



STAR

Resident Newsletter :: Spring 2009

A publication of the South Dakota Housing Development Authority
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Avoiding Falls and Fractures

A simple fall can change your life. Getting older can bring lots of changes. Sight, hearing, coordination and reflexes aren't what they used to be. Balance can be affected by diabetes, heart disease or problems with your circulation, thyroid or nervous system. Some medications can cause dizziness.

Osteoporosis is a disease that makes bones thin and likely to break easily. It can be the major reason for broken bones in women past menopause. It also affects older men. When bones are fragile, even a minor fall can cause bones to break. As we age, a broken bone can lead to more serious problems. The good news is that there are simple ways to prevent most falls. Taking care of your overall health will lower your chances of falling. If you aren't as steady on your feet as you used to be, consider having a BALANCE Screening. Your Supportive Service Coordinator can help you schedule the screening.

Keep Yourself Safe

- Exercise! It helps to keep you strong and improves your muscle tone and flexibility.
- Have your vision and hearing tested. Small changes in sight or hearing can make you less stable.
- Learn if your current medications have any side effects that may affect your balance or coordination.
- Limit your alcohol intake.
- Stand up slowly after eating, lying down or resting.
- Don't let your home get too cold or too hot. Extreme temperatures can make you dizzy.
- Use a cane or walker to steady yourself.
- Be careful in wintery or wet weather as it can be slippery out.
- Wear rubber soled shoes.
- Use hand rails when you are using the stairs or going down the hallways.



Alice avoids falls by using her walker. Alice resides at Missouri View Apartments in Pierre.

Keep Your Home Safe

- Use good lighting.
- Keep floors clean and tidy.
- Make sure carpets are tacked down.
- Tape throw rugs to the floor, buy rubber-backed rugs or remove all throw rugs.
- Have handrails on both sides of the stairs and steps.
- Use night lights in the bedroom, hallway and bathroom.
- Have a mat or non-slip strips in the tub and shower.
- Install grab bars in the bathroom.
- Wipe up spills when they happen.
- Keep telephone wires and electrical cords away from walking areas.

News Briefs

Social Security Stimulus Payments

President Obama recently signed the American Recovery and Reinvestment Act of 2009. This act provides for the one-time payment of \$250 to individuals who get Supplemental Security Income (SSI) or Social Security benefits.

Nearly 55 million one-time payments will be made to Social Security beneficiaries. Everyone who is entitled to a payment should receive their money during the first week of June 2009. No action is required on your part.

Source <http://socialsecurity.gov>

South Dakota Legislative Action

HB 1163 was signed by the Governor on March 16, 2009. This law allows any person eighty years of age or older to request to be excused from jury duty. The judge shall give substantial weight to the person's request to be relieved from jury duty, balancing the request with the need to impanel a jury.

HB 1237, the Sales and Property Tax Refund Program, was signed by the Governor on March 18, 2009. The income limits for the elderly and disabled did not change:

Single house income: \$10,250 per year

Multiple house income: \$13,250 per year

Ask your Supportive Service Coordinator if you would like additional information about this program.

Happy Anniversary!



A special party helped George and Twyla Gjerde, of the Tower Apartments in Watertown, celebrate their 50th wedding anniversary. The couple was married on February 12, 1959. **Congratulations!**

DTV Delay Act Signed

On February 11, President Obama signed the DTV Delay Act into law. The Act postpones the conclusion of the digital television transition to June 12, 2009, and gives US households additional time to prepare for this historic switch.

You will need to purchase a converter box if your TV is receiving broadcasts using an antenna (rabbit ears) or a rooftop antenna, or if your TV does not have a built-in digital tuner. The best way to determine whether your TV set has a built in digital tuner is to consult your owner's manual. TV sets made before 1998 are traditional analog sets. If you purchased a new TV set since 2004, your chances of having a built-in digital tuner improve. A TV connected to cable, satellite or other pay TV service does not require a converter box.

Source www.dtv2009.gov

Postal Rates to Increase

The Governors of the U.S. Postal Service have approved new prices for mailing services, including a 2-cent increase in the price of a First-Class Mail stamp to 44 cents. Prices for mailing services are reviewed annually and adjusted each May. The new prices will go into effect Monday, May 11, 2009.

Customers can continue to mail letters for 42 cents by purchasing the Forever Stamp before May 11, 2009. Forever Stamps do not have a denomination and will be honored when they are used. Rising operational costs make price adjustments necessary.

First-Class Mail Prices on May 11

Letters – first ounce \$0.44

Large envelopes – first ounce \$0.88

Parcels – first ounce \$1.22

Additional ounces \$0.17

Postcard \$0.28

Stamped Card \$0.31

Stamped Envelope \$0.54



Source www.usps.com

Dispose of Medications Properly

Spring Cleaning, *verb.* a ritual that involves dusting, washing, sorting and tossing household items, generally performed while snow is on the ground.

