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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

Potato-Crusted Quiche - Rose Hargrove, 5th Avenue

- | | |
|------------------------|-----------------------------------|
| ¼ cup butter, melted | 3 cups frozen hash browns, thawed |
| 3 eggs | ½ cup milk |
| ½ cup sour cream | 1 ½ cups shredded cheddar cheese |
| 4 green onions, sliced | |

Heat oven to 375°. Pat hash browns dry with paper towels; place in bowl. Add butter; mix lightly. Press onto bottom and up side of 9-inch pie plate. Bake 20 minutes, or until golden brown. Meanwhile, whisk eggs and milk in medium bowl until blended. Stir in sour cream, then cheese and onions. Reduce oven temperature to 350°. Pour filling into crust. Bake 30 minutes or until center is set and crust is golden brown. Let stand 5 minutes before serving.

Pizza Round - Jodi Morrill, Pheasant Valley Courtyard

To make one pizza, flatten out one refrigerator roll to approximately 3 inches in diameter on a greased cookie sheet. Brown about 2 tablespoons of ground beef, just until pink color is gone. Set aside and drain off grease.

On the dough circle spread 1 tablespoon of tomato sauce, then add ½ teaspoon onion, ½ teaspoon of chopped green pepper and a dash of oregano and the browned ground beef. Top with 1 tablespoon of grated cheese. Bake at 425° for 10 minutes.

Zucchini Bread - Jodi Morrill, Pheasant Valley Courtyard

- | | |
|---------------------------|--|
| 3 eggs, beat well | 2 cups zucchini, grated or ground * |
| 1 cup salad oil | 3 teaspoons vanilla |
| 2 cups sugar | 3 cups flour |
| 1 teaspoon salt or soda | 3 teaspoons baking powder |
| 2 or 3 teaspoons cinnamon | 1 cup raisins or chopped nuts (optional) |

Makes two large, five small or one large and three small loaves. Bake at 350°. Bake large loaves for 1 hour and small loaves for 40 minutes.

* Drain juice and save to add for extra moisture if needed.

Chocolate Hay Stacks - Jodi Morrill, Pheasant Valley Courtyard

- | | |
|--------------|-------------|
| 2 cups sugar | ½ cup cocoa |
| ½ cup butter | ½ cup milk |

Bring to a full boil; take from heat and add:

- | | |
|--------------------|---------------|
| 3½ cups oatmeal | 1 cup coconut |
| ½ teaspoon vanilla | |

Drop by teaspoon full quickly on waxed paper.

Please submit items for the Fall 2013 Newsletter to your STAR Coordinator by September 1, 2013.

SUMMER
2013



STAR

Resident Newsletter

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Thinking Outside of the Box

Re-purpose or revamp everyday items to make something new, fun and useful!

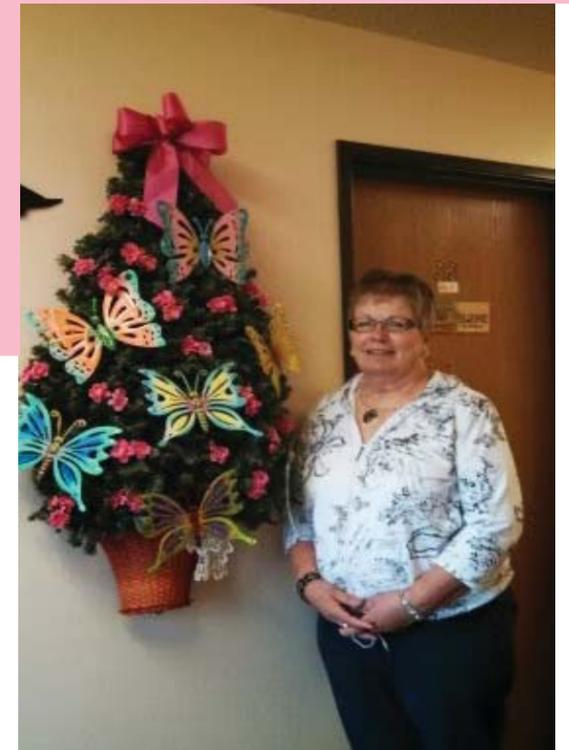
Mary Bush brightens the halls and grounds at Prairie View Apartments in Madison. Mary is always on the lookout for bargains and dreaming about creative things she can do with her new-found treasures. Mary is able to combine two of her hobbies, bargain hunting and creating, to make fun decorations for all to enjoy.

Mary thrives on being creative and makes incredible gifts and decorations for her family and friends. She recently re-purposed colorful rain boots by lining them with tissue paper and filling the boots with bright pink tulips.

