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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

Rhubarb Orange Apricot Jam

submitted by Susan Hansen, Gold Mountain for Mountain Man

6 cups rhubarb, chopped 4 cups sugar
1 can apricot pie filling 1 large package orange gelatin

Let chopped rhubarb and sugar set overnight. In the morning boil sugar and rhubarb 10 minutes or until rhubarb is clear. Add apricot pie filling. Bring to another boil for five minutes. Add orange gelatin. Fill jelly jars and process in a hot water bath.

Refrigerator Cucumber Pickles

submitted by Susan Hansen, Gold Mountain for Mountain Man

1 gallon sliced cucumbers 3 large onions, sliced
3 cups vinegar 1 teaspoon mustard seed
3 cups sugar 1 teaspoon celery seed
1/3 cup pickling salt (or less) 1/2 teaspoon turmeric

Mix vinegar, sugar, salt, mustard seed, celery seed and turmeric. Pour over cucumbers and onions. Keep in refrigerator. Let stand at least five days.

Rhubarb Dump Cake - submitted by Hilda Lassle, 5th Avenue Apartments

1 pound (3 to 4 cups) rhubarb cut into 1/4" pieces
1 cup white sugar 1 3oz package of strawberry gelatin
1 yellow cake mix 1 1/2 cups water
1/2 cup melted butter

Preheat oven to 350°. Grease a 9x13" baking dish. Spread the rhubarb evenly in the bottom of the baking dish. Sprinkle sugar over the rhubarb, followed by the gelatin and the dry cake mix. Pour the water and melted butter evenly over the top. Do not stir. Bake for 45 minutes or until the rhubarb is tender.

Salted Caramel Apple Cheesecake Bars

submitted by Susan Hansen, Gold Mountain

2 8oz packages cream cheese at room temperature
6 tablespoons melted butter 1 1/2 cups graham cracker crumbs
3 tablespoons sugar 1/2 teaspoon ground cinnamon
1/2 cup sugar 3 eggs
1/2 teaspoon table salt 1 21oz can apple pie filling
caramel sauce sea salt

Heat oven to 350°. Line an 8" square baking pan with foil; coat with cooking spray. Mix butter, cracker crumbs, sugar and cinnamon until blended. Press mixture evenly and firmly into bottom of pan. On medium-low speed beat cream cheese and sugar until smooth. Add eggs and table salt and beat on medium-high speed until smooth. Carefully fold apple pie filling into cheesecake mixture. Spoon mixture evenly on top of crust. Bake 1 hour or until filling is set. Cool. Cut into 2" squares. Just before serving drizzle each square with caramel sauce and sprinkle with sea salt. Refrigerate leftovers for up to 3 days.

SUMMER
2015



STAR

Resident Newsletter

A QUARTERLY
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Spreading Her Talents amongst Many



Mary displays a quilt she made.

Mary Helfrich, a resident of Olive Grove Apartments in Sioux Falls, always has a smile and time for a conversation.

Despite the many hardships Mary has encountered throughout the years, including a tornado that destroyed her family's home and a car accident that left her paralyzed from the waist down, Mary emits a positive energy wherever she goes. She shares her heart and her talents with young and old alike and is always

creating, be it friendships, crafts or community service opportunities.

Mary was born in Danube, Minnesota. Her careers as a travel agent and teacher of fourth graders and middle school math students took her to several different states. She raised three children and has eight grandchildren.

Mary developed a special bond with the Boy Scouts when her sons were young. She started the Cub Scout pack at Hayward Elementary in 1983 and the Cub Scout pack at Tri Valley. "I love scouts," stated Mary. She was a troop leader for many years traveling with the scouts, attending jamborees and Scout-O-Ramas. Even though Mary no longer has children in scouts, she continues to volunteer at Scout-O-Ramas and troop meetings.

What else does Mary do? She writes to soldiers! Mary started writing to soldiers 30 years ago when her brother served in Vietnam. Her brother told

her that mail call was the hardest time for some soldiers because they had no family or friends to send them mail. "Often men joined the service because they didn't have a sense of belonging anywhere and the service provided them with a family," reflected Mary. "I started asking families with children in the military if they could see if there were soldiers in the unit that weren't getting any mail," said Mary. "I started writing to those soldiers."