Have you found any interesting things while cleaning? What should you do with the old or unused prescription drugs in the medicine cabinet? The federal government has guidelines for disposing of prescription drugs. These guidelines were developed to curb drug abuse, prevent accidental overdoses and protect ground water sources.

The Office of National Drug Control recommends the following:

- **Take the unused, unneeded or expired prescription drugs out of their original containers to ensure the medication will not fall into the wrong hands.** Orange prescription bottles are easily recognizable and can be stolen from garbage bins and landfills.
- **Mix drugs with an undesirable refuse and throw them in the garbage.** Guidelines suggest mixing medications with items like used coffee

grounds or kitty litter and placing them in a sealed bag, empty can or jar. This extra step can prevent accidental overdoses by children and pets and discourage possible drug theft.

- **Take advantage of community pharmaceutical take-back programs.** Some pharmacies accept unwanted prescription drugs and medications and will dispose of them safely. Check with your pharmacist, your local health department or hospital pharmacy and ask if they accept unneeded medicines.
- **Do not flush old prescription drugs or over the counter medications down the toilet.** The Environmental Protection Agency (EPA) is currently researching how prescription drugs affect US waterways. Unless stated on the label or in the drug information your pharmacist provided, never flush unwanted medications.

Always refer to printed material accompanying the medication for specific instructions.

Information provided by the Office of National Drug Control Policy.



Your Checkup Checklist

The time you have one on one with your health care provider is often very brief. Get the most from your medical visits by telling your doctors everything they need to know to treat your condition. They do not have a crystal ball. They count on you to be forthcoming with information that will help them make the correct diagnosis.

Patients often do not provide enough information about the medications they take. This omission may result in serious drug interactions and ineffective treatments of an illness. It is helpful to take a list of your current medications with you to every medical visit. When making this list be sure and include:



- All prescription medications from this physician **and all other** physicians you see
- All over the counter medications, including sleeping aides, aspirin, vitamins and antacids
- Any diet aids, nutritional supplements or herbal preparations
- Special diets you are following
- Any medications or supplements you receive through the mail
- Any medications you share with other family members
- Results of any tests you have had done since the last visit, such as blood pressure and blood sugar readings and cholesterol levels

It is important to write down your questions and carry a notebook. If you are going in for test results, take someone with you to take notes. An extra set of ears can help you remember what the physician discussed. If you have had a test done and don't hear from the physician within a reasonable amount of time, give the clinic a call. Never assume the test results were negative.

Information provided by Countryside Hospice, Inc.

Eastern Area Happenings

Canterbury/Sioux Falls: Many new residents were welcomed into the building. Please join us for the potlucks, coffee times, cards and at the puzzle table.

Beadle Plaza/Sioux Falls:

Potlucks and coffee times continue with excellent turnout. A group is interested in starting a game or card get-together. Anyone interested?



Ladies at Beadle Plaza gathered recently for blood pressures provided by the Good Samaritan Home Health agency. They also participate in the exercise group. Maybe that's why blood pressures are so good!

Canyon Ridge/Yankton: Bingo has started up again. Residents enjoy gathering for coffee, potlucks and cards/games.

Collins/Sioux Falls: Several new residents have moved in. Residents say they enjoy the quiet atmosphere of this building.

Columbus Heights/Milbank: Residents in this building should be recognized for their great community spirit. Many people volunteer and share their talents in making quilts and lap robes that are given away. Community members come to the building to share noon meals, foot care services and blood pressure services.

Four Winds/Flandreau: Residents enjoy gathering for informal coffee times and birthday celebrations. They also appreciate the nurse from the Riverview Home Health agency that provides blood pressure and foot care services.

Heritage Estates/Brookings: Residents are benefiting from the recent installation of new windows in the building. Birthday coffee celebrations and music presentations are enjoyed.

Olive Grove/Sioux Falls: Several new residents have recently moved in. Please join in the Tuesday and Thursday coffee times.

Prairie View/Madison: The residents recently organized a game night to bring folks together to socialize and enjoy board games and cards.

Tower/Watertown: Residents appreciate the Brown Clinic Staff coming in and providing monthly blood pressure services. The television and computer in the community room are used regularly. A recent meal provided by a resident grew into an additional lunch the next day and was enjoyed by many.

Towne Square/Armour: The Armour Fire Chief was a recent guest to present reminders on fire prevention and building safety. The building has recently welcomed several new residents. Plans are being made to continue with new cupboard installation and some new flooring in a couple of apartments.

