

New Year's Word Search Puzzle

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

BEGINNING REFLECTION
 CALENDAR RESOLUTION
 CARDS RIBBON
 CELEBRATION SNOW
 COLD TOAST
 CONFETTI WINE
 END
 FIREWORKS
 GLASSES
 GREETINGS
 IN
 MIDNIGHT
 NEW
 OLD
 OUT

Tower Times



Volume 8, Issue 1
 January 2019

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

Holiday Office Hours

The Housing Authority offices will be closed on Tuesday, 1/1/19 for the New Years Holiday.



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2018 Rent Certificates and Homestead Credit Preparation

The 2018 rent certificates will be delivered to the Court Tower office at the end of January. A team of volunteers will be coming to Court Tower in late January or early February to help complete Homestead Credit forms. The exact date will be announced in the near future. An appointment sign up sheet will be available in the office prior to that.

If you are planning on having the volunteers complete your Homestead forms, we encourage you to keep your rent certificate in the office so you don't have to worry about misplacing it. The rent certificate will be in the office for you to pick up if you are planning on doing your Homestead yourself or having someone else help you with it.



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

Personal Hygiene and Its Importance to Aging Adults

Personal hygiene is one of those things that means different things to different people but everyone agrees it is important. Each aspect of hygiene listed below is important in different ways:

- Hygiene means handwashing and safe food preparation
- Hygiene means effective bathing
- Hygiene means taking care of your teeth and gums
- Hygiene is also grooming such as skin and nail care.

Taking a good bath or shower is not a luxury, but a necessity. Proper cleansing removes bacteria that causes odor and possible infections. Checking over your body regularly when you shower or bath keeps you aware of any irregularities and finding issues early gives you the best chance of curing them. Mobility and balance issues may make bathing a problem and at that point help should be sought out. Bathing help is one of the top things Home Health Aids are hired for. Do not let pride get in the way of all the positives of bathing and get help if you need it.

It may become harder to keep up good hygiene as you age. If you find yourself becoming forgetful post reminder signs at every sink. Use safety chairs and grab bars in the tub or shower to make bathing easier and safe. As we age, our senses often become less acute. We're aware of hearing loss and changes in our eyesight. However, we sometimes forget that the sense of smell and taste for that matter, may have diminished. Have you ever wondered why the elderly lady in the elevator smells as though she bathed in perfume? It could be that she has diminished sense of smell. This also means that an elderly may not be aware of sweaty smell. Some gentle hints may help here, though it can be a sensitive topic.



Health and Hygiene go hand in hand and are equally important at any age. Aging adults face a double whammy because they are more susceptible and

Oshkosh Area Community Pantry Re-enrollment for 2019

Beginning January 2, 2019, the Oshkosh Area Community Pantry (OACP) will be re-enrolling all clients to be sure they have accurate information in their database. On your first visit in 2019, please be sure to bring:

- Proof of address (ex: a piece of mail with your current address)
- Identification for every person in the household. Some things that could be used are a driver's license, State ID, birth certificate, Social Security card, insurance cards, or passports.
- The Pantry staff will also be asking each client to self-declare if they are at or below TEFAP (The Emergency Food Assistance Program) income eligibility guidelines.

This will be required for all current and new clients.



Free Tax Preparation
Tax Assistance Appointments
Oshkosh Seniors Center South Building,
200 North Campbell Road, Oshkosh WI 54902
January 24 through April 12, 2019
Thursdays & Fridays, 8 AM - 3:30 PM
(last appointment scheduled at 2:30 PM)
Appointments are required!

Beginning Wednesday, January 2, 2018 you may call 920-426-0150 to set up your appointment. Appointments cannot be made by the Oshkosh Seniors Center.

The Tax Assistance program provides help to low and middle income taxpayers over 60. Volunteer counselors assist individuals with preparation of their tax returns in accordance with the guidelines established between the IRS, AARP, and VITA. Please allow adequate time for your appointment. Delays may occur.

Please note: because of a change in tax laws, you will no longer be able to pick up your intake sheet prior to your appointment.

Advocap Meal Site Update at Court Tower Apartments

January menus are now available. A reminder of the new serving time that will go into effect in January. We will serve 11:00 AM - Noon Monday - Friday.

Please call 920-420-1994 if you need to cancel a meal or to make a reservation. Leave a message if no answer.

For the health and safety of others, please refrain from bringing your jacket into the dining area. Please leave jackets in apartments or lobby. Thank you for your cooperation.

Thank you,

Sheri Bradshaw

Advocap Meal Site Manager at Court Tower Apartments



Resident Meeting



The Court Tower Resident Meeting will be held on Monday, January 14th at 3:00 PM in the 1st Floor Community Room. Everyone is welcome and encouraged to attend.

