

St Patrick's Day

WORD SEARCH Search across, down, and diagonally



Find the following words:

LEPRECHAUN	RAINBOW	GOLD
ST PATRICK	CLOVER	LUCK
SHAMROCK	GREEN	
IRELAND	MARCH	



Tower Times



Volume 9, Issue 3
March 2020

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

Resident Meeting

The next Court Tower Apartments Resident Meeting will be held on Tuesday, March 10, 2020 at 2:00 PM in the 1st Floor Community Room.

Our guest speaker will be John Holland, Public Educator with the Oshkosh Fire Department.

Everyone is encouraged to attend.



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Daylight Savings Time will start at 2:00 AM on Sunday, March 8, 2020. Don't forget to set your clocks ahead on Saturday night March 7!



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

Healthy Feet Help You Stay Mobile, Balanced, and Independent

Aging takes a toll on your feet. Foot care can be easily forgotten. Over time, feet flatten and become wider. The fatty padding naturally wears down. That leaves the bones and joints of the feet more exposed to wear and tear. An injury as simple as a bad blister can impair mobility, balance, and overall function in aging adults.

Use these 8 essential foot care tips to keep aging feet healthy and reduce the risk of health issues indirectly caused by foot problems.

- 1. **Keep feet clean** - Good foot hygiene is critical to preventing fungal, viral, and bacterial infections. As we age, we are not always taking daily showers anymore, but making a regular habit of simple foot wipe downs with warm water, soap, and a washcloth daily can keep your feet healthier. And if done at night, it can even promote relaxation prior to sleep.
- 2. **Moisturize feet** - Dry skin is more prone to cracking, flaking, and breaking which is why moisturizing is so important for preventing open foot sores, especially for aging adults whose skin is drier. Foot lotions should be applied after feet have been thoroughly washed and dried. That locks in moisture and helps keep skin soft and supple.
- 3. **Trim nails** - Keeping toenails trimmed is another important element of foot care. If they get overgrown, it can cause pain or interfere with stable walking. You could trim your nails yourself or find local nail care clinics that specialize in caring for senior feet. Podiatrists may also offer these types of foot care services.

Local Foot Care Clinics offered by Valley VNA

Appointments are 20 minute and include:

- Foot exam by a Registered Nurse
- Foot soak
- Massage
- Callus Reduction
- Toenail file and trim
- Education and referral

Call 920-727-555 for an appointment at the follow locations:

- American Legion, Winneconne
- Highlands at River Crossing, Winneconne



Shamrock Smoothies

Ingredients

- 6 kiwi fruit, peeled and quartered
- 1 cup seedless green grapes
- 1 banana, peeled and cut into 1-inch pieces
- 1 6 ounce carton key lime- or vanilla-flavored yogurt
- 1 cup orange juice or white grape juice, well-chilled
- 3 tablespoons honey
- 1 – 2 drops green food coloring (optional)
- Fresh kiwifruit slices

Prep: 20 minutes
Freeze: 2 hours
Servings: 5

Instructions

Step 1

Place kiwi fruit and banana in a 15x10x1-inch baking pan. Place in freezer and freeze, uncovered, for 2 hours or until frozen.

Step 2

In a blender, combine grapes, yogurt, orange juice, honey, and about 1/3 of the frozen fruit. Cover and blend until almost smooth. Gradually add remaining fruit, blending after each addition until almost smooth. Add food coloring, if you like.

Step 3

Pour into glasses and garnish with kiwifruit slices.
Once fruit is frozen, it may be transferred to a freezer container or storage bag for longer storage.

Recipe from **MidwestLiving**



POOL PASS SCHOLARSHIP PROGRAM At Pollock Community Park

Thanks to a generous donation through the Oshkosh Area Community Foundation, the Parks Department is once again offering a scholarship program for low income individuals and families to be able to apply for and possibly receive a free season pass to Pollock Community Water Park.

Financial assistance applications can be picked up at the Parks Administrative offices or on our website at: <https://www.ci.oshkosh.wi.us/Parks/PollockCommunityWaterPark/SeasonPasses.aspx>

Funding is limited. Applications are due back to the Parks Administrative offices by April 3, 2020 and successful recipients will be notified if their application was successful in May. If you have any questions regarding the application process or whether or not you qualify, please contact Stacy James, Administrative Assistant, at (920) 236-5080.

From the Oshkosh City Manager's Weekly Newsletter dated February 28, 2020



**Free Tax Preparation
Tax Assistance Appointments
Oshkosh Seniors Center South Building,
200 North Campbell Road, Oshkosh WI 54902
Through April 9, 2020
Appointments are required!**



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.

Omro Community Center
Oshkosh YMCA (Downtown)
Oshkosh Senior Center call **920-232-5310**

4. **Monitor for sores** - Checking your feet for sores when washing your feet and following up with your physician if you find anything is very important for foot health.

5. **Get properly fitting footwear** - The health of aging adult's feet can largely come down to their footwear. When was the last time you had your feet measured by a specialist? Wearing shoes that are too small or too big can impact more than comfort levels - they can rub and cause blisters and other foot ailments as well as impair mobility.

6. **Get medical attention when needed** - Common foot conditions like bunions, hammer toes, discolored toenails, corns, and calluses may seem harmless. But if you have any of these, it's worth getting an evaluation from a podiatrist to prevent harmful developments later, like infections.

7. **Address pain** - Feet are often the first parts of the body to show symptoms related to conditions like arthritis, diabetic neuropathy. They can also be affected by injuries like plantar fasciitis. If you are experiences pain, tingling, numbness, stiffness, or inflammation in their feet or ankles, see your doctor or podiatrist for a thorough exam as soon as possible. Catching early warning signs can help you take quick action to prevent medical complications down the line.

8. **Promote circulation** - Adults who suffer from chronic illnesses like diabetes, peripheral artery disease, or conditions that limit mobility may experience reduced circulation in their lower legs and feet. That can contribute to dangerous developments like blood clots. Circulation in senior feet can be improved with foot massages, elevating the lower legs when resting, and talking with their doctor about prescribing compression hose.

Adapted from dailycaring.com/8-essential-senior-foot-care-tips-for-improved-health/

Submitted by Lori Duclon, RN

Court Tower Staff
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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 March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 HOW TO DRAW 5:00 - 6:00 PM	4 MOVIE NIGHT 6:00 PM 	5	6 EARLY AMERICAN HISTORY 3:00 PM	7 GREAT MUSIC COURSE 7:00 PM 
8 Daylight Savings Time Begins 	9  FIRE ALARM TESTING 1:00 - 2:00 PM	10 BUG DAY 2ND & 3RD FLOORS RESIDENT MEETING 2:00 PM HOW TO DRAW 5:00 - 6:00 PM	11 MOVIE NIGHT 6:00 PM 	12	13 EARLY AMERICAN HISTORY 3:00 PM	14 GREAT MUSIC COURSE 7:00 PM
15	16 	17 St. Patrick's Day HOW TO DRAW 5:00 - 6:00 PM	18 MOVIE NIGHT 6:00 PM 	19 First Day of Spring 	20 EARLY AMERICAN HISTORY 3:00 PM	21 GREAT MUSIC COURSE 7:00 PM
22	23 OHA BOARD MEETING 3:30 PM	24 HOW TO DRAW 5:00 - 6:00 PM	25 MOVIE NIGHT 6:00 PM 	26  BINGO 2:00 PM	27 EARLY AMERICAN HISTORY 3:00 PM	28 GREAT MUSIC COURSE 7:00 PM
29 	30	31 HOW TO DRAW 5:00 - 6:00 PM		