



STAR

Resident Newsletter :: Fall 2010

A publication of the South Dakota Housing Development Authority
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The Jungle is Alive in Aberdeen

Cecilia Rico, a resident of the Bicentennial Apartments in Aberdeen, has been painting jungle scenes for 45 years. Her love of painting began when she was living in her native country of Columbia. "I have a natural love of art and always wanted to become a painter," said Cecilia. She traveled through South America and Europe for several months taking pictures of animals, trees and landscapes. Her photographs became the inspiration for her jungle paintings.

She decided upon jungle scenes as her specialty because when she began painting no one else was painting images from the jungle. She felt that she could do something uniquely different by capturing the beauty of the jungles she had photographed in her travels.

Cecilia stated, "Two of the highlights of my career were when my paintings were displayed at the National Museum in Columbia and also when a book was created based on my work." Though there are many high points in Cecilia's career, she also recalls a very low point.

"While living in Bogotá in 1965, I had been offered an exhibition at the Gallery of Modern Art. I prepared 18 paintings especially for the exhibit," remembers Cecilia. She stepped out of her home where the paintings were kept to run an errand. Upon her return, she was horrified to see her home in flames. The fire destroyed everything, including her paintings. Cecilia almost decided to end her painting career right then and there. However she persevered and began painting again.

Cecilia is proud to say that her work has been displayed all over the world in places such as Columbia, Greece, Spain and New York City. On a more local front Cecilia has exhibited her work at The Cultural Center Gallery and The Dacotah Prairie Museum in Aberdeen.

So what makes Cecilia's paintings special? Anyone viewing Cecilia's work will agree that they seem to have a life of their own. The paintings are usually composed of a lush landscape filled with lions, tigers or leopards. The signature of Cecilia's work is in the detail that she puts into the expression of the eyes of the animals. She spends a great amount of time ensuring that each animal's eyes are painted just right.

Cecilia's other hobbies include listening to the classical music of Mozart, Bach and Beethoven. "Their famous musical pieces stimulate my creativity," stated Cecilia. She often plays their music while she paints. Another of Cecilia's lifelong interests is studying foreign languages. Cecilia can speak Spanish and English and enjoys studying other languages such as French.

Cecilia is still hard at work creating her beautiful jungle masterpieces. Congratulations Cecilia on your artistic accomplishments and keep on painting!



Cecilia poses with a few of her dramatic animal paintings.

Commodity Supplemental Food Program Provides Nutritious Foods

The Commodity Supplemental Food Program (CSFP) is a federally funded program through the United States Department of Agriculture. This program strives to improve the health of low-income senior citizens who are at least 60 years of age by supplementing their diets with nutritious foods. It is important to note that these boxes do not provide an entire diet, but act as a supplement to a healthy diet.

The contents of the boxes, which contain roughly 30 pounds of food, vary slightly from month to month. Recipients can usually expect to receive dry goods such as cereal, pasta, beans and rice along with a variety of canned fruits and vegetables. The boxes may also contain canned beef and chicken, dairy products such as evaporated or instant dry milk and peanut butter. There may also be two kinds of juice such as orange, grape, apple or tomato.



To be eligible to receive a monthly commodity box, a person must meet federal income guidelines. To qualify, a one person household cannot have a yearly income over \$14,079, or what equates to \$1,174 per month. For a two-person household the total yearly income cannot exceed \$18,941, or \$1,579 monthly. The application is simple to complete and requires a copy of an identification card or driver's license and proof of income.

The program is currently administered in many communities through the Salvation Army or local food pantry. Recipients are notified when their box is ready. It is the recipient's responsibility to collect their box from the agency administering the program.

If you have questions or are interested in applying for the Commodity Supplemental Food Program, please ask your STAR Coordinator for more information.

Sources: USDA Food and Nutrition Program and Feeding America

Influenza Season Facts

It is estimated that 90% of influenza related deaths and more than 60% of hospitalizations in the United States each year occur in people 65 years and older. The first and most important step to avoiding the flu is to get a vaccination. Vaccinations are generally available starting in September. This year the vaccine will protect against 3 different flu viruses, including the H1N1 flu that had required a separate vaccination last year.

Influenza usually starts suddenly and may include the following symptoms: fever, headaches, tiredness, cough, sore throat, runny or stuffy nose and body aches. It is very hard to distinguish the flu from other infections on the basis of symptoms alone. A doctor's exam may be needed to tell whether you have developed the flu or complications from the flu. There are tests that can determine if you have the flu as long as you are tested within the first two to three days of infection. Your doctor may then prescribe influenza antiviral drugs.

