



WINTER WORD SEARCH

FIND THE WORDS!



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

BOOTS
COLD
FREEZING
HAT
SCARF
SLEDDING
SNOWFLAKE

CHRISTMAS
DECEMBER
FROST
ICE
SHOVEL
SNOWANGEL
SNOWMAN

COAT
FEBRUARY
GLOVES
JANUARY
SKIING
SNOWBALLS
WINTER




Tower Times



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



Holiday Office Hours

The Housing Authority offices will be closed on Monday, 12/24; Tuesday, 12/25; and Tuesday, 1/1/19 for the Winter Holidays.

Happy Holidays to everyone from Josh, Linda, Bob & Jane!

Court Tower Resident Holiday Party

Tuesday, December 11, 2018
4:00 - 6:00 PM
1st Floor Community Room

Door prizes will be given out.
 The sign up sheet is in the Cafe. Please sign up by Wednesday, December 5.
 Come join us for some holiday fun!



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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



Avoiding Holiday Depression

There is no reason to wait until depression happens to act on it, because there are approaches that can help prevent and minimize the symptoms. Generally, what can help is not being too hard on yourself for the difficulty you may be experiencing. Try to:

- *Keep a regular schedule and build in breaks. Adequate rest is crucial, especially during the hectic holiday season.
- *Avoid feeling guilty for picking and choosing which holiday gatherings you can attend.
- *Make sure you get regular exercise. Unfortunately, it's typical for people to stop doing the healthy things they usually do because of holiday activities and the inclement weather. Make exercise a top priority, even it's only twenty minutes each day.
- *Avoid overeating at every meal. Save indulging for special meals, like the big family dinner or the pot luck at work. Balancing indulgence with light, healthy meals will help you feel less lethargic and improve digestion.
- *Be careful about the amount of alcohol you drink.

Remember that the real meaning of the holidays is to be thankful for what you had, what you have now and what the future will bring. Be honest and recognize that the holidays may not be the same as they once were. Talk with people you trust about how you are feeling. You can also find a support group, where you can discuss your thoughts with those who are facing similar difficulties. It may be wise to make an appointment with your doctor as well. He or she can suggest medications and other options to help you feel better.

<https://www.agingcare.com/Articles/dealing-with-holiday-depression-108018.htm>

Submitted by Lori Duclon, RN

debit directly from the customer's checking or saving account for the purpose of bill payment. This is the preferred method to pay your rent. If you are interested in this option, please come to the main office to fill out the proper paperwork.

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

NEED MONEY FOR COLLEGE? WAHA 2019 Scholarship Program

So, you want to go to college, but you're not sure how to pay for it? We may be able to help you realize your dream of a college education, financial security and a satisfying career. The Wisconsin Association of Housing Authorities (WAHA) is proud to announce their 2019 scholarship program which will be awarded to four deserving applicants, and one of them could be you!

WAHA is offering two \$1,000.00 scholarships for full time students (12 or more credits per semester) and two \$500.00 scholarships to two deserving part time students (6-11 credits per semester). Applicants must have a cumulative GPA of 2.75 or higher, must be participants or household members of subsidized housing in Wisconsin and planning to attend college while living in their home.

WAHA scholarships are open to graduating high school seniors as well as those already attending a 2-year or higher accredited public or private institution in the State of Wisconsin offering an associate or undergraduate degree. The deadline for submitting an application is 4:30 p.m. on Monday, January 07, 2019. Winning applicants will be notified in early March 2019.

Also, the Oshkosh and Winnebago County Housing Authorities are again encouraging the pursuit of higher education with an additional reward for those applying for scholarships. An applicant who wins the local competition at the Authority will receive an additional \$100.00 scholarship. Applicants who are selected as district winners will be awarded an additional \$250.00, and any local applicant who wins the WAHA award will receive an additional \$500.00 scholarship. WHAT A BONUS!

