



# COMMUNITY INSIDER

Volume 1 Issue 8

Fall 2023

**Presidents Council:** January 22<sup>nd</sup>, February 26<sup>th</sup> at 10:00AM

## Editor's Welcome

### Year's End

'Tis the season  
When the Earth sleeps  
Leaves fall  
Days shorten and grow colder.  
Families draw together.  
Harvest the bounty.  
Celebrate  
Reflect  
Remember  
Think of the past year  
Think of what you have.  
What you have learned  
Enjoy  
Count your blessings.  
Share with gratitude.  
Give thanks.

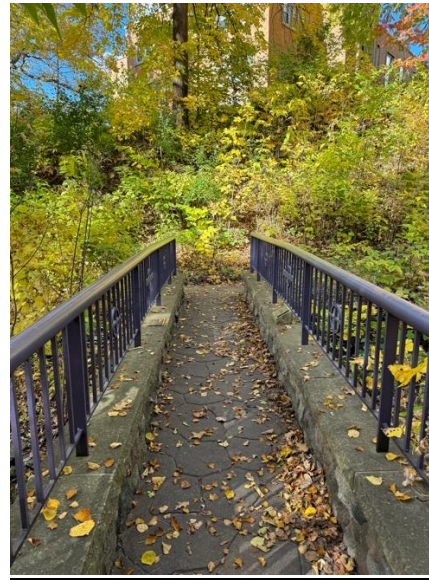
Melissa Pappas  
Editor

*"YOU DON'T JUST GIVE UP. YOU DON'T JUST LET THINGS HAPPEN. YOU MAKE A STAND! YOU SAY NO! YOU HAVE THE GUTS TO DO WHAT'S RIGHT, EVEN WHEN EVERYONE ELSE JUST RUNS AWAY." – ROSE TYLER, DOCTOR WHO*

## Mark Your Calendar

**Computer Team:** December 28th, January 25<sup>th</sup>, February 22<sup>nd</sup> at 1:00PM

**Executive Board:** January 11<sup>th</sup>, February 15<sup>th</sup> at 11:00AM



*Take the road less traveled.*

## President Council Contact Information

*Presidents Council, 555 Wabasha Street North Suite 400, St. Paul, MN 55102*

### Email:

[presidentscouncil@stphapresidentscouncil.org](mailto:presidentscouncil@stphapresidentscouncil.org)

### Website:

<http://www.stphapresidentscouncil.org>

## **Important Numbers**

**Maintenance Work Order: 298-4413**

**Emergency Maintenance: 227-9919**

**Police Non-Emergency: 292-111**

**Artist's Corner**

This month we would like to focus on a Seal Hi-Rise resident who is finally getting some recognition for his amazing works of art. For many years, Bob Bearth has been creating what he calls “Dinofish” out of toothpicks and Papier Mache. The fish are all his own designs and take multiple months to complete.



*Here is one of the fish partway through the creation process.*



*And here is the almost finished product. Here are a few more of the Dinofish.*



*This November, Bob had his work exhibited at the Minnesota Marine Art Museum as part of their Seasonal Saturday's program.*



*Here is the poster from the exhibit. It is*



If anyone is interested in becoming a recycling coordinator at your hi-rise, please let your Manager know or contact Betsy!

### Celebrating Fall Color

It's grey and bare now and the days are short.  
This is a perfect time to reflect on the beauty of nature and of fall.

First, here is a lovely poem by Camille Gunderson from Neill Hi-Rise.

Leaves of gold and bold magenta  
Autumn's new breezes swirling them into a dance.  
A chance to witness this grand performance.  
Partners meeting, fluttering, connecting,  
reflecting.  
All in a dazzle of year-end hues  
Cues from nature to bundle up for the coming flurries.  
No hurries, we can languish a little longer.  
Upon this bed of fallen leaves  
Enjoying all the beauty that it weaves  
Come with me and frolic through the forest.  
As we witness the splendor before us.



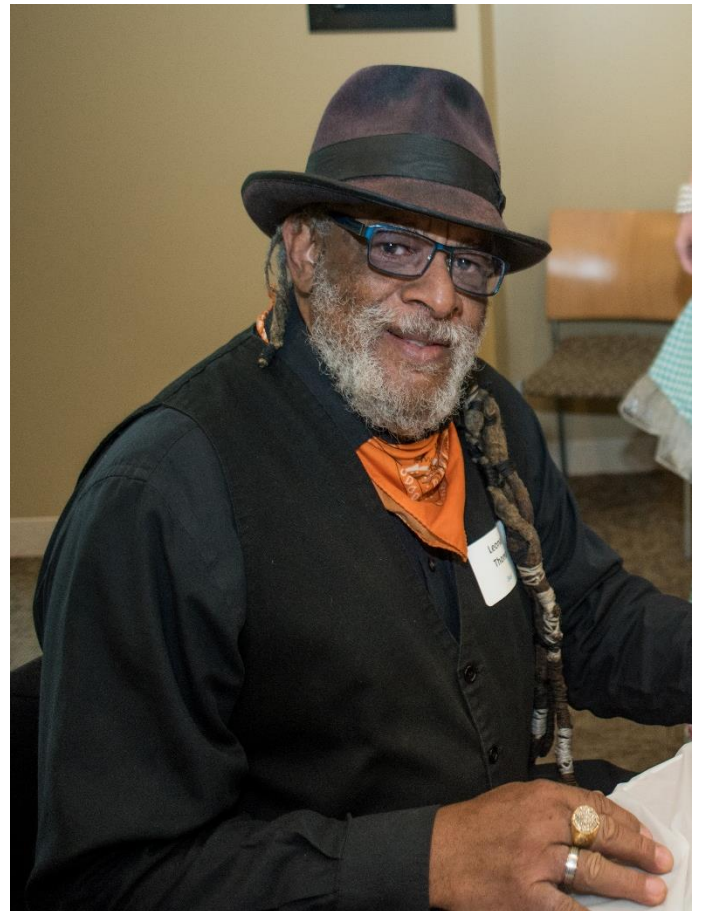
### Meet your Commissioner

Commissioner Leonard Thomas has lived at Seal hi-rise for a total of 6 years.

Four years ago, he joined the Seal council as a Vice President. He has participated in PC activities by serving as an election judge and being a member of the Newsletter committee. He has also served as a board member for the Presidents Council, where he helps to chair the PC meeting.

Leonard is a veteran of the Vietnam War. He wants us to know that joining the military right out of high school has taught him about discipline, respect, order, and structure.

He was formerly an electronic engineer but is now retired.



*Above is a photo of Commissioner Leonard Thomas.*

## Health Improvement Program Notes

- Where to order free at home Covid test: resources can be located at MN federal government website.
- Diabetes Awareness: November is Diabetes Awareness Month. You can find resources by visiting the MN Department of Health.

The winter months can increase stress, we would like to share the below resources:

**Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

**Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

- Ground through feet
  - Breathe 5-12 breaths
  - Inhale and exhale for 3 counts
- Inhale 2 and exhale 4 for relaxation

## Resident Council Coordinator

Hi Everyone!

I want to inform everyone that the PC will be releasing the first half of the PHA/RPC funding soon. I also want to encourage

councils to spend down their Challenge grant. If you have any questions regarding the councils, I can be reached at 651-228-3205. I encourage everyone to attend the Council meetings at your hi-rise and bring your ideas for activities and improvements to share with your council. – Youa Thao, Resident Council Coordinator

## 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 would stay warm this winter!

We look forward to seeing lots of winter activities photos of events at your hi-rise in our winter edition!

