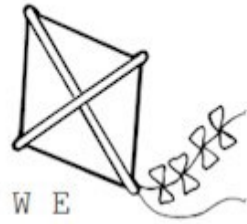


Father's Day



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

CARING		GOLF	
CHILDREN	FISHING	HAPPY	PARENT
DAD	FOOTBALL	HUG	READ
DAUGHTER	FOREVER	JUNE	SON
FAMILY	FRIEND	KIND	SPECIAL
FATHER	FUNNY	LOVE	TOOLS

Court Tower Apartments Lecture Series

There will be no lecture held in June. The next lecture is scheduled for Thursday, July 19th at 2:00 PM.

Tower Times



Volume 7, Issue 6
June 2018

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

Oshkosh Saturday Farmers Market Downtown/Summer

Every Saturday June 2 - October 27, 2018
8:00 a.m. - 12:30 p.m. Rain or Shine.
400 & 500 Blocks of North Main Street
& 100 Block of Church Ave, Oshkosh.
EBT (Wisconsin Quest) cards are accepted.

For more information, contact:
Michelle Schmid-Schultz, Market Manager
Oshkosh Saturday Farmers Market Inc.
PO Box 1201, Oshkosh WI 54903-1201
920.509.1830
OSFMINC@gmail.com

Food Truck Fridays

South Park - Oshkosh
5-9 PM

FRIDAY JUNE 16
Mike Malone Jazz Ensemble
Sponsor: Lakeshore Manor

FRIDAY JULY 14
Del Rays
Sponsor: Evergreen

FRIDAY AUG. 11
Bobby Coverston (Country)
Sponsor: Lakeshore Manor

10 Food Trucks

- Hot Dog Charlie's
- Rodney's
- Alpha Dogs Food Truck
- Vicky's Lunch Wagon
- Los Tres Manantiales
- DD's BBQ Company
- Teddy B's BBQ
- Zoua's Egg / Spring Rolls
- Inferno Subs
- ZaRonis

Live Music • 50/50 Raffles
Beer • Soda • Water
FOR PURCHASE

Thank You to our 2 Major Sponsors:

SWEETWATER
Performance Center
Tulsa, OK

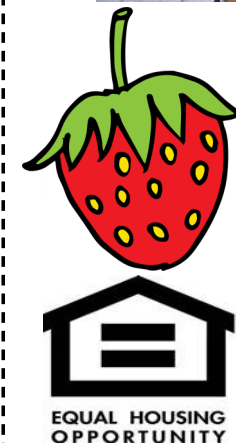
CARE PARTNERS
Country Terrace
ASSISTED LIVING

Friends of the
OSHKOSH
Seniors' Center

All proceeds will benefit programs & services provided by the Oshkosh Seniors Center

IN THIS ISSUE:

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- 6 Waterfest Parking
Free Tuesday Night Concerts
- 7 Word Search
June Lecture



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

Stimulate your mind with Brain Exercises

Use it or Lose it



Everyone knows that physical exercise is important to keep the body healthy and strong. Did you know that your brain also benefits from exercise too? Keeping your brain active and alert is a must as you get older.

Even as we age, our brains are constantly growing. Stimulating the brain improves its function and can protect against memory decline.

Although brain exercises are not going to prevent the severe mental decline that is caused by disease, most of the common age-related losses in memory or motor skills simply result from inactivity and a lack of mental exercise and stimulation. These sorts of memory lapses can be caused by stress and sleep deprivation and are not a cause for concern. However, you can take simple steps to prevent them.

According to a New England Journal of Medicine study, adults who frequently engage in mentally stimulating activities are 63% less likely to develop dementia than those who rarely engage in such activities are. A University of Michigan study has also found that adults who play a mentally challenging game every day for several weeks could dramatically improve their memories.

Brain exercises don't take much time to accomplish and are fun to do. Take a few minutes out of your day and make these brain games part of your routine!

Play games: Complete the puzzle or sudoku in the daily newspaper.

Give your senses a daily workout: Listen to music and smell flowers.

Break Routines: Drive to church taking a different route. Try eating with the opposite hand.

Try taking up something new: Taking up exercise or art classes. Check out the Oshkosh Senior Center for low cost classes. Visit new places like museums or restaurants.

Make brain exercises part of your routine for healthy living!

Information from Benjamin Rose Institute on Aging

Submitted by Lori Duclon, R.N.



2018 Waterfest Concert Parking Volunteers

Waterfest 33 is just around the corner, beginning on Thursday, June 21. The complete 2018 Waterfest schedule can be viewed at <http://www.waterfest.org/>

Once again we will be offering Waterfest patrons the ability to provide a donation to park on the property adjacent to the east side of Court Tower. We are looking for resident volunteers to coordinate the parking on Waterfest nights. All parking proceeds will be applied to the resident recreation funds. This volunteer opportunity is open to residents from all of the Housing Authority buildings. Parking proceeds for an evening will be split equally if participating residents are from more than one Housing Authority building. This is a great way to raise money for your building's recreation fund!

If you are interested in volunteering for Waterfest parking, please inform the management at your building. Jane will be maintaining and regularly updating the 2018 Waterfest Parking Volunteer roster as changes occur.

Please contact Jane at 920-424-1483 or janes@ohawcha.org with any questions.

