

Spring Flowers
word Search Puzzle



H F M H R U M I N O H M R J M H A L L T
W A G E R A N I U M A A V L A Y I S I W
U Q W I J O P P M R O R P I E A S I D H
P Q X T K A A O I M H B N L N C E R O S
I V R J H N S G R A C E J A O I R I F M
L X Y B S O O M I D D C Y C M N F J F B
N L R Y A L R N I R W L G M E T C Z A V
R I E H D E O N A N I O X W N H D J D N
P T K B G G P G C L E K N J A Y P P O P
S I M E E E G X E C O Z M S P I R E A J
O U L B T U Q W O Z H S O W D R O S E D
U T C U A S L R J L I H A I L O N G A M
F A N O T Y N B O S O N H Q R B B P O L
C I G O R F U R N S M C N J O J D S W X
A P J A L C I U Q J R N N I J R B R Q Y
H I D O N P K Z U O U N T W A P B Q Z A
L S W N M A C C I Y P W P J T N K O O E
O E E Q I K A E L N K M Q W G I G B E S
R A E L A Z A A G L D O G W O O D N Y T
S N E I T A P M I J T M M E L H Y O M A

- | | | | | |
|------------|----------|-----------|----------|----------|
| Azalea | Daffodil | Hyacinth | Lily | Poppy |
| Anemone | Dogwood | Impatiens | Marigold | Rose |
| Begonia | Fresia | Iris | Magnolia | Snowdrop |
| Bluebell | Gardenia | Jasmine | Orchid | Spirea |
| Cornflower | Geranium | Jonquil | Pansy | Tulip |
| Crocus | Hawthorn | Lilac | Petunia | Zinnia |

May Lecture

“A Touch of the Grand” will be presented by Kris Zwettler on Thursday, May 17 at 2:00 PM in the Theater. Everyone is welcome and encouraged to attend! There is a sign-up sheet in the Café.



Tower Times



Volume 7, Issue 5
May 2018

Court Tower Apartments 100 Court St., Oshkosh, WI 54901

2018 DAY OF CARING

2018 United Way Day of Caring

On Friday, May 4th, a team of energetic volunteers will be giving of their time to help spruce up areas of Court Tower as part of the Oshkosh Area United Way Day of Caring.

They will be here from 9:00 AM – Noon.

One Day. One Goal. One Community.



**Housing Authority
Holiday Office Hours**

The Housing Authority offices will be closed on Monday, May 28, 2018 for the Memorial Day holiday and will reopen on Tuesday, May 29, 2018 at 8:00 AM.

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May Lecture
Insert: Senior Health and Fitness Days



Newsletter Submissions

If you have any articles or ideas that you would like to share, please contact Jane Spietz at 920-424-1483 or janes@ohawcha.org.



Submissions to the newsletter should be received by the 20th of the month.



Nurse's Notes



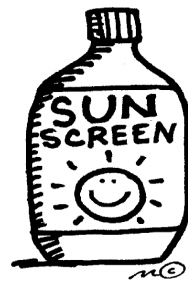
Take action to prevent aging skin and skin cancer

Excessive sun exposure is the most significant cause of aging skin. It can cause early aging skin conditions such as brown spots, white blotches on arms, legs and hands, wrinkles, crow's feet, frown lines, scars, thinning of skin that leads to easy bruising, skin growths, and scaly patches that lead to skin cancer.

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher that has both UVA and UVB protection. Do not use after expiration date on bottle.
- Don't use sunscreens with SPF factors greater than 50 as they give a false sense of security and may encourage you to stay in the sun too long.
- Put on sunscreen 30 minutes before you go outside. Reapply every 2 hours and after you swim or sweat.
- Don't forget to apply it to your ears, hands, feet, the back of your neck, and any part of your scalp that isn't covered by hair. Use lip balm with sunscreen to protect your lips.
- Wear sunglasses that block UV light. This will help protect your eyes and the skin around them from sun damage. Wrap-around sunglasses are best, because they block UV rays from the side.
- Wear sunscreen even on cloudy days. UV rays can still harm your skin through the clouds.
- Cover up with long sleeves and a hat.



Check your skin regularly

See a doctor or nurse right away if you notice:

- *A new growth on your skin
- *An existing growth that has changed in size, shape, color, or feel
- *A mole that bleeds or a sore that doesn't heal

Submitted by Teresa Paulus, R.N.

the parking will go to the Recreation Fund. Please see Jane for more details.

No Bird Feeders on Balconies as of May 1, 2018


Bird Feeders will no longer be allowed to be on balconies of units.

Bob Poeschl, Property Manager, Oshkosh Housing Authority

100 Court Street Oshkosh, WI 54901

Phone: 920-303-5400 Office Fax:920-424-7649

Email: bobp@ohawcha.org



dentistry from the heart.

Come to Glacier Dental & receive

FREE DENTISTRY

MAY 4TH 2018

FROM 7:00 AM - 3:00 PM

1720 Congress Avenue • Oshkosh, WI 54901

Only one procedure per person.

Choose a cleaning, extraction or filling.

First come, first serve.



Printing donated by Steiner Printing Company, Inc.



The Community Blood Center Blood Mobile will also be here accepting blood donations.

Consider taking a few minutes to help save a life.

Manager's Corner

Animals/pets should be on a short leash, not a long leash

Please keep your pets a short leash (3-5ft) while on property. This is a common courtesy to your neighbors.

Friday, May 4 is Day of Caring

There will be a team of community volunteers at the building on May 4 beginning at 9am. They will be doing window cleaning as well as some landscaping work. Tenants are welcome to pitch in. Meet us in the lobby at 9am.

