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*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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# R e c i p e s

## Cottage Cheese Salad - submitted by Phyllis Volzke, Sherman Apartments

- 1 3 ounce package lime gelatin
- 1 small carton whipped topping
- 2 cups miniature marshmallows
- 1 large can pineapple
- 1 8 ounce container cottage cheese

Mix ingredients together and refrigerate for ½ hour prior to serving.

## Buttermilk Fudge - submitted by Dorothy Bathel, The Senechal

- |                           |                            |
|---------------------------|----------------------------|
| 1 stick oleo              | 2 cups white sugar         |
| 2 tablespoons white syrup | 1 cup buttermilk (stir in) |
| 1 teaspoon soda           |                            |

Combine all ingredients, cook to a soft ball stage over medium heat. This boils and burns very easily. Remove from heat and add 1 teaspoon vanilla and 1 cup chopped walnuts. Be careful when adding the vanilla, the mixture may bubble and spatter. Ruby Huston's recipe.

## Applesauce Loaf - submitted by Jodi Morrill, Pheasant Valley Courtyard

- |                        |                          |
|------------------------|--------------------------|
| 2 cups flour           | 1 teaspoon baking powder |
| ¾ teaspoon baking soda | ½ teaspoon salt          |
| ¼ teaspoon cloves      | ½ teaspoon cinnamon      |
| ½ teaspoon nutmeg      | 1 cup applesauce         |
| ¾ cup chopped nuts     | ½ cup margarine          |
| 1 ¼ cup brown sugar    | 1 egg                    |

Alternate applesauce and dry ingredients when mixing. Bake at 350° for 60 - 70 minutes. Frosting:

- 1 3 ounce cream cheese, softened
- 2 to 3 tablespoons cream, orange juice or orange flavoring

## Root Beer Pie - submitted by Dorothy Bathel, The Senechal

- |                 |   |
|-----------------|---|
| ½ cup milk      | 1 small package instant vanilla pudding   |
| ¾ cup root beer | ½ of 8 ounce container of whipped topping |
- graham cracker pie shell

Mix well and pour into a graham cracker pie shell. Garnish with remaining whipped topping. Chill before serving.

## Tuna Hot Dish - submitted by Michael Muellenberg, Sherman Apartments

- ½ cup tuna
- 1 can cream of mushroom soup
- macaroni

Preheat oven to 350°. Cook macaroni and drain. Pour noodles into casserole dish and add tuna and soup. Bake in oven for 20 minutes.

SPRING  
2014

**STAR**  
Resident Newsletter

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## Extension Club Honors Longtime Member

Edith Meland is always ready to brew a pot of coffee and share a plate of treats with her visitors. "I love for people to come see me," said Edith. It was Edith's neighbors at Homestead Heights in Bison who recommended her for the STAR spotlight. Edith has been at Homestead Heights since 2007, having moved from the Dupree area to be closer to her daughter.

In September 2013, Edith was recognized by the South Dakota State Community and Family Extension Leaders with the Spirit Award. The award was given to Edith in recognition of her over 70 year membership and active participation in Extension Club. Extension Clubs promote the improvement of home and community life.

When Edith first started attending Extension Club in 1940 she learned many things. "We didn't have TV in those days so this was a way to learn about practical issues. We learned cooking, sewing, gardening, will writing and pretty much everything. I loved learning cooking and baking. I made lots of pies and got a lot of credit for my lemon meringue pies in the Dupree area," reflected Edith. "Those years were quite rewarding. I learned new recipes and new ways to do things."

Edith was born in 1919 on a farm near Dupree. She was the youngest of 5 children. She lived in the town of Red Elm from age 3 until her sophomore year in high school. She finished high school in Dupree.

Edith loved life on the farm. As a child she would take every advantage she could to do farm work.

Whenever a friend from school would invite her to their farm, she would offer to help with chores. "I did every chore I could. I loved to milk. They thought I was crazy," said Edith. She also developed a love of horseback riding. "Every time I would ride I would see something different," Edith reminisced. "I still get a little ache in my heart when I see people riding."

Her love of farming continued into her adulthood when she married Barney in 1939. They raised a son and two daughters on their farm. "I was right there beside my husband. Whatever came up that day, I did. Threshing, pitching bales, butchering, castrating. I did it all," commented Edith.

Over her 94 years, Edith has seen many changes in farm practices and medicine. She had a ruptured appendix when she was younger. "Penicillin and Sulfa had just come out then. That is what saved me," said Edith. Edith contributes her longevity to her country lifestyle. "I didn't drink, smoke or chew. I got a lot of fresh air and exercise. I kept fit," said Edith.

