

RAULF PLACE'S ***THE UPTOWNER***

May 2019

Volume 9, Issue 5



Dogs on Leashes

For those that have a dog, it is VERY important that you have your dog on a leash when you exit your apartment. This is for your own dog's safety as well as the safety of others, both two legs and four! It is also important that you make sure that you keep your dog within close proximity of you. If you have a retractable leash, you can not let your dog walk through the common areas of the buildings with it fully extended. There are multiple reasons for this which includes:

- You may trip another resident with either your leash or your dog
- You can not safely protect your dog from an aggressive dog or aggressive person
- When fully extended, your dog may enter the elevator before you are ready with the door shutting and the car start moving before you are in the elevator (this has happened!)
- You are not able to control your own dog in case he/she becomes the aggressor

If you stop to talk to someone while you have the dog with you, it is imperative that you either have the dog right by your side or better yet, ask the other person to either go on a walk with you outside the building or go back to your apartment to continue your conversation. You should always be alert of things going around you in the common area when you have your pet and if you are talking with someone this is almost impossible.

The hard part of living in a communal living spaces like Foxview and Riverside is your neighbors may not like dogs or they may be afraid of dogs based on past experiences that are out of your control. Dogs can sense fear and may act on this or worse bite someone. Everyone is advised that if you are bit by a dog (either a another tenants or an outside dog) to call the police to report right away so appropriate actions can be taken. If it is another tenant's dog, please report this to the office after treatment is administered.

Pet Etiquette

So the dog owner has an expected way of controlling their dog in the common area, however everyone else has a responsibility on how to act around pets in the common area as well.

- Do not approach the dog and immediately start petting the dog—You do not know if the dog is friendly, likes to be pet by strangers or if the owner wants you touching their animal. You should always ask the owner before getting close the animal if it would be okay if you pet their animal. If they say no, you need to respect their answer!
- Service Animals—Technically, they are not pets but they are working so it is never permissible to pet or distract the animal from their work. Service animals are typically wearing a vest letting your know they are working and please do not touch.
- Please make sure that you are leaving room of persons with dogs to get on and off the elevator.
- If you are afraid of dogs, it is advised that you try to avoid persons with dog in the common areas to the best of your ability. It is advised the you make the pet owner know that you are fearful so they can take appropriate action as well.

Spring is here! Thinking about doing some spring cleaning.

It is a great time to look in your medicine cabinet and get rid of medications that have expired or you are no longer taking. Medication strength changes over time and is not typically safe after one year.

How can I safely dispose of the medications I no longer need?

It is no longer acceptable to flush or throw away medications in your garbage

Proper disposal removes the medications from your home in a safe way so that others don't have access to it.

Find your local drug Drop locations or ask your Social Worker or Nurse to help you.



Medication Drop-off Guidelines

Empty all your pills you are disposing of into a sandwich-sized sealable bag

Keep all liquids, creams and powders in the original containers

Drop off all bags of pills, liquids, creams and powders at your local drop off locations

What medications do they accept?

All prescriptions and over the counter medications

Pills, creams, ointments, liquids, powders, inhalers and pet medications

What are the things they will not accept?

Sharps, Needles, syringes and lancet



Never put medical sharps in your garbage or recycling

Used and unused sharps must be placed in an acceptable sharps container and taken to a registered collection facility.

Acceptable containers are red sharps containers. If you are unable to get a red sharps container use a heavy-duty plastic container with a tight fitting lid like a detergent bottle

Do not use milk containers, soda cans, glass containers or water bottles

Safe Drug Drop-Off Locations in Winnebago County

Oshkosh Public Safety Building

Neenah Police Department

Menasha Police Department

Town of Menasha Police Department



Submitted by Lori Duclon, RN

Craft Room Rules

If you are not aware, the craft room is located on the first floor next to the post office boxes. This room can be used by any tenants to do crafts on their own or with a group. There is also a free table located against the long wall by the windows. The purpose of the free table is to provide a place where you can put gently used items that you no longer want but another tenant might need or wants for free. However, there are a few things to take into account for the craft room and free table.

