

STAR

Resident Newsletter :: Spring 2010

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"Going Green" in Mobridge

Before "going green" was trendy, a group of four residents of the River Ridge Apartments in Mobridge started a recycling program. They decided to stop wasting beautiful greeting cards by recycling them for resale.

The Card Club celebrated its 10th anniversary of recycling this February. Alta Whitney, Ester Ritter, Dorothy Lawien and Gladys Weiland were the founding members. In the beginning the ladies met every Wednesday, but now they gather in the community room every other week to create new greeting cards.

The Card Club is well known in the community. Not only do the residents bring their greeting cards down during work sessions, Mobridge community members also drop cards off at the building.

Armed with fancy scissors, markers, glue, stamps and card stock, the ladies set-up their recycling sessions in the community room. A typical card re-creation session begins by sorting through the donated cards and categorizing them by occasion. Over the years the ladies have recycled birthday, get well, sympathy, wedding and baby cards. Holidays are very busy times for the ladies.

Each card is cut in half and the verse is cut out. All personal writings are removed. Once the card is dismantled, the process of creating a new card begins. The ladies glue the front on to a coordinating piece of colored card stock, fold the cardstock in half and begin decorating the inside.

Before each finished card is placed in the rack, which was donated by Dorothy, a stamp is placed on the back labeling the card as a creation of the Card Club. Envelopes are sometimes hard to find but Payless Foods, a grocery store in Mobridge, gives the group their extra envelopes from the store. Each card sells for 25 cents. The money is collected by one of the club members or Nina, the on-site manager. The profits are used to purchase card recycling supplies or are occasionally spent on fun stuff.

All residents are invited to try their hand at crafting cards or to come down and watch and socialize during the work sessions.



Ruth Gall, Marge VanVugt and Judy Ewing check the card rack inventory after a recycling workday.



Personal Record Retention Schedule

At least once a year you should go through your files and records to weed out the papers that are no longer needed.

Below are some general guidelines on what to keep and what to shred. When in doubt, ask your tax or legal advisor before destroying documents.

Motor Vehicle Records

Keep all records for as long as you own the vehicle.

Insurance Policies

Keep policies while they are active. After you receive updated policies, shred the old ones.

Paid Bills & Purchase Receipts

After you receive bank or credit card statements, non-tax deductible bills and receipts can be shredded. For purchases that are under warranty or are insured, keep your receipts for as long as you own the items.

Credit Card & Bank Statements

Keep these items for seven years. You will need these for backup tax documentation or to file insurance claims.

Tax Returns

Keep these indefinitely. They are useful for checking income, medical claims and other information for a particular year.

Paycheck Stubs

Keep for one year to reconcile your W-2 and other income-related tax.

Medical Bills

Keep for five years after treatment is completed.

Power of Attorney/Will

Keep permanently.

Retirement/Pension Records

Keep permanently.

Source: *Martha Stewart Magazine* (03/08)

Sales Tax Refund Signed by Governor Rounds

South Dakota Legislative action, SB 66 the Special Sales Tax Refund for Seniors and the Disabled was passed on February 24, 2010. This program offers seniors and the disabled a once-a-year refund of sales or property tax. The refund amount is based upon income. The income guidelines are the same as last year:

\$10,250/year single household

\$13,250/year multi-person household

Applications for this program will be available in May. The deadline for applications is July 31, 2010. For more information or an application, please visit with your STAR Coordinator.

Get It Together

New Documents Required to Renew Driver's Licences



South Dakota driver licensing officials are urging residents to "Get It Together" before they make the trip to their driver licensing station to renew their license. New identification requirements took effect on December 31, 2009. The changes reflect federal concerns over national security, identity theft and highway safety. The new law requires applicants to bring the following documents to the driver licensing station:

- *Proof of identity and date of birth:* Certified U.S. birth certificates, valid U.S. passports and certificates of citizenship are among acceptable documents.
- *Proof of Social Security number:* Social Security cards, W-2 forms or pay stubs are among acceptable documents.
- *Two proofs of principal address:* Utility or phone bills, rent receipts, bank statements and pay stubs are among acceptable documents.

