescent lights produce heat, so the higher the wattage causes more heat to be generated. Fluorescent lights have been commonly used in overhead or ceiling lights until recently. Full spectrum fluorescent lights are now being used in task lights and floor lamps. They are popular because they produce a cool light which closely replicates natural day light. Another type of light is halogen; this type of illumination is more concentrated and brighter than regular incandescent bulbs. Halogen lights produce a lot of heat and can pose a fire risk if positioned near fabrics.

When choosing a light, you must decide how it will be used and then determine if it produces glare and if the glare can be controlled. To reduce overall room glare, cover or remove shiny surfaces that reflect light back from the surface with items such as fabric, flat paint, carpet and other light absorbing materials.

If your task requires a lot of light move the lamp closer rather than increasing the wattage of the bulb. Moving the lamp will reduce glare and increase illumination. While working on tasks it is important to keep your room well-lit, as well as the area you are working in. Do not sit in a dark room using only a task light.

Evaluate each room for the tasks you do in that room and then decide on the type of lighting you need. Lights are available at a variety of retail outlets such as lighting stores, hardware stores, fabric stores and discount department stores. Price varies depending on the quality and type of fixture or lamp.

If you have questions or need more information about optical devices, magnifiers or lighting please visit with your STAR Coordinator. You can also call the South Dakota Service to the Blind and Visually Impaired at 1-800-658-5441 or visit their website: <http://dhs.sd.gov/sbvi/>.

Article provided by Dawn Backer, CLVT, Manager, SD Rehabilitation Center for the Blind

Sources: http://visionaware.org/home_modifications Foundations of Low Vision: Clinical and Functional Perspectives, Anne L. Corn and Alan J. Loening, 1996, AFB Press, American Foundation of the Blind, 11 Penn Plaza, New York, NY 10001



All Star Recipes

Kuchen Bars - Alma O'Rourke, Homestead Heights

- | | |
|----------------------|-------------------------|
| 1 cup butter, melted | 1 cup sugar |
| 2 eggs | 1 teaspoon vanilla |
| 2 cups flour | 1 can of fruit, drained |

Mix butter, eggs, flour, sugar and vanilla. This will form a thick batter. Spread batter into a 10x16 inch pan. Arrange the fruit over the batter.

- | | |
|---------------------------|-------------------------|
| 1 $\frac{3}{4}$ cup cream | 2 tablespoons flour |
| 4 eggs, beaten | $\frac{1}{2}$ cup sugar |

Mix cream, eggs, flour and sugar. Pour over fruit. Sprinkle with cinnamon and nutmeg. Bake at 350° for 35 to 40 minutes until set.

Zucchini Brownies - Vera Gay Wilson, Homestead Heights

- | | |
|---------------------------------------|-----------------------------------|
| 2 cups flour | $\frac{1}{3}$ cup cocoa |
| 1 $\frac{1}{2}$ teaspoons baking soda | 1 teaspoon salt |
| 2 cups shredded zucchini | 1 $\frac{1}{2}$ cup sugar |
| $\frac{3}{4}$ cup oil | $\frac{1}{2}$ cup chopped walnuts |
| 2 teaspoons vanilla | |

Combine flour, cocoa, baking soda and salt. Combine zucchini, sugar and oil. Add to dry ingredients. Mix well. Stir in nuts and vanilla. Pour into 9x13 inch pan. (I have used a cookie sheet.) Bake at 350° for 35 to 40 minutes. Cool for 30 minutes.

Frosting:

- | | |
|--|-----------------------------------|
| $\frac{1}{4}$ cup margarine | 1 cup sugar |
| $\frac{1}{4}$ cup milk | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup chopped walnuts | $\frac{1}{2}$ cup chocolate chips |
| $\frac{1}{2}$ cup miniature marshmallows | |

In saucepan melt margarine. Stir in sugar and milk. Bring to a boil over medium heat, stirring often. Boil for 1 minute. Remove from heat. Stir in chips and marshmallows until melted. Add vanilla. Spread over brownies. Sprinkle with walnuts.

Easy to Eat Potato Salad - Linda Lang, Sherman

This recipe is for people who can't have salt or have a hard time chewing food.

- 4 medium potatoes, boiled, peeled and diced
- 2 hard boiled eggs, peeled and diced
- 3 or 4 tablespoons of Spin Blend salad dressing
- $\frac{3}{4}$ cup half & half
- $\frac{1}{2}$ teaspoon mustard
- Pepper to taste

Mix cream, mustard, salad dressing and pepper together. Add eggs and potatoes. Mash until all ingredients are smooth. Chill for 30 minutes. Makes four servings.

Please submit items for the Spring 2011 Newsletter to your STAR Coordinator by March 1, 2011.

Worry is the interest paid by those who borrow trouble.

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

Senecal, 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, Fort Pierre

Presho Courts, Presho

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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