Today there are several organizations that have a formalized process for writing to soldiers, such as Anysoldier.com. Mary said, "This has made writing to soldiers easier as you can search to find a specific type of soldier that you want to write to." You can search by military branch, gender, if the soldier is deployed or in combat, just to list a few. "You are provided with an address as to where to send the letter and a list of things that the unit can use. You won't know specifically who you are writing to other than a soldier. The mail is received by a volunteer within the unit and they distribute the letters to those who get no mail," explained Mary.

Mary includes a self-addressed, stamped envelope and a few pieces of paper in each letter she sends. Occasionally she receives some responses back from soldiers. "I am sending about 150 letters a week to soldiers," said Mary. The cost of sending the letters can get expensive, but occasionally Mary receives donations of stamps and envelopes to assist her letter writing campaign.

Mary also is a talented quilter and makes many different crafts. She started TGIF, also known as "Thank Goodness it's Finished," where she finishes craft projects for other people. She also enjoys feeding birds and gophers, watching them from her apartment window.

Thank you Mary for sharing your time and talents with so many people!

Give Yourself a Break: Overcoming Guilt

Does guilt frequently overwhelm you, causing you to ruminate on how you could have done something more or better for your loved ones, your job or people in need? Is it nearly impossible for you to do anything for yourself without feeling guilty about it? Does guilt create sleepless nights or the urge to overextend yourself in an attempt to avoid feeling guilty? If so, guilt may be harming your health.

Those who are mourning the loss of a loved one frequently experience guilt while going through the grieving process. Grieving individuals might be plagued with thought of things they think they should have done for their loved one. Feeling guilty can offset some of the sense of powerlessness that accompanies grief. Feelings of guilt that come and go, and eventually pass with time, are normal. When guilt continues, however, your emotions hamper your healing process.

Guilty feelings contribute heavily to depression, anxiety and stress-related health conditions such as headaches, backaches, gastrointestinal distress and a compromised immune system. Here are some steps you can take to overcome guilt:

Guilt

noun\ 'gilt
: responsibility for a crime or for doing something bad or wrong
: a bad feeling caused by knowing or thinking that you have done something bad or wrong

Source: Merriman-Webster.com

- If your guilt is triggered by something that happened in the past, become aware that you can never change the past. Therefore, your guilt is useless. Guilt's only positive role is when it deters you from doing something you will regret before you do it.
- If your guilt is triggered by a real harm you have done, make amends to the people you have wronged and change your behavior so that you will not repeat your mistakes.
- Let go of perfectionism. Accept that you will never accomplish perfect behavior. The best you can do is promptly admit when you are wrong and move on.
- Discern what your guilt is really about. Do you feel guilty when you say no to a request? If you do, can you see how overextending yourself doesn't serve others because doing so is likely to trigger resentment which leads to more guilt?
- Understand that feeling guilty does not always mean you were wrong. Actions such as setting reasonable boundaries and putting your own authentic needs before others' requests create healthy, mature relationships.
- Talk to a friend, cleric or counselor. Getting another's perspective might help you see that you have no reason to feel guilty, or if you do, how to right the wrong you caused.
- List ten things you like about yourself every morning. List ten things for which you are grateful before bed each night.
- Above all else, forgive yourself. Forgive others. One method of forgiveness is to send good thoughts or prayers to anyone you are holding negative feelings towards, including yourself.

Source: Psychology Science / MetLife

What God has Done for Each and Every One!

by Donna Cazer, Grand Valley
March 4, 2015

*LORD you have created a pleasant scene,
You are so Amazing
You start the day with a shine on my Face
The beginning of a new day
Then the wind blows and the trees dance with
Ease swaying with the rhythm of the wind
As it pleases.
The birds sat on the branches and sing and chatter
Bringing the day full of life and laughter
Sounds of life and beauty everywhere
Green Grass so soft and thick that you
Can even hear a cricket
Flowers so colorful and fragrance so thick you
Just want to enjoy all of it.
Rain or shine you are in the scene
In the wind, in the trees, in the grass and on the
Leaves you are the one who plans everything
With a blessing and a breeze with a loving ease
It's a beautiful musical you play each day to give
Us a wonderful start on a brand new day!*

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



The Twilighters took a break from bowling to pose for a photo. Pictured from left to right: Art Smith, Mike Mullenberg, Ron Volzke, Thomas VanOrman, DuWayne Newell, Karen Parrish and Arline Snyder. Jarod Markley is not pictured.