Residents are reminded that if you are going by a name that is different than the name listed on your birth certificate, you will have to bring the court documents or marriage license(s) which link your last names together.

If you have questions about the new requirements please call 1-800-952-3696 or visit with your STAR Coordinator.

Source SD Department of Public Safety

2010 Census – It is in Our Hands

In March of 2010, census forms were delivered to every residence. Please answer the 10 short questions and mail the form back in the postage-paid envelope provided. If you don't mail the form back, you may receive a visit from a census taker, who will ask you the questions from the form.

All information collected is kept confidential. The Census Bureau warns people to be cautious if they are asked for personal information such as bank account numbers or Social Security numbers. Census takers will not ask for personal information and any form asking for account and Social Security numbers is a fake.

Source: www.2010census.gov

Welcome to the South Dakota Braille and Talking Book Library

I am the library.

***I am neither walls nor shelves
nor even the books that stand on rows.***

***I am the wisdom of the universe,
captured and arranged for you.***

I am an open door.

What will you find when you accept this invitation to enter the South Dakota Braille and Talking Book Library? Bounded by neither walls nor shelves, the library reaches out across South Dakota to all residents who are unable to use standard print materials.

You may know someone who has trouble reading books, newspapers or magazines because of vision loss or a physical difficulty. With the help of technology, everyone can have access to the knowledge and entertainment we receive from books.

The South Dakota Braille and Talking Book Library can deliver audio versions of standard print materials right to your door – free of charge. The mission of the library is to provide equal access to print materials in a format acceptable to all citizens of South Dakota who cannot read standard print. The inability to read standard print may be caused by a visual impairment that prevents seeing the print or a physical disability that prevents holding the materials and/or turning the pages. The library provides many of the same books and magazines that are found at your public library in Braille and recorded format.

The state-of-the-art format we have been waiting for is finally here. Talking books are now available on digital cartridges as well as cassettes. The library is moving from analog cassette books to flash memory digital books.

With this change the library can mail digital books directly to you, or if you have access to the Internet, you can view a catalog of digital books, select the book you want to read, download the book to a USB standard flash drive and listen to the book on the new NLS digital player.

Below is a picture of a digital player and book cartridge. The digital player is about one-third the size of the cassette players. Books will be recorded on a single digital cartridge that runs in the digital player.



If you are interested in receiving services from SDBTBL or know someone who could benefit from our services, please contact the South Dakota State Library Braille and Talking Book program at 1-800-423-6665 or check out our Web site at: <http://library.sd.gov/b&tb/>.

Information provided by Connie Sullivan, South Dakota State Library



*"The more you read, the more things you will know.
The more that you learn, the more places you'll go."*

- Dr. Seuss, "I Can Read With My Eyes Shut!"





Hello to all the residents across the state! My name is Lindsay Bruckner and I am the new STAR Coordinator for central South Dakota. As for a little background information about myself, I was born and raised in Pierre. After graduating high school, I attended Capitol University Center where I received an Associate Degree in Business Administration in May 2005. I then realized that I was passionate about wanting to help people, and decided to pursue Bachelor of Science degrees in Sociology and Human Services, and moved to Spearfish to begin school at Black Hills State University. While on campus, I was very involved in eight student organizations that promoted community service to local agencies. In May 2007, I graduated with honors and was named as one of ten Outstanding Graduates of 2007.

In my personal life, I very much enjoy spending time with my family, particularly my Grandmother. I am blessed to have someone like her who constantly demonstrates to me that my generation can learn so much from the wisdom and knowledge of previous generations. I also love spending time with my boyfriend and our mischievous dogs. Other pastimes include reading, painting, fishing, camping, and boating in the summertime.

Today, I am looking forward to my new role as STAR Coordinator. In this field, you often notice that unfortunately, there is a large gap between the services and resources that the aging population need and what they actually receive, and I am hoping that as a STAR Coordinator, I will be able to work hard on behalf of each of you to provide the best information and assistance possible to meet your needs.

