



December 2018

River Cities Chronicle

Foxview Manor (Omro) & Riverside Apartments (Winneconne)

Vol 8 Issue 12



Riverside: Monday,

December 17th At 1:00pm

Foxview: Thursday, December 20th at 1:00pm

Menu: Chicken & ham with all the fixings! Let's not forget the Holiday cookies & egg nog

Door Prizes!

Food will be catered in by Uptown Catering

Come enjoy food, fellowship and good-old fashion holiday fun!!

Sign up by Thursday
December 13th !



Debunking the Myths of Older Adult and Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most [falls can be prevented](#)—and you have the power to reduce your risk. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults [fall every year](#) in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won’t fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

Myth 5: Muscle strength and flexibility can’t be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an [exercise program](#). Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn’t increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don’t need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a [fall prevention program](#) in the community, or setting up a vision exam.

Information from the National Council on Aging - www.ncoa.org



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

Open Office Hours:

Foxview Manor

Monday	Tuesday	Wednesday	Thursday	Friday
Erin: by ap- pointment only	Erin: 9:00am — 11:30am	Wendy: 8am — noon	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: 12:30pm — 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



Holiday Word Search Challenge

Solve each clue to reveal the holiday-related words to find
in the puzzle going across, down, and diagonal.



- December 25th holiday: _____
- Jolly man in red suit: _____
- Hung by the chimney: _____
- December holiday celebrating African-American heritage: _____
- Family customs passed down to next generation: _____
- Kwanzaa candle holder: _____
- Hung on a door at Christmas: _____
- Jewish Festival of Lights: _____
- Special Jewish candelabra: _____
- Red and white striped Christmas sweet: _____
- A wax light that is used as a ceremonial symbol of many holidays: _____
- Number of days of Hanukkah: _____
- Santa's vehicle: _____
- Kwanzaa feast: _____
- Gifts given on the last day of Kwanzaa: _____
- Christmas songs: _____
- Potato pancakes: _____
- They pull Santa's sleigh: _____



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

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**Bonus: Find 5 more holiday words hidden
in the word search grid**



Activity Calendar for Riverside Apartments



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Start of Hanukkah 11am—5pm Community room reserved for private function	3 National Disability Day	4 12:30pm Pokeno	5 6:30pm Bible Study	6 Bug Day (Apt # 109, 209, 309) 12:30pm Polish Poker	7 Pearl Harbor Day Remembrance 8:00am Birthday Coffee Hour 3:00pm Bingo	8
9	10 Hanukkah ends 1:00pm Fire Alarm Testing ERIN OFF	11 Nelda Niemuth's birthday 12:30pm Pokeno	12 6:30pm Bible Study	13 12:30pm Polish Poker	14 8:00am Coffee Hour	15
16	17 1:00pm Holiday Party	18 12:30pm Pokeno 3:00pm WCHA Board meeting	19 3:00pm Bingo 6:30pm Bible Study	20 12:30pm Polish Poker	21 Winter Solstice—shortest day of the year 8:00am Coffee Hour WENDY OFF	22 11am—8pm Community Room reserved for private
23	24 Christmas Eve OFFICE CLOSED 1pm—6pm Community Room reserved	25 Christmas Day OFFICE CLOSED	26 Kwanzaa starts 6:30pm Bible Study	27 12:30pm Polish Poker	28 8:00am Coffee Hour WENDY OFF	29
30	31 New Year's Eve Harry Sobanksi's birthday WENDY OFF					

Activity Calendar for Foxview Manor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Start of Hanukkah	3 National Disability Day	4	5	6 Bug Day (Apt # 109, 209, 309) Piggly Wiggly Delivery	7 Pearl Harbor Day Remembrance 10:00am Nurse Open Office Hour	8
9	10 Hanukkah ends ERIN OFF	11 Beautician will be @ FV 1:00pm Fire Alarm Testing	12 3:00pm Bingo & b-day party to follow	13 6:00pm Game Night	14	15
16	17	18 3:00pm WCHA Board meeting @ Marian Man-	19	20 Piggly Wiggly Delivery 1:00pm Holiday Party	21 Winter Solstice—shortest day of the year WENDY OFF	22
23	24 Christmas Eve OFFICE CLOSED	25 Christmas Day OFFICE CLOSED	26 Kwanzaa starts Monica Reitz's birthday	27 6:00pm Game Night	28 Jacqualine Lucas's birthday WENDY OFF	29
30	31 New Year's Eve WENDY OFF					