



# Valentine's Day

February 14th

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

ADORE  
AFFECTION  
ARROW  
BE MINE  
BELOVED  
BOYFRIEND  
CANDY  
CHAMPAGNE  
CHERUB  
CHOCOLATE

CUPID  
DARLING  
DEAREST  
FLOWERS  
GIFTS  
GIRLFRIEND  
HEARTS  
HUG  
I LOVE YOU  
KISS

LOVE  
PINK  
POEM  
RED  
ROMANCE  
ROSES  
SWEETHEART  
VALENTINE



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## Spring Primary Election

Tuesday, February 19, 2019



The polls will be open from 7 am – 8 pm. Court Tower's polling place is Ward 9, District 5, Trinity Evangelical Church, 370 Bowen Street. A photo ID is now required to receive a ballot in all elections.



# Tower Times



Volume 8, Issue 2  
February 2019

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

### Homestead Credit Preparation

Monday, February 4, 2019 beginning at 8:00 AM

Please sign up for an appointment time on the sign-up sheet located in the Court Tower Office during office hours or by appointment.

We encourage you to keep your rent certificate in the office so you don't have to worry about misplacing it before February 4. Jane will be handing them out as residents go in for their appointments.

Please be on time for your Homestead Credit appointment. The appointments tend to run well ahead of schedule, so be prepared to come earlier than your scheduled time.

Be sure to bring all of the required documents to your appointment. For a complete list, see the notices on the bulletin board and in the Café.

Please contact Jane Spietz at 920-424-1483 with any questions.

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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](mailto:janes@ohawcha.org).

Submissions to the newsletter should be received by the 20th of the month.



## Nurses Notes

### 10 Relaxation Techniques That Zap Stress Fast

Relax. You deserve it, it's good for you, and it takes less time than you think.

Each of these stress-relieving tips can be done in less than 15 minutes.



#### 1. Meditate

A few minutes of practice per day can help ease anxiety. It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

#### 2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth. "Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure," psychologist Judith Tutin, PhD, says. She's a certified life coach in Rome, GA.

#### 3. Be Present

Slow down. "Take 5 minutes and focus on only one behavior with awareness," Tutin says. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.

"Simply be aware of places you feel tight or loose without trying to change anything," Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

#### 4. Reach Out

Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

#### 5. Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

#### 6. Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a

### Easy Nutritious Tuna Salad

#### Ingredients:

- \*1 can of tuna \*2 Tbs. olive oil, vegetable oil, or your favorite dressing
- \*1 medium tomato \*1 cup chopped lettuce
- \*Chopped Vidalia or other sweet onion, to your taste

#### Directions:

1. Put one can of tuna (drained) in a medium sized bowl. Flake with a fork.
2. Add 1 medium tomato (diced), 1 cup chopped lettuce, minced sweet onion to taste, salt and pepper (optional).
3. Toss and add about 2 Tbs. olive oil, vegetable oil, or your favorite dressing.

Submitted by Chris Wittmer.



### 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.

## Manager's Corner

### 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 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.

### Snow removal policy

The snow is flying! 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 12:00 pm on weekdays when snow is greater than 2 inches. This will allow our crew to remove snow from those areas thus reducing any slip or fall hazards. Ultimately, if you have a garage, you are responsible to clear snow from the direct area in front of your garage.

### Renew your Pet License

If you are a pet owner at Court Tower Apartments, you are required to get a pet license for your pet every year. You do this by making sure that your pet is up to date on its rabies and other vaccinations with your vet. Your vet will give you a receipt that you need to take to Oshkosh City Hall to get the license. The license fee is \$5.00 before March 31, 2019. After March 31, 2019, it will cost you \$12.00 to license your pet. Oshkosh City Hall is located at 215 Church Avenue, Suite 102, Oshkosh, WI 54901. If you have any questions, you can call 920-236-5024.

### REAC Inspection is scheduled

Court Tower Apartments has been scheduled for a REAC inspection to take place on February 15 (9:00 am - 6:00 pm) and possibly February 16<sup>th</sup>, 2019 (8:00 am - 1:00 pm). This is a very important inspection. We encourage everyone to prepare for it even though only a percentage of units will be inspected. I have already sent out a notice of inspection to every resident that may be inspected.

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

tennis ball or foam roller to massage away tension. "Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure," says Cathy Benninger, a nurse practitioner and assistant professor at The Ohio State University Wexner Medical Center in Columbus.

### 7. Laugh Out Loud

A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.

### 8. Crank Up the Tunes

Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping) and allow your mind to focus on the different melodies, instruments, or singers in the piece.

### 9. Get Moving

You don't have to run in order to get a runner's high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

### 10. Be Grateful

Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life. "Being grateful for your blessings cancels out negative thoughts and worries," says Joni Emmerling, a wellness coach in Greenville, NC.

Use these journals to savor good experiences like a child's smile, a sunshine-filled day, and good health. Don't forget to celebrate accomplishments. When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters.

Information obtained from <https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#3>

Submitted by Lori Duclon RN.



**Court Tower Staff**  
**Bob Poeschl: Property Manager**  
 920-303-5400 [bobp@ohawcha.org](mailto:bobp@ohawcha.org)  
**Jane Spietz: Social Service Coordinator**  
 920-424-1483 [janes@ohawcha.org](mailto:janes@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 February 2019

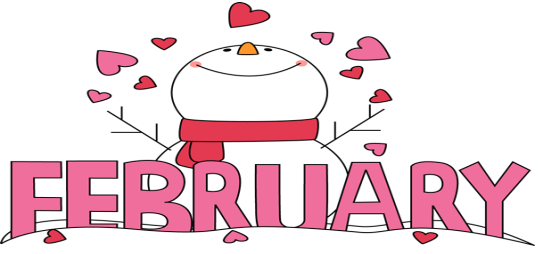



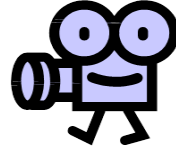









**Court Tower Office Hours**  
 OPEN: Monday–Thursday 8:00am - 10:00am,  
 2:00pm - 4:30pm  
 Friday 8:00am - 12:00pm

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>Groundhog Day</i> 
3 <i>Super Bowl</i> 	4 HOMESTEAD CREDIT PREPARATION 8:00 - 10:40 AM	5 REAC INSPECTION	6 MOVIE NIGHT 6:00 PM 	7	8	9
10	11 FIRE ALARM TESTING 1:00-2:00 PM 	12 BUG DAY 14TH FLOOR 9:00 AM - NOON	13 MOVIE NIGHT 6:00 PM 	14 <i>Valentine's Day</i> 	15 REAC INSPECTION	16
17 	18 <i>Presidents' Day</i> 4TH FLOOR INSPECTION 1:00 - 4:00 PM	19 <i>Spring Primary</i> POLLS ARE OPEN 7 AM - 8 PM 	20 MOVIE NIGHT 6:00 PM 	21	22	23 
24	25 OHA BOARD MEETING 3:30 PM	26  BINGO 2:00 PM	27 MOVIE NIGHT 6:00 PM 	28	<b>Court Tower Walk for Health Group:</b> The group meets in the 1st Floor Lobby on Mondays, Wednesdays, and Fridays at noon.	