Antiviral drugs decrease the ability of flu viruses to reproduce. It is very important that antiviral drugs be used early to treat flu illness. Antiviral drugs can make you feel better and shorten the time you are sick by one to two days. They can also prevent serious flu complications.

For more information on flu shot clinics available in your building or area, please contact your STAR Coordinator.

Source: www.CDC.gov

Preventive Service Coverage Changing for Medicare Patients

Often seniors go without needed preventive care due to cost and a lack of coverage. A major change in Medicare for 2011 is a renewed focus on preventive care. Beginning January 1, 2011, Medicare beneficiaries will no longer have to pay any out of pocket costs for most preventive services. This means the usual 20% co-payment will not be required for preventive services. In addition, Medicare will cover the cost of an annual wellness visit with your physician. During this visit you and your doctor will develop a personalized prevention plan that takes a comprehensive approach to improving your health. Medicare will continue to cover preventive services such as mammograms, diabetes screenings, certain cancer screenings and an annual flu shot free of charge.

Medicare Part D Open Enrollment: During the Medicare Part D Open Enrollment period current Medicare beneficiaries and others who are eligible for Medicare have the opportunity to enroll in a Medicare Prescription Drug Plan or to change their existing coverage. Open enrollment runs from November 15, 2010, to December 31, 2010. Even if you like your current Part D plan, Medicare advises that you look into the options available to you. Please visit with your STAR Coordinator if you would like help checking into other Part D plans.

Medicare Part D Doughnut Hole: In 2011 if you reach the Part D coverage gap you will get a 50% discount on your brand name prescription drugs when you purchase them.

Sources: The White House Fact Sheet-Health Reform for American Seniors and www.healthcare.gov



Donated Dental Services

South Dakota dentists have volunteered to provide comprehensive dental care to people of all ages who, because of a serious disability, advanced age or medical problems, lack adequate income to pay for needed dental care. This program offers free or low-cost dental care. There are no rigid financial eligibility requirements. There is generally no cost to qualifying individuals; however, a person in the position to pay for part of their care may be encouraged to do so, especially when laboratory work is involved. The Donated Dental Services Program relies on dentists who donate their time and services, so the waiting period can be quite long. The application process involves four steps:

- Individuals must complete an application;
- The application will be reviewed. The referral coordinator will call you for more information. Those who do not qualify for the program will be informed at this time.
- The referral coordinator will share information about the tentatively accepted client with a volunteer dentist.
- Upon final acceptance you will be notified of the dentist's name and phone number. You will be responsible for scheduling the examination appointment. Final acceptance into the program will only be made after the clinical examination when specific treatment needs are established.

Due to programming limitations, applications cannot be processed as soon as they are received. The referral coordinator will contact you when your application comes up for review. Please see your STAR Coordinator for more information.

Source: South Dakota Dental Foundation

Can You Hear Me Now?

Hearing impairment is a disability affecting about one in ten North Americans. Hearing loss can be from a variety of causes including wax blocking the ear, perforated eardrum, fluid in the ears, noise exposure or age-related changes.

Hearing loss can be:

- mild - with trouble hearing ordinary conversation;
- moderate - where voices must be raised to be heard; or
- severe - where people must shout to be heard.

The most common cause of hearing loss is aging. Seniors often complain, not only of hearing loss but also of associated tinnitus or ringing in the ears and sometimes dizziness. It takes only a slight loss of hearing to make life difficult.

Although conversation is audible at low frequencies (deeper voices), it is not as easy to hear higher pitched voices. Typically with hearing loss the ability to hear high sounds goes first, which causes problems hearing birds or women's voices. Hearing the phone ring or distinguishing consonants becomes harder. The problem is particularly acute when there is background noise such as on a bus, at the dinner table, in a crowded room or when standing next to an open window facing traffic.

There is adaptive equipment to help you function in your home. The Telecommunication Equipment Distribution Program (TEDP) is for people who are deaf, hard of hearing, deaf-blind or speech-impaired or have difficulty communicating on the telephone. Special equipment is available at no cost to enhance telephone communication.

To be eligible for TEDP equipment you must be a resident of South Dakota, have difficulty communicating on the telephone because of a severe hearing or speech impairment and have telephone service in your home. TEDP has a variety of products available:

- Amplified Telephones
- Speakerphones
- Flashing Light Signaler
- Cell Phone Amplifiers
- Phones with Tone Control
- Loud Ringers
- Shaking Alert
- Phones with Outgoing Speech Amplification



Specialized items are also available:

- *Teletypewriter (TTY)* A device used to communicate primarily with deaf people by phone. The message is typed and read on the screen.
- *Voice Carry Over (VCO)* Allows people with hearing loss to speak for themselves on the phone and read the other party's incoming message as text on the LCD screen.
- *Hearing Carry Over (HCO)* Allows people with speech impairment to listen to the other party and type their responses.
- *Captioned Phone (CapTel)* Allows users to listen to the other party and read captions at the same time.

