



COMMUNITY INSIDER

Volume 1 Issue 7

Summer 2023

Editor's Welcome

June Song

Long days
Warm sun and soft breezes
Flowers bloom
Birds sing
People step out
Baring skin hidden since winter
June beckons
The Solstice comes
Summer is here
Festivals
Picnics
Parties and fun
Embrace the summer and all it brings
Live
Relax
Celebrate
Summer in Minnesota
Short
Sweet
Fun
We've earned it

Melissa Pappas
Editor



"And so, with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer." - F. Scott Fitzgerald, "The Great Gatsby"



Summer is here!

Mark Your Calendar

Computer Team: June 22nd, July 27th,
August 24th at 1:00PM

Executive Board: September 15th at
11:00a.m.

Presidents Council: September 25th at
10:00AM

President Council Contact Information

*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



Artist's Corner

Recently, there were community art projects done at Central and Cleveland Hi-Rises. Residents worked with volunteer artists to create an artwork that celebrated their hi-rise community and what makes it unique. Here are the paintings that were created at these collaborative sessions.

Cleveland:



Central:

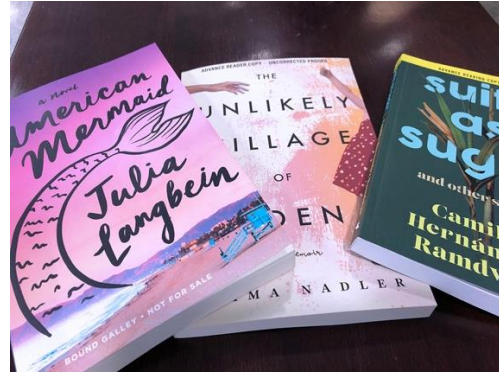


Hi-Rise Happenings

Look no further than a good book!

By Mindy Johnson

“Books are uniquely portable magic.” - Stephen King



What's better in the Summer than taking a journey through a well-written book? Whether it's a humorous memoir of a comedian or an adventurous tale through a fictional character, books can lift your spirits, or take you to wonderful worlds only limited by your imagination.

Every hi-rise features its own library space in the Community Room for residents to enjoy. Some of the books may be older, but no worries, you can still find gems even if the references are a little outdated.

But did you know that newer books are available to each hi-rise? It's not fiction!

Next Chapter Booksellers in St. Paul has been generously donating new advanced copy books monthly to Cleveland hi-rise. The books are current paper books and available in a wide variety of genres to choose from, you never know what interesting read you may find. Cleveland has more than enough to share with other hi-rises and family sites throughout PHA. If your Resident Council is interested in receiving some of the donated books, please contact HIP Coordinator Betsy Christensen at Betsey.Christensen@stpha.org.

Find Your Joy in The Garden

Ramsey County Master Gardeners bring classes to PHA Hi-Rises

By Mindy Johnson

“Bloom where you are.” - Author Unknown



In the past Ramsey County Master Gardener volunteers had been partnering with PHA to lead and teach a Garden Mentor program to interested residents through a short course over several weeks, Garden Mentors eagerly learned skills to share with their fellow hi-rise gardeners about seeds, soil, pests, and more. It had been an enjoyable and successful program for both the RCMG volunteers and the participating Garden Mentors.

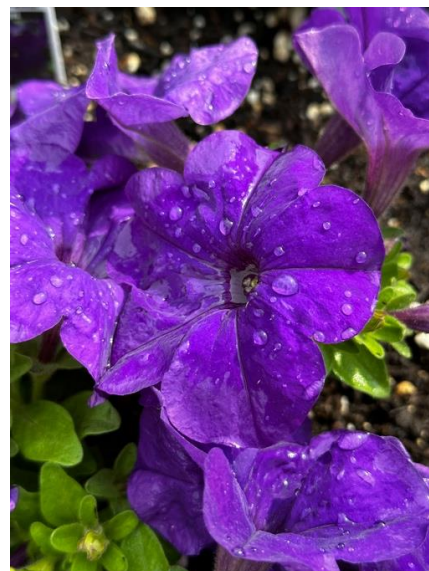
Since the program has garnered much interest, this year it was decided for RCMG to hold two garden classes from March to May at every hi-rise for all residents to attend. Gardeners had topics to choose from such as Houseplants, Microgreens, Introduction to Vegetable Gardening, and How Nature Heals. Each class included a fun, educational talk and a hands on activity lead by enthusiastic RCMG volunteer Jamie. In the How Nature Heals class gardeners

learned about the benefits of connecting with the world around them, not just through a computer or cell phone, but with one's own eyes in a natural outdoor setting. They then made cards using dried flowers and leaves, with the option of including an inspirational quote to take home.



Since the classes were well-received, another class may be offered again this fall to each hi-rise.

Do you have any gardening pictures or stories to share? Submit them to the Community Insider
insider@stphapresidentscouncil.org



Hi-Rise Gardens

This year, each hi-rise received two new raised garden beds thanks to our Allina Grant funds.

These beds are made of cedar wood and have weather resistant plastic legs.

These garden beds are made with untreated wood. It can be treated with water sealant, but that is not necessary.



Here are how the Seal gardens look so far.



Signs of the times:





look forward to connecting with you all again this fall!

Please send us lots of picnic pictures!



Resident Council Coordinator

Hi Everyone!

Please join me in congratulating your 2023 Resident Council officers into their elected roles! I look forward to working with each and every one of you. Please feel free to reach out to me with any Resident Council questions. I can be reached at 651-228-3205.

I would like to thank the outgoing officers that has dedicated lots of effort and time into helping to coordinate council activities at the hi-rises.

I would also like to thank the candidates that has expressed interest in the commissioner role and has dedicated the time to create videos to share with the Presidents Council. We want to give a big congratulation to Leonard Thomas for being the candidate that has won the most vote for the commissioner role.

– 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 continue to enjoy the warm weathers and