COMMUNITY INSIDER

Volume 1 Issue 3

Winter 2022

Editor's Welcome

Day 1

A blank slate stretches before me
A New Year
A New Beginning
What will I Do?
Where will I go?
What will I learn?
How can I improve the world around me?
Fresh
New
Limitless
Boldly
Hopefully
Move forward
The choice is yours
The time is now
Educate
Advocate
Organize
Be your best
It's a new beginning
Don't be afraid to make your mark.

Melissa Pappas
Editor

<u>Mark Your Calendar</u>

Computer Team: January 27th, February 24th, March 24th at 1:30PM

Executive Board: January 14th, February 18th, March 18th at 11:00AM

Experience the beauty of Winter

Presidents Council: January 24th, February 28th, March 28th, at 10:00AM

<u>President Council Contact Information</u>
Presidents Council, 555 Wabasha Street North Suite 400, St. Paul, MN 55102

Email:
presidentscouncil@stphapresidentscouncil.org
Website:
http://www.stphapresidentscouncil.org

Important Numbers

Maintenance Work Order: 298-4413

Emergency Maintenance: 227-9919

Police Non-Emergency: 292-111

Funny Pet Stories

What kind of holiday mischief do your pets get up to?

Hi-Rise Happenings

What are Hi-Rises doing this winter?

Cleveland Drum Circle: A Joyful Experience

Submit by Mindy Johnson

This past October, Cleveland hi-rise residents had the opportunity to hold a Drum Circle in their Community Room.

Drum instructor Jo Klein and her assistant Mary Z, from the Women's Drum Center on University Ave in St. Paul, taught basic hand drumming techniques. They set up djembes, dunduns, and other assorted small percussion instruments for residents to create exhilarating rhythms.

No previous drumming experience was required, the rhythms were short and memorable and those of all skill levels could play along. They played lively games and songs as a group, and they sounded great! Cleveland residents hope to be able to host another Drum Circle in the future. For information about hosting a Drum Circle at your hi-rise, please contact info@womensdrumcenter.net via email.

Neill Holiday Decorating

Here is the group that got together to decorate Neill Hi-Rise for the holidays. They did a wonderful job in making their building look very welcoming and festive.

Holidays at Front

This is my Christmas card to the world. Let stop all the bad behaviors, the violence the hatred and the madness. We can turn all of this around and practice a little tenderness gentleness kindness and a great deal of passion this will go a long way to make a successful world. Merry Christmas to all have a Blessed one and be safe – Mr. Albert Bacon.

Holidays at Seal

Seal Board members, Melissa, Jesse, and Leonard

Holidays at Ravoux

Health Improvement Program Notes

Getting your health information from a trusted, reliable, reputable source is important. Minnesota Department of Health and Ramsey County Public Health have a lot of useful COVID-19 related information on their website. Scientists and Public Health officials are learning more and more about COVID-19 everyday so information may change or new information may become available. It is important to stay informed.

- Minnesota Department of Health COVID-19: https://www.health.state.mn.us/diseases/coronavirus/index.html
- Ramsey County Public Health COVID-19: https://www.ramseycounty.us/coronavirus-disease-2019-covid-19-information
- Centers for Disease Control and Prevention COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/index.html

COVID-19 Vaccines

All Minnesotans 5 years and older are now eligible for vaccine.

Ways to get your vaccine:

- Use the Minnesota Vaccine Locator Map (or https://mn.gov/covid19/)
- Use the CDC VaccineFinder to find pharmacy appointments (or https://www.vaccines.gov/)
- Contact your primary health care provider or a local pharmacy
- Find a community vaccine clinic

Ramsey County COVID-19 vaccine phone line:

- **651-266-1190 (Monday – Friday from 8am – 4:30pm)**

Booster shots:

COVID-19 vaccine booster shots are available for anyone 16 years and older who received their second dose of Pfizer or Moderna vaccine at least six months ago or Johnson & Johnson vaccine at least two months ago.

Why do I need a booster shot?

- COVID-19 vaccines are very effective, but new data shows protection may decrease over time. This is normal and expected.
- Booster shots are common for many vaccines, like the flu shot or Tdap (tetanus, diphtheria and pertussis).
- Video: Why are COVID-19 vaccine booster shots necessary? – Minnesota Department of Health

COVID-19 variants: What are variants?

Variants are common with a virus like COVID-19. Viruses constantly change through mutation and new variants of a virus are expected to occur over time. Some variants emerge and disappear while other may emerge and persist. CDC and other public health organizations monitor all variants of the virus that causes COVID-19 in the United States and globally. Some variants, such as Delta, are concerning because they spread more easily and are more contagious. Vaccination reduces the overall spread of the virus, which makes it harder for it to change (mutate) and create variants.

Breakthrough cases: What are vaccine breakthrough cases?

