

Oshkosh Farmers Market

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

APPLES
 BEETS
 BROCCOLI
 CANTALOUPE
 CELERY
 CUCUMBERS
 EGGS
 GREEN BEANS
 HERBS
 LETTUCE
 MINT
 PEPPERS
 PUMPKINS
 RHUBARB
 STRAWBERRIES
 ZUCCHINI

ASPARAGUS
 BLUEBERRIES
 BRUSSELS PROUTS
 CARROTS
 CHARD
 EGGPLANT
 GARLIC
 GREEN ONIONS
 Kholrabi
 MEATS
 ONIONS
 PIE
 RADISHES
 SPINACH
 TOMATOES

BASIL
 BREADS
 CABBAGE
 CAULIFLOWER
 CHEESE
 EGG ROLLS
 GRAPES
 GREENS
 LEEKS
 MELONS
 PEAS
 POTATOES
 RASPBERRIES
 SQUASH
 WATERMELONS



Tower Times



Volume 7, Issue 8
 August 2018

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



Neighborhood Night Out Picnic
Tuesday, August 7, 2018 5:30 - 7:30 PM
at Riverside Park



Mark your calendar! The River East Neighborhood Association's **5th Annual Neighborhood Night Out Picnic** takes place on **Tuesday, August 7th**. There will be food, friendly conversation, fun and games for all. The fire trucks will be back and there will be live music at the Leach by The 308's (country rock) from 6:30 to 8:30 PM. Bring a lawn chair and meet new friends and neighbors.

This year we will provide hot dogs, chili dogs, salads, popcorn, water and lemonade. Feel free to bring a dessert or dish to pass, too. Everyone is welcome.

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EQUAL HOUSING
 OPPORTUNITY

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

Ask Questions!



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

Submitted by Lori Duclon, R.N.

done regularly. Remove them from the stove. Place them in the sink in hot water and soap. Let it soak then wipe clean. If you do this once a week, it will save on future replacement costs. A set of drip pans typically costs between \$12-15.

Floor Care
Daily Maintenance

- 1. Sweep, vacuum, or dust mop to remove dirt and grit everyday.

Weekly Maintenance

- 1. Use a damp mop or cleaning rag (whichever is your preference).
- 2. Clean floor with a detergent like Pine-Sol or Mr. Clean once a week.
- 3. Do not use scrub pads on the flooring.

Preventative Maintenance

- 1. Use rugs or mats that are as wide as doorways and long enough to catch dirt and can handle different weather conditions.
- 2. Use rugs or mats that do not have a non-staining or stick backing.
- 3. Floor protectors should be used underneath all furniture legs.

Bob Poeschl, Property Manager, Oshkosh Housing Authority
100 Court Street, Oshkosh WI 54901
920-303-5400 Office, bobp@ohawcha.org, 920-424-7649 Fax

Court Tower Apartments August Lecture
"The History of Oshkosh Manufacturing"
Thursday, August 16, 2018 at 2:00 PM in the Theater

Michael McArthur will talk about the history of Oshkosh manufacturing. Everyone is welcome and encouraged to attend.



Phone Number Changes



If your phone number changes, please report that to the office as soon as possible so that we can update your information in our system. Thank you.

Manager's Corner

Washers/Dryers

One of the things that I look for when I do annual inspections is the condition of the gasket on your washing machine and the lint trap in the dryer. Here are some reasons why I do this. First, the washer gasket has a pocket that things easily get caught in like pens, change, etc. These items could cause that gasket to tear. To replace this gasket would cost you around \$100.00 plus labor. Secondly, the pocket of the gasket allows for water to settle in it. I have found that many residents close their washer door completely when done using it. I would suggest keeping the door open a bit to allow the water to evaporate. The best suggestion is to take a clean rag and wipe out the pocket as well as the outside of the gasket after every use. This will reduce mold growing in the pocket as well as making sure nothing is in it.

With your dryer, I am looking to see if you clean the lint trap that is located on the inner door frame. It is good practice to remove lint from this trap after completing a drying cycle. If it is not cleaned regularly, it could cause the dryer to not heat properly and, in worst case situations, there have been fires related to this issue.

Fridges

When I inspect your refrigerator and freezer, I am generally looking at two things. They are: 1: Is it working as it should? 2: Is it clean? The latter is really important to me. Most specifically the gaskets on the fridge and freezer doors. The gaskets basically keep the cold air with in the fridge and freezer. They make your food last longer, which you like, right? If you do not regularly clean those gaskets, it reduces the seal on the gasket.

Put another way, if not cleaned regularly, cold air can get out which will make your food go bad quicker. The gaskets have grooves in them that can be a little challenging to clean, but a Q tip or an old toothbrush would be good tools to clean those grooves out. I suggest using vinegar and hot water for this task. If this is not done regularly, it could cause the gasket to tear. The replacement for one of these gaskets is around \$80.00 plus labor.

Stove Drip Pans

I observe a lot of stove drip pans that need cleaning. These are a simple clean if it is

Classes to help you quit smoking coming this fall to Court Tower

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, contact Jane Spietz at 920-424-1483 or stop in the office. In-person classes will start this fall at Court Tower.

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



Court Tower Staff
Bob Poeschl: Property Manager
 920-303-5400 bobp@ohawcha.org
Jane Spietz: Social Service Coordinator
 920-424-1483 janesp@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 Open Hour 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 August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 MOVIE NIGHT 6:00 PM 	2	3	4 
5	6 	7	8 MOVIE NIGHT 6:00 PM 	9	10	11
12	13 FIRE ALARM TESTING 1:00-2:00 PM 	14 BUG DAY 8TH FLOOR 9:00 AM-NOON	15 MOVIE NIGHT 6:00 PM 	16 Lecture 2:00 PM “The History of Oshkosh Manufacturing”	17 	18
19	20 11TH FLOOR INSPECTION 10:00 AM-12:00 PM	21 BINGO 2:00 PM 	22 MOVIE NIGHT 6:00 PM 	23	24	25
26 	27 OHA BOARD MEETING 3:30 PM	29	30 MOVIE NIGHT 6:00 PM 	31	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!	