

Happy New Year!



AULD LANG SYNE
BABY
BALL
BALLOONS
CALENDAR
CELEBRATION
CHAMPAGNE
CLOCK
CONFETTI
COUNTDOWN
DANCING
DECEMBER
EVE

FATHER TIME
FIRECRACKER
FIRST
FLUTE
GAMES
GOWN
HAPPY
HAT
HOURGLASS
INVITATION
JANUARY
KISS
MIDNIGHT

MUSIC
NOISE MAKER
PARTY
RESOLUTION
SPARKLER
STREAMER
TIMES SQUARE
TOAST
TRADITION
TUXEDO
VOW
YEAR

Tower Times



Volume 9, Issue 1
January 2020

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

Holiday Office Hours

The Housing Authority offices will be closed on Wednesday, 1/1/20 for New Year's Day. Happy 2020 from Josh, Linda, Bob & Jane!



2019 Rent Certificates and Homestead Credit Preparation

The 2019 rent certificates will be delivered to the Court Tower office at the end of January. A team of volunteers will be coming to Court Tower in late January or early February to help complete Homestead Credit forms. The exact date will be announced in the near future. An appointment sign up sheet will be available in the office prior to that. If you are planning on having the volunteers complete your Homestead forms, we encourage you to keep your rent certificate in the office so you don't have to worry about misplacing it. The rent certificate will be in the office for you to pick up if you are planning on doing your Homestead yourself or having someone else help you with it.

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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

Winter Safety Tips

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow.

Like most things in life, it is better to be prepared.

Here are a few precautions everyone should take, especially older adults during the winter.

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk for hypothermia due to changes that happen to your body with aging.

Warning Signs: cold skin that is pale or ashy color, feeling very tired, confused and sleepy, feeling weak, problems walking, and slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia. *Note: shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.*

Precautions can you take to protect yourself:

- ✓ Stay indoors (don't stay outside for very long).
- ✓ Keep indoor temperature at 65 degrees or warmer.
- ✓ Stay dry because wet clothing chills your body more quickly.
- ✓ Dress smart - protect your lungs from cold air. Layer up!

Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about using your thermals!

- ✓ Important winter wear: hats, gloves (or preferably mittens), winter coat, boots and a scarf to cover your nose and mouth.

Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from the heart. **Common places include your nose, ears, cheeks, chin, fingers and toes.** In severe cases frostbite can result in a loss of a limb. People with heart disease and other circulation problems are at a high risk.

How can you protect yourself?



Free Tax Preparation
Tax Assistance Appointments
Oshkosh Seniors Center South Building,
200 North Campbell Road, Oshkosh WI 54902
January 24 through April 9, 2020
Thursdays & Fridays, 8 AM - 3:30 PM
(last appointment scheduled at 2:30 PM)
Appointments are required!

The Tax Assistance program provides help to low and middle income taxpayers over 60. Volunteer counselors assist individuals with preparation of their tax returns. Please allow adequate time for your appointment. Delays may occur.

Beginning Wednesday, January 2, 2020 you may call 920-385-6756 to set up your appointment. Appointments cannot be made by the Oshkosh Seniors Center. Leave a message with your information and your call will be returned.

You must bring your Social Security card to the appointment. If you are under 62 years of age and disabled, you must bring proof of the date that you were deemed disabled. That document can be obtained at the Social Security office.

Report Change in Phone Number

Please report a change in your phone number in writing to the office as soon as it becomes effective so that we may note this in our system.



Resident Meeting



The Court Tower Resident Meeting will be held on Tuesday, January 14th at 2:00 PM in the 1st Floor Community Room. Everyone is welcome and encouraged to attend.

Manager's Corner by Bob Poeschl, Property Manager

Lock your Windows in the Winter

Please lock your windows using the hardware on the middle sill of the window. Turn the hardware to the left to lock it. Locking the window creates a tight seal. It reduces any windy breezes or water that may come in the window so it helps keep your unit warmer.

Renew your Pet License

If you are a pet owner at Court Tower Apartments, you are required to get a pet license for your pet every year. You do this by making sure that your pet is up to date on its rabies vaccination with your vet. Your vet will give you a receipt that you need to take to City Hall in Oshkosh to get the license. The license fee is \$5.00 before March 31, 2020. After March 31, 2020, it will cost you \$7.00 to license your pet. Oshkosh City Hall is located at 215 Church Avenue, Suite 102, Oshkosh, WI 54901. If you have any questions, you can call 920-236-5024.

