STAR

Resident Newsletter :: Summer 2010

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Rose Welcomes Rally Goers

Rose catches a ride with her neighbor Paul.

For almost 20 years Rose Williamson has been the official greeter at the Breakfast for Bikers served by the Spearfish Senior Citizen's Center. Each morning during Rally Week, Rose, a resident of Lookout Mountain View, greets the bikers coming in for breakfast. Rose is known as "The Hugger." She positions herself at the entrance of the Senior Citizen's Center and generously hugs all who attend.

Over the years she has met many bikers and their families. A number of these bikers keep in touch with her throughout the year. They send her cards, letters, pictures and even give her gifts. One of her prized possessions is a teddy bear in rally leathers that was given to her by one of her biker friends.

It is common for bikers to offer Rose a ride on their bike. She readily accepts these offers. Often she asks the bikers to swing by her apartment complex so she can wave to her neighbors. She chuckles recalling a time last summer that she could not climb onto a huge bike. Three bikers promptly lifted her up and gently placed her on the seat. How she enjoyed that ride!

Rose, who was born in Spearfish, has called a number of towns in the Black Hills her home. She is well known as a doll maker and has been a member of the local doll club for many years.

Keeping busy has kept Rose, who is 93, young at heart. Taking trips to Deadwood, playing cards and playing Pokeno are some of the activities she enjoys.

Rose is starting to get excited about the upcoming 70th Anniversary of the motorcycle rally. "I've got a lot of nice friends. I hope I get to see them again this year," said Rose.

RALLY FACTS

1936 Clarence "Pappy" Hoel purchased an Indian Motorcycle Franchise in Sturgis, SD. The Jackpine Gypsies Motorcycle Club was formed.

1938 The first Sturgis Rally, known as the Black Hills Classic was held on August 14th with a race of nine participants and a small audience.

1942 Due to gas rationings in support of the war efforts the Rally did not take place.

1964 One block of Main Street is officially closed for motorcycle parking over the course of the three day event.

1975 The Rally evolves to its present seven day event.

1989 Sturgis Rally Founder, Pappy Hoel, passes away at the age of 85.

2000 The Sturgis Rally saw the largest attendance exceeding as high as 600,000 people.

Source: sturgismotorcyclerally.com

Attorney General Jackley Warns Seniors of Medicare Rebate Scam

Attorney General Marty Jackley is warning South Dakota seniors to be cautious of possible scams relating to the Medicare Prescription Drug Rebate program. Many South Dakota seniors who fall into the Medicare Part D prescription drug coverage gap, known as the "doughnut hole" will begin receiving rebate checks for $250 to help with drug costs. The rebate check is part of the new health care law, which will help make prescription drugs more affordable for people in Medicare Part D.

The checks will be automatically sent to those who have paid more than $940 in out-of-pocket drug costs. Seniors should be cautious of scam artists who promise to deliver a check sooner if a fee is paid up front. They may also try to obtain personal financial information. There is no up-front fee for this rebate program. It is an automatic check that is sent directly from the U.S. Department of Health and Human Services to those who meet the requirements. "Seniors need to be cautious of any telemarketing calls, unsolicited e-mails or direct mail pieces that try to entice them into paying for this rebate," said Jackley.

If you have been a victim of this scam or need any additional information please call the Consumer Protection Division at 1-800-300-1986 or the Senior Medicare Patrol at 1-800-822-8804 or 1-800-695-8168.

Thoughts from Jill:

I've been on the job for three months now and I wanted to say how much I appreciate the wonderful reception I received at each of the sites I visited.

Starting a new job is always a little frightening but I was warmly greeted by so many of you and I have met some incredible people that I feel privileged to spend time with.

You Didn't Have To

Thank you for what you did;
You didn't have to do it.
I'm glad someone like you
Could help me to get through it.
I'll always think of you
With a glad and grateful heart;
You are very special;
I knew it from the start!