- * For the enjoyment of all, please clean up after yourself.
- * Please place empty soda cans in the marked receptacles.
- * Unnamed, personal items left behind will be considered a donation and treated accordingly
- * Reusable craft tools and craft supplies are free for use but are the property of the craft room and must be put away after use.
- * Large personal items and storage bins are not permitted to be left in the craft room or craft closet.
- * If you are leaving something on the free table it needs to be clean, in working condition and something that someone else may want. No underwear or bras should be left on the free table.

If it is found that people are misusing the free table, it will be taken away.

Bingo Rules and Guidelines

Due to expressed concerns about Bingo, I wanted to make sure everyone understand expectations, guidelines, and rules.

- ♦ The Bingo Prize Volunteer will be in charge of putting the prizes out on the table before Bingo begins per direction of the Social Service Coordinator. It is to his/her discretion on if they would like to do this task themselves or recruit assistance. He/She will also be responsible for informing the participants which prizes are for blackout. He/She should also announce at the beginning of Bingo for participants to please set all cell phones to either silence or vibrate.
- ♦ The participant needs to sign your name on the sign-up sheet and put your money into the jar before Bingo begins.
- ♦ Only residents of Raulf Place are allowed to receive prizes for playing Bingo. Guests are welcome to attend, have soda and/or snack and play Bingo. However, they will not be awarded any prizes for getting a Bingo. They also can not play Bingo and then give their winning Bingo card to a resident to win the Bingo.
- ♦ The participant is allowed a maximum of 2 cards while playing Bingo. Each card costs 50¢. You can exchange your cards at any time with another Bingo card but you have to pay another 50¢ for the exchange.
- ♦ The participant is allowed **2 cans of soda** during the duration of the activity. It is the resident's responsibility to pick up after himself or herself when Bingo is finished.
- ♦ Bingo will run for an hour and half. There will be typically 2 callers at every Bingo. Each caller will call Bingo for 45 minutes. Bingo callers will be designated before the activity. If one caller wishes to call the whole hour and a half, then a 15 minute break will be taken after 45 minutes of play, which does not count toward the hour and the half of play.
- ♦ **The caller is in charge of Bingo while he/she is calling. It is the authority of the Bingo caller to ask someone to leave Bingo if they are being disrespectful, disturbing others, or causing a nuisance.**

Continuation of Bingo Rules from Page 3

- ♦ When Bingo is called, you must call back your numbers to the caller to verify it is a good Bingo. If you cannot call back your numbers, please ask someone sitting next to you for help. If you realize you have a bingo after the cards have been cleared and then cards have been put away, you are out of luck!
- ♦ There will be 3 call stops of Bingo before cards have to be cleared. The caller will keep track of this by using 3 bingo chips. **DO NOT clear your card until the caller makes it known that there have been 3 good Bingos.**
- ♦ Participants will refrain from picking out their prizes until everyone's cards are cleared. You will be allowed 5 minutes in between games being played to pick out prizes, use the restrooms, talk with your friends, and get snacks or soda. Participants are allowed one prize per each Bingo won. If you have multiple bingos won on a card at the same time, you win as many bingos as you have on that card. Prizes are distributed as first come first serve. Participants are allowed to exchange prizes amongst each other when Bingo is completed.
- ♦ Even though Bingo is a social event, **there is NO talking allowed when Bingo is being played or when numbers are being called back to the caller.** This includes whispering. There are many participants with hearing and concentration problems. Talking also makes it hard for the Bingo caller. Talking is allowed when winners are picking out their prizes and the break in between games. You may be asked to leave if you do not obey this rule.
- ♦ It is advised to set your cell phone to either silence or vibrate during Bingo so not to interrupt the activity. If you need to take a call during Bingo, it is advised that you please exit the activity room to talk on the telephone. However, if you leave your cards to take a phone call, it is not allowed to have someone else watch and/or play your card while you are gone. You will just have to continue your play upon your return. You can not stop Bingo to see what numbers were called in your absence.
- ♦ Be respectful to the callers. Rude comments, name calling, or disrespect will not be tolerated.
- ♦ There will be one blackout played at each Bingo. The blackout prizes will be designated at the beginning of Bingo. **If you do not wish to win the designated prize, then do not play blackout. The blackout prize is nonnegotiable.** If two or more people win blackout at the same time, their names will be written down and "drawn from a hat" to see who will win the blackout prize. The other winners will then have an opportunity to get one prize off the bingo table if they have a legitimate black out as well.
- ♦ Bingo is a game of luck. Some residents may win more than others. Residents are not allowed to take a prize just because they did not win while playing Bingo. The point of Bingo is to have fun, not to win prizes.
- ♦ All complaints or questions about Bingo will be directed to the Social Service Coordinator. The Social Service Coordinator reserves the right to cancel Bingo or change the date and time of Bingo. If too many problems are resulting because of Bingo which creates a nuisance to the peaceful enjoyment of the property, Bingo will be cancelled until further notice.
- ♦ If one person is creating a problem at Bingo, they will be asked to leave. If the same person creates problems again at the next Bingo, they will be banned from attending Bingo for 3 months. If upon their return after the suspension they create problems again, they will be permanently banned from Bingo.