FREE LIVE at the Leach Tuesday Night Concerts

July 10 Star Six Nine: Pop, Rock & Country
Bubble Night & Verve Beach Ball Night



July 17 Rising Phoenix: 70s, 80s Rock Party
Richard's School of the Dance & Verve Orange Dream Float/Glow Night

July 24 Conscious Pilot: Classic & Modern Rock
American Black Belt Academy & Verve Golf Game Night

July 31 Eminence: Female Rock Band
Mascot Night & Verve T-Shirt Night

**Weekly Appearance by
Lillypad Facepainting**

August 7 The 308s: Country & Rock
Oshkosh Jazzercise & Verve Flickin' Chicken Night

August 14 The Presidents: Party Rock Songs
Oshkosh Rhythm Institute & Verve "Guess How Much" Night



Manager's Corner

Tower Times Newsletter

Effective July 1st, the Tower Times newsletter will no longer be delivered to every door. We will begin to have copies available in the Café. You will also be able to view the newsletter on the Oshkosh/Winnebago County Housing Authority's website at <http://www.ohawcha.org/>

Garages Inspection and Use

I will be doing garage inspections on June 14, 2018 beginning at 9:00am and ending around 12:00pm. Residents with garages can not do the following activities in and around their garages: smoking, grilling and lounging in the garage. The main use of your garage is storage of your vehicle. These three activities bring unneeded risks to the property and residents.

Key keeper Schedule

When utilizing a key keeper, please contact the key keeper on duty via phone, intercom or by knocking on their door. Mind you, key keepers are not required be on site at all times, but to be available during their scheduled days and times. If by chance you can not reach a key keeper, call the after-hours number 920-966-4235 for assistance.

HUB Oshkosh

HUB Oshkosh is a network of local organizations that are working to provide a hand up instead of a handout to Oshkosh residents who need help getting to that next step. The HUB connects people with a coach that will help you create a plan to success, then facilitates connections for the person based on the plan that has been created. For more information, go to www.huboshkosh.org or call ADVOCAP at 920-426-0150.

Bob Poeschl, Property Manager, Oshkosh Housing Authority

Office: 100 Court Street Oshkosh, WI 54901

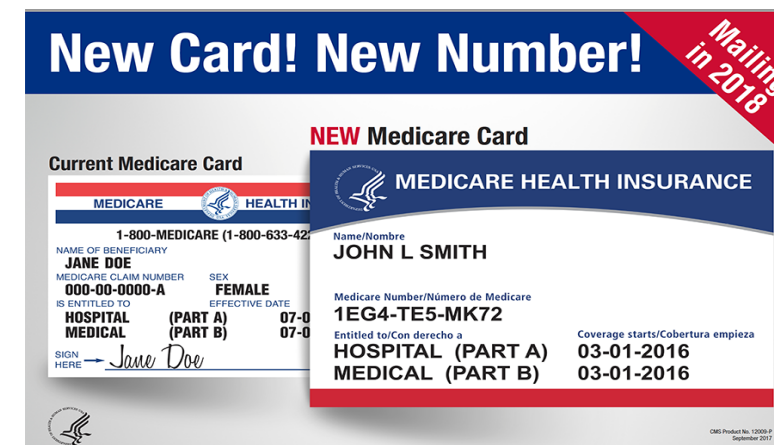
Phone 920-303-5400, Fax 920-424-7649, Email bobp@ohawcha.org

To apply for housing, go to: <http://www.oshkosh.housingmanager.com/> or <http://www.ohawcha.org/apply-online/>

New Medicare cards start mailing in Wisconsin after June 2018

The Centers for Medicare and Medicaid Services (CMS) are removing Social Security Numbers from Medicare cards to prevent fraud, fight identity theft, and keep taxpayer dollars safe. They will be mailing the **new Medicare cards** in the state of Wisconsin after June 2018.

Sample:



The Federal Trade Commission (FTC) warns against scammers posing as Medicare “agents” or health care providers telling seniors they need to purchase a replacement card. The new Medicare cards are **free**, and everyone with Medicare will be mailed a card between April 2018 – April 2019. **The only action you need to take is to ensure Social Security has your current address**, as the new cards will be sent to the address in their files. If you’ve been solicited by a possible Medicare scammer, report it by calling 1-800-HHS-TIPS (1-800-447- 8477), or submit a complaint online to the Office of the Inspector General of the U.S. Department of Health and Human Services.

Winnebago County Wheelchair Wash

When: Friday, June 22 10:00am-2:00pm

**Where: Oshkosh North High School Parking Lot
1100 W. Smith Avenue, Oshkosh**

Please register through Making the Ride Happen at 920-225-1719 or mrh@lsswis.com. Non-reservations are welcome but may experience a longer wait time. Come join us for music, food, and a clean chair.



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












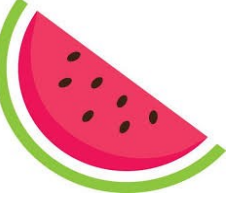

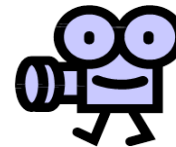

Court Tower Office Hours
 OPEN: Monday–Thursday 8:00am - 10:00am,
 2:00pm - 4:30pm
 Friday 8:00am - 12:00pm
 Please build your needs around these
 times. Note: These times are not bound to
 emergencies. Always report emergencies.
 Staff is willing to schedule appointments
 anytime during the business 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

Court Tower June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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!					1	2
3 	4	5	6 MOVIE NIGHT 6:00 PM 	7	8	9 
10	11  FIRE ALARM TESTING 1:00-2:00 PM	12 BUG DAY 6TH FLOOR 9:00 AM-NOON	13 MOVIE NIGHT 6:00 PM 	14 <i>Flag Day</i> 	15	16
17 <i>Father's Day</i> 	18 9TH FLOOR INSPECTION 10:00 AM-12:00 PM	19 BINGO 2:00 PM 	20 MOVIE NIGHT 6:00 PM 	21 <i>Summer Begins</i> 	22	23 
24 	25 OHA BOARD MEETING 3:30 PM	26	27 MOVIE NIGHT 6:00 PM 	28	29 	30