Parking during construction reminder

So with construction starting, there will be limited access to Court Street and our entrance. Residents, their guests and support people should park in the parking areas on the Court Tower property. These parking areas are behind the northeast garage on Otter Avenue and directly east of the building.

So a couple of things that we need during this period of construction are:

- 1: If you have a garage, use it! Do not take a parking spot away from guests and support staff of your neighbors.
- 2: Please do not store trailers or non-working vehicles on property or in the parking spaces.
- 3: Please do not park on the vacant lot to the east of Court Tower Apartments.
- 4: Residents who have a car but not a garage and would like a garage, please see me.

NOTE: Please use entrances on CEAPE and OTTER AVENUES until the COURT STREET construction is completed.

Green Team

Linda is looking for a team of tenants to assist in the weeding of the landscaping through the spring, summer, and fall. If you are able and interested in assisting in these areas, please see Linda.

Can recycling benefits the Court Tower Recreational Fund

Please continue to donate your cans to the Recreation fund. Please bring cans to the 1st Floor bins or place in a bag by the 1st floor service entry. Please do not leave them on the floors. Please rinse them out before bringing them down. Also we are looking for a weekly volunteer to help in bagging them up.

Surprise!!!! Waterfest Parking is a GO!

We are looking for a team of tenants to direct parking, during Waterfest or other events at The Leach Amphitheater, at the vacant lot to the east of Court Tower. All proceeds from

Growing Oshkosh Annual Plant Sale



Growing Oshkosh's Educational Urban Farm (530 Bay Shore Drive, Oshkosh) will be holding its Annual Plant Sale/

Fundraiser from 8:00 AM – 2:00 PM on Saturday, May 5 and Saturday, May 12. There will be hundreds of veggie, herb and flower plants for sale, as well as unique, handmade raised garden beds, cedar planters and other flower/veggie/ herb arrangements. All proceeds benefit Growing Oshkosh's school garden program. Every dollar spent at Growing Oshkosh stays in Oshkosh.



PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX.
WE'LL DELIVER IT TO A LOCAL FOOD BANK.

NATIONAL PARTNERS



Resident Meeting

The Court Tower Resident Meeting will be held on Monday, May 14 at 3:00 PM. Everyone is welcome and encouraged to attend.

Court Tower Staff

Bob Poeschl: Property Manager

920-303-5400 bobp@ohawcha.org

Jane Spietz: Social Service Coordinator

920-424-1483 janes@ohawcha.org

Darryl Miller: Maintenance

Linda Breitzman: Housekeeping

Nurses: 920-424-1470 Ext. 124 Room 405



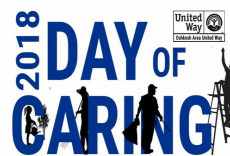














Lori Duclon: Mondays & Tuesdays

Teresa Paulus: Wednesdays & Thursdays

Lori & Teresa work alternate Fridays

After Hours Emergency Service: 966-4235

Court Tower May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Court Tower Walk for Health Group: The group meets in the 1st Floor Lobby on Mondays, Wednesdays, and Fridays at noon. Everyone is welcome to join in the fun!</p>	<p>1 May Day GAME TIME 4:00 - 6:00 PM</p> 	<p>2 MOVIE NIGHT 6:00 PM</p> 	<p>3</p>	<p>4 DAY OF CARING 9:00 AM - NOON</p> 	<p>5 Cinco de Mayo</p> 	
<p>6</p>	<p>7</p>  <p>FIRE ALARM TESTING 1:00 - 2:00 PM</p>	<p>8 BUG DAY 5TH FLOOR 9:00 AM - NOON</p> <p>GAME TIME 4:00 - 6:00 PM</p> 	<p>9 MOVIE NIGHT 6:00 PM</p> 	<p>10</p>	<p>11</p>	<p>12</p>
<p>13 Mother's Day</p> <p><i>Happy Mother's Day!</i></p> 	<p>14 RESIDENT MEETING 3:00 PM</p> 	<p>15</p> <p>GAME TIME 4:00 - 6:00 PM</p> 	<p>16 MOVIE NIGHT 6:00 PM</p> 	<p>17</p> <p>LECTURE SERIES 2:00 PM "A Touch of the Grand"</p>	<p>18</p> 	<p>19</p>
<p>20</p>	<p>21 INSPECTION OF 8TH FLOOR</p> <p>OHA BOARD MEETING 3:30 PM</p>	<p>22</p> <p>BINGO 2:00 PM</p> <p>GAME TIME 4:00 - 6:00 PM</p> 	<p>23 MOVIE NIGHT 6:00 PM</p> 	<p>24</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28 Memorial Day</p> 	<p>29</p> <p>GAME TIME 4:00 - 6:00 PM</p> 	<p>30 MOVIE NIGHT 6:00 PM</p> 	<p>31</p>	<p>Salon Hours</p> <p>Call 920-420-6050 to schedule an appointment.</p>	

Court Tower Office Hours

OPEN: Monday–Thursday 8:00am-10:00am,
2:00pm-4:30pm

Friday 8:00am - 12:00pm

Please build your needs around these times. Note: These times are not bound to emergencies. Always report emergencies. Staff is willing to schedule appointments anytime during the business day.

Nurse Hours at Court Tower in Room 405

Tuesdays: 1:00 – 2:00 PM Lori

Court Tower Mealsite

920-420-1994

Court Tower Room Directory

Room 205 - Den

Room 405 - Nurses' Office, Salon

Room 805 - Community Room

Room 1205 - Fitness Room