One day Mary found a flat-back evergreen tree at a rummage sale. Each month she changes the decorations on the tree to coincide with the season or a holiday. In May her tree was decorated with ribboned seed packets and sunglasses.

Mary also loves to decorate outside. She stuffed the legs of an old pair of jeans and added a pair of old tennis shoes. She placed a planter on the waist of the jeans. The "resting planter" is sitting on one of the benches outside for everyone to enjoy.

Mary's brain never stops working and her creativeness is brilliant. The Prairie View residents look forward to seeing what Mary will create next!



Colorful butterflies and pink flowers brighten the hallway outside of Mary Bush's apartment in June.



Shop at Farmers Markets

This summer check out your local farmers market. It is the perfect place to get fresh, local produce.

For those who receive Supplemental Nutrition Assistance Program (SNAP) benefits, there is even better news. The US Department of Agriculture (USDA) recently awarded grants for wireless point of sale technology to help improve a vendor's ability to accept SNAP payments. This means that it will be easier for the farmers market to accept your EBT card.

USDA has an interactive website that lists the farmers markets in your area. The website also shows if any vendors at the market accept SNAP payments and what type of products are available.

If you do not have access to a computer, just ask your favorite farmers market vendors if they accept SNAP payments.

Get out and enjoy the tastes of the season!

Source: www.ams.usda.gov/FarmersMarkets

When Sadness Becomes a Way of Life

Guest article by Leacey E. Brown
SDSU Extension Gerontology Field Specialist, Rapid City

It should never be assumed that it is normal for a person of an advanced age to be depressed for an extended period of time. Depression is a highly treatable condition. Many people with depression live fulfilling lives.

There is not a single cause of depression. It can be caused by a life event, the loss of a job or a loved one, providing care to a person who is disabled or a move to a new home. The diagnosis of a serious illness can trigger depression. In addition, some medications can cause symptoms of depression. It is important to note that some people are genetically predisposed to experience depression.

Short term depression is a normal response to some of the events described above. If the symptoms described below persist for more than two weeks, seek the assistance of a health care provider:

- Sleepiness or a lack of energy
- Lack of interest or pleasure in everyday activities
- Problems with sleep: trouble getting to or staying asleep or sleeping too much
- Appetite: eating too little or too much
- Excessive crying beyond normal grieving
- Aches and pains that persist despite treatment
- Difficulty focusing, remembering or making decisions
- Feelings of guilt, helplessness, worthlessness or hopelessness
- Irritability
- Fixation on death or suicide or an attempt

Symptoms of depression can be hard to identify in some folks, especially those who live alone and perk up in the presence of visitors. It is important to listen for complaints of depression or not caring from anyone at any age. The warning signs may precede tragic events like suicide so they should never be ignored or attributed to being a normal part of aging.

If you or a loved one is experiencing depression, please seek the help of a health care provider. A trained professional can help determine if depression symptoms are caused by a medication or recommend the assistance of a licensed mental health care provider. If a medical provider attributes depression to be a normal part of aging, it is importance to seek assistance from a person with a better understanding of aging such as a geriatrician, a medical provider who specializes in providing care to older adults.

If you or a loved one feels so hopeless and has thoughts of inflicting self-harm, there is help. Please contact the National Suicide Prevention Hotline at 1-800-273-TALK.

Colorful Entrance to Senechal Apartments



Shirley and Theresa enjoy the raised garden beds at the Senechal in Philip.

*My Dear Sweet Potato,
Do you carrot all for me? You are the apple of my eye with your radish hair and turnip nose.*

*My heart beets for you.
My love for you is as strong as onions.*

*If we cantaloupe,
lettuce marry and we will be a happy pear.*

*Your Sweet
Petunia*



*Found on the bulletin board at
Prairie View in Madison.*

BRAINTEASERS

Joe's mother has three children. One's name is April and one's name is May. What is the third child's name?

Other than being colors, what do silver, orange and purple have in common?

The third child's name is Joe. There is no word in the English language that rhymes with them.

PICNIC WORD SEARCH

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

ACTIVITIES	ANTS
CHIPS	COOK
COOLER	DRINKS
EAT	FEED
FOREST	FRUIT
GRASS	GRILL
HOT DOGS	HUMID
ICE	KETCHUP
KIDS	LEMONADE
MEAT	MELONS
ONIONS	PARK
PLAY	RELISH
RIBS	SING
SODA	STEAK
SUMMER	SUNNY
TABLE	WINDY



Summer Safety Tips

Now that summer has officially arrived, here is some information to keep you safe during the season.

