the HIGHRISE Lowdown

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A peaceful, happy and healthy new year to all!

Residents enjoy friendship and fun, share community pride at Area holiday events

Residents enjoy refreshments and good company at the N/NE Area Holiday Celebration at 1015 4th Ave. N

Well over 200 residents attended either the North/ Northeast or Southeast/Southwest Area Holiday Celebrations in December to celebrate the season, enjoy each other's company and special refreshments, purchased through resident council contributions and served by MPHA and VOAMN staff volunteers. Residents also played some fun holiday games and reflected on resident council highlights from the past year. They included activities like National Night Out block parties, Thanksgiving dinners, arts and crafts, game nights, Martin Luther King Jr. Day celebrations, Mother and Fathers' Day events, and community garden celebrations.

A major highlight of 2019 was the successful resident-led effort to restore a proposed 30% cut to VOAMN highrise social services in Hennepin County's 2020 budget. VOAMN staff thanked residents for their work in this area.

Residents also expressed appreciation for their dedicated Project Lookout volunteers who help to keep the highrises safe. Special mention was given to the new volunteers who have stepped up to support their Project Lookout program, which also helps to lesson the burden on their buildings' long-term volunteers.

MPHA executive and management staff also shared highlights of the past year, thanking residents for their volunteer efforts with their resident councils and Project Lookout and for their patience and cooperation during modernization activities. They also thanked residents for their cooperation with the recent HUD inspections, which they said contributed to high scores in all of the regional asset groups and to MPHA retaining its "High Performer" designation by HUD.

Residents at the Area Holiday Celebrations (SE/ SW at 630 Cedar Ave. S. pictured above) played a game in which participants had to guess what picture was on their back by audience members giving non-verbal clues.

We need <u>you!!</u> To participate in MHRC's cultural celebrations!
(See Page 4 for details)

Active Living *Update*

Winter is definitely upon us and sometimes getting where one needs to go can be treacherous! Here are some useful tips on getting around more safely:

Walk This Way

- **Walk like a penguin.** Spread your feet. This broadens your base, making it harder to fall. Bend your knees slightly to lower your center of gravity. And put your arms out to your sides for balance.
- **Do the slow shuffle.** If you can't bring yourself to do the Penguin, keep feet about a foot apart, and take small, shuffling steps, aligning your feet after each step. Keep your pace slow.
- **Take stair steps one at a time.** Whether you're going up or down icy steps, test the handrail and then make sure to plant both feet on a step before moving to the next one.
- **Fall like a pro.** If you're about to go down lean forward so the back of your head and spine don't hit the pavement. Try to fall on your thigh, hip and shoulder, not on your easily broken arms, knees, wrists or spine. And hard as it may be, relax your muscles as you fall. You'll be less likely to get hurt. *(source: Dorothy Folz-Gray, Outdoors, 2014)*

Your 311 calls will count even more now!

As part of the new Minneapolis Health Department, MHRC, and MPHA initiative, when you call 311 to report un-cleared sidewalks, this information will be collected, mapped, and made available to resident leaders to advocate for safer walking conditions. Minneapolis ordinance requires that property owners clear sidewalks after the end of a snowfall within 24 hours for houses and duplexes and four day-time hours (starting at 8:00 a.m.) for apartment and commercial buildings. Collected information about these calls will help residents of the highrises by indicating which highrise neighborhoods are in need of more attention. To report a sidewalk that is not shoveled call 311.

Highrises build community while celebrating the holidays

Resident leaders brought in the holiday spirit this season by bringing smiles and good times to residents. At 1707 3rd Ave. S., resident leaders passed out Meals on Wheels Thanksgiving food bags—an event organized by resident Corwin Morton (photo, above).

At the Elliot Twins (photo, right), the resident council continued its long-standing tradition of working with volunteers from neighboring Bethlehem Baptist Church to serve a multi-ethnic holiday meal to residents.

At 1710 Plymouth Ave. N., the resident council hosted a holiday celebration and also a quarterly birthday celebration for residents (photo, above).

At 350 Van White. Mem. Blvd., resident Rosylan MacBeath (photo below, fourth from left) arranged a holiday gift giving event, sponsored by the Electrical Workers Minority Caucus (EWMC). Residents received individual gifts and gift cards valued at $25. EWMC also provided a catered holiday meal to all residents. Way to go, all! We applaud your efforts to create community by organizing these great events.