In closing, I am very excited to begin traveling to the properties and meeting each one of you. I know that I am going to thoroughly enjoy the experience and knowledge that I will gain from working with all of the wonderful people who live in each property. I hope to see you all very soon!

Lindsay



Hello! My name is Jill Baldwin and I am the new STAR Coordinator for eastern South Dakota. I was born and raised in Mitchell. I attended college at the University of South Dakota/Vermillion where I earned a Bachelor's Degree in Social Work. I moved to Sioux Falls right after graduation.

My family consists of David, my husband, and daughters Tessa (13) and Jordan (6) along with two very large dogs and two cats. Don't worry, I will bring pictures. We love Sioux Falls and have lots of family in the area.

My daughters and I are very excited that it's finally nice as we love to spend time outside. I try to garden, but so far I have not inherited my dad's green thumb. Rarely does anything I plant live through the summer. I'm sure I will give it another try this year as gardening is a good excuse to be outside.

I am excited to start this new journey in life and can't wait to start meeting everyone and learning about you. I must have inherited a "people" gene from my parents. My mother was an LPN and an Activity Coordinator in nursing homes and my father was an EMT and Firefighter. They instilled in me a sense to always help and respect others, which I'm sure is what led me to the helping profession. I worked in community mental health for nineteen years, helping people access community services and find and maintain housing. I look forward to beginning work in a new environment and hope that I can help make a difference in your life.

I will start visiting properties in April, so look for the signs on the bulletin boards and hallways. I can't wait to meet everyone ... see you soon.

Jill

May is Stroke Awareness Month

A stroke occurs when the blood supply to a part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients. Within a few minutes, brain cells begin to die.

Stroke is a medical emergency, and prompt treatment of a stroke is crucial. Early treatment can minimize damage to your brain and potential stroke complications. Stroke can be caused either by a clot obstructing the flow of blood to the brain (called an ischemic stroke) or by a blood vessel rupturing and preventing blood flow to the brain (called a hemorrhagic stroke).

The good news is that strokes can be treated, and many fewer Americans now die of strokes than was the case 20 or 30 years ago. Improvement in the control of major risk factors for stroke, such as high blood pressure, smoking and high cholesterol is likely responsible for the decline.

The aim of National Stroke Awareness Month is to make Americans aware that they may be able to save the life of a person experiencing a stroke if they Act F.A.S.T. and know the warning signs of a stroke. Strokes act fast, and you should too.

Act F.A.S.T.

FACE :: Ask the person to smile. Does one side of the face droop?

ARM(S) :: Ask the person to raise both arms. Does one arm drift downward?

SPEECH :: Ask the person to repeat a simple sentence. Are the words slurred?
Can he/she repeat the sentence correctly?

TIME :: If the person shows any of these symptoms, time is important. Call 9-1-1.

Reducing Stroke Risk

Everyone has some stroke risk. Some risk factors are beyond your control, including being over age 55, being a male (stroke is more common in men than women at younger ages, but more women experience strokes at older ages and more women than men die from stroke), being African-American, having diabetes and having a family history of stroke. If you have one of these risk factors, it is even more important that you learn about the lifestyle and medical changes you can make to prevent a stroke.

Medical stroke risk factors include:

Previous stroke, previous episode of TIA or mini stroke, high cholesterol, high blood pressure, heart disease, atrial fibrillation and carotid artery disease. These medical risk factors can be controlled and managed even if you have already had issues with any of them in the past. Talk with your doctor about what will work best for you.

Lifestyle stroke risk factors include:

Smoking, being overweight and drinking too much alcohol. You can control these lifestyle risk factors by quitting smoking, exercising regularly, watching what and how much you eat and limiting alcohol consumption.

Stroke Symptoms

Include:

SUDDEN numbness or weakness of face, arm or leg, especially on one side of the body.

SUDDEN confusion, trouble speaking or understanding.

SUDDEN trouble seeing in one or both eyes.

