



Thanksgiving Word Search



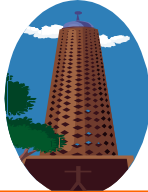
TURKEY
PIE
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FAMILY
PARADE
GOBBLE
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THANKFUL
FOOTBALL
NOVEMBER
AUTUMN

Resident Meeting
Monday, November 12 at 3:00 PM
Sandy Toland from the Oshkosh Public Library will be talking about the Library's programs and services. Everyone is welcome to attend.

Holiday Office Hours
 The Housing Authority offices will be closed on Thursday, 11/22 and Friday, 11/23 for the Thanksgiving Holiday.
 Happy Thanksgiving to everyone!



Tower Times



Volume 7, Issue 11
November 2018

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



GENERAL ELECTION Tuesday, November 6, 2018
The polls will be open from 7:00 am – 8:00 pm.



Court Tower's polling place is Ward 9, District 5 at Trinity Evangelical Church, 370 Bowen Street, Oshkosh. An acceptable photo ID is now required to receive a ballot in all elections. Examples of acceptable photo IDs and sample ballots are posted on the bulletin board and in the Café. Please contact Jane with any questions.



Father Carr's Place 2B Home Delivered Thanksgiving Meals

Father Carr's Place 2B volunteers will be delivering home cooked meals on Thanksgiving Day Thursday, 11/22/18 from 10:30 AM - 12:30 PM. If you would like a Thanksgiving Day meal delivered to your apartment, please sign up on the clipboard in the Café. The deadline to sign up is Sunday, 11/18/18.

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Waite Rug Place



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.



Nurses Notes

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.

provide a copy to the main office when you receive it. Thank you.


Pick up the Dog DO-DO

Residents with dogs please remember to pick up your dog’s little surprises when taking them outside. No one likes stepping in DO-DO. Please DO right thing, scoop it up and dispose of it.


Late Rent Fee and Flat Rent Notice

In November, you will receive a notice that you will have to sign and return. It will inform you that there will a Late Rent Charge of \$15.00 for all rent received after the 5th of every month. It will also inform you of what flat rent is and what it will be for an efficiency and 2 bedroom apartment.


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




Medicare Presentation
11/26/18 at 2:00 PM
Court Tower Theater



Local insurance professional Raymond Loth will be talking about Medicare coverage, eligibility, and availability. This is a no obligation, non-sales educational event. Everyone is encouraged to attend.



Mindfulness Class at Court Tower
Tuesday, November 13, 2018
1:30 - 2:00 PM
1st Floor Community Room



Occupational Therapy Assistant students from Fox Valley Technical College will be in the 1st floor Community Room from 1:30 - 2:00 PM on November 13th to lead residents in a mindfulness and stress reduction activity. They will be providing cookies and beverages during this time for participants. Everyone is welcome to join in. Please sign up on the sign-up sheet in the Café if you’re interested in attending. For additional information, please keep an eye out for the flyer posted on the bulletin board.

Manager’s Corner

Snow Removal Policy

It is the time of year when it can begin to snow at any time. Please consider this reminder about our policy. Please have all vehicles removed from parking areas (East side of Court Tower and the back side of the first set of Otter Street garages) by 12:00pm on weekdays when snow is greater than 2 inches. Ultimately, if you have a garage, you are responsible to clear snow from the direct area in front of your garage. As a courtesy, and when we can, maintenance will remove snow 1-2 feet in front of every garage.

Turn On Your Heat!

Residents - change your “system mode” on the temperature control that is located on the wall by your laundry closet. We suggest you change it to “Heat”. We realize that understanding the temperature control may be challenging for some residents. If you feel that you need assistance with this, please fill out a purple work order and provide it to the main office. Josh or Bob will respond to your request. Here are the instructions if you wish to do it yourself:

How to turn on your “HEAT” setting

- Press Menu
- Press No
- Should read “Sys Mode”
- Press Yes
- Push triangle buttons until it reads “HEAT”
- Press Yes
- Press Yes again to exit

Clear the Area!

Please clear the area in front entry by the heat exchange. There should be nothing in front of it. This will make easier for maintenance to change filters and to do repairs as needed.

If you get Social Security Or Supplemental Security Income, You are getting a Raise!

Monthly Social Security and Supplemental Security Income (SSI) benefits will increase 2.8% in 2019, the Social Security Administration has announced. The 2.8% cost-of-living adjustment (COLA) will begin beneficiaries in January 2018. Credit: www.ssa.gov

You will receive a proof of benefits letter in late December or early January. Please

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

Submitted by Lori Duclon, RN

REMINDER: Medicare Open Enrollment: 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.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or Medicare.gov. 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
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














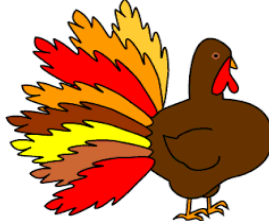
Court Tower Office Hours
 OPEN: Monday–Thursday 8:00am - 10:00am,
 2:00pm - 4:30pm
 Friday 8:00am - 12:00pm
 Please build your needs around these times. Note: These times are not bound to emergencies. Always report emergencies. Staff is willing to schedule appointments anytime during the business day.

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 November 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! | | November  | | 1 | 2 | 3  |
| 4 Daylight Savings Time Ends  | 5 | 6 GENERAL ELECTION 7 AM - 8 PM  | 7 MOVIE NIGHT 6:00 PM  | 8 | 9 | 10 |
| 11 Veterans Day  | 12 FIRE ALARM TESTING 1:00-2:00 PM / RESIDENT MEETING 3:00 PM | 13 BUG DAY 11TH FLOOR 9:00 AM - NOON/ MINDFULNESS PROGRAM 1:30 - 2:00 PM | 14 MOVIE NIGHT 6:00 PM  | 15 | 16  | 17 |
| 18 | 19 14TH FLOOR INSPECTION 1:00 - 4:00 PM | 20 | 21 MOVIE NIGHT 6:00 PM  | 22 Thanksgiving  | 23 HOUSING AUTHORITY OFFICES CLOSED | 24 |
| 25  | 26 MEDICARE PRESENTATION 2:00 PM / OHA BOARD MEETING 3:30 PM | 27 BINGO 2:00 PM  | 28 MOVIE NIGHT 6:00 PM  | 29 | 30 |  |