

# 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



# Waite Rug Gazette

Volume 2, Issue 1  
January 2020

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

## 2019 Rent Certificates and Homestead Credit Preparation

The 2019 rent certificates will be delivered to the Waite Rug office at the end of January. A team of volunteers will be coming to Waite Rug 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.

## Holiday Office Hours

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



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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

### 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

#### Resident Meeting



The Waite Rug Resident Meeting will be held on Tuesday, January 21st at 2:00 PM in the 1st Floor Theater. Everyone is welcome and encouraged to attend.

#### 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.



Manager’s Corner

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 Waite Rug Place, 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 and PBV Rent Increases

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. This table does not relate to the Project Based Voucher units.

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

The Project Based Voucher rents increased January 1, 2020. Below are the new amounts:

1 bedroom	2 bedroom
\$678	\$866

No Smoking in the building

Please see the enclosed letter as it relates to smoking and illegal drug activity. If you have questions about the non smoking policy or your lease as it relates to illegal drug activity, please make an appointment with me. Please take this seriously because it will lead to your lease being terminated!

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

- √ 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



## Waite Rug Place 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)

**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 January 2020

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