For more information about TEDP and their products please contact your STAR Coordinator.

Sources: USA Today Health Encyclopedia and www.sdrelay.org

Resident Spotlight

Laura Morgan was born March 2, 1911, in Milesville, South Dakota. She is the mother of eight children. She and her husband did not plan to have so many children but her last pregnancy turned out to be triplets! Laura is very proud of her family. She says she thoroughly enjoyed raising her children.

Laura is quite agile for her age. She feels this is due to restricting sweets in her diet and exercising to keep fit. "My secret to longevity is to enjoy life and laugh a lot," stated Laura. Laura is a resident of Senechal Apartments in Phillip.



Fall Funnies



How do you mend a broken Jack-o-lantern?

If April showers bring May flowers, what do May flowers bring?



With pumpkin patch!

Pilgrims!



Here is a handy list you can clip out and keep by your phone or on the refrigerator.



Frequently Used Numbers and Names

Emergency Contact: _____

Medical Doctor: _____

Property Manager: _____

STAR Coordinator: _____

Eye Doctor: _____

Dentist: _____

Hospital: _____

Transportation: _____

Church: _____

Pharmacy: _____

Bank: _____



Independent Living Program provides Training and Equipment

Do you or someone you know struggle with reading the newspaper or watching television, even with glasses? Do you have difficulty seeing people's faces or reading the numbers on your oven, microwave or thermostat? It's possible you have an eye disease that results in vision impairment.

Vision impairment conditions consist of blurriness, narrowing of side vision, a distortion of the field of vision, blind spots or a loss of contrast. Some people experience sensitivity to light and glare or loss of color perception.

Vision impairment should not be confused with being legally blind or totally blind. If you have been diagnosed by your eye care physician with an eye disease which causes low vision, the Service to the Blind and Visually Impaired (SBVI) can help you maintain your independence.

SBVI provides low vision rehabilitation services to help people live independently. SBVI has four district offices located in Aberdeen, Pierre, Rapid City and Sioux Falls; which allows for statewide coverage for services from the Independent Living (IL) programs.

SBVI Rehabilitation Teachers are responsible for delivering services in the Independent Living (IL) Program. Independent living services assists people with significant vision loss by providing training that leads to a more productive and enriching life. Professional rehabilitation teachers work with individuals to teach alternative techniques of doing everyday activities. Services are usually delivered in the individual's home, but blindness training can be provided in various environments such as grocery stores, senior centers and other community settings.

Rehabilitation Teachers primarily serve individuals over 55 who are living independently. To qualify for the program an individual must have a significant visual impairment, be substantially limited in their ability to complete daily activities, have a reasonable expectation that the services will assist the individual and reside in South Dakota. Rehabilitation Teachers teach individuals how to manage daily activities such as:

- Adapting the home for safety and navigation;
- Improving lighting conditions;
- Preparing meals;
- Labeling medications, clothing, and appliances;
- Writing techniques;
- Keeping financial records;
- Personal grooming; and
- Using magnifiers for easier reading.

Staff can teach travel skills using a white cane or a family member or friend as a guide, communication skills such as developing techniques for writing and accessing printed materials, Braille skills, managing personal schedules through talking watches or large print calendars, learning how to manage the home environment and have meaningful leisure activities. Staff members will refer applicants to other public and private organizations, when appropriate, to receive additional services.

If you or someone you know is interested in receiving services or learning more about the Independent Living Services program, please call the district office closest to your location:

Aberdeen: 1-800-439-3417
Pierre: 1-877-873-8500
Rapid City: 1-800-439-8861
Sioux Falls: 1-800-265-9679



People who receive services through SBVI's Independent Living program who are over 55 years of age and meet income requirements are eligible for the Closed Circuit Television (CCTV) Lease/Loan Program.

Over the years, SBVI has received donations from individuals in memory of loved ones. Because of their generosity, SBVI was able to implement the Closed Circuit Television (CCTV) Lease/Loan Program in 2004.

A CCTV is a camera and monitor system that magnifies script or pictures up to sixty times its original size. For some individuals the CCTV is a lifeline to remaining independent. It allows them to see well enough to manage their finances and read prescription drug labels, food labels, cooking instructions and correspondence. Since the program's inception over 176 units have been purchased to assist people to live independently.

Hello!

