

# Halloween Word Search

Circle each word in the Halloween word search puzzle below.



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

- |              |            |             |
|--------------|------------|-------------|
| 1: PUMPKIN   | 6: WITCH   | 11: VAMPIRE |
| 2: COSTUME   | 7: CANDY   | 12: LANTERN |
| 3: GHOST     | 8: MONSTER | 13: SPOOKY  |
| 4: HALLOWEEN | 9: DARK    | 14: EVIL    |
| 5: SCARE     | 10: SKULL  | 15: DRACULA |

# Tower Times



Volume 8, Issue 10  
 October 2019

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



## Flu Shot Clinic at Court Tower

Mark your calendar! There will be a flu shot clinic at Court Tower on Tuesday, October 15, 2019 from 9:00 - 10:30 AM in the Theater.

Registered Pharmacist Jenni Villeneuve will be here to administer flu and pneumonia shots to any interested residents. There is a sign-up sheet in the Café.



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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

**Having trouble sleeping at night? You are not alone.**

### Tips for Healthy Sleep Habits

**If you are going to take a nap**, limit it to 20-30 minutes. Naps can help boost your mood and make you feel more alert. The catch is that you need to keep it short. If you snooze for too long during the day, you might have trouble falling sleep at your usual time at night.

**The best time to go to bed is**, when you are sleepy. If you try to force yourself to go to sleep when you are not tired, it can backfire. You'll toss and turn and stare at the clock, which will only irritate you. Instead, have a target bedtime and start to wind down about an hour before – maybe take a bath, read a book or do some deep breathing. When you start to feel sleepy, it's time for lights out.

**If you wake up at night** and can't get back to sleep you should get out of bed. After 20 minutes, get up and get out of the bedroom even if it is 3AM. Find a cozy couch or chair, and keep the lights dim while you read, knit, listen to soft music or do anything else that relaxes you. When you start to feel sleepy again, you will know it is time to go back to bed.

**Should you drink alcohol before bed?** Drinking alcohol may help you get to sleep, but will also wake you up in the middle of the night. Alcohol before bed is likely to make you drowsy, but don't be fooled. Although alcohol can make you sleepy, it starts to act like a stimulant as your body breaks it down. If you drink within 3 hours of your bedtime, you might end up wide awake in the middle of the night or at least have you run to the bathroom, since alcohol also makes you need to pee more.

**How long before bed should you cut off caffeine?** The answer is actually 4-6 hours before bedtime. It is no surprise that coffee and other caffeinated drinks keep you up, but you might not realize just how long the caffeine can stay in your system. Unless you are planning to stay up late skip the coffee at dinner (or go for decaf).

**Busy Brain? Not sleepy? Stay up.** While it's a good idea to go to bed at the



**Medicare Open Enrollment**  
Tuesday, October 15 - Saturday, December 7



### When's the Medicare Open Enrollment Period?

This year's Medicare's open enrollment period is Tuesday, October 15 - Saturday, December 7.

### What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

### How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

### When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.

### Where can people find Medicare plan information or compare plans?

Call 1-800-MEDICARE (1-800- 633-4227) or go online at [Medicare.gov](https://www.medicare.gov).

### Where can CMS partners find information to help people with Medicare with open enrollment?

If you need help figuring out the best plan for you, contact Jane at 920-424-1483, the ADRC Benefits Specialist at 877-886-2372, or go online at <https://www.medicare.gov/find-a-plan>.

Source: CMS.gov Centers for Medicare & Medicaid Services

**Manager’s Corner**

**Regions Inspection - Wednesday, October 29, 2019 2:00pm**

Regions Affordable Housing is the investment partner of Court Tower. They will conduct an annual inspection of selected units and all common areas of Court Tower on Tuesday, October 29, 2019 beginning at 2:00pm. If your unit is selected, you will receive a notice of entry from me.

**Please don’t park in the fire lane**

The fire lane is the entry lane to Court Tower from Court Street. It is not meant for people to park their vehicles for more than five minutes. Primarily, it used for the Fire or Police Department to park their vehicles in the case of emergencies. It is also used for residents or their guest to travel on to get to the parking areas of the property. The area directly in front of the building is mainly used for pick up and drop offs. I ask that you follow these guidelines.

**The Heat is on...cue Glenn Frey!**

We would like to advise all residents to change their “system mode” on the temperature control that is located on the wall by your laundry closet. We suggest you change it to “Heat”. We realize that understanding the temperature control may be challenging for some residents. If you feel that you need assistance with this, please fill out a purple work order and provide it to the main office. **Josh** or Bob will respond to your request. Here are the instructions if you wish to do it yourself.

**How to turn on your “HEAT” setting**

- Press Menu
- Press No
- Should read “Sys Mode”
- Press Yes
- Push triangle buttons until it reads “HEAT”
- Press Yes
- Press Yes again to exit

Bob Poeschl, Property Manager Court Tower & Waite Rug Place  
Oshkosh Housing Authority

same time each night, there will be some nights when your brain is buzzing and not ready for sleep. If so, don’t lie down just yet. Your racing thoughts could lead to insomnia. Instead, do something to relax until you feel tired. Take a warm bath, for instance, or sit in a comfy chair and listen to soft, calming music. You’ll spend less time in bed but more time asleep.

Information from WebMD Submitted by Lori Duclon, Housing Authority RN



**Coffee and Doughnuts  
With Your Neighbors!**

**Saturday, October 26, 2019**

**1:00 – 3:00 PM**

**1<sup>st</sup> floor Court Tower Community Room**

- Come enjoy some delicious goodies and great company!
- Rhonda & Stewart Egger will be supplying everything. No resident recreation funds are being used for this event.
- There is a signup sheet in the Café. The deadline to sign up is Tuesday, October 22nd.
- Everyone is welcome!

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

**Nurse Open Hour at Court Tower - 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 October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <b>MOVIE NIGHT</b> 5:00 PM 	3	4	5
6	7	8 BUG DAY 9TH FLOOR 9:00 AM - NOON	9 <b>MOVIE NIGHT</b> 5:00 PM 	10	11	12 
13	14  <b>FIRE ALARM TESTING</b> 1:00-2:00 PM	15 <b>FLU SHOT CLINIC</b> 9:00 - 10:30 AM 	16 <b>MOVIE NIGHT</b> 6:00 PM 	17	18 	19
20 	21 12TH & 13TH FLOOR INSPECTION 10:00 AM - 3:00 PM	22  <b>BINGO</b> 2:00 pm	23 <b>MOVIE NIGHT</b> 6:00 PM 	24	25	26 <b>COFFEE &amp; DOUGHNUTS WITH YOUR NEIGHBORS</b> 1:00 - 3:00 PM
27	28 OHA BOARD MEETING 3:30 PM	29  <b>RESIDENT BIRTHDAY PARTY</b> 2:00 PM	30	31 <b>Halloween MOVIE NIGHT</b> 6:00 PM 