



- |               |               |                |                 |
|---------------|---------------|----------------|-----------------|
| avalanche     | gloves        | January        | slippery        |
| blanket       | hail          | Kwanzaa        | slush           |
| blizzard      | Hanukkah      | lunar new year | snowball        |
| chimney       | heater        | melt           | snowboard       |
| Christmas     | hibernate     | migrate        | snowdrift       |
| coat          | hockey        | mittens        | snowflake       |
| cold          | holidays      | New Year's Day | snowman         |
| December      | hot chocolate | quilt          | snowmobile      |
| earmuffs      | ice fishing   | scarf          | snowplow        |
| February      | ice skates    | shovel         | snowstorm       |
| fireplace     | icicles       | skiing         | sweater         |
| freeze        | igloo         | sled           | vacation        |
| freezing rain | Jack Frost    | sleet          | Valentine's Day |
| frigid        | jacket        | sleigh         |                 |

# Tower Times



Volume 8, Issue 12  
December 2019

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



**Court Tower Resident Holiday Party**

**Wednesday, December 11, 2019**

**4:00 - 6:00 PM**

**1st Floor Community Room**

**Come join us for some holiday fun!**

## Holiday Office Hours

The Housing Authority offices will be closed on Tuesday, 12/24; Wednesday, 12/25; and Wednesday, 1/1/20 for the winter holidays.

Happy Holidays to everyone from Josh, Linda, Bob & Jane!



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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

### Holiday Season is Here!



**Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.**

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

### Tips to Prevent Holiday Stress and Depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

**1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

**2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

**3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

**4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

## NEED MONEY FOR COLLEGE?

So, you want to go to college, but you're not sure how to pay for it? We may be able to help you realize your dream of a college education, financial security and a satisfying career. The Wisconsin Association of Housing Authorities (WAHA) is proud to announce their 2020 scholarship program which will be awarded to four deserving applicants, and one of them could be you!

WAHA is offering a \$1,000.00 scholarship for a full time student (12 or more credits per semester) and a \$500.00 scholarship to a deserving part time student (6-11 credits per semester). Applicants must have a cumulative GPA of 2.75 or higher, must be participants or household members of subsidized housing in Wisconsin and planning to attend college while living in their home.

WAHA scholarships are open to graduating high school seniors as well as those already attending a 2-year or higher accredited public or private institution in the State of Wisconsin offering an associate or undergraduate degree. The deadline for submitting an application is 4:30 p.m. on Tuesday, January 07, 2020. Winning applicants will be notified by March 1, 2020.

Also, the Oshkosh and Winnebago County Housing Authorities are again encouraging the pursuit of higher education with an additional reward for those applying for scholarships. An applicant who wins the local competition at the Authority will receive an additional \$100.00 scholarship. Applicants who are selected as district winners will be awarded an additional \$250.00, and any local applicant who wins the WAHA award will receive an additional \$500.00 scholarship. WHAT A BONUS!

If you are a resident in a Housing Authority subsidized housing program with a desire to continue your education, you can get a scholarship application at <http://www.wahaonline.org/waha-scholarship/>, the 2<sup>nd</sup> floor reception desk at the Oshkosh/ Winnebago County Housing Authority, 600 Merritt Ave, Oshkosh, Monday – Thursday from 8:00 a.m. – 4:30 p.m., Friday from 8:00 a.m. - noon or from your property manager.

### Father Carr's Place 2B Home Delivered Holiday Meals

Father Carr's Place 2B volunteers will be delivering home cooked meals on Christmas Day Wednesday, 12/25/19 from 10:30 AM - 12:30 PM. If you would like a Christmas Day meal delivered to your apartment, please sign up on the clipboard in the Café by Thursday, December 19.





## Manager's Corner

### Snow Removal Policy

Please consider this reminder about our policy. Please have all vehicles removed from 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.

### SS/SSI Benefits letter

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](http://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.

### Holiday Decorations

Linda has begun to put decorations in the theater. They are available for residents to assist in decorating of the building. Please help decorate the building for the holidays. Thank you.

Bob Poeschl, Property Manager, Oshkosh Housing Authority

Ph: 920-303-5400

Email: [bobp@ohawcha.org](mailto:bobp@ohawcha.org)

### It's the Thought that Counts

It's not unusual to want to give a gift during the holiday season to someone you like or someone who has helped you during the past year. Just remember, it is the policy of the Housing Authority that Housing Authority employees are **NOT** allowed to accept gifts from those we serve. Our staff asks that you not give gifts to them as they do not want to put anyone in an uncomfortable situation or hurt anyone's feelings by not accepting a gift.

If you want to show your appreciation to staff during the holiday season, a simple, "Thank you. I'm glad you are here", or a note to our supervisor stating your appreciation goes a long way in spreading your warm holiday wishes.

**5. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

**6. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities.

**7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

**8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

- Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include: Taking a walk at night and stargazing; Listening to soothing music; or reading a book.

**9. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

### Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can happen during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Submitted by Lori Duclon, RN



**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 [janes@ohawcha.org](mailto: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






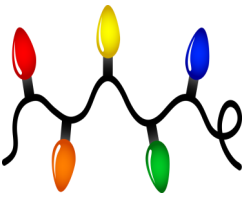





**Court Tower Office Hours**  
**OPEN:** Monday–Thursday 8:00 am - 12:00 pm  
 1:00 pm - 4:30 pm  
 Friday 8:00 am - 12 pm  
**Staff hours at Court Tower:**  
**Bob:** Tuesday - Thursday 12:30 - 4:00 pm  
 Friday 8:00 am - 12:00 pm  
**Jane:** Monday - Thursday 8 am - 12 pm  
 Friday 8:00 am - 12:00 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 December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4 MOVIE NIGHT 6:00 PM 	5	6	7 
8	9 FIRE ALARM TESTING 1:00-2:00 PM/	10 BUG DAY  CAROLING 2 PM (MEET IN LOBBY)	11 HOLIDAY PARTY 4:00 - 6:00 PM 	12 MOVIE NIGHT 6:00 PM 	13 	14
15	16  OHA BOARD MEETING 3:30 PM	17	18 MOVIE NIGHT 6:00 PM 	19	20	21 Winter begins 
22 Hanukkah begins 	23	24 Christmas Eve  HOUSING AUTHORITY OFFICES CLOSED ON 12/24, 12/25 & 1/1/20	25 Christmas 	26 Kwanzaa begins 	27	28
29	30 Hanukkah ends	31 New Year's Eve 