Breakthrough cases happen when people who are fully vaccinated still test positive for COVID-19.

- This is normal
- No vaccine is 100% effective

Even though breakthrough cases might happen more as variants circulate, fully vaccinated people are much less likely to get really sick or need hospitalization, so the vaccines are working! This is extremely important to make sure hospitals have enough beds for everyone and people who need emergency care can find it quickly. Getting vaccinated is the best way to help protect yourself and the people around you from COVID-19.

Current CDC mask recommendations: Do I still need to wear a mask?

To reduce the risk of being infected with the Delta variant or other variants, the CDC recommend everyone (vaccinated and unvaccinated) wear masks in public settings while indoors based on the current level of transmission of COVID-19. If you need a face mask, ask your Building Manager or HSC.

Free Resources:

Want a FREE Metro Transit Bus Pass? If you ride the bus to work, school, or trainings, you may qualify for a one time free bus pass. If interested, please contact Tiffany.

Tiffany.bambenek@stpha.org or 651-793-3864.

Tips for hi-rise residents:

Please inform your Hi-Rise management immediately if you believe that residents at

your hi-rise might be in need of assistance. If in doubt of a resident's health, feel free to contact the non-emergency police number 651-291-1111 for a welfare check. If we work together, we can keep each other safe!

Resident Council Coordinator

I want to thank all the council leaders for their leadership efforts in planning and coordinating council activities at our 16 hi-rises. We have had a very successful year and it is great to see how our new officers are thriving and growing.

We are getting close to our annual election time, if you are interested in joining the council board at your hi-rise and have questions about the election, please feel free to contact me at youa.thao@stpha.org or 651-228-3205.

Just For Laughs:

I know Christmas has passed but hopefully this will give you a chuckle (and maybe make you think) at any time of year.

The Twelve Days of Recycling

On the first day of recycling Hi-Rise Residents gave to me a box from a flat screen TV.
On the second day of recycling Hi-Rise Residents gave to me two dozen beer cans and a box from a flat screen TV.
On the third day of recycling Hi-Rise Residents gave to me three detergent bottles, two dozen beer cans, and a box from a flat screen TV.
On the fourth day of recycling Hi-Rise Residents gave to me four household items, three detergent bottles, two dozen beer cans, and a box from a flat screen TV.
On the fifth day of recycling Hi-Rise Residents gave to me five plastic bags. Four household items, three detergent bottles, two dozen beer cans, and a box from a flat screen TV.
On the sixth day of recycling Hi-Rise Residents gave to me six dirty diapers, five plastic bags, four household items, three detergent bottles, two dozen beer cans, and a box from a flat screen TV.
On the seventh day of recycling Hi-Rise Residents gave to me seven chicken bones, six dirty diapers, five plastic bags, four household items, three detergent bottles, two dozen beer cans and a box from a flat screen TV.
On the eighth day of recycling Hi-Rise Residents gave to me eight messy soup cans, seven chicken bones, six dirty diapers, five plastic bags, four household items, three detergent bottles, two dozen beer cans, and a box from a flat screen TV.
On the ninth day of recycling Hi-Rise Residents gave to me nine egg cartons, eight messy soup cans, seven chicken bones, six dirty diapers, five plastic bags, four household items, three detergent bottles, two dozen beer cans, and a box from a flat screen TV.
On the tenth day of recycling Hi-Rise Residents gave to me ten bags of water bottles, nine egg cartons, eight messy soup cans, seven chicken bones, six dirty diapers, five plastic bags, four household items, three detergent bottles, two dozen beer cans, and a box from a flat screen TV.
On the eleventh day of recycling Hi-Rise Residents gave to me eleven rotten vegetables, ten bags of water bottles, nine egg cartons, eight messy soup cans, seven chicken bones, six dirty diapers, five plastic bags, four household items, three detergent bottles, two dozen beer cans, and a box from a flat screen TV.
On the twelfth day of recycling Hi-Rise Residents gave to me twelve crumpled tissues, eleven rotten vegetables, ten bags of water bottles, nine egg cartons, eight messy

soup cans, seven chicken bones, six dirty diapers, five plastic bags, four household items, three detergent bottles, two dozen beer cans, and a box from a flat screen TV.

On the thirteenth day of recycling...I quit.

Food for Thought

Never be cruel,
Never be cowardly.
And never ever eat pears!
Remember…hate is always foolish,
And love is always wise.
Always try to be nice, but never fail to be kind.
Laugh hard.
Run fast.
Be kind.

- *The Twelfth Doctor, "Doctor Who"*

Word from the Newsletter Team

The Newsletter committee team would like to encourage everyone to practice being kind and continue to show compassion towards each other. We hope everyone is staying warm through the Minnesota winter and we greatly look forward to connecting with you all again this spring!