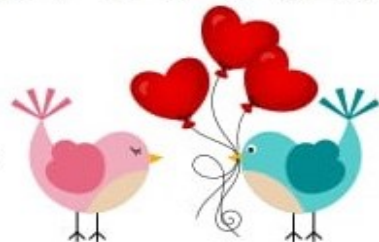


VALENTINE'S DAY WORD SEARCH



A V U A N G C A N D Y Q E I Y N J E T F
J R R Z A O C G C S G C B O U Z P A W Y
T D Y Q C B P M K O J S R U T Q W O P D
I B D Y D G W A B S R I T L X M P V Z R
H O V O O N E A H E T G O U H A B L W B
N V S W E E T F W D F U T U J A B J E H
M E S C S B A O O I F Z H S T Q M T L T
X O Q B Q S L D U K I V C E W N U Z O U
X K Z W W F O G W W C J X S D C R T V X
C D B S K W C C H E Z H D O B J I G E W
A N I L I E O S N H V D H R D A H U B Z
R P W N S S H E A R T S L G B Z N D G M
D L O W S E C T R G C D I P U C F L V S
R N P P O Q N W E O T N G A W E C J C F
J O E F W R W I D R E C I T B C X A M Q
E R M U T M R N T F Y H R R Z S A F A L
R S B V N N R A K N I P U G U L F K Q E
J S B K O H B W H Z E A R O Y U Y W J K
O C U D D L E D U X R L C C R E V N O X
B O W E W R R N G Y K R A O Z N V G H V
D Y D Z C U O Y E V O L I V H I U W D G
N G O K Q T V Z L V S K M N S M Y V D S
L U N T L W L P B Q P J S B W E Z J W E
T K F S D N E I R F E K Q X S B X V L V
A Q U H S X L I C S A B E R Y H C G O U

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



Waite Rug Gazette

Volume 2, Issue 2

February 2020

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

Homestead Credit Preparation at Court Tower Apartments

We will have volunteers in the Court Tower Theater (100 Court St.) on **Monday, February 17, 2020** to help complete Homestead Credit Assistance forms with Waite Rug 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 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
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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!

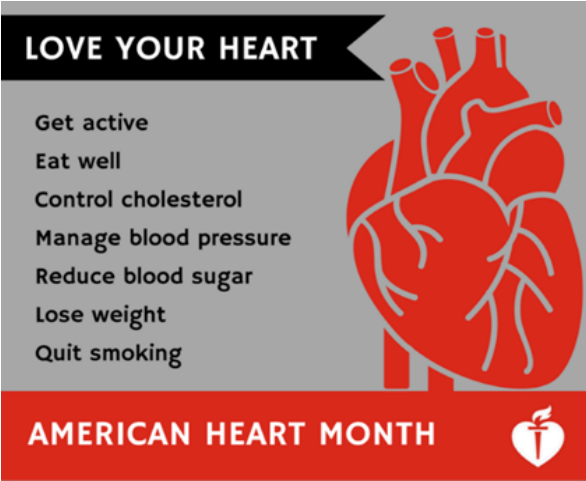
- 1. Have heart healthy snacks while watching your favorite game or movie. Make your own snack mix (oat cereal, dried cranberries, unsalted nuts) or humus and your favorite veggies.
- 2. March in place when there is a commercial on TV.
- 3. Call a friend or neighbor and go for a walk.
- 4. Share a funny 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.


Resident Meeting

.....meeting..... The Waite Rug Resident Meeting will be held on Tuesday, February 18 at 2:00 PM in the 1st Floor Theater. Everyone is welcome and encouraged to attend.



Spring Primary Election Tuesday, February 18, 2020

The polls will be open from 7 am – 8 pm. Waite Rug Place’s polling place is at the Oshkosh Public Library. A photo ID is now required to receive a ballot in all elections.



Manager’s Corner

Key Keeper

Waite Rug Place now has an after hours key keeper. A key keeper is a resident of the building who has a master key to the residential units of the building. That person’s role is to assist when residents are locked out of their units or when a health and safety issue exists in a unit where the police, fire or emergency personnel need to enter the unit.

If you become locked out of your unit, you will be asked to show an identification card otherwise you might not be let in.

The key keeper is Jesse Coates #134.

We will be delivering new Emergency Cards to every resident with his contact information. We will also put cards on all bulletin boards in the common areas.

Pet Reminders

Please remember to get your pets licensed with the City of Oshkosh.

We have been gifted some doggie doo-doo bags so neighbors can pick up after their furry family member. So if you have a dog, please see Curt or I to get some bags. Also, please take dogs away from the building to do their business. It is unsightly to see doggie doo-doo by the entrances of the building.

Rent Certificates

I have signed all rent certificates that can be used by residents to receive the Homestead Tax Credit. Please the 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.

Don’t feed the animals, outside!

Lately I have observed that residents have been leaving bread and other food items out by the front and west entrance. Please do not this. This will attract animals that we do not want around here.

Bob Poeschl, Property Manager, Oshkosh Housing Authority
Ph.: 920-303-5400 Email: bobb@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](#)



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 February 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|-----|---|--|
|  | | | | |  | 1 |
| 2 <i>Groundhog Day</i>  Happy Groundhog Day! | 3 | 4 | 5  | 6 | 7 | 8 |
| 9 | 10 | 11  | 12 | 13 | 14 <i>Valentine's Day</i> NURSE OPEN HOUR 10:00 - 11:00 AM | 15  |
| 16  | 17 <i>Presidents' Day</i> HOMESTEAD CREDIT PREPARATION AT COURT TOWER | 18 SPRING PRIMARY ELECTION RESIDENT MEETING 2:00 PM | 19 | 20 | 21 | 22 |
| 23 | 24 OHA BOARD MEETING 3:30 PM | 25 | 26 <i>Ash Wednesday</i> | 27 | 28  | 29 |