Sherman Twilighters Complete another Wii Season

Tuesday, April 28, ended another Wii Bowling season at the Sherman in Aberdeen. The bowling teams celebrated the completion of their six-month season with a pizza party provided by league organizers DuWayne Newell and Karen Parrish. Thanks to the dedication of DuWayne and Karen, several residents have learned to play Wii. Get your bowling shoes ready - plans have been made for another season to begin this fall!



Farmers Market Word Search

In this word search you will find items related to shopping at a farmers market.

- | | |
|----------------|------------|
| Community | Nutritious |
| Fruit | Organic |
| Fun Atmosphere | SNAP |
| Garden Fresh | Summer |
| Healthy | Vegetables |
| Locally Grown | Vendors |

Created by Discovery Puzzle Maker



Enjoy the Taste of the Season

Plant your own garden or purchase locally grown vegetables with SNAP Benefits.

Farmers Markets are a great place to enjoy a stroll, meet with your neighbors and buy locally grown produce. More Farmers Markets are accepting EBT cards so SNAP recipients can enjoy farm and garden fresh products. The Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) helps low-income South Dakotans buy the food they need to stay healthy while they work to regain financial independence. SNAP benefits are not intended to cover all of a person or family's food costs but will help with purchasing the food needed for a nutritionally adequate diet.

Here is a reminder of what is covered by SNAP and what is not, so you can make informed decisions as you shop the Farmers Market. Households CAN use SNAP benefits to buy:

- Foods for the household to eat such as breads and cereals; fruits and vegetables; meats, fish and poultry; and dairy products.
- Seeds and plants which produce food for the household to eat.

Households CANNOT use SNAP benefits to buy:

- Beer, wine, liquor, cigarettes or tobacco.
- Nonfood items such as pet foods, soaps, paper products and household supplies.
- Vitamins and medicines.
- Food that will be eaten at the location.
- Hot foods.
- Inedible pumpkins and gourds that are used solely for ornamental purposes.
- Gift baskets that contain both food nonfood items if the value of the nonfood items exceeds 50 percent of the purchase price, or baskets that contain any of the items listed above.

Area Markets that Accept EBT Payments

Brookings Farmers Market

City Plaza at 6th & Main, Brookings
May - October
Saturdays 8-12, Wednesdays 3-6
EBT Accepted: Depends on the individual direct farmer within the market.

Madison Farmers Market

Public Library, 209 E. Center St, Madison
July - September
Thursdays 3-6
EBT Accepted: Depends on the individual direct farmer within the market.

Black Hills Farmer's Market

Founders Park 1510 Omaha St, Rapid City
May - October
Saturdays 9-3

Main Street Square

Main Street Square, Rapid City
May - October
Saturdays 9-1

New American Garden Market

East 10th Street Hy-Vee, Sioux Falls
May - October
Saturdays - Sundays 10-3

Sioux Empire Farmers Market

8th & Railroad Center, 401 E 8th St, Sioux Falls
May - October
Saturdays 8-1
EBT Accepted: Depends on the individual direct farmer within the market.

The Prairie Farmer's Market

300 N. Cherapa Place, Sioux Falls
May - October
Saturdays 8-2, Tuesdays 3-7

Hebda Family Produce

Yankton Mall, Yankton
Year Round
M-W-F 1-7; Saturdays 10-7

Source: SD Department of Social Services

Top 10 Diabetes Super Foods

Ever see the top 10 lists for foods everyone should eat to superpower your diet? Ever wonder which will mesh with your diabetes meal plan? Wonder no more! The list of the top 10 diabetes super foods has arrived. As with all foods, you need to work the diabetes super foods into your individualized meal plan in appropriate portions. All of the foods listed have a low glycemic index (GI) and provide key nutrients that are lacking in the typical western diet such as calcium, potassium, fiber, magnesium and vitamins A, C and E.

