

RAULF PLACE'S ***THE UPTOWNER***

August 2018

Volume 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



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

Raulf Place Riddles

TO MY GREAT SURPRISE, I RECEIVED MUCH FEEDBACK THAT YOU LIKED MY RIDDLES!

*TO KEEP YOU ALL HAPPY,
I'M PRINTING SOME MORE.
IF THE ANSWERS YOU SEEK,
YOU'LL HAVE TO WAIT*

*FOR JUST A WEEK.
THAN JUST THE SAME BEFORE,
THE ANSWERS YOU'LL FIND,
POSTED ON THE FIRST FLOOR.....*

- 1) If a cubic foot of dirt weighs exactly 20 pounds, how much does the dirt weigh in a hole that measures exactly 2 1/2 feet, by 3 1/2 feet long, by 1 1/2 feet wide?
- 2) In the English calendar, how many months have 28 days?
- 3) *Sports trivia.....* Of all the players currently on the Green Bay packers roster, which one of their current players is known to wear the largest helmet?
- 4) A seamstress used 25 spools of thread measuring 10 feet each, 30 ribbons of 100 feet each, and 7 pieces of lace measuring 7 feet each. What was the total length of material used?
- 5) Where in Lake Winnebago is the water the deepest?
- 6) What is it that occurs only twice in a moment, only once in a minute, and not once in a hour?
- 7) If your not feeling well, what is the fastest way to cure yourself?
- 8) How many feet are in a yard?
- 9) In the early eighteen hundreds, on what side of a one-room schoolhouse was an apple tree traditionally planted?
- 10) Farmer Brown was fed up with animals eating up all his fruit in his orchard. The three foot fence that he used to pen up his animals was not working. So he was wondering how many animals could jump higher than a six foot fence. Can you figure out how many?
- 11) If one brick weighs exactly 2 1/2 pounds. How many bricks will it take to finish an outdoor grill that weighs exactly 887 1/2 pounds?
- 12) It should not take you too much time to figure out the next letter in this sequence. ***S-M-H-D-W-M-_-?-_-***
- 13) If a cowboy rides into town on Friday. Stays for three days. Then leaves on Friday. How is this possible?

The mind is like a parachute. it only works when it's open---Frank Zappa

Yesterdays history. Tomorrows a mystery. And today's a gift. That's why they call it the present.---unknown

If your sitting there, not really knowing what to do. Do something. It's good for you.---shipwreck/life raft survivor

If you are in the belief that you're too good to be a certain persons friend. You're not. If you are in the belief that you're not good enough to be a certain someone's friend. You are.---Del Dubinski

Mental prowess cannot be gotten from an ill-fed mind---Herbert Spencer

By Del Dubinski

EmpowHER

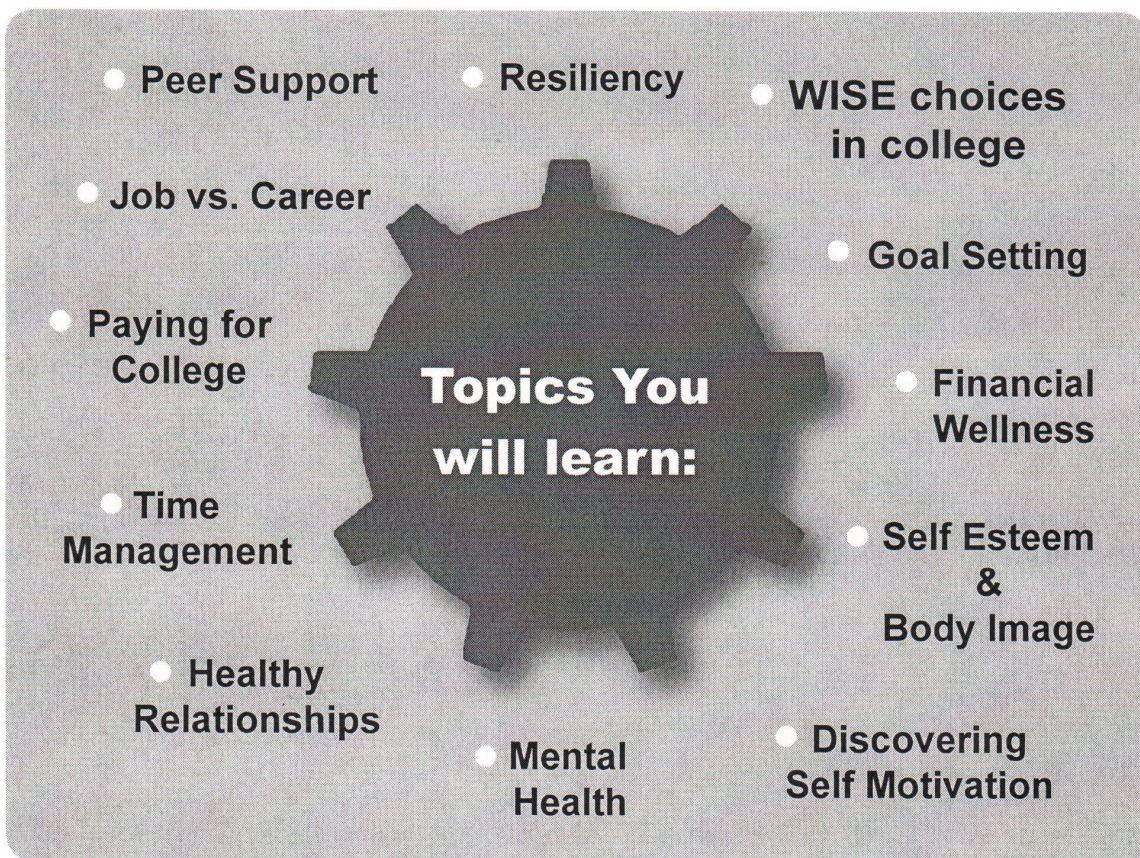
Are you 18 to 29 years old (without children) and looking for direction in the areas of education, employment and a healthy lifestyle? Do you think about your future and wonder what your path will look like?

