

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

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December 2018

Volume 8, Issue 12



# HOLIDAY PARTY

Wednesday, December 12th



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

Sign up by December 7, 2018

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

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](http://www.ncoa.org)*

## **ADVOCAP Noon Meal Site**

Many of you might not know all about this program, but with all the new people moving into Raulf Place, I thought it would be a good refresher. We are lucky enough to have a noon meal site at Raulf Place and we would love to make sure everyone knows how to sign up for meals if they so choose.

The meal site is run by ADVOCAP and are not Housing Authority personnel. They provide a hot and balance lunch meal 5 days per week. You have the option to order frozen meals for the weekend as well. Each meal site has their own meal site manager. You must sign up for a meal at least 24 hours in advance. Many regulars to the meal site will eat 5 days a week or pick and chose off the monthly menu when they will eat.

If you are a person with a disability or over the age of 62 years young, then you qualify to pay a donation for each meal. Basically, you can pay what you can afford. We encourage everyone to pay something for the meal but you will not be turned away due to inability to pay. There are several different ways to pay for your meal. You can pay it directly to the meal site manager, you can elect to get a letter mailed to you or your payee once per month or you can use your Food Share benefits toward the cost of your lunch. Many forget about this option. If you would like your Food Share benefit to go toward the cost of your meal, you will need to talk to the main office of ADVOCAP so the correct paperwork can be mailed to you to fill out.

If you are interested in trying a meal, you should have received a free meal coupon in your lease packet. You will need to complete a few simple pieces of paperwork to get you into the program (which Erin can help you fill out if you need assistance) and tell the meal site manager when you would like to start.

Even if you have come in the past but stopped coming for whichever reason, it is an awesome time to start again! The new meal site manager is doing an awesome job creating a relaxed and enjoyable eating experience.

## **Flat Rent Changes starting January 1, 2019**

Most everyone that lives in the building uses the income based rent calculation for their rent which means they pay 30% of their household income toward rent every month. However, those who might make a little bit more money per month have the option to use flat rent instead of income based rent. This flat rent is changing starting the beginning of the year. For a 1-bedroom apartment, the new flat rent amount will be \$485 and the 2-bedroom flat rent will be \$616. **REMEMBER, THIS ONLY AFFECTS THOSE WHO PAY FLAT RENT!** Please talk to Wendy if you have any questions or concerns about this change.

## **What do I do when the fire alarm goes off?**

If you are physical able to leave the building when the fire alarm goes off, it is required by LAW that you evacuate the building. You should be leaving the building and congregating in the parking lot by Jefferson St. You will face a fine of \$232 if you are not leaving the building if you are able. If you are not physically able to leave, you will need to get a letter from your doctor stating such and turn it into the office. This is the only way you are permitted to stay in the building once the alarms go off. This includes for fire alarm testing and when it goes off at other times of the month. If you have questions, talk to Wendy.



## Homemade Rug for Sale

\$35

If you are interested, talk to Juanita  
#714

## A Sad Goodbye

As many know, Harvey will be retiring shortly so we held a surprise going away party for him for everyone to show our appreciation for all his years of hard work. He will be greatly missed by residents and staff alike!



## Snow Removal



It is the tenant's responsibility to move his/her car to plow the parking lot. The Housing Authority will not plow unless there is more than 2 inches of snow. Signs will be posted in the building when we will be completing a full plow. You will have to make sure that your vehicle is out of the parking lot by 11:00am. During the weekends, the snow plow will come through just to plow a path through the middle of the lot but will not complete a full plow. We will not plow until the snow has stopped falling. At that time, we will do a complete snow plow (when cars have to be moved out of the parking lot) the next morning after the snow stops. You will be given a couple warnings if you do not move your car when you are supposed to do so. If we have warned you a couple times and you continue to not move your car, you will be ticketed and towed at your own expense. It is important that you make sure you keep your vehicle operational all winter long so that you can move

your car on plow days. If you have any questions on the snow removal policy, please talk to Wendy.

# 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



# 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: \_\_\_\_\_



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

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



# Activity Calendar for Raulf Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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<b>2</b> Start of Hanukkah	<b>3</b> National Disability Day  10:30am Chair Exercise Group (ER)	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Pearl Harbor Day Remembrance	<b>8</b> 9:30am Coffee Hour
<b>9</b>	<b>10</b> Hanukkah ends 10:30am Chair Exercise Group (ER)  <b>ERIN OFF</b>	<b>11</b> Bug Day (8th floor)	<b>12</b> 1:00pm Holiday Party (CR)	<b>13</b> New Library books from Oshkosh Library (L)	<b>14</b>	<b>15</b> 6:00pm Bingo & potluck
<b>16</b>	<b>17</b> 10:30am Chair Exercise Group (ER)  3:30pm OHA	<b>18</b>	<b>19</b> 2:00pm Fire Alarm Testing	<b>20</b>	<b>21</b> Winter Solstice—shortest day of the year  <b>WENDY OFF</b>	<b>22</b>
<b>23</b>	<b>24</b> Christmas Eve  <b>OFFICE CLOSED</b>	<b>25</b> Christmas Day  <b>OFFICE CLOSED</b>	<b>26</b> Kwanzaa starts	<b>27</b>	<b>28</b>  <b>WENDY OFF</b>	<b>29</b>
<b>30</b>	<b>31</b> New Year's Eve 10:30am Chair Exercise Group (ER)  <b>WENDY OFF</b>	(ER) = exercise room (2nd floor) (T) = theater (3rd floor) (MM) = Marian Manor (600 Merritt) (CR) = Community Room (2nd floor) (L) = Library (2nd floor)				