

VALENTINE'S DAY WORD SEARCH

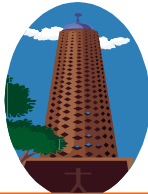


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A Q U H S X L I C S A B E R Y H C G O U

Valentine Cupid Be Mine Pink
Candy Cuddle Hearts Red
Chocolate Hug Card Roses
February Kiss Love I Love You
Flowers Love Arrow Sweet
Friend



Tower Times



Volume 9, Issue 2
February 2020

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

Homestead Credit Preparation at Court Tower Apartments

We will have volunteers in the Court Tower Theater on **Monday, February 17, 2020 starting at 8:00 a.m.** to help complete Homestead Credit Assistance forms with residents.

You must sign up for an appointment by calling Jane Spietz at 920-424-1483. This is the only time we will be doing Homestead Preparation at Court Tower. If you cannot keep your appointment here on Monday, February 17, 2020, you will need to arrange to have your Homestead Credit Assistance form completed elsewhere.

Jane will give you your rent certificate on the morning of Monday, February 17 as you go into your Homestead Credit appointment. We encourage you to keep your rent certificate in the office so you don't have to worry about possibly misplacing it before then.

Be sure to bring all of the required documents to your appointment. For a complete list, see the notice on the resident bulletin board on the 1st floor.

If you have any questions, please call Jane at 424-1483.

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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

Along with Valentine's Day, February marks **American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

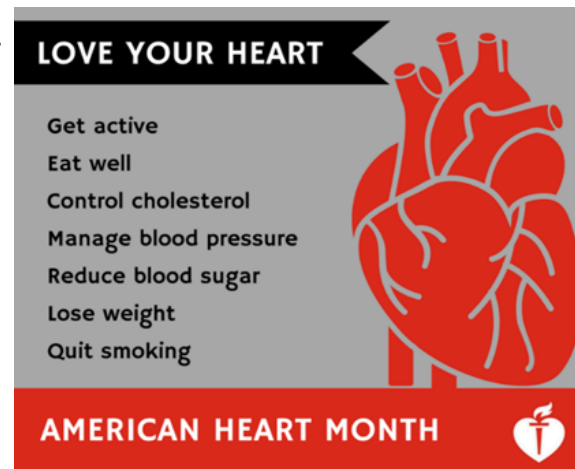
Heart disease is the leading cause of death for American women and men, accounting for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease, such as high blood pressure, obesity, physical inactivity or an unhealthy diet. Risk also increases with age.

Here are some healthy heart hints from the National Institute on Health for the month of February. **Try to do one of these each of the 29 days this month.** You can repeat your favorites! It's a Leap Year, so take advantage of that extra day!

1. Have heart healthy snacks while watching your favorite game or movie. Make your own snack mix (oat cereal, dried cranberries, unsalted nuts) or humus and your favorite veggies.
2. March in place when there is a commercial on TV.
3. Call a friend or neighbor and go for a walk.
4. Share a funny video or story that makes you laugh.
5. Give Meatless Mondays a try. Chunky cut your favorite veggies and toss with a bit of oil, pepper and your favorite herbs and roast them for 30 minutes at 400 degrees. Or make a soup like black bean or minestrone.
6. Swap the sweets for a piece of fruit for dessert.
7. Walk an extra 15 minutes today.
8. Go salt free and use herbs to flavor your food.
9. Add a stretch break to your day.
10. Dance to your favorite song.

Adopted from the National Institute on Health.

Submitted by Lori Duclon, RN



**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.

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.



**Spring Primary Election
Tuesday, February 18, 2020**



The polls will be open from 7 am – 8 pm. Court Tower's polling place is Ward 9, District 5, Trinity Evangelical Church, 370 Bowen Street. A photo ID is now required to receive a ballot in all elections.

Manager's Corner

Pet Reminders

Please remember to get your pets licensed with the City of Oshkosh. Please clean up your doggie doo-doo right after your doggie does its business. Your neighbors and HA staff should not have to worry about this. Please be a responsible pet owner. All animals should be leashed up to 6 feet, on the property, inside and outside.

Rent Certificates

I have signed all rent certificates that can be used by residents to receive the Homestead Tax Credit. Please see the newsletter article that encourages you to get assistance completing the paperwork for the credit at one of our Housing Authority locations. If you are going to use a private tax service, please see Jane or I to get your rent certificate.

Why do sidewalks exist!

Please use the sidewalks when traversing the property. This is the safe option. This is why Josh clears snow from the sidewalk, so that you can safely travel the property. Please do not create unsafe paths.

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

Valentine's Day Recipe: Fudgy Fruit

Fruit, nuts, and chocolate. Do we need to say more?

Makes 4 servings.

Ingredients

- 6 teaspoons chocolate chips (semi-sweet)
- 2 bananas (large, peeled and cut into quarters)
- 8 strawberries (large)
- 1/4 cup peanuts (chopped, unsalted)

Directions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

For nutrition information, please visit [Fudgy Fruit](#) at What's Cooking? USDA Mixing Bowl.

Recipe from the U.S. Department of Agriculture [SNAP-Ed Connection](#)



Court Tower Staff
Bob Poeschl: Property Manager
 920-303-5400 bbp@ohawcha.org
Jane Spietz: Social Service Coordinator
 920-424-1483 jan@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 February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <i>Groundhog Day</i> 	3	4	5 MOVIE NIGHT 6:00 PM 	6	7 TRAVEL TIME 3:00 PM	8
9	10	11 BUG DAY 13th & 14th FLOOR	12 MOVIE NIGHT 6:00 PM 	13	14 <i>Valentine's Day</i> TRAVEL TIME 3:00 PM	15 
16 	17 <i>Presidents' Day</i> HOMESTEAD CREDIT PREPARATION	18  SPRING PRIMARY ELECTION	19 MOVIE NIGHT 6:00 PM 	20  BINGO 2:00 PM	21 TRAVEL TIME 3:00 PM	22
23	24 OHA BOARD MEETING 3:30 PM	25	26 <i>Ash Wednesday</i> MOVIE NIGHT 6:00 PM 	27	28 TRAVEL TIME 3:00 PM	29 