SUDDEN trouble walking, dizziness, loss of balance or coordination.

SUDDEN severe headache with no known cause.

Call 9-1-1 immediately if you have any of these symptoms. Note the time you experienced your first symptom. This information is important to your healthcare provider and can affect treatment decisions.

This is a quiz for people who know everything!

These are not trick questions. They are straight questions with straight answers. Answers are below.

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
6. Name six or more things that you can wear on your feet beginning with the letter "S."
7. Only three words in standard English begin with the letters "dw" and they are all common words. Name two of them.
8. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine, it hasn't been cut. How did the pear get inside the bottle?
9. There are 14 punctuation marks in English grammar. Can you name at least half of them?
10. At noon and midnight the hour and minute hands are exactly coincident with each other. How many other times between noon and midnight do the hour and minute hands cross?

Source www.bellaonline.com

8. Bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
9. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, braces, quotation marks, brackets, parentheses, and ellipses.
10. Ten times, not eleven, as most people seem to think. If you do not believe, try it with your watch.

1. Boxing
2. Niagara Falls. The rim is worn down about 2 1/2 feet each year by millions of gallons of rushing water.
3. Asparagus and rhubarb
4. Strawberry
5. Lettuce
6. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts
7. Dwarf, dwell and dwindle

Upcoming Events

APRIL	MAY	JUNE
<ul style="list-style-type: none"> - National Kite Month - Jazz Appreciation Month - National Library Week April 11-17 - Cleaning for a Reason Week April 18 - 24 - Boston Marathon April 19 - Earth Day April 22 	<ul style="list-style-type: none"> - Better Hearing & Speech Month - National Stroke Awareness Month - National Egg Month - Kentucky Derby May 1 - Nurses Day May 6 - National Chocolate Chip Day May 15 - Neighbor Day May 23 	<ul style="list-style-type: none"> - National Ice Tea Month - National Rose Month - National Trails Day June 5 - Donut Days June 4 - 5 - Nursing Assistants Day June 10 - Flag Day June 14 - American Eagle Day June 20 

Tips for Downsizing Your Living Space

By Jennifer Littlefield, Countryside Hospice Inc.

At some point we all have to downsize our household whether by choice or by necessity. Sometimes this means moving from a house that you have lived in for forty years to an apartment. Other times it is from an apartment to an assisted living center. To most people the thought of downsizing is overwhelming, both physically and emotionally. You not only have the task of physically getting rid of many of your personal belongings, but you also have to deal with the emotions and memories that are attached to them.

As daunting as it seems, it does not have to be a difficult process if you plan ahead. The best time to start thinking about downsizing is right now while you are physically and mentally able to make the necessary decisions. The following steps will help you get started.

Before you start boxing things up or throwing things away, it is very important to talk with your family. To avoid power struggles and arguments when distributing property, family members need to decide what is “fair.” When you want specific items to go to specific people, write that information down so family members will not have to guess or argue about it in the future. Do not assume what family members would or would not want. Just because you do not want to keep something does not mean that someone else in your family would not want it. Everyone has different feelings and memories associated with different objects. You do not know what their thoughts and feelings are until you ask.

So where do you start downsizing? Start in the smallest room, the bathroom. This is usually the easiest room to clean out. It will take the least amount of time and will have the fewest items that hold memories or an emotional attachment. Finishing this room will also give you a sense of accomplishment so you will feel better about tackling the rest.

Start with the upper cabinets and shelves and work your way down to the floor. Divide everything into one of three piles:

1. Things you want to keep;
2. Things that you want to get rid of that can be sold, donated or given to other people;
3. Things that can be thrown away.

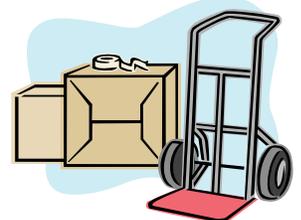


For example, in the bathroom you would want to keep toiletries and medications that you need and use on a daily basis. Donate things like used towels to a thrift store or humane society. Unopened toiletries can be given to homeless shelters or women’s shelters. Throw away empty bottles, expired items, or things that are broken, worn out, and no longer useable.