By Joanna Fuchs

Scammers Take Advantage of Health Care Reform

Consumers searching for health insurance coverage since the passage of the Patient Protection and Affordable Care Act of 2009 (PPACA) should be on the lookout for scams providing misleading information about the new law.

South Dakota Division of Insurance Director Merle Scheiber encourages consumers who have been offered polices that are supposedly necessitated by federal health-care reform to call the Division of Insurance to verify if the policies, companies and agents are legitimate.

"Scam artists nationwide are going door-to-door selling 'ObamaCare' insurance policies," Scheiber said. "The sales people may claim there is a limited open enrollment period to buy health insurance and that the coverage being offered will be grandfathered or exempted from changes required by the new health-care reform law. There is no open enrollment period currently associated with the new health care law," he said.

The requirement for all Americans to purchase healthcare insurance does not go into effect until 2014 for most people, Scheiber added.

You may contact the Division of Insurance for assistance by calling 605-773-3563.

Energy Assistance Program

With a season change from summer to fall comes colder weather and the added cost of a heating bill. For many residents on a fixed income, a high heating bill is something they dread getting. However, the Low Income Energy Assistance Program can assist low-income residents of South Dakota defray their energy costs.

The Energy Assistance Program is administered by the South Dakota Department of Social Services, and seeks to pay qualifying individuals' heating bills. The application asks for information about your household size and what each household member's income is for a three month period corresponding to the month you apply for the program. Reportable income includes any wages, child support payments, Social Security, SSI, SSDI, Veteran's benefits, retirement payments, pensions, annuities and dividends.

The total of all reportable income for the three month period must be under $5,415 for a single-person household and under $7,285 for a two-person household. Each member of a household that claims income must provide proof of income such as a copy of a bank statement or a copy of an award letter that details the amounts received by the applicant.

Residents who are elderly or disabled receive a preference when applying for the program. Applications submitted after March 31, 2010, are processed for the next heating season which begins in October and runs through May.

There are often questions from tenants about their eligibility for the Low Income Energy Assistance Program because their heating bill is included in their rent. Residents living in apartment buildings where heat is included in their rent are still encouraged to apply for the program because the Department of Social Services can contact your landlord and determine the heat portion of your rent. For more information about South Dakota's Low Income Energy Assistance Program, please speak with your STAR Coordinator or contact the Office of Energy Assistance at 1-800-233-8503.

Source: South Dakota Department of Energy Assistance

The residents of Grand Valley Apartments in Newell enjoyed a St. Patrick's Day potluck.

Birthdays are celebrated at Senechal Apartments in Philip.

Summer Trivia

July 11, 1914 - Babe Ruth debuted in the major leagues with the Boston Red Sox. Ruth made $2,900 his rookie season. Just six years later, his paycheck was worth $125,000 when he became a member of the New York Yankees.

July 20, 1969 - With "...one small step for man, one giant leap for mankind," astronaut, Neil Armstrong, pilot of the lunar spacecraft, the "Eagle", made the first footsteps on the surface of the moon at 10:56 p.m. EDT. Which foot did Armstrong use to step on the grainy, grayish, lunar soil? His left. So incredible were the TV images of Armstrong and (15 minutes) later, Buzz Aldrin, exploring the lunar surface, people around the world stopped and collectively held their breath. The words "Houston, Tranquility Base here. The Eagle has landed..." gave instant impact to the drama of watching human beings reach something so far away so successfully. And all were able to breathe once again.

August 1, 1958 - After 26 years at 3 cents, the cost of mailing a first-class letter in the United States went up a penny.

August 12, 1937 - Comedian Red Skelton got his first taste of network radio as he appeared on the "Rudy Vallee Show" on NBC.

September 5, 1956 - Johnny Cash hit the record charts running with "I Walk the Line." Cash's debut hit song climbed to #17 on the pop music charts.