Beans: Whether you prefer kidney, pinto, navy or black beans, you can't find better nutrition than that provided by beans. They are very high in fiber, giving you about half of your daily requirement in just a half cup, and are also good sources of magnesium and potassium. They are considered starchy vegetables, but a half cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much sodium as possible.

Dark Green Leafy Vegetables: Spinach, collards and kale. These powerhouse foods are so low in calories and carbohydrate that you can't eat too much.

Citrus Fruit: Grapefruit, oranges, lemons and limes. Pick your favorites and get part of your daily dose of soluble fiber and vitamin C.

Sweet Potatoes: A starchy vegetable packed full of vitamin A and fiber. Try in place of regular potatoes for a lower GI alternative.

Berries: Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert.

Tomatoes: The good news is that no matter how you like your tomatoes, pureed, raw or in a sauce, you're eating vital nutrients like vitamin C, iron and vitamin E.

Fish High in Omega-3 Fatty Acids: Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety. They don't count in your goal of 6-9 ounces of fish per week.

Whole Grains: The germ and bran of the whole grain contains all the nutrients a grain product has to offer. When you purchase processed grains like bread made from enriched wheat flour, you don't get these. A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate. Pearled barley and oatmeal are a source of fiber and potassium.

Nuts: An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.

Fat-free Milk and Yogurt: Everyone knows dairy can help build strong bones and teeth. In addition to calcium, many fortified dairy products are a good source of vitamin D.



What can I Drink?

Food often takes center stage when it comes to diabetes. Don't forget that the beverages you drink can also have an effect on your weight and blood glucose. Choose zero-calorie or very low-calorie drinks to quench your thirst like water, unsweetened teas, coffee, diet soda and other low-calorie drinks and drink mixes. You can also try flavoring your water with a squeeze of lemon or lime juice for a light, refreshing drink with some flavor. All of these drinks provide minimal calories and carbohydrates.

Avoid sugary drinks like regular soda, fruit punch, fruit drinks, energy drinks, sweet tea and other sugary drinks. These will raise blood glucose and can provide several hundred calories in just one serving! One 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar. One cup of fruit punch and other sugary fruit drinks have about 100 calories (or more) and 30 grams of carbohydrates.

Tired of water? Mix it up by choosing unsweetened teas. Hot or cold - black, green and herbal teas provide lots of variety. You could also try sparkling water or making your own infused water at home. To make infused water simply put water in the fridge with cucumbers, strawberries or fresh mint for a refreshing low-calorie drink.

Source: American Diabetes Association

Medicare Coverage of Durable Medical Equipment



If you have problems with your balance or falling your doctor or treating practitioner may prescribe some type of medical equipment for you to use in your home. Durable medical equipment is reusable medical equipment such as wheelchairs, walkers, canes and crutches. Anyone who has Medicare Part B, Original Medicare, can get durable medical equipment as long as the equipment is medically necessary. You will be required to pay 20% of the Medicare approved amount. The Part B deductible applies.

For some equipment, Medicare also requires your doctor or one of the doctor's office staff to fill out a special form and send it to Medicare to get approval for the equipment. Your supplier will work with your doctor to see that all required information is submitted to Medicare. If your prescription and/or condition changes, your doctor must complete and submit a new, updated certificate.

Medicare only covers durable medical equipment if you get it from a supplier enrolled in the Medicare Program. This means that the supplier has been approved by Medicare and has a Medicare supplier number. To find a supplier that is enrolled in the Medicare Program, visit www.medicare.gov. You can also call 1-800-MEDICARE.

A supplier enrolled in the Medicare Program must meet strict standards to qualify for a Medicare supplier number. If your supplier doesn't have a supplier number, Medicare won't pay your claim, even if your supplier is a large chain or department store that sells more than just durable medical equipment.

Source: Medicare.gov

Dizziness Can be a Drag

Coping with Balance Disorders

Imagine reaching for something on a grocery shelf and suddenly feeling unsteady, or looking over your shoulder to back up the car and having things start whirling around you. Most people feel dizzy now and then, but if that feeling persists or interferes with your daily life, it could be a sign of a balance disorder.

