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|---------------|---------------|----------------|-----------------|
| 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 | |

Waite Rug Gazette

Volume 1, Issue 4
December 2019

Waite Rug Place 300 E. Custer Ave., Oshkosh WI 54901



Waite Rug Place Resident Holiday Party
Tuesday, December 17, 2019
2:00 – 4:00 PM
in the 2nd floor Community Room
Come join us for some holiday fun!

Holiday Office Hours

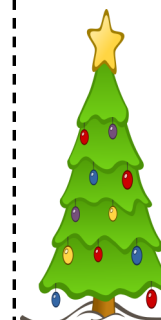
The Housing Authority offices will be closed on Tuesday, 12/24; Wednesday, 12/25; and Wednesday, 1/1/20 for the winter holidays.

Happy Holidays to everyone from Bob, Jane & Curt!



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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

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 2nd 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 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 on the large bulletin board by Thursday, 12/19/19.



Manager’s Corner

Snow Removal Policy

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!

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.

Indoor Parking Survey

This month I will be sending a survey to Waite Rug residents to gauge interest in indoor parking. The indoor parking offered would be in the building just north of Waite Rug Apartments. Vehicle owners would have 24 hour access to the secured building. You would be provided a key and a garage door opener. One parking spot would cost \$30.00/month. Please wait for the survey to indicate your interest.

Holiday Decorations.

There will be a group from AMCOR Corporation that will be setting up a holiday tree in the lobby on December 6 around noon. At that time, there will be decorations available for residents to assist in decoration the building. Please help decorate the building for the holidays.

Bob Poeschl, Property Manager Ph.: 920-303-5400 Email: 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.

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

Submitted by Lori Duclon, RN



Waite Rug Place Staff

Bob Poeschl: Property Manager
920-303-5400 bobp@ohawcha.org

Jane Spietz: Social Service Coordinator
920-424-1483 janes@ohawcha.org

Curt Baumgart: Maintenance

Nurses: 920-424-1470 Ext. 124
Lori Duclon: Mondays & Tuesdays
Teresa Paulus: Wednesdays & Thursdays
Lori & Teresa work alternate Fridays

Nurse Open Hour - 1st floor library
Theresa - 2nd Friday of every month
10:00 - 11:00 am

After Hours Emergency Service: 966-4235

Waite Rug Place Office Hours

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

Staff hours at Waite Rug Place:



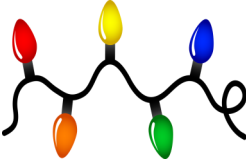





Bob: Monday 8:00 am - 4:00 pm
Tuesday - Thursday 8 am - 12 pm
Jane: Monday - Thursday 12:30 - 4:30 pm

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 December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4	5 	6	7 HOLIDAY COOKIE EXCHANGE 12:00—2:00 PM 2ND FLOOR COMMUNITY ROOM
8	9	10 BUG DAY	11 	12	13 NURSE OPEN HOUR 10:00 - 11:00 AM 1st floor Library	14
15	16 OHA BOARD MEETING 3:30 PM	17 HOLIDAY PARTY 2:00 - 4:00 PM 	18	19	20	21 Winter begins 
22 Hanukkah begins 	23	24 Christmas Eve HOUSING AUTHORITY OFFICES CLOSED 12/24 & 12/25	25 Christmas Day 	26 Kwanzaa begins 	27	28
29	30 Hanukkah ends	31 New Year's Eve 