



C 2016 Lisa Carey  
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## St Patricks Day Word Find

BYIRELANDFDAOJUCRWMPSCNC  
ERRKSHFWYKWWPOTATOBUYCNK  
EUAWWTLELGTWMIIBBBNPJOXMH  
FBI G DPQSXXPGIISQTI BIF IFS  
SQNRFMLGOBVOSS LKDKWAAFA YI  
VFBEB C DENROCCDYCGNYYGSGQR  
EQOVQPECJLMNHRDNGHSEDEZXI  
WWWORAQRYDDBI EDXGDWNQQHIL  
GLBLOTMJ PZCPEHSBBL CRURGAT  
UZWCIFKPLCCOFPRPCOTASNAAJ  
YLDLDLAEKICEMERALDTLVSLNS  
TSEECKTKFKZXAHUTDZWBBI EOT  
MAIPMUCUCFLDVSSTEOGSSPLEO  
EPPWRI CVP PNI SNPQQOMRJFLQN  
CKCIREMILHIWADOSBSTKDOIIE  
OIDTWMCYLEKKGHTEHVKNNHHMN  
CUA OAPEHREEZGGNIDDUPPHSZR  
XPTRZUVHASAYLJBRFLGTGHVDZ  
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MTKCORMAHSUPAUBAYCKPLMJTY  
LISON EERGLKQMCYGKZJCDDCDU  
HJRKSSZMAWEZMXHZATEAHO OASF

GREEN  
POT  
OF  
GOLD  
IRISH  
EMERALD  
ISLE  
IRELAND  
LEPRECHAUN  
RAINBOW  
LUCKY  
PATRICK  
SAINT  
SHAMROCK  
MARCH  
LIMERICK  
MISCHIEF  
SNAKES  
GAELIC  
HAT  
CABBAGE  
BREAD  
PUDDING  
CORNE  
D  
BEEF

SHEPHERDS  
PIE  
POTATO  
FAIRIES  
CLOVER  
SHILLELAGH  
PARADE  
BLARNEY  
STONE

## Lecture Series: Thursday, March 28, 2019 at 3:00 PM in the Theater

John Scheelk from the River East Neighborhood Association and Court Tower resident Gary Ruedinger will discuss Gary's collection of photos showing Oshkosh during the 1880-1910 era and what is there now. Please plan to join us for this interesting talk!

# Tower Times



Volume 8, Issue 3  
March 2019

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



## Court Tower Resident Meeting Monday, March 11, 2019 3:00 PM in the Theater



Julie Smith and Amanda Naimon from the Oshkosh Downtown YMCA will be here to talk about the many programs that our neighborhood 'Y' has to offer.

Attending resident meetings is a great way to learn about what is happening at Court Tower Apartments and in the community at large.

Everyone is welcome and encouraged to attend.



## Daylight Saving Time

Daylight Savings Time will start at 2:00 AM on Sunday, March 10, 2019. Don't forget to set your clocks ahead on Saturday night March 9!

### IN THIS ISSUE:

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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

### Medication Safety

As we experience illnesses we tend to be on more and more medications. One of the most important factors with medications is safety.

We will start with safety for yourself.



**1. Participate.** Safe medication use is a shared responsibility between you, your doctor, the pharmacist, and other healthcare providers. Know your medications and ask questions if you're not sure how, when, or why to take any drug.

**2. Follow directions.** Always follow your doctor's directions about taking medications. There are often important reasons to take a medication at a specific dose and time.

**3. Keep a list.** A current list of your medications, including the times and reasons you take each one, will help your providers adjust your medications and identify potential interactions. Don't leave out over-the-counter drugs, herbal medications, and supplements.

**4. Be honest if you miss taking your medications.** If you don't tell them, your doctor will think the dose is not enough and raise it, or will prescribe additional medications. Your doctor can help you problem solve if you have difficulties such as remembering, affording or obtaining your medications.

**5. Read prescriptions and labels.** Read new prescriptions before leaving the doctor's office and ask questions if the instructions are unclear. Do the same with labels when you receive the medication and make sure it matches the doctors' orders.

**6. Know what side-effects to report.**

**7. Know what foods/drink may interact with your medication.**

**8. When in doubt, ask.** Your doctor and pharmacist are valuable resources for drug information. The Housing Authority Nurses are here for YOU!