**Congratulations Edith on your Spirit Award!**



Photo Courtesy of the Bison Courier



## Adult Services & Aging Outreach Events

**The Evans recently hosted an ASA Outreach Event.**

Be on the lookout for upcoming outreach events where representatives from the Department of Social Services will come to your housing complex to discuss the Adult Services & Aging (ASA) program with you. Did you know that ASA offers assistance with everything from homemaker assistance to transportation services and from legal services to the congregate and home delivered meals program? The focus of ASA is to provide home and community based services to enable elderly and disabled persons to live independently in their community. ASA is teaming with the South Dakota Housing Development Authority's STAR Program to reach out to seniors in their communities. The goal of the outreach events is to help the residents better understand the care options available for them. For more information on ASA and outreach events, please visit with your STAR Coordinator and keep your eyes on the bulletin board.

### Energy Assistance Program

The Energy Assistance Program assists in paying qualifying individuals' heating bills. Eligibility and assistance amounts are based on the number of people in your home, the income of everyone in your home, the type and cost of heating and where you live.

Income guidelines for the next heating season were not available in time to be included in this newsletter. Your STAR Coordinator will provide that information when it is available.

If you received energy assistance last season at your current address, the Office of Energy Assistance in Pierre will be sending a preprinted application to you. When you receive your application or if you are filling out a new application you will be asked to provide proof of the last three month's income.

Energy Assistance funds are distributed on a first come, first served basis. The heating season runs from October to May. If you have questions about the Energy Assistance program and how it works when you pay your energy costs in your rent, please visit with your STAR Coordinator or contact the Office of Energy Assistance at 1-800-233-8503.

Source: South Dakota Department of Social Services

### Sales & Property Tax Refund Program

The Sales & Property Tax Refund Program offers seniors and those with disabilities a one-time refund of property or sales taxes. It is funded each year through an appropriation by the South Dakota State Legislature.

If you can answer yes to all the following questions you may be eligible for the refund:

- Were you a South Dakota resident during all of 2013?
- Were you age 65 on or before January 1, 2013, OR disabled at any time during 2013? Disabled means you are qualified to receive Social Security Disability benefits, Supplemental Security Disability benefits or you are a veteran with a rated disability of 60% or higher.
- Do you live alone and have a yearly income under \$11,670 OR live in a household whose members' combined income is under \$15,730?

Applications are accepted May 1 to July 1. Refunds are calculated based on your income. The Division begins issuing refund checks at the end of August.

If you received the refund last year, an application will be sent to you this spring. Visit with your STAR Coordinator for more information about the Tax Refund or contact the South Dakota Department of Revenue Property tax division at 1-800-829-9188 or email [specialt@state.sd.us](mailto:specialt@state.sd.us).

Source: South Dakota Department of Revenue

## Sharing Spares, Strikes and Smiles

To stay active during the fall and winter months, the residents of the Sherman Apartments in Aberdeen participate in a Nintendo Wii bowling league. Twelve residents bowl in the weekly league, which meets on Tuesday nights.

Residents Karen Parrish and DeWayne Newell are responsible for organizing the league, which is called The Sherman Twilighters. The league is open to all residents of the Sherman Apartments. Participant's bowling statistics are published in the Sherman's monthly resident newsletter.



*The Twilighters take a break from bowling for a group photo.*

The bowlers enjoy treats and beverages on bowling night. Bowlers at the Sherman highly recommend other buildings start a bowling league if you have a Nintendo Wii game system. Bowling is a fun, weekly activity that provides an opportunity to visit with your neighbors and get some exercise.

The Twilighters say it was really easy to learn how to bowl on the Wii. Others who are not familiar with the Wii should not be intimidated by the game system. After a couple games, you will be bowling like a pro!

### Bowling Terms Word Search

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

- |               |             |            |
|---------------|-------------|------------|
| ALLEY         | FILL        | LANE       |
| BALL RETURN   | FRAME       | SANDBAGGER |
| BOWLING SHOES | GUTTER BALL | SIXPACK    |
| BREAK         | HOOK        | SPARE      |
| CURVE         | KINGPIN     | STRIKE     |



*Residents of Lookout Mountain View in Spearfish gathered to celebrate Spring.*



*The Senechal Ladies made Easter Baskets for residents at the assisted living center and nursing home.*



## Create a Family Health History

A family health history is a great tool to share with your health care provider. A written record of the medical conditions in a family can

Name: (Last) \_\_\_\_\_

(First) \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Are you an identical twin? Yes \_\_\_ No \_\_\_

Do you have any of these health conditions?	Yes/No	Age at Diagnosis
Heart Disease		
Stroke		
Diabetes		
Colon Cancer		
Breast Cancer		
Ovarian Cancer		

help improve ways to screen for and help prevent diseases for all family members based on the health of their ancestors. The history can be passed on through each generation and updated to include current information at any time.