A balance disorder makes you feel as if you are moving, spinning or floating, even though you are quite still. More than four in ten Americans will experience an episode of dizziness sometime during their lives that is significant enough to send them to a doctor. Dizziness can range from feeling lightheaded to woozy to disoriented. Feeling that you or your surroundings are spinning is called vertigo.

Any of these sensations can be extremely distressing. "Balance is a multi system function," explains *News in Health* (NIH) hearing and balance expert Dr. Daniel Sklare. It begins with a series of signals within the tiny balance organs of the inner ear. These organs work with your brain's visual system to give you a sense of your body's position. They also keep objects from blurring when your head moves. Sense receptors in skin, joints and muscles also send balance-related signals to the brain. The brain receives and coordinates information from all these different body systems. Balance disorders can arise when any of these signals malfunction.

Because balance is so complex, it can be hard to figure out the underlying cause of certain problems. Some balance disorders can begin suddenly. They might arise from an ear infection, a head injury or certain medications. Low blood pressure can lead to dizziness when you stand up quickly. Disorders related to vision, muscles, bones or joints can also contribute to balance problems.

"As America gets older, many people with imbalance have a collection of these problems," says Dr. Gordon Hughes, NIH clinical trials director for hearing and balance. "They might have aging of the ear, aging of vision, cataracts, muscle weakness from losing some muscle mass or arthritis in the hips, plus other problems like diabetes."

Researchers have identified more than a dozen different balance disorders. The most common is a sudden, often harmless burst of vertigo that might arise with an abrupt change in the position of the head, like when you bend over to tie your shoes. Technically known as benign paroxysmal positional vertigo (BPPV), this condition can result from a head injury or simply from getting older. BPPV sometimes occurs when tiny calcium crystals in the inner ear become displaced. In that case, your doctor can treat BPPV by carefully moving the head and body to reposition these particles.

Another common balance disorder is known as Ménière's disease. It can develop at any age, but most often strikes adults between 40 and 60 years of age. Symptoms include intense vertigo, hearing loss, nausea, tinnitus (a ringing or buzzing in the ear) and a feeling of fullness in the ear. Ménière's disease usually affects only one ear.

Some people with Ménière's disease have single attacks of dizziness separated by long periods of time. Others may experience many attacks closer together over a number of days. Some affected people have vertigo so extreme that they lose their balance and fall. These episodes are called drop attacks.

An attack of Ménière's symptoms, while not life-threatening, can feel completely overwhelming. The symptoms arise because of a change in fluid

volume within the inner ear, but its underlying cause remains unknown. Scientists estimate that six in ten people either get better on their own or can control their vertigo with diet, drugs or devices. In severe cases, surgical therapies can end the dizziness but might affect hearing.

If you think you may have a balance disorder, talk with your health care provider. Your doctor can assess whether your symptoms might be a heart or blood condition. If an inner ear balance disorder is likely, you may be referred to a specialist such as an otolaryngologist, a doctor with expertise in the ear, nose and throat. You might receive a hearing test, a balance test and possibly an imaging study of the brain.

Work with your doctor to figure out how to cope with your dizziness on a daily basis and reduce your risk of injury. For example, wear low-heeled shoes or walking shoes outdoors. You might decide to try using a cane or walker. Safe, secure handrails in stairwells and grip handles in bathrooms can help make your home safer. Driving a car may be especially hazardous, so ask your doctor if it is safe for you to drive.

A specialized rehabilitation therapist can give you a set of head, body and eye exercises to help reduce dizziness and nausea. "The key for people looking for treatment is to go to the best team of clinical experts that they can gain access to," says Dr. Sklare.

Discuss your symptoms with a health care provider if:



- You often feel unsteady.
- You feel as if the room is spinning around you.
- You feel as if you're moving when you know you're standing or sitting still.
- You lose your balance and fall.
- You feel as if you are falling.
- You feel lightheaded, or as if you might faint.
- Your vision becomes blurred.
- You sometimes feel disoriented, losing your sense of time, place or identity.

Source: newsinhealth.nih.gov/issue/Aug2012