



August 2018

# River Cities Chronicle

Foxview Manor (Omro) & Riverside Apartments (Winneconne)

Vol 8 Issue 8

## POWER OUT---NOW WHAT?

Unfortunately, sometimes for one reason or another there are momentary disruptions to our power supply. The following is a list of ideas and simple supplies that will make this unpleasant experience a bit less taxing.

- 1) Always keep your cellphone fully charged. Do not use your flashlight application or games in order to conserve battery life.
- 2) Have a flashlight or two that you know work in a known location within your apartment.
- 3) Have a battery operated clock and radio handy.
- 4) Purchase a manually operated can opener.
- 5) Have a ample supply of batteries available. You know some of them are going to end up in the remote control so have more than you think you'll need.
- 6) The **next** time you finish off a gallon of milk/tea, rinse out the bottle and fill it approximately three quarters full ( **no more than that** ) with regular tap water. Put on the cap and put it the back off your freezer and forget about it. This one provides real "piece of mind" so when your refrigerator stops working because there is no power, it will keep your freezer cold.
- 7) Resist the temptation to open your refrigerator or freezer door. You have no idea how long you'll be without power and you want to keep all the cold air you can inside.
- 8) In a bag or a box put in additional items such as instant coffee or tea, a favorite reading or word find book, a deck of cards, board games and anything else you can do while the power is off. Assemble this "powers out" kit with your favorite non-perishable/no refrigeration required drinks and snacks.
- 9) Do your best not to **"borrow"** things for this kit. But if you do, replace item(s) A.S.A.P.
- 10) Almost all of the previously listed items can be obtained at your nearest dollar store. You can make this kit as simple or as elaborate as you want. There are some really amazing products out there including battery operated fans, motion detector lights, rechargeable lights you plug into the wall and automatically come of when power is cut off and rechargeable solar LED lights are cheap, bright and dependable.



If you've prepared yourself with the previous supplies and suggestions, the next time the power goes out, you can just kick back, relax and invite a friend over for a snack, a beverage, and a game. Yahtzee is actually quite fun when played by flashlight!

By Del Dubinski (Resident at Raulf Place)



## *The Nurse's Corner*

Every time you talk with a health care provider

### **Ask these 3 questions**

What is the main problem?

What do I need to do?

Why is it important for me to do this?

#### **When to ask questions**

You can ask questions when:

You see a doctor, nurse, pharmacist or other health care provider.

You prepare for a medical test or procedure.

You get your medicine.

#### **What if I ask and still don't understand?**

Let your health care provider know that you still don't understand what you need.

You might say "This is new to me. Will you please explain that to me one more time?"

#### **Who needs to ask 3?**

Everyone wants to help with health information. You are not alone if you find things confusing at times. Asking questions helps you understand how to stay well or to get better.

#### **Always ask 3 good questions for your good health**

To learn more, visit [ihi.org/AskMe3](http://ihi.org/AskMe3)

**smokefree60+**

### Household Chemicals in Cigarette Smoke

There are **7,000** known chemicals in cigarette smoke. At least **69** are known to cause cancer in humans. Here are some examples you can find in your own home:



**Ammonia**  
Found in household cleaners



**Butane**  
Cigarette lighter fluid



**Acetone**  
Found in nail polish remover



**Carbon Monoxide**  
Found in car exhaust fumes



**Benzene**  
Found in gasoline



**Arsenic**  
Found in rat poison



**Toluene**  
Found in paint thinner



**Lead**  
Once found in paint



**Cadmium**  
Used in making batteries

#### Other

- Hydrogen Cyanide – Gas chamber poison
- Beryllium – Found in nuclear weapons and rocket fuel
- Formaldehyde – Used to preserve dead bodies



Every time you smoke a cigarette or your loved one breathes secondhand smoke, these harmful chemicals enter your bodies.

Want to quit smoking but don't know where to start? The American Lung Association's Freedom From Smoking® program has helped hundreds of thousands quit smoking. Choose between in-person classes, over-the-phone support by a trained specialist, or online support, and set a quit date, build a quit plan, track your success and chat with other quitters.

Quitting smoking is possible with the right help. If you're interested in signing up for telephone support or in-person classes, talk to Erin. In-person classes will start this fall at Raulf Place.

And if you're ever in need of some instant support, you can lean on our network of tobacco cessation counselors through the Wisconsin Tobacco Quit Line at 800-QUIT-NOW (800-784-8669).



# Oshkosh / Winnebago County Housing Authority

Oshkosh/Winnebago County Housing  
Authority  
PO Box 397  
Oshkosh, WI 54903  
(T) (920) 424-1470  
(F) (920) 424-1474  
[www.ohawcha.org](http://www.ohawcha.org)

## Open Office Hours:

### Foxview Manor

Monday	Tuesday	Wednesday	Thursday	Friday
Erin: by ap- pointment only	Erin: 9:00am— 11:30am	Wendy: Noon— 2:00pm	Erin: 9:00am— 11:30am	No office hours

### Riverside Apartments

Monday	Tuesday	Wednesday	Thursday	Friday
Erin: by ap- pointment only	Erin: 1:30pm— 3:30pm	Wendy: 2:15pm— 4:30pm	Erin: 1:30pm— 3:30pm	No office hours

### Foxview Manor

330 W. Main St.  
Omro, WI 54963  
(T) (920) 685-6322  
(F) (920) 859-0223

### Riverside Apartments

101 N. Second St.  
Winneconne, WI 54986  
(T) (920) 582-7656  
(F) (920) 706-0066

## Calendar Word Search Puzzle

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

APRIL  
AUGUST  
DECEMBER  
FEBRUARY  
FRIDAY  
HOLIDAYS  
JANUARY  
JULY  
JUNE  
MARCH  
MAY  
MONDAY  
NOVEMBER  
OCTOBER  
SATURDAY  
SEPTEMBER  
SUNDAY  
THURSDAY  
TUESDAY  
WEDNESDAY  
WEEKDAYS  
WEEKENDS

# Activity Calendar for Riverside Apartments



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:30pm Bible Study	2 Bug Day (Apt 105, 205, 305)  12:30pm Polish Poker	3 8:00am Birthday Coffee Hour  3:00pm Bingo	4
5	6	7 12:30pm Pokeno	8 6:30pm Bible Study	9 12:30pm Polish Poker	10 8:00am Coffee Hour	11
12	13 1:00pm Fire Alarm Test- ing	14 12:30pm Pokeno	15 3:00pm Bingo  6:30pm Bible Study	16 12:30pm Polish Poker	17 8:00am Coffee Hour	18
19	20	21 12:30pm Pokeno	22 6:30pm Bible Study	23 12:30pm Polish Poker	24 8:00am Coffee Hour	25
26	27	28 12:30pm Pokeno  3:00pm WCHA Board meeting @ Marian Manor	29 6:30pm Bible Study	30 12:30pm Polish Poker	31 8:00am Coffee Hour	



# Activity Calendar for Foxview Manor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Bug Day (Apt 105, 205, 305) Piggly Wiggly Delivery  6:00pm Game Night	3 10:00am Nurse Open Hour (in office)	4
5	6	7	8 3:00pm Bingo with birthday party to fol- low	9 6:00pm Game Night	10	11
12	13	14 1:00pm Fire Alarm Testing	15	16 Piggly Wiggly Delivery 6:00pm Game Night	17	18
19	20	21	22	23 6:00pm Game Night	24	25
26	27	28 3:00pm WCHA Board meeting @ Marian Manor	29	30 Piggly Wiggly Delivery  6:00pm Game Night	31	