Do you live in Calumet, Outagamie, Shawano, or Waupaca Counties or communities of Neenah & Menasha?

If so there is a new program for you!

The Women's Fund for the Fox Valley Region has partnered with Fox Valley Technical College to bring you EmpowHER! A FREE 12 week workshop focused on topics young women in their teens and twenties face in our community today!

Workshop Details: Mondays, September 17, 2018 through December 5, 2018
from 9:00 am to 12:00 pm at Fox Valley Technical College-Appleton Campus



Contact Information: Kelly Kohl (920) 735-4825 kohlk@fvtc.edu, Kara Nowak (920) 735-5722 nowakk@fvtc.edu and Alexis Hill (920) 735-4820 hillal@fvtc.edu

To find out if you are eligible, fill out this survey online www.fvtc.edu/EmpowHER



WOMEN'S fund
for the fox valley region, inc.

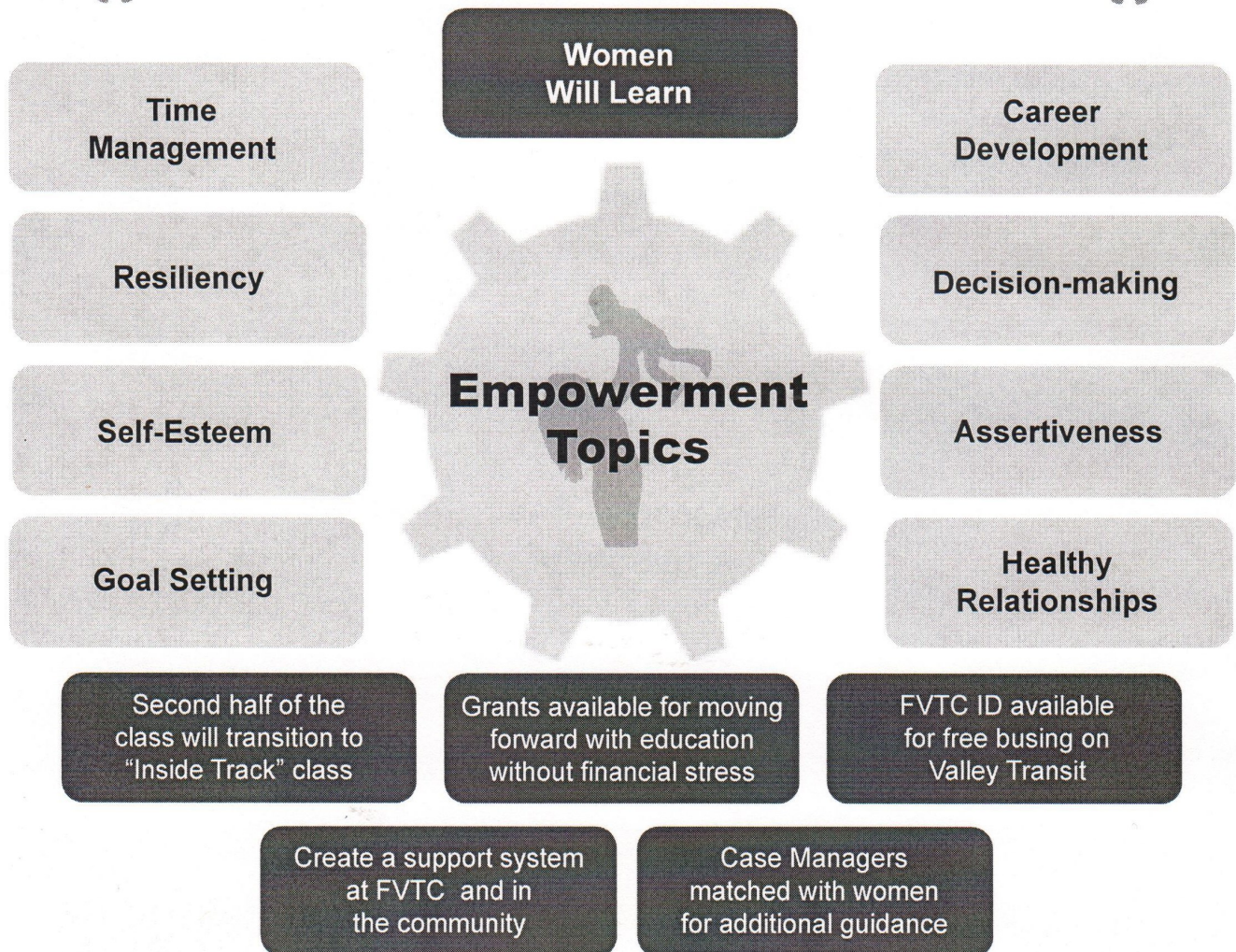
Young Women's Initiative: Starting Point 2.0