Although tornadoes are found all over the world, they occur most frequently in the United States. Living in South Dakota, we are used to tornado watches and warnings. The United States averages 1,200 tornado reports a year. Here are some facts about tornadoes:

- A tornado is a violently rotating column of air extending from a cumuliform cloud to the ground.
- Tornadoes can appear nearly transparent until dust and debris are picked up or until a cloud forms within the funnel. The average tornado moves southwest to northeast, but tornadoes can move in any direction and can change their direction suddenly with no warning.
- The average speed of a tornado is 30 mph but may vary from nearly stationary to 70 mph.
- The strongest tornadoes have rotating winds of more than 200 mph.
- Tornadoes can accompany tropical storms and hurricanes as they move onto land.
- Tornadoes can occur at any time of the day, on any day of the year.

The National Weather Service recommends people have an action plan ready in case a tornado warning is issued for their location. A safe place is the lowest level of the property, a windowless interior room or under a sturdy piece of furniture. Try and protect your head and neck with a blanket or pillows. Windows could be shattered and injure you.

Warm and humid conditions are the best for tornado activity. During a sticky summer day keep yourself informed by listening to a weather radio, log onto weather.gov or tune in your local radio or television station to see if any weather advisories are being issued for your area.

Storms are common in the summer and lightning, heavy rains and high winds can cause extensive damage to power lines, causing power outages. The National Weather Service suggests you do the following to prepare for a power outage:

- Keep flashlights, batteries, candles, matches and a battery powered radio handy.
- Keep a supply of canned food and fresh drinking water on hand in case the power is out for an extended period of time.

Stay safe during thunderstorms:

- Do not use a corded telephone during a storm or power outage because lightning can travel through the cord. Cordless phones and cellular phones are safe to use during a storm.
- Do not run water or use other plumbing during a storm. Water is a conductor of electricity.

In the event of a power outage:

- Only leave on a minimum number of lights until the power has been restored.
- Turn off computers, televisions, stereos and other electrical devices so they do not short out from a power surge when the power is restored.

When mosquitoes start buzzing around you can and should try to reduce your risk of being bitten. West Nile virus (WNV) disease can cause mild flu-like illness or severe encephalitis. It is not necessary to limit any outdoor activities, unless local officials advise you otherwise. If WNV is found in your area:

- Minimize time spent outdoors between dusk and dawn.
- Wear shoes, socks, long pants and a long-sleeved shirt when outdoors for long periods of time or when mosquitoes are most active.
- Use mosquito repellent containing DEET, Picaridin, oil of lemon eucalyptus, or IR3535, according to directions, when you are outdoors.

Source: South Dakota Department of Health

Medicare News

National Mail-Order Program for Diabetic Testing Supplies



Starting in July 2013, Medicare will implement a National Mail-Order Program for diabetic testing supplies. The program is designed so you can continue to get quality testing supplies while saving money.

When the program starts, you will need to use a Medicare national mail-order contract supplier for Medicare to pay for diabetic testing supplies that will be delivered to your home. If you don't want diabetic testing supplies delivered to your home, you can go to a local pharmacy that is enrolled with Medicare to purchase your testing supplies.

Your co-insurance will be the same whether you get your supplies through the mail-order program or at your local pharmacy, if your pharmacy accepts assignment of the Medicare-approved amount as payment in full for the covered supplies. If the store does not accept the Medicare assignment, they may charge you more than 20% coinsurance and any unmet deductible.

To find a national mail-order supplier using the Internet go to: www.Medicare.gov/supplier. You can also call 1-800-633-4227, or ask your STAR Coordinator for assistance.

Sources: US Department of Health and Human Services and SHIINE

The National Mail-Order Program applies only to original Medicare. If you are enrolled in a Medicare Advantage Plan, you will be contacted if your supplier is changing. If you do not know if you have a Medicare Advantage Plan, please contact your plan provider.

If you need a specific item or brand of supply, your doctor must prescribe the specific brand in writing and document in your medical record that you need this specific supply for medical reasons.

If you don't have a doctor specified brand of supplies that you use, contract suppliers can't make you switch brands. They must furnish the brand of testing supplies that works with your monitor and that you are comfortable using.

If the contract supplier doesn't carry your brand of testing supplies, you can ask them about other brands they offer or you may go back to your local pharmacy for supplies.

If you get phone calls from suppliers that you don't currently use asking you to switch, you **do not** need to switch. Medicare has rules to protect you from unsolicited phone calls from suppliers. If you feel you are being pressured to switch suppliers, you can report the phone calls to Medicare at 1-800-633-4227 or the Fraud Hotline at 1-800-447-8477.

If you receive diabetic supplies in the mail and you did not order them, do not accept the order. You should refuse the delivery or return it to the sender. Keep a record of the sender's name and date you returned the item and contact the Fraud Hotline at the number listed above.



