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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

Magic Cookie Bars - submitted by Ila Freier, The Evans

½ cup butter
1½ cups graham cracker crumbs
3½ oz package flaked coconut 1 cup chopped nuts, optional
14 oz can sweetened condensed milk
6 oz package of semi-sweet chocolate chips

Preheat oven to 350°. Melt butter in a 9x13 baking pan. Sprinkle graham cracker crumbs over melted butter. Pour sweetened condensed milk evenly over crumbs. Top with nuts, coconut and chocolate chips, gently press down the mixture. Bake 25-30 minutes. Cut bars when completely cooled.

Pistachio Cake - submitted by the Maplewood Ladies

1 white cake mix
3 eggs
½ cup chopped walnuts
1 3.4 oz pistachio instant pudding mix
1 cup minus 2 tablespoons cooking oil
1 cup club soda

Mix well. Bake at 350° for 35 to 40 minutes in a greased 9x13 pan.

1¼ cup cold milk
8 oz whipped topping
1 3.4 oz pistachio instant pudding mix

Beat until thick and spread on cooled cake. Store cake in refrigerator.

Potato Cakes - submitted by Mountain Man, Gold Mountain

2 cups leftover mashed potatoes, cold
1 large egg
¼ cup all-purpose flour
Other ingredients to mix in according to taste: ham, bacon, chives
3 tablespoons onions, finely diced
2 tablespoons bell pepper, finely diced

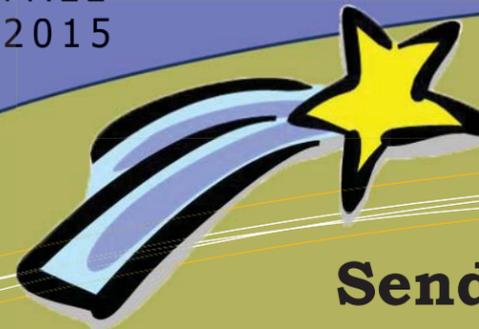
Put mashed potatoes and egg in a medium sized bowl and mix with a fork until well blended. Add the flour, onion and bell pepper. Mix well. The mixture will be very stiff. Pour enough oil in a large skillet to coat the bottom and heat over medium heat. Take a tablespoon or scoop and spoon out heaping portions of potato mixture into the hot oil. Be careful not to splash the oil. Dip the back of the spoon or a spatula into the oil and mash the potato mixture into ¼" to ½" sized cakes. Dipping the spoon or spatula prevents the potatoes from sticking to the utensil. Leave enough space between the cakes to prevent them from sticking together. Fry anywhere from 2 to 5 minutes on each side, depending on the temperature of the oil. Place on a paper towel to drain excess oil before serving.

Chunky Veggie Pumpkin Chili-submitted by Nancy Butler, Gold Mountain

1 28 oz can crushed tomatoes
2 teaspoons chopped garlic
1 teaspoon chili powder
½ teaspoon ground cumin
1 14.5 oz can diced tomatoes
½ cup canned diced green chilies
1 15 oz can chili beans, do not drain
1 15 oz can black beans, drain and rinse
1 15 oz can pumpkin
1½ teaspoon cayenne pepper
1 teaspoon pumpkin pie spice
¼ teaspoon salt
1½ cups chopped zucchini
1½ cups chopped onion

Combine all ingredients in a slow cooker, stir thoroughly. Cook on high for 3-4 hours or on low for 7-8 hours. Serve with sour cream.

FALL
2015



STAR

Resident Newsletter

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HOUSING DEVELOPMENT
AUTHORITY

Sending Hope Across the Ocean

Berniece Ankeney, a resident of the Pheasant Valley Courtyard Apartments in Milbank, dedicates her time to a project that benefits children half way around the world. Berniece's labor of love is making sun dresses for little girls in Africa.

A few years ago Berniece became aware of the dire need that little girls in Africa had for clothing. Impoverished families often would not be able to afford clothing for their children. Berniece felt that every little girl should have a comfortable and pretty dress to wear, so she took her lifelong passion for sewing and began a mission that she has truly come to love. Berniece has sewn 475 sun dresses and shows no signs of stopping anytime soon!