Snow Removal Policy Reminder

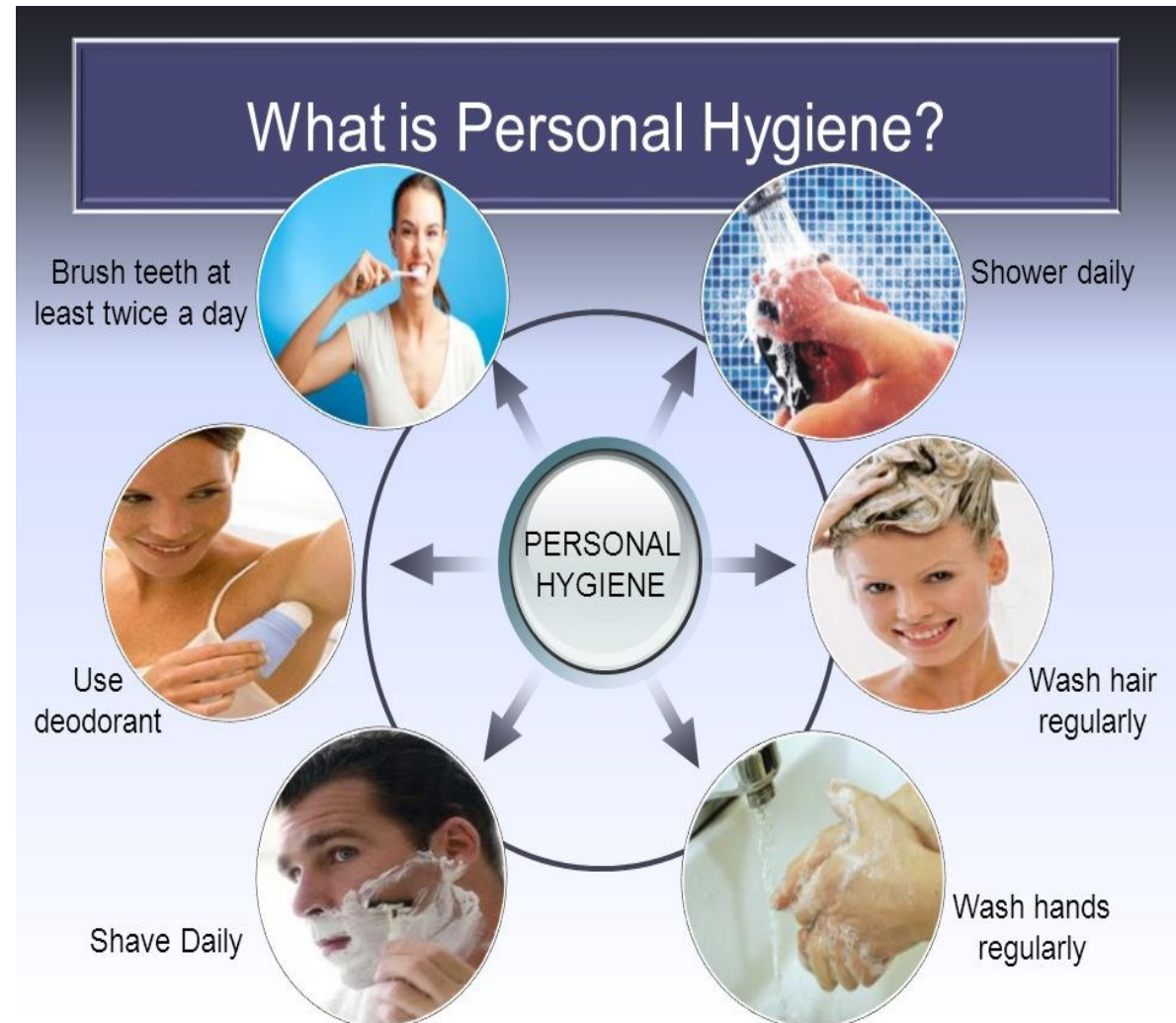
It is the time of year when it can begin to snow at any time. Please consider this reminder about our policy. Please have all vehicles removed from parking areas (East side of Court Tower and the back side of the first set of Otter Street garages) by 12:00pm on weekdays when snow is greater than 2 inches. 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.



to maintain good hygiene to keep healthy.

Information from miamihomecareservices.com/blog/personal-hygiene-and-its-importance-for-seniors/

Submitted by Lori Duclon, RN



Lecture

The January Court Tower lecture will take place on Thursday, 1/24/19 at 2:00 PM in the Theater. The topic will be "The Old Fairgrounds: A Photographic Journey." Everyone is welcome to attend this interesting talk!

Court Tower Staff
Bob Poeschl: Property Manager
 920-303-5400 bobbp@ohawcha.org
Jane Spietz: Social Service Coordinator
 920-424-1483 janesp@ohawcha.org
Josh Wendt: 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 January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day 	2 MOVIE NIGHT 6:00 PM 	3	4 	5
6	7	8 BUG DAY 13TH FLOOR 9:00 AM - NOON	9 MOVIE NIGHT 6:00 PM 	10	11	12 
13 	14 FIRE ALARM TESTING 1:00-2:00 PM / RESIDENT MEETING 3:00 PM	15	16 MOVIE NIGHT 6:00 PM 	17 RESIDENT BIRTHDAY PARTY 3:00 PM 	18	19
20	21 Martin Luther King Jr. Day 3RD FLOOR INSPECTION 1:00 - 4:00 PM	22	23 MOVIE NIGHT 6:00 PM 	24 LECTURE 2:00 PM "The Old Fairgrounds: A Photographic Journey"	25 	26
27	28 OHA BOARD MEETING 3:30 PM	29	30 MOVIE NIGHT 6:00 PM 	31	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!	