Updated: 05/01/2019



Winnebago County Nutrition Program

Senior Dining Meal Expectations and Guidelines

Welcome to *Senior Dining!*

We are committed to providing nutritious, sanitary, safe nutrition sites and fostering the well-being and health of participants, volunteers and employees. As a result of this commitment, there are expectations that promote everyone's rights. These guidelines are intended to make everyone feel welcome and safe.

PARTICIPANTS HAVE A RIGHT TO EXPECT:

- A dining site that is safe, comfortable, clean and has a cheerful, friendly atmosphere that promotes socialization and offers health promotion activities
- Wholesome meals and menus that meet nutrition requirements
- Food that passes inspection, meets standards and is safe for consumption
- Qualified, well-trained staff
- Provisions for accessibility for handicapped individuals

EXPECTATIONS OF PARTICIPANTS:

1. EVERYONE IS WELCOME

The dining sites shall be friendly, inviting places for senior citizens to congregate. Behaviors that prevent people from using and enjoying the dining sites are prohibited. The goal of the senior nutrition program is to serve all of the seniors that we can. However, if someone's behavior is found to be negative, dangerous or threatening, the Nutrition Program reserves the right to refuse services. We ask that conversations and behavior be respectful of others. **Inappropriate, harsh, harassing, discriminating or disrespectful acts will not be tolerated.** The use of appropriate language is expected and anything believed to be sexually inappropriate will not be tolerated. Any threatening, violent or otherwise undesirable behavior may be subject to progressive disciplinary action that could result in suspension or expulsion from the program, and/or notification of law enforcement authorities.

2. RESERVATIONS ARE NEEDED

To avoid food waste yet ensure we have an adequate number of meals for our participants, we must require reservations. You are responsible for making your own reservation and, if needed, canceling it by the program's agreed-upon time and day.

3. "DRESS" FOR MEALS

Appropriate "street" dress is required when attending meals. This means no nightwear, no bare or stocking feet, and no clothing that may be offensive to others. For everyone's dining enjoyment, please bath regularly and practice good personal hygiene.

4. PRAYER

You have the choice whether or not to pray; silently or audibly. The prayer may not be led, sponsored or organized by the persons administering the nutrition program or dining centers.

5. CARRYOUTS

Meals are served in the dining room. Meals may be taken out of the dining room only under special, temporary circumstances. If you need to take a meal with you, you must speak directly with the site manager. Please do not just leave a note or a message.

6. NO SAVING SEATS

Everyone is free to choose where he or she wants to sit-- first come, first served. Please do not sit at the Nutrition Program tables during lunchtime if you are not registered for lunch. To avoid a possible fall hazard, "tipping seats" is prohibited.

7. DONATIONS

The Nutrition Program relies on donations to provide meals. Federal and state moneys pay only a portion of meal costs. Please donate what you can. No one who is eligible will be denied a meal if they are unable to contribute toward the cost of the meal. People who are not eligible for the Nutrition Program must pay the full cost for their meal. Due to sanitation and safety concerns, food donations are not allowed.

8. NUTRITION SCREEN and REGISTRATION FORM

It is a federal funding requirement that all participants complete the annual nutrition screen checklist, as well as the registration form that includes some personal information. This information is needed to receive funding for the program. Also, if you are at nutrition risk, written educational material is available to you. You are encouraged to speak with your personal physician or dietitian regarding help in improving your nutritional health.