The dresses are usually made out of a pillowcase, but Berniece soon realized that she could make dresses out of any of the extra fabric she had in her apartment. Berniece stated, "I started to sew the dresses out of pillowcases because they aren't complicated and are fun to do. I also like to make headbands for the girls to enjoy."

Awareness of Berniece's efforts for the sun dress project has spread throughout the community. Berniece frequently receives donations of fabric and pillowcases from friends and neighbors. "One pillow case will make a whole dress, and if I

am using fabric, I need about one yard to complete the dress," explained Berniece.

Before her retirement, Berniece owned a very successful doll shop in Colorado named Dolls and Things. She specialized in handcrafting and repairing dolls. She enjoyed making the delicate dolls and would paint their faces and sew clothing for them to wear.

After her husband's unexpected death, Berniece became very depressed and felt like she needed to do something out of the ordinary to lift her mood. "I decided to take a trip to Africa," recalls Berniece. "I fell in love with the scenery and people in Africa." Berniece made two more trips to Africa to work in a hospital. "I guess I left my heart over there," said Berniece.

Berniece's family still has connections to Africa. Her nephew's wife travels to Sierra Leone to work in an eye clinic. Her nephew's daughter has also made several trips to Uganda to work in an orphanage. With each trip across the ocean, Berniece's handmade sun dresses are delivered by her family to the little girls in the villages they serve.

Berniece states that she feels a close bond to this project because of the ties it has to Africa. "The majority of the girls have no clothes to wear and it fills up my heart to know that



Berniece shows one of the dresses she embellished with lace and buttons.

these dresses will be given to the girls to wear. I like the idea that I can make something that will be beneficial to someone else," said Berniece.

As long as she continues to receive donations of pillowcases, thread and fabric, Berniece plans to continue to sew the little sun dresses for the children in Africa.

Thank you Berniece for your efforts and keep up the good work!

Editor's Note:

If you are interested in sewing pillowcase dresses please ask your STAR Coordinator for the pattern and for more information about Little Dresses for Africa.

SHIINE Acquires Senior Medicare Patrol

The South Dakota Senior Health Information and Insurance Education (SHIINE) program was recently awarded the Senior Medicare Patrol (SMP) grant opportunity from the Administration for Community Living. The SMP mission is to empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect and report health care fraud, errors and abuse through outreach, counseling and education. Administered by the South Dakota Department of Social Services, SHIINE is a federally-funded program that advocates for consumers, and educates them on Medicare, fraud and other related health information, helping consumers make timely and informed decisions about resources to best fit their needs. The program is free for eligible seniors.

Ask questions of your provider, Medicare plan or call 1-800-Medicare (1-800-633-4227) when:

- o You don't understand the charges billed
- o You don't think you received the service
- o You feel the service was unnecessary
- o You were charged for the same Medicare-covered product or service twice

The SHIINE program will assist beneficiaries in addressing suspected fraud, errors and abuse. If fraud or abuse is suspected, SHIINE refers cases to the proper authorities for further investigation. SHIINE is a volunteer program with three regional offices that serve South Dakota. If you need assistance, please contact your STAR Coordinator or the representative for your area.

Eastern South Dakota

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1-800-536-8197

E-mail: shiine@activegen.org

Central South Dakota

Dusty Rempher

Phone: 1-605-224-3212

1-877-331-4834

E-mail: shiine@centralsd.org

Western South Dakota

Debbie Stangle

Phone: 1-605-342-8635

1-877-286-9072

E-mail: shiine@westriversd.org

Source: SD Department of Social Services



In Case of Emergency

Do you have a cell phone? Did you know that most cell phones have a place where you can put your emergency contacts? ICE stands for In Case of Emergency. Emergency personnel can check a person's cell phone and look for their ICE entry to see who they should contact in the event of an accident or emergency.

Every phone is different so it may take a little research and trial and error to find ICE on your phone. Menu or Settings are common places where you may find ICE. Some phones may refer to it as Emergency Contacts or Safety

Assistance. Some cell phones even have ICE as a button on the dialing pad. Once you find ICE, you can use your cell phone key pad to enter your emergency contact information.

If your cell phone does not have a specific spot for ICE you can add it as a contact in your address book by opening the address book or contacts section on your cell phone and create a new entry with the name ICE. Then add the contact information for your chosen emergency contact. It is also a good idea to enter additional information about the contact, including his or her name and relationship to you.

