

Thanksgiving Word Search

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

England	maize	celery	symbol
Thursday	third	Abraham Lincoln	Sarah Hale
yams	wishbone	Wampanoag Indians	voyage
vegetables	customs	tradition	thankful
tablecloth	sweet potato	settlers	ham
turkey	Pecan pie	pumpkin pie	Plymouth
Pilgrim	November	Native American	Mayflower
Massachusetts Bay Colony	holiday	harvest	gravy
grateful	gobble	friends	football
feast	Squanto	family	cranberries
cornucopia	cornbread	Colonists	celebrate
casserole	New World	bread	beans
bake	autumn	acorn	



Tower Times



Volume 8, Issue 11
November 2019

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



Father Carr’s Place 2B Home Delivered Thanksgiving Meals

Father Carr’s Place 2B volunteers will be delivering home cooked meals on Thanksgiving Day Thursday, 11/28/19 from 10:30 AM - 12:30 PM. If you would like a Thanksgiving Day meal delivered to your apartment, please sign up on the clipboard in the Café. The deadline to sign up is Sunday, 11/24/19.

Court Tower Resident Meeting

2:00 PM Tuesday, November 12, 2019 in the 1st Floor Theater

The Court Tower Resident Meeting will be held on Tuesday, November 12, 2019 in the 1st floor Theater beginning at 2:00 PM.

Teri Horner, Consumer Credit & Housing Counselor from FISC (Financial Information and Service Center, will be talking about scams and how to keep from overspending during the holidays. All residents are welcome and encouraged to attend.

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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.

Submissions to the newsletter should be received by the 20th of the month.



Nurses Notes

Flu shot: Your best bet for avoiding influenza

Getting a flu shot often protects you from coming down with the flu. It takes two weeks to build immunity after a flu shot. It is usually best for people to get their flu vaccine by the end of October. People can get the flu shot anytime during the flu season, just remember that it takes two weeks to build up your immunity. The flu vaccine is your best defense against the flu, but there are additional steps you can take to help yourself from the flu and other viruses. These steps include the following:

- *Wash your hands often and thoroughly with soap and water
- *Use an alcohol-based sanitizer on your hands if soap and water are not available
- *Avoid touching your eyes, nose or mouth whenever possible
- *Avoid people who are sick
- *Practice good health habits. Get plenty of sleep, exercise regularly, drink plenty of fluids and eat a healthy diet.



The best way to protect yourself and your loved ones against the flu is to get a flu vaccine every flu season. If you already gotten your flu vaccine, congratulations! If you have not yet gotten the flu vaccine there is still plenty of time. Check with your physician or your local pharmacy.

Why is it important to get a flu vaccine every year?

Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses. Your protection from flu vaccine declines over time. Yearly vaccination is needed for the best protection.

Take the time get a flu vaccine and stay healthy today.

Submitted by Lori Duclon, RN.

Bob Poeschl, Property Manager, Oshkosh Housing Authority

Ph.: 920-303-5400 Email: bobb@ohawcha.org

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>.

Manager’s Corner

Snow Removal Policy

It is the time of year when it can begin to snow at any time, like in October!!!! Please consider this reminder about our policy. Please have all vehicles removed from all parking areas (East side of Court Tower and the back side of the first set of Otter Street garages) by 1:30 pm on weekdays when snow is greater than 2 inches. Ultimately, if you have a garage, you are responsible to clear snow from the direct area in front of your garage. As a courtesy, and when we can, maintenance will remove snow 1-2 feet in front of every garage.

If you get Social Security or Supplemental Security Income, you are getting a raise!

Monthly Social Security and Supplemental Security Income (SSI) benefits will increase 1.6% in 2020, the Social Security Administration has announced. The 1.6% cost-of-living adjustment (COLA) will begin beneficiaries in January 2020. Credit: www.ssa.gov

You will receive a proof of benefits letter in late December or early January. Please provide a copy to the main office when you receive it. Thank you.

**Changes to the Requirement to Declaw Cats and
the Distemper Vaccination Requirement**

The Oshkosh/Winnebago County Housing Authority has required cats to be declawed in order to reduce damage to the property. Veterinary and animal support organizations have stated that declawing a cat can cause unnecessary pain and irreversible trauma that leads to behavioral issues, and the cost to declaw a cat is a burden to many of our residents, and the burden for pet damage is on the tenant, whether cats are declawed or not. Our pet policy states that all pets and service animals are required to be licensed. Some local municipalities have stopped requiring pets to have a Distemper vaccination in order to receive a license. It is felt that we do not need to be any more stringent than the local ordinance. It is a requirement for dogs and cats to have a license. If the local government requires a Distemper vaccine for a pet to be licensed, the tenant must get the vaccine to follow local ordinance requirements.

The Oshkosh/Winnebago County Housing Authority Board of Directors have removed the requirement to have cats declawed, but with a requirement to have a cat scratching product post, board or the like, to minimize property damage; and to remove the Distemper vaccination requirement if not a requirement for licensing. You will be provided a copy of the updated Pet Policy at your annual recertification or upon request.

**Court Tower Residents: are you 65 years
or older?
We need your input!**

***Come and share your thoughts and
experiences, and in exchange we'll have
tasty treats!***

**Falls Prevention Meeting
Thursday, November 21, 2:00-3:30pm
Location: 1st floor Theater
at Court Tower**

We are hosting community conversations to hear about experiences regarding falls as part of a community collaborative effort funded by the Basic Needs Giving Partnership. Our main purpose is to identify the root cause of why people fall, understand the current programs that address this issue, and explore what could be done to help prevent more falls from happening!

Some of our partners include: *Evergreen Retirement Community, City of Oshkosh Fire Department, Rebuilding Together Fox Valley, Oshkosh Seniors Center, Winnebago County Health Department, Finding Balance Together, Wellness Plus, City of Oshkosh, Winnebago County Housing Authority, ADRC, Miravida Living, and the YMCA.*

Any questions, please contact Jennifer Skolaski at seniors@canpl.com.

Court Tower Staff
Bob Poeschl: Property Manager
 920-303-5400 bobp@ohawcha.org
Jane Spietz: Social Service Coordinator
 920-424-1483 janes@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 November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 
3 Daylight Savings Time Ends 	4	5	6 MOVIE NIGHT 5:00 PM 	7	8 	9
10	11 Veterans Day FIRE ALARM TESTING 1:00-2:00 PM	12 BUG DAY RESIDENT MEETING 2:00 PM	13 MOVIE NIGHT 6:00 PM 	14	15	16
17	18  BINGO 2:00 PM	19	20 MOVIE NIGHT 6:00 PM 	21 FALLS PREVENTION MEETING 2:00 - 3:30 pm	22	23
24	25 OHA BOARD MEETING 3:30 PM	26	27 MOVIE NIGHT 6:00 PM 	28 Thanksgiving 	29 HOUSING AUTHORITY OFFICES CLOSED	30 