

COMMUNITY INSIDER

Volume 1 Issue 13

Winter 2025

Editor's Welcome

Winter Song

Softly falling snowflakes
A chill in the air
Dark nights
Gray days
Sense the stillness
Nature slumbers
We stay inside
Rest
Hibernate
Wait for the light to return
And the warmth
There is magic in the air
Winter magic
One year ends and a new one begins
Full of life
Choices
Opportunity
Seize it
Savor it
Where will it take you?

Melissa Pappas
Editor

Mark Your Calendar

Presidents Council: January 27th, February 24th, March 24th at 10:00AM

Computer Team: January 23rd, February 27th, March 27th at 1:00PM



Enjoy the magic of winter



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: 292-1111

*“Never be cruel. Never be cowardly.
Remember, hate is always foolish, and love
is always wise. Always try to be nice but
never fail to be kind.”- The Doctor, “Doctor
Who”*

Hi-Rise Holidays

Here are some examples of holiday décor at the hi-rises.

Neill:



Seal:



Montreal:



Valley:



Cleveland:



Hi-Rise Happenings

In July, Cleveland Hi-Rise had to say goodbye to their OIR - Officer Mat Jones. They did this during his usual time, Coffee time with the OIR was every Saturday morning at 8:00 am.

Mat was great at being there no matter if he had to work or had the day off. He also was at most council meetings when he was able to and communicated with the board, the few times that he was not able to attend council meetings. Cleveland residents and staff will definitely miss him!



Artist's Corner

This issue we have a poem written by Camille Gunderson from Neill Hi-Rise

*Twirling, swirling frosty snowflakes
So light and bright this cold winter night
Each snowfall I'd pull my two young boys
around and around the block on their sleigh
in the streetlamp light*

*They couldn't wait until the next day
To slide down the hills at our neighborhood
park*

*As our sleigh made each go-around, we
delighted
in the magical softness and solitude,
a soundless work of art, no two flakes alike
They'd giggle and squeal as it fell on their
little faces, tickling their fancy
Noses red and runny at the end of our trek
Funny how they loved it so, and waited for
each snowfall
Older now and no more trips on sleighs, but
each time it snows, our family fondly
remembers those magical days.*

Camille Gunderson
December 10, 2024

Just For Laughs:



**Dear Mother Nature,
Having received my free
sample of winter, I would like
to cancel the remainder of
my subscription. Thank you.**

Computer Corner

In this issue's column I would like to talk about online rent payment. Next to printing, this is one of the things that I get asked about the most.

Using the online payment system is pretty simple, and once you have your account set up should only take a few minutes each month.

Here is what you need to do to pay your rent online:

First, open your web browser of choice and go to <http://www.stpha.org>.

You will see a green button near the middle right side of the page that says 'online rent payment'.



Online Rent
Payment

Click on it and you will be taken to the payment screen.

The first time you use the system you will need to set up an account. To do this, first click on the 'register' link.



Register

This will take you to the registration screen. There you will be asked for information like your name and address. You will also need to create a username and password.

You can choose anything you want for a user ID and password. It is a good idea to choose something you will remember and that is also secure. Using numbers and capital letters is good.

Avoid choosing something like 'password' or abc123. You also want to avoid using your name or birthdate. Click the 'submit' button when you are finished.

Your account is now set up and you are ready to pay your rent. (It is a good idea to write down your username and password and keep them somewhere secure in case you forget your login information in the future.

Look at the tabs at the top of the page you are now on and click on the one labeled "Make a payment".

This will take you to the payment screen. You will need the account number from your rent statement and the routing number and account number from your checking account to complete the

process.

You will find your nine-digit account number at the top of your rent statement. Enter the amount you want to pay. You then can choose to use a saved payment method or enter a new payment method. You can pay with a bank account or with a credit or debit card. (There is a small fee charged if you use a credit or debit card.) There is also the option to set up recurring payments.

You will now be asked to re-enter your password.

Click 'continue'.



You will now be taken to another page. Review your payment information and if everything is correct, check the box at the bottom of the page.

You will now be taken to a confirmation page you can print for your records. When you are finished with that you can click the 'exit' button at the top of the page to log out.

You are now finished, and your rent is paid for the month.



Melissa Pappas IT Contractor

Winter Activities Ideas

Physical Health Benefits

- Group Exercise Classes: Improve strength, flexibility, and cardiovascular health.
- Nature Walks and Birdwatching: Enhance cardiovascular fitness and joint mobility.
- Gardening: Provides light exercise and promotes flexibility.
- Mental Health Benefits

Arts and Crafts: Stimulate creativity and fine motor skills.

- Mind Games & Puzzles (Crossword Puzzles, Sudoku): Improve cognitive function and memory.

- Writing and Journaling: Promote self-expression and mental well-being.
- Social & Emotional Well-being

Social Activities: Book clubs, group exercises, and volunteering foster connection, reduce isolation, and improve mood.

- Volunteer Opportunities: Provide a sense of purpose and social interaction.
- Technology: Virtual tours, video calls, and social media keep seniors connected and engaged.

Creative Activities

- Music and Dance: Boost mood and coordination through singing, instruments, or dancing.
- Arts and Crafts: Allow self-expression and improve motor skills.
- Outdoor Activities

Gardening: Connect with nature and engage in light physical activity.

- Nature Walks and Birdwatching: Improve physical and mental health by being outdoors.
- Picnics and Outdoor Games: Encourage social interaction and physical activity.
- Technology-Based Activities

Online Learning: Engage in lifelong learning through accessible courses.

- Virtual Tours and Museum Visits: Explore art, history, and culture from home.
- Social Media and Video Calls: Stay connected with loved ones and share experiences.

2025 Vending Fair

Wednesday, February 12, 2025, @ 2pm

Meeting ID: 833 1416 0098

2025 Virtual Vending Fair

Wednesday, February 12, 2025 at 2:00PM

Vendors that will be presenting:

No Drama Vending
And more!



Want to see something different in the Vending Machine at your Hi-Rise:

Come hear more about the options that each vendor can provide to your Hi-Rise.

Join this meeting by following the below instruction:

Meeting ID: 833 1416 0098

Passcode: Not Needed

If you are calling through a flip phone or landline, please follow the below instruction:

1. Dial 1-646-558-8656
2. Type in: 833 1416 0098#
3. Press # again

You will be inform that you are in the meeting



Commissioner Thomas

Congratulations to the Hi-Rise Councils and Officers for their outstanding dedication in coordinating successful holiday parties and any efforts in assisting the Union Gospel Mission with meals at the hi-rises, ensuring that residents were able to enjoy meals during Thanksgiving and Christmas. Your hard work is truly appreciated.

I also want to remind everyone to stay safe and warm during the cold weather.

A special thank you goes to the Newsletter team for their diligent work in keeping residents informed about the happenings and events at each of the individual hi-rises.

Lastly, I commend all officers and volunteers for their unwavering commitment and dedication to serving the residents at their respective hi-rises. Your contributions make a meaningful difference in the community.

Commissioner Leonard Thomas



Resident Council Coordinator

I would like to thank the Hi-Rise Councils for successfully submitting the picnic receipts and annual budgets, and for ensuring that all financial documents were completed in a timely manner. Your efforts have enabled our QuickBooks Peers to come and complete the audit at your sites.

Additionally, the first portion of the PHA/RPC funding has been released.

Looking ahead, we will be discussing the renewal of the vending contract or the possibility of signing with a new vendor. Please attend the vending fair if you have any questions or concerns regarding the vending options.

Please contact me with council questions at youa.thao@stpha.org or 651-228-3205

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!