If you are a resident in a Housing Authority subsidized housing program with a desire to continue your education, you can get a scholarship application at <http://www.wahaonline.org/waha-scholarship/>, the 2nd floor reception desk at the Oshkosh/Winnebago County Housing Authority, 600 Merritt Ave, Oshkosh, Monday – Thursday from 8:00 a.m. – 4:30 p.m., Friday from 8:00 a.m. - noon or from your property manager.

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.

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

Lock Your Windows in the Winter

Please completely lock your windows in the winter months. This will reduce the amount of cold air coming in from windows because it will create a tight seal. This will help save energy also.

2019 Flat Rents

Every year the HA needs to publish its Flat Rent rates per unit size. Please read the chart below and come see me if you have any questions.

Unit Size	0 Bedroom	1 Bdrm	2 Bdrm	3 Bdrm	4 Bdrm	5 Bdrm
Current Flat Rent	448	483	612	816	1036	1191
Jan. - Dec.	448	485	616	825	1041	1198

December 2019

Looking for Key Keepers

I am looking for one-two residents who are willing to become key keepers. Key Keepers are residents who can let residents into their units if they are locked out and for basic health and safety checks that may take place after business hours. If you are interested or have questions, please come see me.

Pay your rent through ACH

ACH payments are electronic payments that are created when the customer gives an originating institution, corporation, or other customer (originator) authorization to



Father Carr’s Place 2B Home Delivered Holiday Meals

Father Carr’s Place 2B volunteers will be delivering home cooked meals on Christmas Day Tuesday, 12/25/18 from 10:30 AM - Noon. If you would like a Christmas Day meal delivered to your apartment, please sign up on the clipboard in the Café. The deadline to sign up is Tuesday, 12/18/18.

It’s the Thought that Counts

It’s not unusual to want to give a gift during the holiday season to someone you like or someone who has helped you during the past year. Just remember, it is the policy of the Housing Authority that Housing Authority employees are **NOT** allowed to accept gifts from those we serve. Our staff asks that you not give gifts to them as they do not want to put anyone in an uncomfortable situation or hurt anyone’s feelings by not accepting a gift.



If you want to show your appreciation to staff during the holiday season, a simple, “Thank you. I’m glad you are here”, or a note to our supervisor stating your appreciation goes a long way in spreading your warm holiday wishes.

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 bbp@ohawcha.org
Jane Spietz: Social Service Coordinator
 920-424-1483 jan@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.

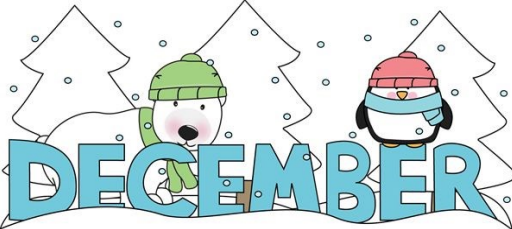











Nurse Open Hour at Court Tower in Room 405
 Tuesdays: 1:00 - 2:00 PM Lori

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 December 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 <i>Hanukkah begins</i> 	3	4	5 MOVIE NIGHT 6:00 PM 	6	7	8 
9 	10 <i>Hanukkah ends</i> FIRE ALARM TESTING 1:00-2:00 PM	11 BUG DAY 12TH FLOOR 9:00 AM - NOON/ HOLIDAY PARTY 4:00 PM	12 MOVIE NIGHT 6:00 PM 	13	14	15
16	17 2ND FLOOR INSPECTION 1:00 - 4:00 PM/ OHA BOARD MEETING 3:30 PM	18 <i>Kwanzaa begins</i> 	19 MOVIE NIGHT 6:00 PM 	20	21 <i>Winter Begins</i> 	22
23	24 HOUSING AUTHORITY OFFICES CLOSED	25 <i>Christmas</i> 	26 <i>Kwanzaa begins</i> MOVIE NIGHT 6:00 PM	27	28	29 
30	31 <i>New Year's Eve</i>					