When the bathroom is finished, move on to the next room. Keep working from the top down and keep sorting things into keep, sell/donate, and toss. Give yourself several weeks to downsize all of your belongings. Remember that you cannot clean out forty years worth of stuff in one day. It is best to work in blocks of three hours. This gives you enough time to feel like you have accomplished something, but working longer than that is too physically and emotionally draining. Take your time so you do not regret any of the decisions you have made.

There will be stumbling blocks along the way. Maybe you will come across an item that triggers strong emotions or memories. Or there will be things that you can think of several excuses not to get rid of. You may think it was a gift, it was inherited, it was expensive or it is wasteful to throw things away. There may be items that trigger resentment, a feeling of burden, or guilt. At these times you need to slow down and maybe enlist the help of a friend who can talk you through the decision. Why live with these negative feelings? Use downsizing as an excuse to get rid of these items once and for all. Ask yourself: “Do I see myself using this in the future?” or “Does this item really fit in to this next stage of my life?” If not, sell the item or give it to someone else. If you still cannot decide, consider how much it is going to cost to pack it up and move or store it. Money is always a good motivator.

Downsizing can be accomplished with a little bit of planning. Start now so you have time to enjoy the things you do have and watch others enjoy the items you have given them. In the end you will save the items you really need and will be surrounded by items that bring you happiness and make you feel at home.



All Star Recipes

Lemon Apricot Bread - submitted by Lee Alter

2 ¾ cups flour	1 teaspoon baking powder
1 teaspoon baking soda	¼ teaspoon salt
¼ cup sugar substitute for baking	¼ teaspoon ground nutmeg
1 ⅓ cups buttermilk	½ cup chopped dried apricot halves
¼ cup margarine, melted	1 teaspoon grated lemon rind
1 egg, beaten	

Combine flour, baking powder, baking soda, salt, sugar substitute and nutmeg in a medium bowl. In a separate bowl combine buttermilk, chopped apricot, melted margarine, lemon rind and egg. Add buttermilk mixture to dry ingredients, stirring just until moistened. Coat an 8 ½ x 4 inch loaf pan with cooking spray. Spoon batter into pan. Bake at 350 degrees for 45 minutes or until toothpick inserted in the center comes out clean. Let cool in pan for 10 minutes before removing. Makes 16 slices.

Note: You may exchange ½ cup of another dried fruit for variety, such as no sugar added dried cranberries, pineapple, mango, papaya or ¼ cup of raisins.

Calories: 125	Carbohydrates: 20grams
Protein: 3.4 grams	Fat: 3.5 grams
Fiber: 1 gram	Sodium: 155 mg
Exchanges: 1 starch, 1 fat	

Corn Beef Salad - submitted by Dotty Sundstrom, Grand Valley

1 3 ounce package lemon gelatin	1 ½ cups hot water
1 cup mayonnaise	1 can corn beef
1 cup chopped celery	1 green pepper, chopped
3 green onions, chopped	red pepper or diced pimento

Stir gelatin and hot water until gelatin dissolves. When starting to set-up, mix in mayonnaise. Add corn beef, celery, pepper and onions. You can add some chopped red pepper or diced pimento for color. Chill.

Marble Chocolate Bars - submitted by Dotty Sundstrom, Grand Valley

German chocolate cake mix	8 ounce package cream cheese
½ cup sugar	¾ cup chocolate chips, divided

Prepare cake mix according to the directions on the package. Pour into a greased jelly roll pan. In a small bowl mix the cream cheese and sugar. Stir in ¼ cup of the chocolate chips. Drop mixture by teaspoons over cake batter. Cut through batter with a knife to swirl the cream cheese. Sprinkle remaining chocolate chips on top. Bake at 350 degrees for 25 to 30 minutes.

Please submit items for the Summer 2010 Newsletter
to your STAR Coordinator by June 1st.

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