Resident Councils and MHRC show appreciation to Project Lookout volunteers

Twenty-five Project Lookout Coordinators from across the city (photos, above and below) were treated to a holiday outing in appreciation for their many hours of volunteer work. These efforts include recruiting and scheduling volunteers, speaking about Project Lookout at resident council meetings and completing various reports for the MHRC Project Lookout staff. Many highrises also had parties for their own Project Lookout groups where volunteers received special recognition gifts and shared a meal together. Since 1987 Project Lookout volunteers have contributed hundreds of thousands of hours towards making their communities better and safer places to live and today register over 60,000 guests coming into the highrises every year! Congratulations and a huge "thank you!" to all of you. Residents interested in helping their highrise community by volunteering with Project Lookout are encouraged to talk to their building's Project Lookout coordinator or call the MHRC at 612-342-1330. Residents who join soon and work the required number of hours will be eligible to attend the next big volunteer recognition event in June —The Lookout Cookout!

Many highrise resident councils provided volunteer appreciation dinners for their Project Lookout volunteers. Picture above: 1314 44th Ave. N

Want to see your highrise featured in the *Lowdown?!*

Then email us digital photos and letters describing events and activities! We do our best to include all submissions which may be edited for length. Send letters to the MHRC, Attention Lowdown, 1015 4th Ave. N., Mpls., MN 55405 and digital photos to jstumme@mplshighrise.org.

The 2020 U.S. Census— What you need to know!

The 2020 United States Census begins in April and we must ALL be counted! We'll share some important points about the 2020 Census in the next few issues of the *Highrise Lowdown.*

- **Everyone counts**: the census counts every person living in the Untited States.
- **It's in the Constitution**: The U.S. Constitution mandates that everyone in the country (citizen and non-citizen) be counted every 10 years. The first census was in 1790.
- **It's about fair representation**: The results of the census are used to reapportion the House of Representatives, determining how many seats each state gets. (An undercount could result in Minnesota not getting its fair share of representatives.) *Look for more census news in next month's Highrise Lowdown!*

Share your heritage and pride at cultural celebrations!

MHRC's Diversity Committee is planning its cultural celebrations which will be held next month as part of the February Area meetings.

If you or a resident you know has some talent in the areas of music, singing, dance, storytelling, poetry or art, which would showcase cultural pride, we want to hear from you!

The celebrations will be held at 1:30 p.m. on February 12 at 1815 Central Ave. N.E. (tentatively) (for North & Northeast residents) and February 13 at Horn Terrace (for Southeast & Southwest residents).

February is fast approaching so please contact John Stumme at the MHRC right away at (612) 342-1331 or send him an email: jstumme@mplshighrise.org. Thank you!

The Highrise Lowdown is a publication of the Minneapolis Highrise Representative Council, 1015 4th Ave. N., Mpls., MN 55405 (612) 342-1330. The Lowdown will print reader responses as space permits; we reserve the right to edit all submissions.

Mpls. Health Dept Senior Scientist Mageen Caines and Active Living Committee Co-Chair Tamir Mohamud (photo above, l-r) describe a new MHD, MPHA & MHRC project at last month's 1515 Park resident council meeting. Information about highrise health will be collected in a way that doesn't identify any individual. This information can then be used to advocate for programs and services that support resident-identified health needs in the highrises.

File your taxes for free!

Prepare + Prosper is a local nonprofit that provides free tax preparation, financial services, & financial coaching to individual and families. Their IRS-certified volunteers will get you the maximum refund. From January 21 to April 15, they operate eight tax sites in Minneapolis, St. Paul, Hopkins, and Bloomington. They are based in St. Paul year-round. For more information or to make an appointment, contact Prepare + Prosper at 651-287-0187 or www.prepareandprosper.org.

This Month's Events

Thursday, January 9, 9:30 a.m.: MHRC Executive Committee meets at 1015 4th Ave. N.
Monday, January 13, 1:30 p.m.: Diversity Committee meets at 1015 4th Ave. N.
Tuesday, January 14 at 1:00 p.m.: Laundry Project meets at 1015 4th Ave. N.
Tuesday, January 21, 1:30 p.m.: Maintenance, Modernization and Management Committee meets at 1015 4th Ave. N.
Wednesday, January 22, 12:00 p.m.: Resident Advisory Board meets at 1001 Washington Ave
1:30 p.m.: MPHA Board meets
Thursday, January 23, 9:30 a.m.: MHRC Board meets at 1015 4th Ave. N.
Friday, January 24, 9:30 a.m.: Security Advisory Committee meets at 1015 4th Ave. N.
Monday, January 27, 9:30 a.m.: Active Living committee meets at 1015 4th Ave. N.
12:30-2:00 a.m.: Community BINGO at 1015 4th Ave. N.