Driving safely is not always easy. In fact, driving is one of the most complex things that people do. It also is one of the few things we do regularly that can injure or kill us. It is worth the effort to be a careful driver.

Being a safe driver takes a lot of skill and judgment. This task is even more difficult when you are just learning to drive. Driving can easily take every ability you have. If anything happens so you are not up to your ability, you may not be a safe driver. Your ability to be a safe driver depends on being able to see clearly, not being overly tired, not driving while on drugs, being generally healthy and being emotionally fit to drive. In other words, being “shape” to drive safely.

Vision: Good vision is a must for safe driving. You drive based on what you see. If you cannot see clearly, you will have trouble identifying traffic and road conditions, spotting potential trouble or reacting in a timely manner.

Vision is so important that South Dakota requires that you pass a vision test before you get a driver’s license. To qualify for a driver’s license without restrictions, an applicant shall score 20/40 or better with both eyes, but no worse than 20/50 in either eye.

You need to see out of the corner of your eye. This lets you spot vehicles and other potential trouble on either side of you while

Be In Shape To Drive

Driving a motor vehicle is a privilege that comes with tremendous responsibility. Maintaining your health can keep you safe behind the wheel.

you look ahead. Because you cannot focus on things to the side, you also must use your side mirrors.

Many people who can see clearly in the daytime have trouble seeing at night. Some drivers have problems with glare while driving at night, especially with the glare of oncoming headlights. If you have problems seeing at night, don’t drive more than is necessary and be very careful when you do.

Because seeing well is so important to safe driving, you should have your eyes checked every year or two by an eye specialist. You may never know you have poor vision unless your eyes are tested.

If you need to wear glasses or contact lenses for driving, remember to always wear them when you drive, even if it is only to run down to the corner. If your driver license says you must wear corrective lenses you could get a ticket if you are not wearing them.

Avoid using dark glasses or tinted contact lenses at night even if you think they help with glare. They cut down the light that you need to see clearly.

Judging distances and speeds: Even if you can see clearly, you still may not be able to judge distances or speeds very well. You are not alone. Many people have problems judging distances and speeds. It takes a lot of practice to be able to judge both. It is especially important in knowing how far you are from other vehicles and judging safe gaps when merging, when passing on two lane roads or when judging the speed of a train before crossing tracks safely.

Hearing: Hearing well is also helps you drive safely. The sound of horns, a siren or screeching tires can warn you of danger. Hearing problems, like bad eyesight, can

come on so slowly that you do not notice a decline in your ability to hear. Drivers who know they are deaf or have hearing problems can be safe drivers. These drivers learn to rely more on their vision and tend to stay more alert.

Fatigue: You cannot drive as safely when you are tired as when you are rested. You do not see as well, nor are you as alert. It takes you more time to make decisions and you do not always make good decisions. You can be more irritable and can get upset more easily. When you are tired, you could fall asleep behind the wheel and crash, injuring or killing yourself or others.

Health Issues: Many health problems can affect your driving - a bad cold, infection or virus. Even little problems like a stiff neck, a cough or a sore leg can affect your driving. If you are not feeling well and need to go somewhere, let someone else drive.

Emotions: Emotions can have a great effect on your driving safety. You may not be able to drive well if you are overly worried, excited, afraid, angry or depressed.

If you are angry or excited, give yourself time to cool off. If necessary, take a short walk, but stay off the road until you have calmed down. If you are worried or upset about something, try to keep your mind on your driving. Some people find listening to music helpful.

If you are impatient, give yourself extra time for your driving trip and leave a few minutes early. You may not tend to speed or do other things that can get you a traffic ticket or cause a crash. Don’t be impatient waiting for a train to cross in front of you. Driving around lowered gates or trying to beat the train can be fatal.

Source: South Dakota Department of Public Safety

Am I a Safe Driver?

Do any of the following apply to you?

- I get lost while driving.
- My friends and family members say they are worried about my driving.
- Other cars seem to appear out of nowhere.
- I have trouble seeing signs in time to respond to them.
- Other drivers drive too fast.
- Other drivers often honk at me.
- Driving stresses me out.
- After driving, I feel tired.
- I have had more “near misses” lately.
- Busy intersections bother me.
- Left-hand turns make me nervous.
- The glare from oncoming headlights bothers me.
- My medication makes me dizzy or drowsy.
- I have trouble turning the steering wheel.
- I have trouble pushing down on the gas pedal or brakes.
- I have trouble looking over my shoulder when I back up.
- I have been stopped by the police for my driving recently.
- People will no longer accept rides from me.
- I don’t like to drive at night.
- I have more trouble parking lately.

If any of the above apply to you, your safety may be at risk when you drive. Talk to your doctor about ways to improve your safety when you drive.

Source: South Dakota Department of Public Safety