You may want to enter more than one ICE contact on your phone. Keep in mind that if your phone is password protected and you are incapacitated, emergency personnel will not be able to access your ICE contact. There is still one more thing you can do, place an ICE sticker on the back of your phone. Use any label that fits on your phone. Write ICE on the label and a contact names and numbers. Be sure to complete the contact information clearly, using waterproof ink. Don't forget to replace and update the sticker as needed to keep the information current.

Source: incaseofemergency.org



Volunteers Needed

Share Your Time and Talents with Others

Volunteering is one way to contribute to building a better world while also building a better you. Becoming a volunteer is fun, good for your health, good for your community and good for your happiness. Here are some benefits of volunteering:

- Volunteering helps you make new friends and establish community. People need people, especially as we age. Being part of a caring community relieves isolation, depression and loneliness and helps you stay youthful.
- Volunteering boosts self-confidence. Helping others and contributing to your community gives you a sense of accomplishment that can carry over to other parts of your life. Volunteer work can also help you create a positive self-identity.
- Volunteering is a natural antidepressant. As the days grow shorter, the brain's ability to secrete its natural mood enhancers diminishes, leading to lethargy, social isolation and depression. Feeling part of a community can offset some of the negative effects of winter.
- Volunteering can enhance your career. If you want to make a career change, but need to acquire new skills to do so, volunteer opportunities may provide valuable work experience.
- Volunteering can be fun and a wonderful creative outlet and is a great way to explore and share your interests and passions with others.

The very nature of volunteering means choosing to work without being paid. As a result, people choose to spend their time on issues they feel strongly about. Take some time to consider your passions, interests and goals. Are you looking for a hobby? Do you want to meet people? Are you hoping to create a new career? Do you want to be part of building a better community? Do you want to use skills and experience you've already acquired or are you looking to gain new experiences? Make a difference for yourself and to others and volunteer!

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another." ~ Erma Bombeck

Source: WebMD.com/MetLife

Volunteer Word Search

Don't know where to start looking for a place to volunteer? Here are some ideas to consider for volunteer opportunities.

- | | |
|------------------|-----------------|
| Animal Shelter | Museum |
| Campaigns | Retirement Home |
| Church | School |
| Community Center | Sports Team |
| Food Pantry | Thrift Store |
| Hospital | Visitor Center |
| Library | Youth Groups |

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

Created by [Discovery Puzzle Maker](http://DiscoveryPuzzleMaker.com)

Some Services are NOT covered by Medicare

More than 55 million American's health insurance needs are covered by Medicare. Though Medicare provides good coverage for a wide variety of medical services, it does not cover everything. Medicare does not cover services that you may need at some point in your life. Services not covered include:

- **Routine Dental Care:** Exams, fillings, extractions, root canals or the cost of dentures.
- **Hearing Care:** Exams, hearing aids or appointments for fitting hearing aids.
- **Foot Care:** Routine foot care such as nail cutting or callus removal.
- **Vision Care:** Routine eye exams for eyeglasses or contact lenses or the cost of prescription glasses. If the beneficiary has recently had cataract surgery, Medicare will cover the cost of one pair of prescription eye wear.
- **Acupuncture:** Acupuncture services and any other form of holistic medical treatments are not covered.
- **Cosmetic Surgery:** Medicare will not pay for elective cosmetic procedures, although certain surgeries may be covered if necessary to fix a malformation.

Medicare does not cover the cost of long-term care and coverage for a nursing home stay is extremely limited. If you qualify, Medicare can cover 100% of the cost of a 20 day stay in a skilled nursing facility (SNF) and all except a \$157.50 per day co-payment for the next 80 days of care in a SNF. However, to be eligible, you need to have had a qualifying hospital stay of at least three days and the care you are receiving in the SNF must be related to the treatment you were getting for the initial hospital stay.

Many beneficiaries may not realize that if they make the permanent transition to living in a nursing home, Medicare does not cover the cost of their stay and it is their financial responsibility to pay for their own care. It is a good idea to check into purchasing long-term care insurance prior to when you might need the coverage. Or you can check with the Department of Social Services to determine your eligibility for Medicaid, which can assist in paying the cost of long-term care.

