

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

SCORPION
CAMEL
FLAMINGO
DOLPHIN
PENGUIN
LEOPARD
TURKEY
PELICAN
EAGLE
HORSE
BUFFALO
PANTHER
PYTHON
ZEBRA
MONKEY
LIZARD
IGUANA
ARMADILLO
EARTHWORM
OCTOPUS
MOUSE
ELEPHANT
GIRAFFE
TURTLE
KANGAROO
BIRD
MOSQUITO
JAGUAR
BEAR
ALLIGATOR
PARROT
HAMSTER
COYOTE
CHIMPANZEE
DINOSAUR
BUTTERFLY
HIPPOPOTAMUS
RHINOCEROS

Court Tower Apartments September Lecture

“History of Oshkosh Manufacturing”

Thursday, September 27, 2018 at 2:00 PM in the Theater

Michael McArthur will be talking about the history of Oshkosh manufacturing. Everyone is welcome. There is a sign-up sheet in the Café.



Tower Times



Volume 7, Issue 9
September 2018

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

The Housing Authority Offices will be closed on Monday, 9/3/18 in observance of Labor Day. They will reopen at 8:00 AM on Tuesday, 9/4/18.

LABOR DAY



IN THIS ISSUE:

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- Resident Meeting
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- Voter Education/Registration Event
- 7 Word Search
- September Lecture
- Inserts: Neenah Wheelchair Wash 2018
- Brain Fitness Fair 2018
- Waite Rug Place Information



Court Tower Resident Meeting
3:00 PM Monday, September 10, 2018
1st floor Community Room

Oshkosh/ Winnebago County Housing Authority Executive Director Su van Houwelingen will be at the Resident Meeting to obtain resident input on the agency's 5 year plan.

Everyone is welcome and encouraged to attend.

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.



**You can quit smoking.
We can help.**

Trust the experts that have helped thousands become smokefree.

Join today at Lung.org/ffs

AMERICAN LUNG ASSOCIATION

FREEDOM FROM SMOKING

Would you like to quit smoking?

Ready to quit smoking? Hundreds of thousands are smokefree through the American Lung Association's [Freedom From Smoking](http://FreedomFromSmoking.org)®, and a new, FREE Group Clinic is starting this September at Court Tower. Over the course of eight weeks, you will work with other people quitting smoking and a trained facilitator to set a quit date, build a quit plan and work through your first few months living smokefree.

Freedom From Smoking Group Quit Program

Tuesdays starting September 18 through October 30 (and Thursday, October 11) 1:30pm – 3:00pm in the 8th floor Community Room at Court Tower.

Classes will be taught by Sarah Reed, a UWO student and certified Freedom From Smoking facilitator.

To sign-up for this program, contact Jane Spietz at 920-424-1483 or Janes@ohawcha.org.

*Note: it's not required to quit smoking during the program, but participants are encouraged to try quitting or cutting back on smoking.

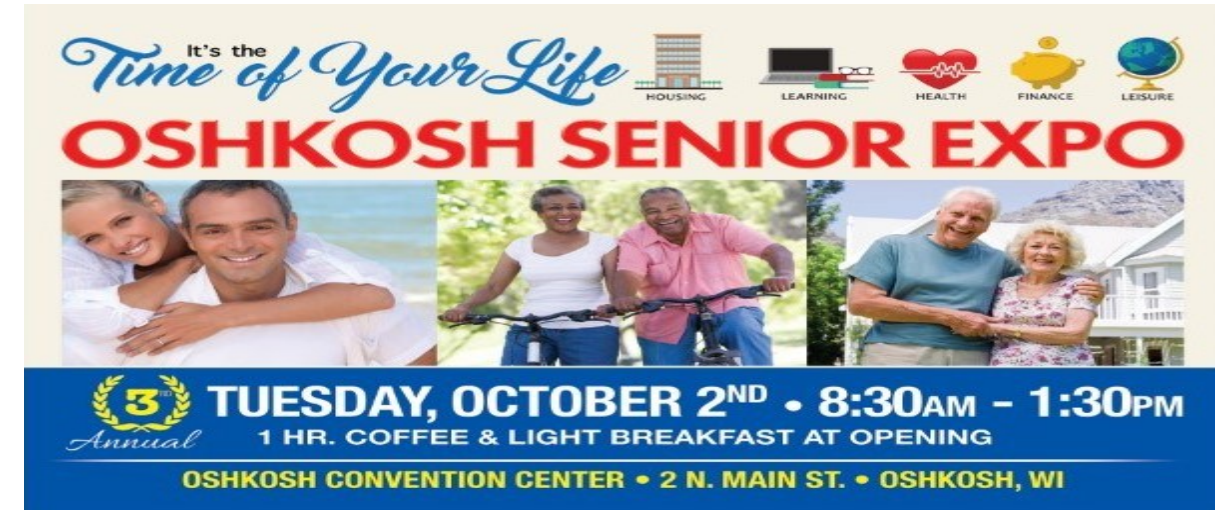
In addition to the Group Clinic, [Freedom From Smoking](http://FreedomFromSmoking.org)® Plus is an interactive online program that can be accessed anytime, anywhere for free. Residents can also sign up for free telephone support through the Freedom From Smoking Lung Helpline. Talk to Jane Spietz to sign up for any of these programs. Let's plan your smokefree future together.