The Women's Fund is leading a pilot project using a Two-Generation approach which will address the life-long economic security of single parent women and their children. This pilot project creates a collaboration between FVTC's Starting Point Workshop and the college's educational resources combined with B.A.B.E.S. Inc. and their child development/parenting programming. By serving two-generations and creating a new stable environment for single-parent families, individuals struggling to survive will see the opportunities and potential that exist beyond their circumstances. This workshop and services provided are free to participants and children.

Participant Criteria

- 18-29 year old single parent woman
- Income level must be at or below 200% of the Federal Poverty Guideline
- Must have at least one child under the age of 11
- Must reside in one of the following counties: Calumet, Outagamie, Shawano, or Waupaca, and communities of Neenah & Menasha

Project Details: Parent and any child under the age of 5 (not enrolled in school) must be available September 19 to December 5, Wednesdays 9 am to 12:15 pm

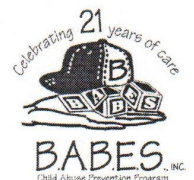


Contact Information: Kelly Kohl (920)735-4825 kohlk@fvtc.edu, Kara Nowak (920)735-5722 nowakk@fvtc.edu, Pastor Mahnie (920)733-6886 execdir@babeshelp.org and Alexis Hill (920)735-4820 hillal@fvtc.edu

To see if you are eligible, fill out this survey online www.fvtc.edu/StartingPoint



WOMEN'S fund
for the fox valley region, inc.





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).

Raulf Place

(Formerly
Mainview Apartments)

Physical: 530 N. Main St.
Oshkosh, WI 54901
Mailing: PO Box 397
Oshkosh, WI 54903

Fax: (920) 426-3616

VISIT US ON THE WEB:

WWW.OHAWCHA.ORG

STAFF:

PROPERTY MANAGER: Wendy Fromm

(T) (920) 424-7651

Office Hours: Mon., Tues, Thurs.: 8:00am—4:30pm

Wed: 8:00am—11:30am

Fri.: 8:00am—noon

SOCIAL WORKER: Erin Reismann, CSW

(T) (920) 424-7652

Office Hours: Mon.: 8:00am—noon

Wed.: 9:00am—4:00pm

Fri.: 9:00am—noon

MAINTENANCE: Harvey

Work Hours: Mon.—Thurs.: 7:00am—4:30pm

Fri.: 7:00am—11:00am

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 Raulf Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
(ER) = exercise room (2nd floor) (T) = theater (3rd floor) (MM) = Marian Manor (600 Merritt) (CR) = Community Room (2nd floor) (L) = Library (2nd floor)			1	2	3	4
5	6 10:30am Chair Exercise Group (ER)	7	8	9 New Library books (L)	10	11
12	13 10:30am Chair Exercise Group (ER)	14 Bug Day (4th floor)	15	16	17	18 6:00pm Bingo (CR)
19	20 10:30am Chair Exercise Group (ER)	21	22 2:00pm Fire Alarm Testing	23	24	25
26	27 10:30am Chair Exercise Group (ER) 3:30pm OHA Board Meeting (MM)	28	29	30	31	