September 17, 1955 - "The Perry Como Show" moved to Saturday nights on NBC-TV. Soon, U.S.A. audiences would "Sing along with me ... I'm on my way to the stars..." with the incomparable Mr. C. Como's hour long variety show replaced his three-times-per-week, 15-minute show, which had been on the air since 1948. The new version of "The Perry Como Show" soon became Saturday's highest-rated TV program, beating CBS competitor Jackie Gleason.

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

Summer Fun Word Search

Since summer officially arrived on June 21, it is time to get out outside and enjoy some of these fun summer activities. Remember to pack the sun screen and bug spray!

BARBEQUE
BOATING
CAMPING
CARNIVAL
FAIR
FIREWORKS
FISHING
GARDENING
PARADE
PICNIC
REUNION
SWIMMING
VACATION
ZOO

Your Feet were made for Walking

Take a walk in the park or around the neighborhood. Consult your primary care physician and use these tips from the American Podiatric Medical Association to get a walking group started in your building.

- ***Warm up and cool down.*** Stretching improves circulation and decreases build-up of lactic acid, the chemical by-product that causes muscles to ache. It also helps alleviate any muscle stiffness and prevents future muscle strain. As a result, you can walk further, longer and injury free. Before and after walking allow ample time to perform a few simple movements, stretching the hamstrings, calves, achilles tendons and shins.

- ***Choose proper footgear.*** Buying shoes is the only real expenditure necessary for walking, so don't cut corners on your shoe budget; treat your feet well! If you experience swelling in your feet, try on athletic shoes in the afternoon, when your feet are most swollen, to ensure an accurate fit. Look for a shoe that is stable from side to side; well-cushioned; enables you to walk smoothly and comfortably; and gives you enough room to wiggle your toes, yet be snug in the heel.

- ***Pay attention to your feet.*** Changes and/or pain in the feet and ankles are not normal and could indicate a serious foot ailment or circulatory problem. Warning: Self-treatment can turn a minor problem into a major one, making fitness more difficult. Become familiar with your feet and ankles by examining them before and after walking. If you notice red spots, swelling, or other abnormalities, including numbness, tingling or burning, consult a podiatric physician as soon as possible.

- ***Walk on soft ground.*** With age, the natural shock absorbers (or "fat padding") in your feet deteriorate, as does bone density, particularly in women. These factors combined make seniors prone to stress fractures. Softer ground is more foot-friendly, producing less shock than harder surfaces. If possible, walk on grass or dirt paths that are flat, even and well manicured.

- ***Avoid walking in cold weather.*** Cold weather causes numbness, limiting your ability to detect trauma or wounds to the feet. It also makes surfaces harder, exerting undue shock on the feet and ankles. Head to the local mall or walk at an indoor track or exercise facility.

- ***If you have diabetes, use extra precaution.*** If you suffer from diabetes, you are prone to infection from even minor injuries. Many people with diabetes experience a loss of sensation in the feet, making it difficult to detect injury. Untreated or improper self-treatment of ailments could lead to serious, permanent damage or possible amputation. Check your feet daily for redness, blisters or injury. If you experience any numbness, tingling or have wounds or abnormalities of any kind, see a podiatric physician immediately.

- ***Exercise smart.*** Establishing an exercise program is a huge undertaking, and even the most minimal injury could "sideline" you for days - even months. Knowing your limit and exercising with caution can ward off injuries and frustration. Set appropriate and realistic goals. Pace yourself, choose an activity you like, increase your exercise program gradually, and pay attention to what your body, including your feet, tells you. Drink fluids on hot days or during very strenuous activities, to avoid heat stroke and heat exhaustion.

Source: www.apma.org

Keep your Food Safe

Food safety is a very important topic that never goes away. Each year one out of four people in the United States suffers from food poisoning, which results in 5,000 deaths annually.

