

# HALLOWEEN COSTUMES

## Word Search

ANGEL  
BUMBLEBEE  
CAT  
COWBOY  
DOCTOR  
FIREFIGHTER  
GHOST  
GORILLA  
MONSTER  
MUMMY  
PRINCESS  
SUPERHERO  
VAMPIRE  
WEREWOLF  
WITCH

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

Chicken Scratch NY

**Court Tower Apartments October Lecture**  
**"History of Oshkosh Manufacturing" (Rescheduled from September)**  
**Thursday, September 27, 2018 at 2:00 PM in the Theater**

Michael McArthur will be talking about the history of Oshkosh manufacturing.

# Tower Times



Volume 7, Issue 10  
**October 2018**

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



## Flu Shot Clinic at Court Tower Apartments

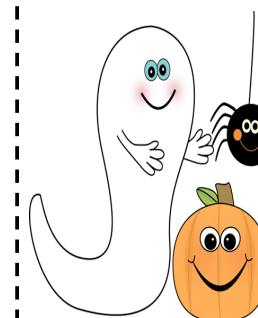
Mark your calendar! There will be a flu shot clinic for residents at Court Tower on Thursday, October 18, 2018 from 9:00 - 11:00 AM in the Theater.

Registered Pharmacist Jenni Villeneuve will be here to administer flu and pneumonia shots to any interested residents. There is a sign-up sheet in the Café.

Please bring your health insurance cards to the office for Jane to make a copy of before the day of the flu shot clinic. Jenni will need this information before she can give you a flu shot.

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 Senior Expo  
 October Lecture  
 Insert: Waite Rug Place



### 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](mailto:janes@ohawcha.org).

Submissions to the newsletter should be received by the 20th of the month.





### Nurses Notes

#### Get Your Flu Shot!



Where has the summer gone? The great thing about living in Wisconsin is the change of seasons. It is time to enjoy fall and watch the fall colors unfold.

Fall also brings the flu season. An annual flu vaccine is the best way to protect against the flu. Flu vaccines are safe and do not cause the flu. Influenza (flu) is a serious illness especially for older adults. People 65 years of age and older are at high risk for flu-related complications.

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins.

Everyone 6 months of age and older is recommended to get vaccinated against the flu. A flu vaccine reduces your risk of illness and possible hospitalization and can prevent you from spreading the virus to your loved ones. Protect yourself, your family and friends from flu: get vaccinated. The flu vaccine is available at your local clinics, pharmacies and doctor's offices.

Submitted by Lori Duclon, RN

#### Upcoming Health and Wellness Classes at Court Tower

A group of Fox Valley Technical College Occupational Therapy Assistant students will be holding a series of health and wellness classes for Court Tower residents in the 1st Floor Community Room. They plan to create a binder full of useful information on various health and wellness topics and will be looking for your input and ideas. Watch for additional information in the near future!

### Freedom From Smoking Program

Would you like to quit smoking? It's not too late to sign up!

Class schedule: 10/2, 10/9, 10/11, 10/16, 10/23, and 10/30.

1:30pm – 3:00pm in the 8<sup>th</sup> floor Community Room at Court Tower.

There is a sign-up sheet for this program in the Café. Questions? Contact Jane Spietz at 920-424-1483 or [Janes@ohawcha.org](mailto:Janes@ohawcha.org).

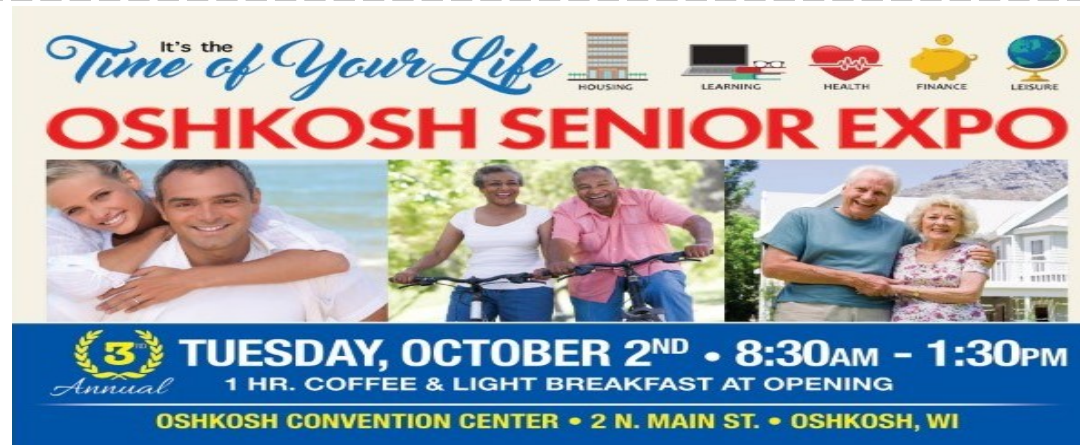
\*Note: it's not required to quit smoking during the program, but participants are encouraged to try quitting or cutting back on smoking.