For items such as dentures, glasses and hearing aids that are not covered by Medicare, consider talking to your provider about making payments. Many providers are happy to provide patients with the necessary items as long as a payment arrangement can be reached.

Source: Medicare.gov



Eat Well, America! SM

November is American Diabetes Month®

The American Diabetes Association® is celebrating its 75th anniversary and they want to share a timeless message—that eating well is one of life's greatest pleasures and enjoying delicious, healthy food helps with diabetes management. The vision of the American Diabetes Association is a life free of diabetes and all of its burdens.

Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month® (ADM) is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the nearly 30 million children and adults in the United States who are impacted by the disease.

Ten percent of American adults have diabetes, which is more than double the number from 20 years ago.

Source: www.diabetes.org

Prediabetes :: Are You at Risk?

According to the Centers for Disease Control (CDC), more than one out of three people have prediabetes and nine out of ten people with prediabetes don't know they have it. Could you be one of them? Prediabetes is a condition in which your blood sugar is higher than normal but not yet high enough to be diagnosed with diabetes.

Your risk of having prediabetes increases if you're over 45 years old, overweight or obese or physically active less than three times a week. Having prediabetes is serious. If left untreated, 15 to 30 percent of people with prediabetes will develop diabetes within five years, according to the CDC.

Diabetes affects every part of your body. Diabetes increases a person's risk of going blind, developing high blood pressure, decreasing kidney function and more. The best way to combat diabetes is to prevent it.

The South Dakota Department of Health has a prediabetes screening test available on-line at: doh.sd.gov/diseases/chronic/diabetes/patients/screening.aspx. If you find you do have prediabetes please talk with your doctor. The National Diabetes Prevention Program, a program developed by the CDC, can help you make the lifestyle changes necessary to delay or prevent developing diabetes. Currently, there are Diabetes Prevention Programs offered in the following communities: Platte, Rapid City, Sioux Falls, Spearfish, Sturgis and Yankton. The South Dakota Department of Health, Diabetes Prevention and Control Program works closely with these facilities to assist in technical support and promotion.

If you do not have access to a computer to take the prediabetes screening test, you can contact Melissa Coull, RN, Diabetes Clinical Outreach Coordinator for the Department of Health. She can be reached at 1-605-688-6011. Your STAR Coordinator can also assist you.

Source: SD Department of Health



Rapid City Social Security Office has Moved

2200 N Maple Avenue
Suite 301
Rushmore Mall
Rapid City, SD 57701
1-800-772-1213

Medicare Part D Open Enrollment October 15 - December 7, 2015

Medicare Part D Open Enrollment is an opportunity for you to review your current Part D coverage and determine if it is still meeting your needs. You are not required to change your plan, but it is always a good idea to determine if the coverage is still appropriate. Many people may experience changes in their medications throughout the year and may find better cost savings through a different Part D plan.

SHIINE volunteers across the state and your STAR Coordinators are trained to assist you with reviewing your Medicare Part D plan. There

is no charge to review your plan and you are under no obligation to switch plans. SHIINE volunteers and your STAR Coordinators will provide unbiased information to help you make an informed decision.

In order to accurately review your plan you need to bring your Medicare card and a list of all your current medications and dosages to your appointment. For more information contact your STAR Coordinator or your local SHIINE office.

Eastern SHIINE office 1-800-536-8197
Central SHIINE office 1-877-331-4834
Western SHIINE office 1-877-286-9072



Diabetes Self-Management Education

Living with diabetes can make a person feel scared and powerless. Do you want to take control of your condition and feel more confident in managing your diabetes? If you do, Diabetes Self-Management Education is for you. Commonly referred to as DSME, this program is for anyone newly diagnosed with diabetes, those with a change in their diabetic treatment regimen, individuals using insulin pumps or persons interested in annual diabetes education.

Many healthcare facilities offer this program, and some insurance plans, in addition to Medicaid and Medicare, have DSME as a covered benefit. To find a program near you, contact your doctor or visit the Locate Diabetes Educators interactive map on the South Dakota Diabetes Coalition website: sddiabetescoalition.org

Source: SD Department of Health

Communicating Better with Healthcare Professionals

as a Patient

as a Caregiver

Sometimes it can seem like health professionals speak a different language. When we feel worried about our or a loved one's health condition, it can be hard to keep up with everything being said by a doctor or nurse. It's important to communicate clearly with health professionals. Good communication leads to better care, helps family members feel like part of the healthcare team and helps clear up confusion quickly.