Tainted food symptoms typically begin several hours to several days after consumption and can include one or more of the following symptoms: nausea, abdominal pain, vomiting, diarrhea, gastroenteritis, fever, headache or fatigue. In most cases the body can permanently recover after a short period of acute discomfort and illness. However, food borne illness can result in permanent health problems.

Keep your food safe by remembering these four key words while preparing, serving and storing your meals: clean, separate, cook and chill.

Clean: Hand washing before handling food is of the utmost importance. Make sure all work surfaces are also clean. Don't forget to wash all fresh fruits and vegetables with cool water. The fruit and vegetable washes available at stores are not necessary and are not recommended.

Separate: Always keep raw meats separate from fruits and vegetables. The drippings from meat can cause the other food to become contaminated. When thawing meat, always place it on a plate or in a container to contain the drippings.

Cook: Be sure meat, fish and poultry are cooked to 160° which is considered a safe temperature for cooked meats. To check the correct temperature for specific meats, call the USDA Meat and Poultry Hotline at 1-800-535-4555. Food thermometers are inexpensive and help take the guess work out of cooking. Leftovers should reach a temperature of 165°.

Chill: Harmful bacteria multiply rapidly in the "danger zone" (between 40° and 140°). So, remember the two hour rule; discard any perishable food left at room temperature two hours or longer. When temperatures are around 90° or higher the food should be discarded after one hour.

Information from Elsie Wells, FNP Assistant, Brown County Extension Office
Content from "To Your Health!" Food Safety for Seniors and Wikipedia

Upcoming Events

July	August	September
- National Grilling Month - National Ice Cream Month - Chocolate Day July 7 - Gummi Worm Day July 15 - National Hot Dog Day July 17 - National Day of the Cowboy July 24	- Audio Book Appreciation Month - Golf Month - 70th Sturgis Motorcycle Rally August 9-15 - Elvis Week August 10-16 - Purple Heart Day August 7 - Friday the 13th (Only one in 2010!)	- Apple Month - National Chicken Month - *From Memories to Milestones* State Fair Quasquicentennial September 2-6 - National Waffle Week September 5-11 - Autumn Equinox September 22

Keep yourself Safe

Heat stroke and heat exhaustion are more likely to happen to infants, the elderly and those who are taking antihistamines and certain medications for high blood pressure or depression. Heat exhaustion can occur when you spend periods of time in the heat and humidity, especially if you are working or exercising. The body loses fluids and salts through sweating which in turn can cause the body to overheat. Fluids need to be replenished to reduce the chances of heat exhaustion. A person's temperature may become elevated and there may be disturbances in circulation. Heat exhaustion symptoms may include:

- Pale, cool, moist skin
- Muscle cramps or pains
- Feeling faint or dizzy
- Profuse sweating
- Headache, weakness, thirst and nausea
- Elevated core temperature, usually more than 100°

If you suspect heat exhaustion, it is important to drink fluids (water is desirable, no alcohol or caffeine). For mild cases, loosen or remove clothing and apply cool water to the skin. Salty snacks may be helpful to replace the body's salt content. If the person can't keep fluids down or their mental status begins to deteriorate, call a doctor. If shortness of breath, chest pain or abdominal pain occurs it indicates there is a more serious problem that needs immediate medical attention.

Heat stroke is a life threatening condition where a person's cooling system stops working and the internal body temperature rises to the point where brain damage or other internal organ damage can occur. Heat stroke symptoms may include:

- Flushed, hot and dry skin
- Possible hyperventilation
- Slightly elevated blood pressure which drops
- Core temperature of 105° or higher
- Unconsciousness or markedly abnormal mental state (confusion, hallucinations, dizziness)

If heat stroke is suspected immediate medical attention should be sought. Call 911, request an ambulance and ask what you can do to help the person until medical personnel arrive.