Flat Rent Increase

The Oshkosh Housing Authority Board of Directors have voted to increase the Flat Rent Maximum rate effective January 1, 2020. The change for each household participating in flat rent will take place at their next interim or annual adjustment.

Efficiency	1 bedroom	2 bedroom	3 bedroom	4 bedroom	5 bedroom
\$450	\$500	\$650	\$850	\$1050	\$1225

Filter Replacement is scheduled for Wednesday, 1/15/20 between 8:00am-4:00pm

This notice that provides you notification that maintenance will enter your unit to replace the filter that is housed in your heating and cooling unit located near the front entry of your apartment. These filters will be replaced 2-3 times a year. Maintenance will be in and out of your unit in less than five minutes and will leave an entry notice if you are not present. Please clear all items that may be placed in front of the unit.

Recycling and Trash

Please remember that there is a garbage chute and recycling bin on every floor. Please use these appropriately. Make sure all garbage is bagged when putting it in the chute. Do your best to rinse out and breakdown all recyclables. Please do not place items outside of the chute or recycling bin. Please take them to the appropriate dumpsters off of Court Street. Please do not leave your garbage and recycling by the service hallway door on the overnights or over the weekends. If you are needing to recycle cans for the Recreation Fund, please bring them down during regular business hours.

✓ Cover up! All parts of your body should be covered when you go out in the cold.

✓ If your skin turns red or dark or starts to hurt, go inside right away.

Warning signs of frostbite: skin that's white or ashy or grayish-yellow, skin that feels hard or waxy, numbness. If you think you or someone has frostbite, call for medical help immediately.



Falls

It is easy to slip and fall in the winter, especially in icy and snow conditions.

Precautions to take:

- ✓ Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavement that could be iced over.
- ✓ Wear boots with non-skid soles- this will prevent you from slipping.
- ✓ If you use a cane, replace the rubber tip before it is worn smooth.
- ✓ Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Accidents while driving

Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be more aware when driving because road conditions and weather may not be the best.

Precautions to take:

- ✓ "Winterize" your car before the bad weather hits! Make sure you have your antifreeze, tires and windshield wipers checked and change if necessary.
- ✓ Remember your cell phone when you drive in bad weather, and always let someone know where you are going and when you will be back.
- ✓ Avoid driving on icy roads, be especially careful on overpasses or bridges. Often bigger roads are cleared of snow better than smaller roads. You may need to consider alternate routes because of the road conditions.
- ✓ Stock your car with basic emergency supplies such as: first aid kit, blankets, extra warm clothes, booster cables, windshield scraper, bag of sand or kitty litter (in case your wheels get stuck), water, dried or canned food with can opener, flashlight, and local maps.

<https://www.mayoclinic.org/healthy-lifestyle> Submitted by Lori Duclon, RN

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

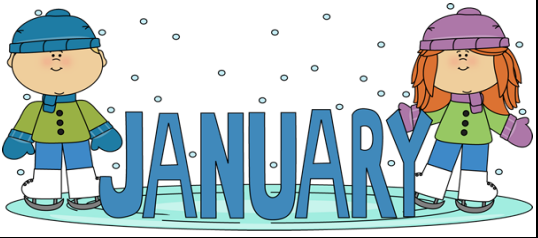










Court Tower Office Hours
OPEN: Monday–Thursday 8:00 am - 12:00 pm
 1:00 pm - 4:30 pm
 Friday 8:00 am - 12 pm
Staff hours at Court Tower:
Bob: Tuesday - Thursday 12:30 - 4:00 pm
 Friday 8:00 am - 12:00 pm
Jane: Monday - Thursday 8 am - 12 pm
 Friday 8:00 am - 12:00 pm

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 January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1 New Years Day</i> HOUSING AUTHORITY OFFICES CLOSED/ MOVIE NIGHT 6:00 PM	2	3	4 
5	6	7	8 MOVIE NIGHT 6:00 PM 	9	10 	11
12 	13	14 BUG DAY RESIDENT MEETING 2:00 PM	15 MOVIE NIGHT 6:00 PM 	16	17	18
19	20 <i>Martin Luther King Jr. Day</i> 	21	22 MOVIE NIGHT 6:00 PM 	23  BINGO 2:00 PM	24	25
26	27 OHA BOARD MEETING 3:30 PM	28 BIRTHDAY PARTY 2:00 PM 	29 	30	31 