



Name: _____

Easter Fun Word Search

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

BASKET
EGGS
BUNNY
SPRING
CHOCOLATE

GRASS
TULIPS
FLOWERS
CHICK
SUNDAY

DECORATE
JELLYBEAN
HUNT
CANDY
BONNET

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Resident Birthday Party

The Court Tower Resident Birthday Party will be held on Monday, April 29, 2019 at 3:00 P.M. in the 1st floor Community Room. Cake and ice cream will be served! We will be celebrating February, March, and April birthdays. Everyone is welcome!



Tower Times



Volume 8, Issue 4

April 2019

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



National Volunteer Week

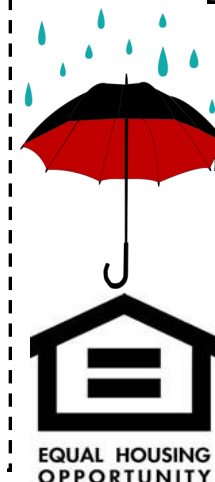
April 7 - 13, 2019

A huge thank you to all of our wonderful Court Tower volunteers! We appreciate all that you do!

If you are interested in volunteer opportunities at Court Tower, please contact Jane.

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EQUAL HOUSING
OPPORTUNITY



Tuesday, April 2
Spring Election
Day



Court Tower residents vote at Trinity Evangelical Lutheran Church, 370 Bowen Street, Oshkosh WI 54901. Enter from the parking lot. Polls are open from 7:00 AM to 8:00 PM.

A sample of the Official Ballot for the City of Oshkosh is posted on the Court Tower 1st floor resident bulletin board.

A photo ID is now required.

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



Spring is here and so is the Flu

It's that time of year when we tend to see more illness such as fever, cough, and cold/influenza-like illnesses. As a reminder, if you are experiencing any of these symptoms, please stay home until you are fever-free for 24 hours. This will help to keep the illness from spreading to others.

Here are some helpful suggestions to help decrease the spread of illness.

- Wash your hands frequently with soap and water for at least 20 seconds in addition to every time after you use the restroom.
- Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cough and sneeze into the inside of your elbow or into tissues, not into your hands. Throw your used tissue into a wastebasket and immediately wash your hands.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to keep an arm spans distance away from people who are sick. People with the flu can spread it to others up to 6 feet away.
- Do not let others visit you if you are sick and do not visit those who are sick.
- Clean and disinfect surfaces or objects. Clean and disinfect "frequently touched" surfaces at home such as door knobs and counter-tops: especially when someone is ill.
- Get a seasonal influenza vaccine and make sure you are up to date on all other immunizations.

Father Carr's Place 2B Home Delivered Meals at Court Tower

Father Carr's Place 2B will be providing a home delivered holiday meal on Easter Sunday, April 21, 2019 for interested Court Tower residents. The meals will be delivered to apartments starting at 10:00 AM and ending by 1:00 PM. The deadline to sign up is Wednesday, April 17. There is a sign up sheet in the Café.



April Lecture #1: Thursday, April 4, 2019 at 2:00 PM in the Theater



There will be a discussion of the upcoming gardening season. John Scheelk from your River East Neighborhood Association and Julie Filapek from the Neighborhood Partners program of Goodwill will be talking about gardening opportunities through the Neighborhood Gardeners Network.



April Lecture #2: Wednesday, April 10 at 2:00 PM in the Theater



John Scheelk 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.



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.



OSHKOSH SENIORS CENTER PRESENTS:

UWO College of Nursing

HEALTH FAIR

MONDAY, APRIL 8, 2019 8-11 am

OSC North Building - FREE



Enjoy a Paraffin
Hot Wax Hand
Treatment



Learn more about:
-Dash &
Mediterranean Diet
-Brain Health
-BMI

Free Sample Snacks!



Learn more about:
-Blood Pressure
-Nutrition
-Normal Pulse Rates

UNIVERSITY OF
WISCONSIN
OSHKOSH
College of Nursing

- Influenza can be treated with antiviral medication within the first 48 hours of symptoms - call your doctor's office if you suspect flu.

Flu is Contagious

Most healthy adults may be able to infect other people beginning the day before the symptoms develop and up to 5 to 7 days after becoming sick. Symptoms start 1 to 4 days after the virus enters the body. Remember to always cover your cough and wash your hands.

Stay healthy! Spring is on its way.

Contributed by Lori Duclon, R.N.



Housing Authority Spring Holiday Office Hours

The Housing Authority offices will be closed on Friday, April 19, 2019 for the spring holiday.



Court Tower Walking Group

The group meets in the 1st Floor Lobby on Mondays, Wednesdays, and Fridays at noon. Walkers then head outside for a stroll around the neighborhood, weather permitting. If conditions are not good, the group will use the 12th floor Fitness Room or walk in the hallways. Everyone is welcome to join in!



Court Tower Staff
Bob Poeschl: Property Manager
 920-303-5400 bobp@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





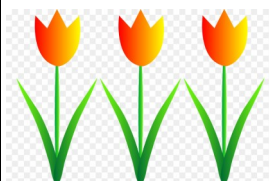




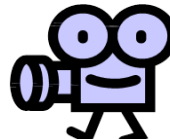


Court Tower Office Hours
 OPEN: Monday–Thursday 8:00am - 10:00am,
 2:00pm - 4:30pm
 Friday 8:00am - 12:00pm
 Please build your needs around these
 times. Note: These times are not bound to
 emergencies. Always report emergencies.
 Staff is willing to schedule appointments
 anytime during the business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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>April Fools Day</i> 	2	3 MOVIE NIGHT 6:00 PM 	4 LECTURE #1 2:00 PM: Neighborhood Gardeners Network	5	6
7 <i>Volunteer Appreciation Week April 7 - 13</i> 	8  FIRE ALARM TESTING 1:00-2:00 PM	9 BUG DAY 3RD FLOOR 9:00 AM - NOON	10 LECTURE #2 2:00 PM: Oshkosh Photos MOVIE NIGHT 6:00 PM	11	12	13 
14	15 6TH FLOOR INSPECTION 1:00 - 4:00 PM	16 BINGO 2:00 PM 	17 MOVIE NIGHT 6:00 PM 	18	19 <i>Good Friday</i> HOUSING AUTHORITY OFFICES CLOSED	20
21 <i>Easter</i> 	22 <i>Earth Day</i>  OHA BOARD MEETING 3:30 PM	23	24 MOVIE NIGHT 6:00 PM 	25	26 <i>Arbor Day</i>  Plant one	27
28	29  RESIDENT BIRTHDAY PARTY 3:00 PM	30	Court Tower Walk for Health Group The group meets in the 1st Floor Lobby on Mondays, Wednesdays, and Fridays at noon.		