Central Area Happenings

Bicentennial/Aberdeen: The Residential Council meets regularly to plan activities. Monthly nutrition talks, provided by the Cooperative Extension Service, are popular. Monthly hearing screenings are a new service to this site. Someone is always in the community room working puzzles, enjoying coffee, crocheting or knitting.

5th Avenue/Aberdeen: Many residents participate in the weekly bingo games. The monthly blood pressure clinics are well attended. The Cooperative Extension Service continues to provide the building with monthly nutrition talks. Hearing screenings have been started in this building.

Gateway/Kadoka: Blood pressure and foot care clinics are well attended. The noon meal program continues to be positively received. New residents have been welcomed to the building. A faithful group of residents gather for card games and puzzles.

Homestead Heights/Bison: Blood pressure clinics are well attended. Health care topics are distributed to the site. The nutrition program received great reviews. Residents are preparing for gardening season.

Lamro/Winner: Potlucks and birthday socials are held monthly. Health care topics are distributed to the residents. Blood pressure clinics are well attended.

Senechal/Philip:

Residents gather on Sundays for coffee. Birthday socials continue. Many residents enjoy card games and puzzles in the community room. Hearing screenings and foot care clinics are held on site and are open to the community. This building offers a noon meal program.



Lucile and Elfrieda enjoy listening to the Philip Birthday Singers.

Missouri View/Pierre: The monthly blood pressure and foot care clinics are well attended. Bingo games are enjoyed by the tenants. Nutrition programs are just getting started for the building. Potlucks are popular events. The residents held a pizza potluck and had pizza delivered.

Old West/Ft. Pierre: Monthly blood pressure checks are completed for all residents. Health care topics are distributed monthly. Holiday parties were held with plenty of food and entertainment.

Presho Courts/Presho: A pie social was held in the community room. Many residents and community members enjoyed the variety of pies. Socials are planned on a regular basis. Blood pressure clinics are well attended, as is the noon meal program. Weekday transit bus service from Pierre to Presho is now available.

River Ridge/Mobridge: Blood pressure and foot care clinics are available on a monthly basis. Hearing screenings are now available at this site. The community room is used for the weekly cookie and coffee hour, greeting card recycling club, bingo nights and church services.

Sherman/Aberdeen: Many residents participate in the weekly bingo games. The monthly blood pressure clinics are well attended. The County Extension Service continues to provide monthly nutrition talks. Hearing screenings are now offered in this building.

Western Area Happenings

Lookout Mountain View/Spearfish:

Pizza parties, potlucks and birthday parties will be held this spring. Pokeno is a popular activity.



Vi, Rose and Florence at Lookout Mountain View are avid pokeno players.

The Evans/Hot Springs: Starting in April, birthdays will be celebrated in a new way. Please plan to join us!

Gold Mountain/Lead: All residents are welcome to attend the birthday parties, holiday celebrations and pizza parties.

Grand Valley/Newell: Residents continue to meet for bingo games and birthday parties.

Green Valley/Newell: The meals program continues to draw area neighbors to the site for good food and fellowship.

Maplewood/Rapid City: The residents continue to gather regularly for coffee, games and potlucks.

Meadowlark Plaza/Belle Fourche: Pokeno and pizza parties are popular activities at this site.

Rangeland/Buffalo: It is time for a spring fling party!

Upcoming Events

APRIL	MAY	JUNE
<ul style="list-style-type: none"> - Cancer Control Month - Foot Health Awareness Month - National Garden Month - National Donate Life Month - Medication Safety Week April 1 - 7 - Income Taxes Due April 15 	<ul style="list-style-type: none"> - Better Sleep Month - Healthy Vision Month - Older Americans Month - National Women's Health Week May 10 - 16 - National Pizza Party Day May 15 - National Taffy Day May 23 - Memorial Day Observed May 25 	<ul style="list-style-type: none"> - Home Safety Month - National Men's Health Week June 15 - 21 - National Cancer Survivors Day June 7 - Fudge Day June 16 - Hand Shake Day June 25 

Cure Spring Fever by Planting Containers

Have you been longing for the taste of homegrown tomatoes or fresh herbs? Do you want a splash of color to brighten your deck or patio? Container gardens are perfect for apartment spaces. Here are some tips for getting started:

First you need to choose a container. Some popular containers are terra cotta pots, wood planters and plastic pots. Keep in mind that terra cotta pots are porous and water will evaporate faster, therefore they will need more watering. Metal containers can be attractive but will get hot in sunlight. Dark pots will also attract more sunlight so if you have a sunny deck, you may want to use pots that are a lighter color. It is very important that the container have drainage holes.