#### Meet Sheri Bradshaw, New Court Tower Mealsite Manager!



Sheri Bradshaw is the new meal site manager with ADVOCAP's Nutrition program here at Court Tower. This program offers tasty, nutritious meals. She invites everyone to come see what the Nutrition program has to offer!

Sheri grew up in Waukesha, WI and currently lives on a small hobby farm in Ripon. The farm is home to a miniature horse (Charlie), a goat (Peep), ducks, chickens, many cats, and a dog (Baloo). This year Sheri and her husband celebrated their 30<sup>th</sup> wedding anniversary. Together they have raised three daughters. In her free time she enjoys sewing, knitting, crocheting, scrapbooking and making soap.





## Manager's Corner

### Waite Rug Place-Availability December 2018-March 2019

Waite Rug Place is the newest affordable housing community being offered by the Oshkosh Winnebago County Housing Authority. It is located at 300 E. Custer Avenue and 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. Apply online at [www.ohawcha.org](http://www.ohawcha.org) or set an appointment with Bob or Jane to assist you with the online application.

### 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.

### New Maintenance Manager-Josh Wendt

In October you will see a new but familiar face around the building. We have rehired Josh Wendt to be the full-time maintenance manager at Court Tower Apartments. He will work with Darryl to learn the ins and outs of the building for October then Darryl will transition to his new properties. Josh was the previous maintenance manager before Darryl, so he is familiar with housing maintenance and our community. Please introduce yourself to him and give him a positive welcome.

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

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



**Medicare Open Enrollment**  
**October 15 - December 7**



### When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is October 15 - December 7.

### What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

### How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

### When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.

### Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or [Medicare.gov](http://www.Medicare.gov).

### Where can CMS partners find information to help people with Medicare with open enrollment?

If you need help figuring out the best plan for you, contact Jane at 920-424-1483, the ADRC Benefits Specialist at 877-886-2372, or go online at <https://www.medicare.gov/find-a-plan>.

Source: CMS.gov Centers for Medicare & Medicaid Services

**Court Tower Staff**  
**Bob Poeschl: Property Manager**  
 920-303-5400 [bobp@ohawcha.org](mailto:bobp@ohawcha.org)  
**Jane Spietz: Social Service Coordinator**  
 920-424-1483 [janep@ohawcha.org](mailto:janep@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 October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 FREEDOM FROM SMOKING CLASS 1:30 - 3:00 PM	3	4 	5	6
7	8 <i>Columbus Day</i> FIRE ALARM TESTING 1:00-2:00 PM	9 BUG DAY 10TH FLOOR 9:00 AM - NOON/ FREEDOM FROM SMOKING CLASS 1:30 - 3:00 PM	10 MOVIE NIGHT 6:00 PM 	11 FREEDOM FROM SMOKING CLASS 1:30 - 3:00 PM	12 	13
14 	15 12TH & 13TH FLOOR INSPECTION 1:00 - 4:00 PM	16 FREEDOM FROM SMOKING CLASS 1:30 - 3:00 PM	17 LECTURE 1:00 PM MOVIE NIGHT 6:00 PM	18 FLU SHOT CLINIC 9:00 - 11:00 AM 	19	20
21	22 OHA BOARD MEETING 3:30 PM	23 FREEDOM FROM SMOKING CLASS 1:30 - 3:00 PM	24 REGIONS AFFORDABLE HOUSING INSPECTION 2:30-4:00 PM MOVIE NIGHT 6:00 PM	25 BINGO 2:00 PM 	26	27 
28	29  BIRTHDAY PARTY 3:00 PM	30 FREEDOM FROM SMOKING CLASS 1:30 - 3:00 PM	31 <i>Halloween</i>  MOVIE NIGHT 6:00 PM		<b>Court Tower Walk for Health Group:</b> The group meets in the 1st Floor Lobby on Mondays, Wednesdays, and Fridays at noon. Everyone is welcome to join in the fun!	