Four years ago with the Fall 2007 issue of the STAR newsletter I began moonlighting as the editor. I use the term moonlighting because I am the homeownership accountant for SDHDA. The majority of my workdays are spent keeping track of the First-time Homebuyer loan payments.

As the STAR newsletter editor I keep an eye out for story ideas, work with the STAR Coordinators to determine the topics for each issue, put the information all together with some bling and send the newsletter off to the printer so it can be delivered to your door.

I moved to Pierre from my hometown of Aberdeen after graduating from college, married Terry in 1992 and have been a dog mom to four black labs over the years. I stock shelves at the Hospice Thrift Store one night a week, enjoy sewing projects and I am a South Dakota Extension Master Gardener.

And now you know a little bit about the person behind the computer. I enjoy your stories and contributions. Keep those recipes coming!



Tracy and Lucy take a break from playing.

SOCIAL SECURITY ADMINISTRATION BEGINS REVIEW OF EXTRA HELP ELIGIBILITY

If you currently receive Extra Help for your Medicare prescription drug plan costs you received a grey letter from the Social Security Administration in the middle of September. Social Security is reviewing whether a person still qualifies for the Low Income Subsidy.

In late September the Social Security Administration mailed another letter which contained Form 1026. This form needs to be completed within 30 days in order to determine if you still qualify for Extra Help with your Medicare prescription drug plan costs. **If you do not complete and return the form within 30 days your Extra Help will cease on January 1, 2011.** Please visit with your STAR Coordinator, family members or a caregiver if you need help completing Form 1026.



STAR Word Search

Here is a listing of the different ways your STAR Coordinator can assist you. Please call her to schedule an appointment or stop by when she is in the building.

ACTIVITIES
FLU SHOTS
HOUSEKEEPING
LEGAL SERVICES
MEAL PROGRAMS
NEWSLETTER
NUTRITION
PAPERWORK

POTLUCKS
PRESENTATIONS
REFERRALS
SENIOR COMPANION
SITE VISITS
TRANSPORTATION
WELLNESS

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

All Star Recipes

Banana Sour Cream Coffee Cake - submitted by Deb Torgerson, The Evans

½ cup butter or margarine	1 cup sugar
2 eggs	1 cup mashed bananas
½ teaspoon vanilla	½ cup sour cream
2 cups flour	1 teaspoon baking powder
1 teaspoon baking soda	¼ teaspoon salt
½ cup finely chopped pecans or walnuts	
¼ cup sugar	1 teaspoon cinnamon

Preheat oven to 350°. Cream butter until light and fluffy. Gradually beat in 1 cup of sugar. Beat in eggs one at a time. Add mashed bananas, vanilla and sour cream. Sift together flour, baking powder, baking soda and salt. Fold into creamed mixture, stirring just to blend.

In a separate bowl combine nuts, ¼ cup sugar and cinnamon. Spoon batter into a well-greased 11x13 inch pan. Sprinkle nut mixture evenly over the top. Bake for 45 minutes or until a toothpick comes out clean.

Lemon Bread - submitted by Deb Torgerson, The Evans

1 ½ cups flour	1 teaspoon salt
1 cup sugar	Grated peel of one lemon
1 tablespoon baking powder	½ cup whole milk
2 large eggs, beaten	½ cup butter, melted
Juice of one large lemon	½ teaspoon vanilla extract
Glaze: juice of one large lemon	¼ to ½ cup sugar

Adjust oven rack to the lower-middle position and heat oven to 350°. Grease the bottom and sides of a 9x5 inch loaf pan. Dust with flour, tapping out excess. Whisk the flour, salt, sugar, lemon peel and baking powder together in a large bowl, set aside.

In a medium bowl beat eggs with milk, butter, lemon juice and vanilla. Add egg mixture to dry ingredients and stir until just combined. Scrape batter into prepared pan. Bake 45 - 50 minutes until loaf is golden brown and toothpick comes out clean. **Do not remove bread from pan.**

To prepare glaze: While bread is baking combine lemon juice and sugar in a small saucepan. Stir over medium heat until sugar is dissolved. After removing bread from the oven use a long wooden skewer to poke numerous holes in the hot bread, piercing all the way to the bottom. Slowly drizzle hot glaze over the bread and baste the top several times. Allow time between basting for glaze to soak in. Let bread cool in the pan on a wire rack until glaze is set, about 20 minutes. Remove from pan and let cool completely.

Please submit items for the Winter 2011 Newsletter to your STAR Coordinator by December 1st.

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Lamro, Winner
Missouri View, Pierre
Old West, Ft. Pierre
Presho Courts, Presho
River Ridge, Moberge
Tower, Watertown
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.

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