The family health history is particularly beneficial in determining one's risk for certain conditions such as heart disease, high blood pressure and diabetes, all of which generally tend to run in families. If someone is predisposed to diabetes, a doctor can suggest more physical exercise, eating more nutritionally sound food items, getting certain medical tests or even preventative medications to lower the potential risk of illness.

The family members who are most relevant to your health history are related by blood and include: grandparents, parents, aunts, uncles, siblings, half siblings and children. Don't be discouraged if you cannot get all the information from everyone. Some family members may be reluctant to talk about illnesses or may not accurately remember information about previous generations. Get the information that you can and go from there.

What country is your family from? Certain ethnicities are pre-disposed to some genetic diseases. Create a list of your immediate family members and blood relatives on your mother's and father's side. Document the illnesses they may have suffered, even if you do not know the medical name. Include your relative's name, relationship to you, health condition, age at diagnosis and age at death, if applicable.

Various websites offer free templates for use in creating a family health history. Your STAR Coordinator can direct you to those websites.

Sources: National Institute of Health - Senior Health Website & [www.surgeongeneral.gov/familyhistory/](http://www.surgeongeneral.gov/familyhistory/)

## Donate Life!

Celebrated in April each year, National Donate Life Month features an entire month of local, regional and national activities to help encourage Americans to register as organ, eye and tissue donors and to celebrate those that have saved lives through the gift of donation.

One person can save and heal up to 60 people through organ and tissue donation. There are many more people in need of a transplant than there are organs available. A new name is added to the national transplant waiting list every 12 minutes. Registering to be a donor provides hope to those in need.

When you indicate on your driver license or identification card that you wish to give the precious gift of life by being an organ, eye and tissue donor your decision will be honored. If you are not a registered donor, your family will be asked to make a decision on your behalf. Please consider checking the organ donor box when you renew your drivers license or identification card.

Source: South Dakota Department of Public Safety

## Little Changes Make a Big Difference in Serving You

Guest Article by Mickie Douglas, Social Security Public Affairs Specialist, Salt Lake City, Utah

A new year is a time for change. People across the world make resolutions and set goals to better themselves and the world around them. Whether you want to shed a few pounds, secure your finances for retirement, devote more time to charity or go on a vacation you've always dreamed about, chances are you have some ideas for a fresh start in 2014.

Social Security is no different. Our goal is to provide the best service possible to everyone who comes to us for help, whether they're applying for disability benefits or getting verification of their Social Security number. By investing in new technologies and finding innovative, cost-effective ways to deliver service, we are able to reach this goal. We continue to rank high in customer service satisfaction and have the best online services in government, providing the best service to those who come to us for help.

Technology is vital to delivering quality



service, and we continue to provide more options for customers to do business with us over the Internet

or through self-service kiosks. For example, *my* Social Security provides people who use the Internet a secure way to do business with us in an easy and convenient way at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

We are making changes in the way we provide some services so we can serve the vast majority of Americans better and more

efficiently. Most people won't even notice the changes. So allow us to fill you in.

Later this year, Social Security will stop providing benefit verification letters in our local offices. You can still get an instant letter online by creating a personal *my* Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount), or by calling our toll-free telephone number at 1-800-772-1213 to request one by mail.

In addition, we will discontinue providing Social Security number printouts. These printouts have no security features and could be easily misused or counterfeited. If you need proof of your Social Security number and you do not have your Social Security card, you may apply for a replacement card by completing the Application for a Social Security Card and providing the required documentation. You'll find the application online at [www.socialsecurity.gov/online/ss-5.pdf](http://www.socialsecurity.gov/online/ss-5.pdf). As always, we continue to work directly with other agencies to minimize the need for furnishing proof of your Social Security number.

You may want to check out our webinar that aired live on January 9, "Benefit Verification Letters Online, Easy as 1-2-3." The webinar explains how to establish an account on *my* Social Security, how to get a benefit verification letter and other services offered at our website. Watch the webinar at [www.socialsecurity.gov/webinars](http://www.socialsecurity.gov/webinars).

We wish you all the best in 2014 and hope that you are successful in meeting your own goals and resolutions. If one of them is to do business with Social Security, or even if it is not, we will strive to continue providing the best and most secure customer service possible. Learn more about Social Security and what we do for you at [www.socialsecurity.gov](http://www.socialsecurity.gov).

# Facts about Bed Bugs



During the last several years incidents of bed bug infestations have become more common in motels and residences across South Dakota. It is important to understand the life cycle of bed bugs, how they travel and what needs to be done to prevent, detect and remove bed bugs from our homes.

## *What are bed bugs?*

Bed bugs are oval shaped, reddish brown insects that grow to be about ¼" long as adults. In their larvae stage, bed bugs are a clear or yellowish color. These insects are nocturnal, which means that they will hide during the day light and only come out at night to feed. When looking for food, bed bugs can travel 5 to 25 feet in one night. Bed bugs are attracted to body heat and can sense the carbon monoxide that is emitted by humans through breathing. Once a bed bug locates a human host to feed from, the bug will bite the host and drink blood for about 10 minutes until it is full and then will return to its hiding place.