Next you need to choose a soil mixture. There are many premixed potting soils available. Peat based mixes allow your plants to get enough air and water. These lightweight mixes also allow for containers to be moved more easily. Some soil mixes include slow release fertilizer or water absorbing polymers. Soil from the garden is too heavy to be used successfully for container gardening.

Container gardens dry out quickly. You may need to water a couple times a day, especially if you have a sunny patio or the container sits on concrete. Check the pots regularly to ensure your plants don't wilt. Apply water until it runs out of the drainage holes.

Now it is time to look at plant choices. Get an idea of the amount of sunlight your deck or patio receives and buy plants accordingly. Try combining complementary flower colors or colors opposite of each other on the color wheel, or use whatever colors interest you. Have fun and be creative. You can't go wrong with container gardening!

If you choose to grow vegetables, your containers will need at least six hours of sunlight a day. Look for bush or compact varieties that are suitable for growing in a small spaces. The size of the container is very important. For large vegetables, like tomatoes, you should use a five gallon container for each plant. A window box planter works well for lettuce.

You may want to try making a theme garden. For example, a pizza garden could contain tomatoes, peppers and oregano. A summer salad container could include tomatoes, cucumbers and parsley.

Container gardening is very popular. There are numerous options available to you. You are only limited by your imagination and planter space.



Here is an example of a window box planted with an assortment of lettuce varieties.



Think Spring!

Below are some flower riddles to get you dreaming about spring.



1. How might you describe a silent person?
3. Everyone has these on their face.
5. An appropriate gift from a banker.
7. A country of automobile lovers.
9. They're the dairy best blooms.
11. A woman's nightly footwear.
13. A fine-looking jungle ruler.

2. Name for a lady who weds for riches.
4. You might find these on a safari.
6. Unmarried male fasteners.
8. He's an awfully sugary Bill.
10. A peevish fairy-tale creature.
12. They hate to wait.
14. Cross between a violin and a clarinet.

1. Mum 2. Marigold 3. Tulips 4. Tiger lilies 5. Money plant 6. Bachelor's buttons 7. Carnation 8. Sweet William 9. Buttercups 10. Snapdragon 11. Lady's slipper 12. Impatiens 13. Dandelion 14. Violet

All Star Recipes

Karleen Kirchner from Hot Springs submitted these cooking for one or two recipes.

Popovers for Two

1/2 cup milk, room temperature 1/2 cup all purpose flour
1 egg, room temperature 1/4 teaspoon salt

Beat all ingredients together just until smooth. Pour into four greased muffin cups. Fill the remaining muffin cups with water. Bake at 450 degrees for 15 minutes. Reduce heat to 350 degrees. DO NOT open the oven door. Bake an additional 20 minutes longer or until the popovers are a deep golden brown. Do not under bake.

Pancakes for One

1/2 cup all purpose flour 1/4 teaspoon salt
2 teaspoons wheat germ 1 egg
1/4 teaspoon baking soda 1/2 cup buttermilk
1/4 teaspoon baking powder 1 1/2 teaspoons vegetable oil

Combine flour, wheat germ, baking soda, baking powder and salt. In another bowl, beat egg, buttermilk and oil. Stir into dry ingredients just until blended. Pour 1/3 cup of batter onto a lightly greased hot griddle. Turn when bubbles form on top of the pancakes. Cook until the second side is golden brown. Makes 3 pancakes.

Potato Pancakes for Two

2 medium potatoes 1 egg
2 tablespoons all purpose flour 1/2 teaspoon salt
1/4 teaspoon garlic salt vegetable oil

Peel the potatoes. Shred and rinse in cool water. Drain thoroughly. Add egg, flour, salt and garlic salt to the shredded potatoes, Mix well. Put 1/4 inch of oil in skillet. Heat over medium heat. Pour 1/4 cup of batter into hot oil. Fry for 5 to 6 minutes on each side or until potatoes are tender and pancakes are golden brown. Drain on paper towels.

Apple Crisp for One

1 medium apple, sliced 2 tablespoons quick cooking oatmeal
2 tablespoons chopped walnuts 1 tablespoon brown sugar
2 teaspoons butter or margarine 1/8 teaspoon cinnamon

Place apple slices in a small microwave safe bowl. Combine oatmeal, walnuts, sugar, margarine and cinnamon. Sprinkle on top of the apple slices. Cook on high in microwave 4 to 5 minutes. Let stand 1 minute. Enjoy!

Please submit items for the Summer 2009 Newsletter to your Supportive Service Coordinators by June 1st.

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Old West, Ft. Pierre

Presho Courts, Presho

River Ridge, Mobridge

Senechal, Philip

Sherman, Aberdeen

STAR Resident Newsletter is

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your interest and enjoyment. If you

need any assistance with services,

referrals or have special questions,

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