

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

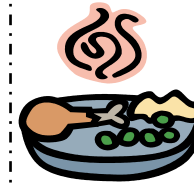
| | | | |
|--------------------------|--------------|-------------------|-------------|
| England | maize | celery | symbol |
| Thursday | third | Abraham Lincoln | Sarah Hale |
| yams | wishbone | Wampanoag Indians | voyage |
| vegetables | customs | tradition | thankful |
| tablecloth | sweet potato | 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 | |

Waite Rug Gazette

Volume 1, Issue 3
November 2019

Waite Rug Place 300 E. Custer Ave., 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 on the large bulletin board. The deadline to sign up is Sunday, 11/24/19.

Waite Rug Resident Meeting

2:00 PM Tuesday, November 19, 2019 in the 1st Floor Theater

The Waite Rug Place Resident Meeting will be held on Tuesday, November 19, 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.

IN THIS ISSUE:

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EQUAL HOUSING OPPORTUNITY

Newsletter Submissions

If you have any articles or ideas that you would like to share, please contact Jane Spietz at 920-424-1483 or janesp@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.

games. We will bring in seating as well. The exercise room is currently in use and has no time restrictions. I do plan to add more equipment in the near future.

Security Cameras

I am still working out some details related to the security cameras. I am hopeful to have some up and running by the end of November 2019.

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 has 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.

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

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 by 2:00 pm when snow is greater than 2 inches. Please park your vehicles appropriately on Custer, Grand, Eastman and Mount Vernon until the plow crew has completed clearing snow.

If you get Social Security Or Supplemental Security Income, You are getting a Raise!

The Social Security Administration has announced that monthly Social Security and Supplemental Security Income (SSI) benefits will increase 1.6% in 2020. The 1.6% cost-of-living adjustment (COLA) will begin for 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.

Common Areas of the Waite Rug Place

There are several common areas that exist throughout the building that are available to all residents. They are:

1st Floor: Library, Exercise Room, Theater, Laundry, Conference Room, Garbage/ Recycling Room and Bathrooms

2nd Floor: Large Community Room, Laundry and Bathrooms.

In general to use the some spaces for an event, you will need to contact Jane to check out the space that you want to use. The spaces that we feel can be reserved are the 2nd floor Community Room, 1st Floor Library, conference room and Theater. You will have to sign a user's agreement to reserve the space. There is no fee to reserve. Touch base with Jane to learn more about this.

We are still setting up some areas. The 2nd Floor community Room will soon be set up with tables and chairs. In 2020, we will bring in the appliances to finish the space. I plan to have the theater outfitted, in 2020, with a TV and DVD player as well as other recreational items, potentially foosball, pool, ping-pong, and arcade



You are invited to a
Celebration of Our Veterans
Monday, November 11, 2019
2:00 – 4:00 PM in the Waite Rug Place Theater



A gathering will be held to honor our veterans and to thank them for their service.

Pie and ice cream will be served. Everyone is welcome.

There is a sign-up sheet on the large bulletin board. Please sign up by Friday, November 8 to ensure that there is enough food for everyone.

Nurse Open Hour at Waite Rug Place

Housing Authority Nurse, Teresa Paulus, RN, will be in the building once a month to meet privately with residents.

When: The 2nd Friday of every month. (Starting November 8th)

Time: 10 am-11 am

Where: 1st Floor Library


No appointment needed. First come, first serve.

All information is kept confidential. There is never a cost to see the nurse.

Examples of how the nurse can help include:

- Blood Pressure check
- Answer health questions/Provide health information
- Help you understand your illness/medical tests
- Referrals to other health resources
- Help with medication problems

If you need to see the nurse at other times, the nurse can meet with you in your apartment, or in another private place in the building. For an appointment call: 424-1470 extension 124. The nurse is often out making home visits. Please leave a message with your name and telephone number so the nurse can call you back.



Waite Rug Place Staff

Bob Poeschl: Property Manager

920-303-5400 bobb@ohawcha.org

Jane Spietz: Social Service Coordinator

920-424-1483 janes@ohawcha.org

Daryl Miller: Maintenance+

Nurses: 920-424-1470 Ext. 124 Room 405

Lori Duclon: Mondays & Tuesdays

Teresa Paulus: Wednesdays & Thursdays

Waite Rug Place Office Hours

OPEN: Monday–Thursday 8:00 am - 12:00 pm
1:00 pm - 4:30 pm

Staff hours at Waite Rug Place:

Bob: Monday 8:00 am - 4:00 pm

Tuesday - Thursday 8 am - 12 pm






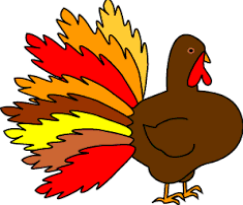
Jane: Monday - Thursday 12:30 - 4:30 pm

Waite Rug Place Room Directory

1st Floor: Library, Exercise Room, Theater, Laundry, Conference Room, Garbage/ Recycling Room and Bathrooms

2nd Floor: Large Community Room, Laundry and Bathrooms.

Waite Rug Place November 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--------------------------------------|--|---|---|---|
|  | | | | | 1 | 2  |
| 3 <i>Daylight Savings Time Ends</i> Set Your Clocks Back!  | 4 | 5 | 6  | 7 | 8 NURSE OPEN HOUR 10:00 - 11:00 AM | 9 |
| 10 | 11 <i>Veterans Day</i> CELEBRATION OF OUR VETERANS 2:00—4:00 PM 1ST FL. THEATER | 12 BUG DAY | 13 | 14 | 15  | 16 |
| 17 | 18 | 19 RESIDENT MEETING 2:00 PM | 20 | 21 | 22 | 23 |
| 24  | 25 OHA BOARD MEETING 3:30 PM | 26 | 27 | 28 <i>Thanksgiving</i>  | 29 HOUSING AUTHORITY OFFICES CLOSED | 30  |