We can all improve our communication skills. Researchers have found four key ways that we can strengthen our healthcare communication.

Be Fully Present

Before entering the healthcare setting, take a moment to calm your mind. Breathe deeply. Make eye contact with the staff. Focus on the present moment and don't worry about yesterday or tomorrow. Set a positive tone.

Participate

Be prepared for your office visit and clearly state your purpose. Offer information about you or your loved one's condition. Ask questions and assert yourself. Ask questions which clearly state what you want, offer compromises and set limits about what is acceptable in a care plan.

Build Understanding

Really listen to your health professionals with your full attention. If you hear something you don't understand, ask the health professional to clarify the point. Show that you understand what someone is saying by repeating it back in your own words. Avoid making assumptions and jumping to conclusions. Allow others to finish speaking. State your difficulties and concerns. Ask for help in understanding the reasons for treatment choices and recommendations if you do not understand them.

Encourage Working Together

Focus on goals that you, your loved one and the health professional can agree upon. Be clear about who is responsible for what and get extra help with certain tasks if needed. Speak openly and honestly and help with problem solving. Share information that can help the health team make good decisions about care. Express your appreciation for their work. Saying "thank you" to your healthcare professionals means more than you can imagine.

The role of the family caregiver is to serve as an effective member of the healthcare team, along with the patient, doctor, nurse, social worker, therapists and others. As a caregiver your goal is to help your loved one navigate the healthcare system and get the best quality care possible.

Key Activities for Caregivers

- Set up a file with detailed records of important medical information.
- Go to appointments with your loved one and speak up for him or her as needed.
- Write down notes during appointments.
- Ask questions about anything that is not clear or sounds complicated.
- If you disagree or have a concern, speak up.
- Ask others to listen to your loved one's concerns in his or her own words.
- Provide progress reports to health professionals.
- If your loved one's needs are not being met by his or her team of health professionals, find a new team.

Support Treatment Plans

It is important to educate yourself about the particular disorder your loved one has. Share what you learn with health professionals. They won't always have all the answers or know the latest research about a particular disorder.

Make sure your loved one follows medical instructions. If you have any questions or doubts about what is to be done, call and ask. If something changes, reach out for help. Don't attempt to play doctor yourself.

Be a good reality check. Help your loved one not to exaggerate, dramatize, or under-report symptoms. It's okay to seek a second opinion. Health professionals are used to this and usually find a second opinion to be helpful.

Respect Health Professionals' Limits

- Be respectful of health professionals' time and emotional limits.
- Be patient; most health care offices are busy and see many patients every day.
- Learn the office routine including the best time to call with medical questions, how to make appointments and the name of the person who handles billing information.

Sources: nfcacares.org & acl.gov



Know where to go :: How quickly do you need healthcare?



Soon Physician's Office

Even though it may seem obvious, emergency rooms are not the place for routine care. Non-life threatening injuries or illnesses, such as those listed below, can wait for an office visit.

- Earaches and sore throats.
- Fevers that respond to medications.
- Ankle sprains, strains of muscles and joints.
- Coughs and colds.
- Abdominal pain or other symptoms which resemble an illness that is going around.



As Quickly as Possible Walk-in Clinic or Urgent Care Center

Often urgent care centers have extended office hours and may be open on weekends. Visit these centers when you have injuries or illnesses that are non-life threatening but can't wait for a physician's office visit such as:

- Sprains, minor cuts and burns, minor broken bones or minor eye injuries.
- Illnesses such as earaches, sore throats, minor headaches, low-grade fevers and limited rashes.

Source: Wellmark.com



Now! Emergency Room or Call 911

Immediately go to the ER or call 911 if you have these symptoms:

- Chest pain lasting two minutes or more.
- Uncontrolled bleeding.
- Sudden or severe pain.
- Coughing or vomiting blood.
- Difficulty breathing, shortness of breath.
- Sudden dizziness, weakness or change in vision.
- Severe or persistent vomiting or diarrhea.
- Change in mental status.
- Any concern where you feel a delay in care may have a significant impact on your health.