## Recipe: Boxty (Irish Potato Cakes)

### Ingredients:

- \* 2 cups (9 oz.) all-purpose flour
- \* 1 tsp. baking powder
- \* 1 tsp. Kosher or sea salt
- \* 1 cup (8 oz.) mashed potatoes, boiled in salted water (I prefer Idaho potatoes)
- \* 1 1/2 cups (8 oz.) grated, raw potato
- \* 1 cup buttermilk (or more if needed)
- \* Butter for the pan

### Instructions:

1. In a small bowl, place the flour, baking powder and salt; set aside.
  2. In a large mixing bowl, combine the mashed potatoes with the grated raw potato, then add the flour and mix well.
  3. Slowly add the buttermilk and stir gently (do not over mix). The mixture should be like a very firm, thick batter; almost like a dough, so add more buttermilk if needed.
  4. Heat a nonstick frying pan over medium-high heat, and add a pat of butter, just before scooping out some of the boxty batter onto the pan.
  5. Flatten and shape into a nice, round pancake shape and fry until golden brown on the bottom.
  6. Turn and continue to cook until golden brown on top too, turning the heat down if they are browning too quickly.
  7. Continue to add a little butter and fry the boxty until all the batter is finished.
- Serve hot.

Recipe from Christina Conte.



## Free Tax Preparation - Tax Assistance Appointments

Oshkosh Seniors Center South Building,

200 North Campbell Road, Oshkosh WI 54902

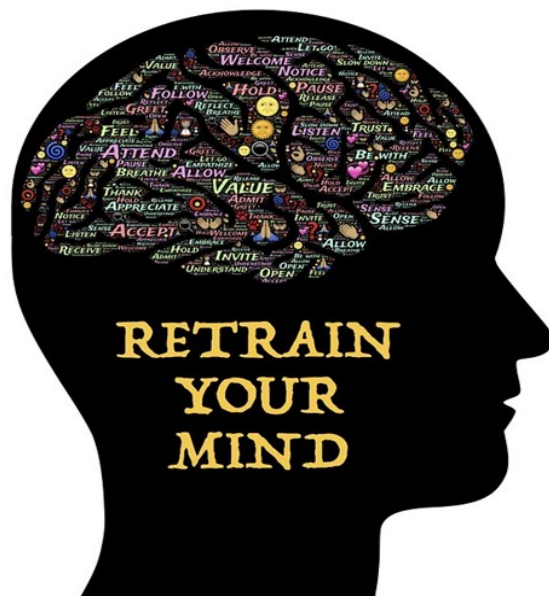
Through April 12, 2019 on Thursdays & Fridays, 8:00 AM - 3:30 PM

Appointments are required. You may call 920-426-0150 to set up your appointment. Appointments cannot be made by the 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.



**Hosted by Occupational Therapy Assistant Students  
of Fox Valley Technical College**



**Where:** Court Tower Theater Room

Everyone is welcome!

Submitted by Teresa Paulus, RN and Lori Duclon, RN,  
your Housing Authority nurses.



## Court Tower Walking Group

All are welcome to join in!





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








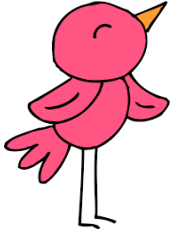




**Court Tower Office Hours**  
 OPEN: Monday–Thursday 8:00am - 10:00am,  
 2:00pm - 4:30pm  
 Friday 8:00am - 12:00pm  
  
 Please build your needs around these  
 times. Note: These times are not bound to  
 emergencies. Always report emergencies.  
 Staff is willing to schedule appointments  
 anytime 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 March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Court Tower Walk for Health Group:</b> The group meets in the 1st Floor Lobby on Mondays, Wednesdays, and Fridays at noon.					1 	2
3	4 	5	6 <b>MOVIE NIGHT</b> 6:00 PM 	7	8	9 <b>SET YOUR CLOCKS AHEAD!</b> 
10 <i>Daylight Savings Time Begins</i> 	11 <b>FIRE ALARM TESTING</b> 1:00-2:00 PM <b>RESIDENT MEETING 3:00 PM</b>	12 <b>BUG DAY</b> <b>2ND FLOOR</b> 9:00 AM - NOON	13 <b>MOVIE NIGHT</b> 6:00 PM 	14	15 	16
17 <i>St. Patrick's Day</i> 	18 <b>5TH FLOOR INSPECTION</b> 1:00 - 4:00 PM	19	20 <i>Spring Begins</i>  <b>MOVIE NIGHT</b> 6:00 PM	21	22	23
24 <hr/> 31	25 <b>OHA BOARD MEETING</b> 3:30 PM	26	27 <b>MOVIE NIGHT</b> 6:00 PM 	28  <b>BINGO</b> 2:00 PM	29	30 