Prevent heat exhaustion or stroke by reducing the amount of time you are in hot, humid environments. If you are not used to the heat you should be particularly careful and spend only small amounts of time outside. Take breaks in a cool area and have plenty of water or sports drinks. Avoid strenuous activities between 10 AM and 2 PM, the hottest part of the day.

Source: www.emedicinehealth.com and www.medicinenet.com

Summer is the best time to get outside and enjoy the beautiful weather. When out gardening, fishing or having a picnic you may notice that summer is a favorite time for bees to buzz around.

Bees are generally found around flowers, which they help pollinate. While bees usually try to avoid humans, they occasionally sting. A bee's stinger contains a venom sack that gets embedded in the skin and can be very painful. If you are stung, immediately use a tweezers to remove the stinger then apply an antibiotic cream to the area. Place an ice pack on the sting for 15 minutes. Ice reduces the spread of venom by slowing blood flow to the area and also relieves the pain. Medical studies have proven that speed in removing the stinger is the most important factor in the severity and duration of the bee sting.

A normal reaction to a bee sting is temporary pain, swelling, redness and itchiness around the location of the sting. Although most people will fully recover from a bee sting in a few hours, roughly three percent of the population is allergic to bee stings. A severe allergic reaction may cause hives, vomiting, dizziness and difficulty breathing. Someone with a severe allergic reaction may even experience anaphylactic shock. People with severe reactions should seek medical attention immediately after experiencing a bee sting to receive proper care.

Source: www.medicinenet.com and www.webmd.com

All Star Recipes

Texas Cobbler - **submitted by Nancy Butler, Gold Mountain**

1 cup margarine, melted
1 can cherry pie filling
1 20 ounce can crushed pineapple, with juice
1 yellow cake mix
½ cup chopped nuts
1 cup coconut

Pour ½ cup of melted margarine in a 9x13 baking pan. Layer pie filling, pineapple, dry cake mix, nuts and coconut. Top with remaining melted margarine. Bake at 325 degrees for 45-50 minutes. Makes 12-16 servings.

Beef Taco Skillet - **submitted by Lorraine Freeman, Meadowlark Plaza**

1 pound ground beef
½ cup water
1 can tomato soup
6 flour tortillas (6") cut into 1" pieces
¾ cup salsa
½ cup shredded cheddar cheese

Brown beef in skillet. Stir in soup, salsa, water, tortilla pieces. Heat to a boil. Reduce heat to low and cook for 5 minutes. Stir. Top with cheese. Makes 4 servings.

Hominy Salad - **submitted by Dotty Sundstrom, Green Valley**

1 can white hominy
¼ cup chopped green pepper
2 tablespoons chopped onion
1 cup sliced celery
¼ cup sliced olives
1 cup cubed or grated cheese
¼ cup mayonnaise
salt and pepper to taste

Rinse hominy and drain well. Combine with all ingredients and chill.

Breakfast Rolls - **submitted by Annabelle Peterson, The Evans**

Frozen Rhodes roll dough
½ cup brown sugar
1 teaspoon cinnamon
chopped nuts, if desired
3 oz package instant butterscotch pudding
1 stick or butter or margarine

Put 12 to 14 frozen Rhodes rolls in a greased Bundt pan. Mix remaining ingredients together. Spoon mix over rolls and place in cold oven in the evening. Cover with wax paper. In the morning melt the butter or margarine and pour over raised rolls. Bake at 300 degrees for 30-35 minutes. Do not preheat oven. Turn over onto plate and let stand for a few minutes.

Fruit Dip - **submitted by Annabelle Peterson, The Evans**

8 ounces cream cheese
7 ounce jar marshmellow creme
¼ teaspoon ground ginger
¼ teaspoon cinnamon.

Mix together and chill. This especially good with sliced apples.

Please submit items for the Fall 2010 Newsletter to your STAR Coordinator by September 1st.

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EQUAL HOUSING OPPORTUNITY

SOUTH DAKOTA HOUSING DEVELOPMENT AUTHORITY