## *Do bed bug bites spread disease?*

No. Though painful or itchy, bed bug bites do not spread disease. Humans will notice bed bug bites when they begin to have reddish bumps, similar to a spider bite or mosquito bite, on their body.

## *Where do bed bugs hide?*

Bed bugs like to hide in places such as headboards, bed frames, wall hangings, between curtain folds, in drawers, behind electrical outlet covers, under or around clutter on the floor and in cracks in the wall.

## *How are bed bugs spread?*

Bed bugs can be found in hotel rooms, apartment buildings, hospitals, schools, nursing homes, movie theaters, airplanes or buses. The bugs are commonly transported by getting in luggage, clothing, furniture or other items that

are moved from an infested area to another location. For instance, if someone does not know there are bed bugs in a hotel room they may unknowingly bring the bugs with them to their own home in their suitcase. Bed bugs can also hitch hike on a piece of used furniture. Once in an apartment building, the bugs can spread through the walls and enter other apartments and infect other areas.

## *What does a bed bug infestation look like?*

Since bed bugs are nocturnal, you are not likely to see the actual bugs. Most likely, if there is a bed bug infestation, it will occur in a bedroom and you will notice dark reddish brown spots on bed linens, mattress seams and areas close to the bed.

## *How are bed bugs treated?*

If a bed bug infestation is identified in your home, it is very important to contact the property manager immediately. The property manager may then inspect the unit and will contact a pest extermination company to treat the unit. Bed bugs are best treated by a pest control professional because they will be knowledgeable about where to look for the bugs and will have the proper chemicals available to treat the infestation. Please note that it is perfectly normal for the units next to, above or below an infested unit to be treated for bed bugs as well, due to the likelihood the bugs have traveled through the building.

## *How can I prevent bed bugs?*

It is important to remember that bed bugs are excellent hitchhikers and can easily climb into your suitcase when you travel or even hitch a ride on your clothing items or on the bottom of your shoe when you are in an infested area.

To prevent an infestation in your home, please do the following:

- Be vigilant about keeping your apartment clean. Excess clutter in bedrooms can be a prime hiding spot for bed bugs.
- If you move used furniture items into your apartment, be sure to carefully inspect them.
- If you travel, be sure to thoroughly inspect the mattress, headboard and other areas of the room for signs of bed bugs. When in the room, set your suitcase on the luggage rack to keep your suitcase off the ground. It is also a good idea to place belongings in the bathroom and keep your suitcase closed.
- If you have to be in an area that has bed bugs, be sure to remove your clothing and place it in a sealed plastic bag until you are able to wash the items and dry them on high heat for at least 20 minutes.

Remember, bed bugs can happen to anyone. Getting bed bugs is not a negative reflection on your cleanliness or the cleanliness of your home, so please do not feel embarrassed or ashamed if your apartment is identified as having bed bugs.

The best thing to do in case of an infestation is to immediately contact the property manager and alert him or her to the problem so action can be taken right away to stop the spread of the infestation. By not reporting an infestation you are putting your friends, family and neighbors at risk of getting bed bugs from your apartment. Bed bug treatment is costly and it is best if it can be contained to as small of an area as possible.

For further questions or more information about bed bugs, please visit with your STAR Coordinator.

Sources: Bureau of Epidemiology-US Department of Health & Utah Department of Health

## Springtime Trivia

- If you stand at the equator on the first day of spring, you will see the sun pass directly over head. This is only true two times a year; the first day of spring and the first day of Autumn.
- Popular spring blooms include tulips, hyacinths, daffodils, iris, daisies, and lilies, however often the first bloom to be seen is a dandelion. Dandelions first came from Asia, and now call the entire world home. They can be used both as a food and a medicine and the seeds provide an important food to many small birds.
- Arbor Day is celebrated on the last Monday in April; however, each state can select its own date, depending on weather conditions. The first Arbor Day Celebration was held on April 10, 1872, in Nebraska.
- Spring fever is real, commonly occurring when a sudden warm spell follows a long cold period. When the temperature rises, there's a dilation or expansion of the blood vessels so that blood can be carried to the body surface where heat can be lost quickly. Some people experience an energetic feeling to this reaction.
- Emeralds represent spring, rebirth, hope, peace, and tranquility.
- Seasonal allergies in the spring are a problem for 30-60 million in the U.S. alone. The culprits are often pollen, including tree pollen, and mold.
- Birds fly back northward to settle and have their families. Approximately 1800 of the world's 10,000 bird species are long-distance migrants.

Source: [www.holidayhaven.com](http://www.holidayhaven.com)