you. After hours and weekends contact the person on call according to the calendar posted in the 1st Floor entryway and on the bulletin board that is on every floor.

If you cannot reach the key keeper on call: Check the key keeper's door. They generally post a note letting people know where they are or who to contact second, OR,

If you have your phone available call the person on call to find out when they will be back or who else to contact.

Please remember key keepers are not on site at all times, so calling or checking the door will let you know who is available to help. If these options do not work out, please call the AFTER HOURS service line. That number is 966-4235.



It's the *Time of Your Life*

OSHKOSH SENIOR EXPO

HOUSING LEARNING HEALTH FINANCE LEISURE

3rd Annual **TUESDAY, OCTOBER 2ND • 8:30AM – 1:30PM**

1 HR. COFFEE & LIGHT BREAKFAST AT OPENING

OSHKOSH CONVENTION CENTER • 2 N. MAIN ST. • OSHKOSH, WI



Voter Education/ Voter Registration Event



The League of Women Voters of Winnebago County will be coming to Court Tower Apartments on Tuesday, September 18th at 1:00 PM to hold a Voter Education/ Voter Registration Event in the 1st Floor Community Room.

They will be presenting important information for voters. Everyone is encouraged to attend with questions on the voting process.

A voter registration session will follow the presentation for those who need to register to vote.

There is an interest sheet in the Café area. Please take a moment to sign up if you are interested in attending this event.

Manager’s Corner by Bob Poeschl, Property Manager

Waite Rug Place-Availability December 2018

Waite Rug Place is the newest affordable housing community being offered by the Oshkosh Winnebago County Housing Authority. It is located 300 E. Custer Avenue is being renovated to house 56 - ONE & TWO bedroom units. Preferences will include applicant families meeting the definition of elderly, disabled or veteran. Don’t miss out on this once in a lifetime opportunity to live at one of Oshkosh’s modernized historic landmarks. See the enclosed flyer for more information.

Regions Inspection - Wednesday, October 24, 2018 2:30-4pm

Regions Affordable Housing is the investment partner that assisted with the renovation of Court Tower. They will conduct an annual inspection of selected units and all common areas of Court Tower on October 24, 2018 from 2:30-4pm. If your unit is selected, you will receive a notice of entry from me by October 1, 2018.

Please break down boxes reminder

Please break down your cardboard items and please take them outside to the recycling dumpster off of Court Street.

2018-19 Recertification and Inspection Schedule for Court Tower Apartments

For Court Tower, this means	Meet with tenant during the month of	Inspect during the month of
13/14 th floors	October	October
2 nd floor	November	November
3 rd floor	December	December
4 th floor	January	January
5 th floor	February	February
6 th floor	March	March
7 th floor	April	April
8 th floor	May	May
9 th floor	June	June
10 th floor	July	July
11 th floor	August	August
12 th floor	September	September

What to do when you are locked out of your apartment

Most of us have misplaced our key from one time or another. If you do, here is the procedure to follow: **During business hours (Mon-Thu 8am-4:30pm, Fri 8am-NOON) contact the COURT TOWER MAIN OFFICE. Even if the sign says ‘closed’ there may be someone inside to help**

smokefree60+

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

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:

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.

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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 September 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 <i>Labor Day</i>  LABOR DAY	4	5 MOVIE NIGHT 6:00 PM 	6	7	8 
9 <i>Grandparents Day</i> 	10 FIRE ALARM TESTING 1:00-2:00 PM RESIDENT MEETING 3:00 PM	11 <i>Patriot Day</i> BUG DAY 9TH FLOOR 9:00 AM-NOON	12 MOVIE NIGHT 6:00 PM 	13	14	15
16	17 12TH FLOOR INSPECTION 1:00 - 4:00 PM	18 Voter Education/Registration Event 1:00 PM	19 MOVIE NIGHT 6:00 PM 	20 BINGO 2:00 PM 	21	22 <i>Fall Begins</i> 
23 30	24 OHA BOARD MEETING 3:30 PM	25	26 MOVIE NIGHT 6:00 PM 	27 Lecture 2:00 PM “The History of Oshkosh Manufacturing”	28	29