9. FOOD SAFETY- TAKING FOOD HOME

You may take home any part of the meal served to you. Once the food leaves the dining site, it is your responsibility to assure it is handled safely. We encourage you to bring a cooler/lunch bag with a cold pack to keep the food/milk cold until you can refrigerate it. This should be done as soon as possible- the food should not be at room temperature longer than 2 hours. A handout on how to transport and reheat food safely is available- ask the site manager for a copy. **For your safety, you may not remove any food items from the garbage.**

We ask that everyone be respectful of one another when participating in the Nutrition Program. If you ever feel that you have been treated unfairly by staff or a volunteer, or another participant at the dining site, you may file a grievance/complaint.

We value your input! If you have any questions, comments or concerns please call 920-725-2791 or email lorif@advocap.org

Respectfully,

Lori Fernandez, Nutrition Program Director

Raulf Place

(Formerly
Mainview Apartments)

Physical: 530 N. Main St.
Oshkosh, WI 54901
Mailing: PO Box 397
Oshkosh, WI 54903

Fax: (920) 426-3616

VISIT US ON THE WEB:

WWW.OHAWCHA.ORG

STAFF:

PROPERTY MANAGER: Wendy Fromm

(T) (920) 424-7651

Office Hours: Mon., Tues, Thurs.: 8:00am—4:30pm

Wed: 8:00am—11:30am

Fri.: 8:00am—noon

SOCIAL WORKER: Erin Reismann, CSW

(T) (920) 424-7652

Office Hours: Mon.: 8:00am—noon

Wed.: 9:00am—4:00pm

Fri.: 9:00am—noon

MAINTENANCE: Darryl

Work Hours: Mon.—Thurs.: 6:30am—3:30pm

Fri.: 6:30am—1:00pm

Don't Let in Visitors You Don't Know

It is easy to get to know your neighbors and their families when you live in a building like Raulf Place so when you see them using the intercom attempting to get let into the building, you might just want to let them in to be nice. **However, please do not do this!** It is very important that you do not let people into the building that are not your direct visitors. If you let a visitor into the building and they do harm to the property or another person, technically you are responsible for their behavior and you could jeopardize your housing. Even if you know the family member, you may not know if something happened in that relationship with the resident that they may not want them in the building or in their apartment anymore. I would encourage you if you see someone trying to get into the building by the intercom, wait for them to gain entrance to the building by the person on the intercom or leave before you leave the building so they don't sneak in behind you as you leave. You can always use the other door in this case as well. If you notice that someone is walking around the building and testing doors, you should call 911 right away. This is to protect you as well as your fellow neighbors from possible danger.

Check on your Neighbors

All of a sudden you hear a loud noise from your neighbor above you, what should you do? Did my neighbor fall? We would encourage you to look out for your fellow neighbors. You might want to listen to see if you hear more movement in the apartment. You might want to go up to their apartment and knock on their door to check on them. If you are not hearing anything after knocking, this would be grounds enough to get the key keeper to do a welfare check. If there is not a key keeper around, we would encourage you to call 911. In these cases, we would rather have a person be safe than sorry.

Remember, we do not want ANYONE to pick someone else up if they have fallen. You can call 911 and let them know that you need a lift assist if the person does not appear to be in pain or bleeding. Even if your neighbor will be mad at you, at least they will be safe in case they broke something or were injured but unaware.

Also, please let Erin know if you had to call 911 on someone or you know that they were taken out by ambulance so further follow up can be taken.

Activity Calendar for Raulf Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
(ER) = exercise room (2nd floor) (T) = theater (3rd floor) (MM) = Marian Manor (600 Merritt) (CR) = Community Room (2nd floor) (L) = Library (2nd floor)			1	2	3	4
5 Cinco de Mayo 	6 National Nurse Day	7	8	9 New Library Books (L)	10	11
12 Mother's Day 	13	14 Bug Day (3rd floor)	15	16	17	18 Armed Forces Day 
19	20 1:30pm Resident Meeting (T) (Su coming to go over 5 year plan) 3:30pm OHA Board Meeting (MM)	21	22 2pm Fire Alarm Testing	23	24	25
26	27 Memorial Day OFFICE CLOSED	28	29	30	31	