

# Farmers Market

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

Apple	Asparagus	Beans	Beet
Broccoli	Cabbage	Cantaloupe	Carrot
Celery	Corn	Cucumber	Eggs
Honey	Jelly	Kale	Lettuce
Onion	Oregano	Peas	Pepper
Potato	Pumpkin	Raspberry	Salsa
Spinach	Strawberry	Tomato	Watermelon
Yam	Zucchini		



# Tower Times



Volume 8, Issue 8  
August 2019

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



**RIVER EAST NEIGHBORHOOD ASSOCIATION**  
INVITES YOU TO OUR 6<sup>TH</sup> ANNUAL  
**NEIGHBORHOOD NIGHT OUT PICNIC**  
Tuesday, August 6, 2019 5:30 pm - 7:30 pm  
Riverside Park, next to the Leach Amphitheater

Please join us for our 6<sup>th</sup> annual **Neighborhood Night Out picnic** on Tuesday, August 6<sup>th</sup>. We will have food, friendly conversation, fun and games for all. The fire trucks will be back, and there will be live music at the Leach by “Rising Phoenix” (70’s & 80’s Rock Party) from 6:30 to 7:30. Bring a lawn chair, meet new friends and neighbors. This year we will provide Hot Dogs, chili dogs, salads, popcorn, water and lemonade, feel free to bring a desert or dish to pass too.

We would like to thank the following for their time and donations to this year’s event: our leadership team, 4 Imprint, GOHNI, an anonymous donor, the Oshkosh Public Library, the Oshkosh Police and Fire Departments, Screwballs Sports Pub, the City of Oshkosh, John Scheelk, and the Oshkosh YMCA.

For any questions, comments or if you would like to help in any way, feel free to contact Kathy Webb at (920) 235-8487 or Email at [rivereastneighborhood@gmail.com](mailto:rivereastneighborhood@gmail.com)

- IN THIS ISSUE:**
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**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

### Summer is Finally Here! Tips to Stay Healthy this Summer



- Start with sun screen: SPF 15 or higher with water resistant UVA/UVB protection and apply often.
- Use hats, sunglasses, or light clothing that covers the skin. This little barrier between direct rays and your skin can make a big difference.
- Stay in the shade during midday hours.
- The sun is a great source of Vitamin D and often lifts mood! Stick to small doses of exposure and don't be fooled, tan skin is not healthy skin.

#### What can you do during excessive heat?

- Drink plenty of water, even if you do not feel thirsty! Do not drink beer, wine, alcohol or beverages with caffeine.
- Stay indoors as much as possible and stay out of the sun.
- Go to where there is air conditioning.
- Dress in lightweight and light-colored clothes.
- Avoid physical labor between 10AM and 3PM.

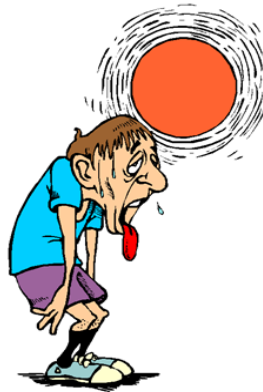
#### The dangers of heat exhaustion

Extremely hot air temperatures care dangerous. They can even cause death. Everyone is at risk. People with physical disabilities, children, pets and the elderly are in the most danger.

**Heat exhaustion (or heat cramps)** is one of the signs the body is having trouble with the heat. This could lead to heat stroke or death. The person must cool down and get water. Call 911 if symptoms do not get better.

#### Symptoms of heat exhaustion include:

- Confusion and dizziness
- Fatigue and fainting



## FREE DENTAL & VISION CLINIC - HEALTH EXPO

### LOCATION: MENOMINEE NATION ARENA

1212 S MAIN ST., OSHKOSH, WI  
THURSDAY, AUGUST 15, 9AM - 3PM



### Fillings, Extractions, Cleanings & Eye Exams and Rx glasses

AUG  
15

Wisconsin-licensed professionals will offer free mobile dental & vision services including cleanings, fillings, extractions, eye exams including Rx glasses\*, if needed, and a Health Expo. All services are free-of-charge and are on a first-come, first-serve basis. No appointment needed. Arrive early as the line may close prior to ending time, based on availability. All are welcome. No ID required. \*Glasses will be delivered 4-5 weeks after the clinic date.

Sponsored by Kettering Health Network and  
the Chosen International Pathfinder Camporee



Manager’s Corner

Great Summer Picnic

At this years’ picnic we witnessed dancing, singing, eating and screams of laughter as I was continually dunked in the DUNK TANK. It was freezing and it felt like I was constantly in the water. The picnic was a great success. Thank you to everyone who came. It was clear that everyone had fun. Looking forward to next year!

Updated Schedule of Standard Charges

See the enclosed insert that shows the now in effect Schedule of Standard Charges. All residents will be required to sign this form at their annual lease renewal/recertification meeting. Please see me if you have any questions about this document.

Certain Waiting Lists are Closed

Effective August 1, 2019 the following waiting lists are closed due to an average wait time of more than 1 year:

- Raulf Place Apartments
- Waite Rug Place Apartments-Public Housing
- Waite Rug Place Apartments-Project Based Voucher
- Housing Choice Voucher Program

The closures do not impact applicants with current applications on these waiting lists.

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.

Bob Poeschl, Property Manager, Oshkosh Housing Authority  
Ph.: 920-303-5400    Email: [bobp@ohawcha.org](mailto:bobp@ohawcha.org)

- Dark colored urine (a sign of dehydration)
- Headache and nausea
- Muscle cramps and heavy sweating
- Pale skin and rapid heartbeat

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or Dizzy

Excessive Sweating

Cool, Pale, or Clammy Skin

Nausea or Vomiting

Rapid, Weak Pulse

Muscle Cramps

Throbbing Headache

No Sweating

Body Temperature Above 103 Degrees

Nausea or Vomiting

Rapid, Strong Pulse

May Lose Consciousness

Get to a cooler, air conditioned place  
Drink water if fully conscious  
Use cold compresses or cloths

CALL 911

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Submitted by Lori Duclon R.N.



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Report Phone Number Changes

If your phone number changes, please report that to the Court Tower office as soon as possible so that we can update your information in our system. Thank you.

**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 [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 8:00 am - 12:00 pm  
1:00 pm - 4:30 pm  
Friday 8:00 am - 12 pm  
**Staff hours at Court Tower:**  
**Bob:** Monday 8 am - 4 pm  
Tuesday - Thursday 12:30 - 4 pm  
**Jane:** Monday - Thursday 8 am - 12 pm  
Friday 8 am - 12 pm

**Nurse Open Hour at Court Tower in Room 405**  
Lori Tuesdays: 1:00 - 2:00 pm

**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 August 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. Everyone is welcome to join in the fun!						
			<b>7 MOVIE NIGHT</b> 6:00 PM 			
<b>11</b>	<b>12 FIRE ALARM TESTING</b> 1:00-2:00 PM 4TH FLOOR INSPECTION 1:00 - 4:00 PM	<b>13 BUG DAY</b> 7TH FLOOR 9:00 AM - NOON	<b>14 MOVIE NIGHT</b> 6:00 PM 			
<b>18</b>	<b>19 10TH FLOOR INSPECTION</b> 10:00 AM - 12:00 PM/ 7TH FLOOR INSPECTION 1:00 - 4:00 PM	<b>20 BINGO</b> 2:00 PM 	<b>21 MOVIE NIGHT</b> 6:00 PM 			
	<b>26 3RD FLOOR INSPECTION</b> 1:00 - 4:00 PM <b>OHA BOARD MEETING</b> 3:30 PM		<b>28 MOVIE NIGHT</b> 6:00 PM 