

FARMERS TO FAMILIES FOOD BOX

FREE FOR THE OSHKOSH COMMUNITY

When: Mondays in June (1, 8, 15, 22)
10:00 a.m. - 12:00 p.m.

Where: UWO Kolf Sports Center
(Enter Lot #7 off High Avenue)

The USDA is partnering with farmers, distributors and nonprofits to ensure that **everyone** has access to the fresh produce, meat and dairy they need during the COVID-19 crisis. Receive your food box during the weekly Oshkosh drive-thru distribution. Be sure to clear out your trunk before you come.

First come, first served basis.

NO INCOME REQUIREMENTS.



Oshkosh logistics partners: Oshkosh Area Community Foundation, Oshkosh Area United Way, Oshkosh Area Community Pantry, Father Carr's Place 2B, Oshkosh Corporation, Amcor, J.J. Keller Foundation

Tower Times



Volume 9, Issue 6
June 2020

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

Supporting Mental Health During the COVID-19 Pandemic

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful—it can be difficult to cope with fear and anxiety, changing daily routines, and a general sense of uncertainty. Although people respond to stressful situations in different ways, taking steps to care for yourself and your family can help you manage stress.

Things you can do to support yourself:

- **Take breaks from the news.** Set aside periods of time each day during which you close your news and social media feeds and turn off the TV. Give yourself some time and space to think about and focus on other things.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat regular, well-balanced meals; get some physical activity every day; give yourself time to get a full night's sleep; and avoid alcohol and drugs.
- **Make time to unwind.** Try to engage in activities and hobbies you enjoy. Engaging in these activities offers an important outlet for pleasure, fun, and creativity.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling. Digital tools can help keep you stay connected with friends, family, and neighbors when you aren't able to see them in person.
- **Set goals and priorities.** Decide what must get done today and what can wait. Priorities may shift to reflect changes in schedules and routines and that is okay. Recognize what you have accomplished at the end of the day.
- **Focus on the facts.** Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Resources for Those in Distress:

In an emergency - Call 911

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress

Helpline: Call 1-800-985-5990 (TTY 1-800-846-8517), Text TalkWithUs to 66746

Source: National Institute of Mental Health (NIMH) <https://www.nimh.nih.gov>

What should I do if I had close contact with someone who has COVID-19?

If you had contact with someone who was infected with COVID-19, you should follow these recommendations for 14 days from the date of your last contact with the infected individual. To protect yourself, your family, and your community, you should practice limited self-quarantine and self-monitoring.

Limited Self-Quarantine



Stay home as much as possible.



Most people should not go to work if their work involves contact with other people. Talk with your employer about working remotely if your employer allows it. Health care workers should contact their employee health for the current policy.



Do not use public transportation, ride-sharing, or taxis.



Avoid travel. If travel is absolutely necessary, and you become ill, you may not be able to return home until after you recover. When you get home, you will be asked to continue self-quarantine and self-monitoring for 14 days.



Wash your hands often and practice good hygiene.



Go out only for essentials. Limit your travel to essential needs, for example, going to the doctor, getting groceries, or picking up medication.



Postpone all non-essential medical appointments until you are out of quarantine. If you have an essential appointment during the quarantine, talk to your doctor about how to arrange this during your quarantine.

You may also consider the following recommendations:



Minimize contact with others in your home (stay in your own room and, when possible, use your own bathroom) and avoid sharing personal household items such as dishes, towels, and bedding.

Self-Monitoring



Measure your temperature twice a day, once in the morning and one at night. Otherwise watch for symptoms of fever like feeling hot, chills or sweats.



Watch for cough or difficulty breathing.



Respond to your local health department. They may request that you provide information about how you are feeling. They will tell you how to provide this information (for example, phone calls, emails, text message) and how often.

If you develop fever, cough, have difficulty breathing, or need medical care:

1. Contact your doctor to report your symptoms and see if you need medical care. Do not go to your doctor's office without contacting them first.
2. Stay home unless you need emergency medical attention. Isolate yourself from others in your home, practice good hand hygiene, sanitize surfaces in your home, and wear a facemask if you need to be around other people.

If you need emergency medical attention, call 911 and let them know that you are being monitored for novel coronavirus.



Opening the common areas

Sometime mid-month it will be communicated to all residents about how Court Tower will transition to opening some common areas. This will still involve social distancing and mask wearing where it is appropriate and safe.

Mask wearing and Social Distancing continues on!

Even the Safer at Home order has come and gone, the Housing Authority continues to require mask wearing and social distancing within the common areas of all Housing Authority owned properties. This includes all residents, all caregivers, all Housing Authority employees, all contractors and any visitors. This will remain in effect until further notice.

Bob Poeschl, Property Manager, Court Tower & Waite Rug Place
Oshkosh Housing Authority
100 Court Street Oshkosh, WI 54901
920-303-5400 Office
920-424-7649 Fax
bobp@ohawcha.org

To apply for housing, go to: <http://www.ohawcha.org/apply-online/>

June Verse



J - June is remembering fathers

U - Umbrellas

N - Nature's beauty at its best in June!

E - Expression of thanks to all the front line workers

Submitted by Patty Clark.

Manager's Corner

Mask Makers

The Housing Authority is pleased to recognize three Court Tower residents for creating masks for the Court Tower and greater Housing Authority communities. These three individuals stepped up at a time when access to masks was very challenging.

When you see Herb Cronkhite, Cathy Tomasko, and Vanessa Hand give them a gentle elbow bump to show them how much you appreciate their efforts during this period.

Thank you Herb, Cathy and Vanessa for helping keep us safe!

Green Team

We are looking for residents who don't mind getting a little dirty, enjoy helping neighbors and really like seeing the property with a thriving green space. There are opportunities for planting, weeding and trimming of plants, trees and bushes around the property.

Also as the building begins to slowly reopen, we are hoping to have team of residents that are willing to take care of the recycling bins once they are placed on the floors again.

Please let Linda know if you are interested in any of these opportunities.

Farmers to Families - Save the Dates!

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Welcome to FISC

FISC is the Financial Information and Service Center, a program of Goodwill Industries of North Central Wisconsin that offers personal counseling on a variety of financial matters. FISC has solutions for many financial situations:



- *Living paycheck-to-paycheck
- *Mounting credit card debt
- *Student loan debt
- *Having someone else pay the bills
- *Recovering from job loss & divorce
- *Medical debt
- *Housing counseling
- *Dealing with large bills
- *Credit score concerns
- *Exploring bankruptcy
- *Communicating about money
- *Budget advice
- *Debt repayment plans to get out of debt

The Oshkosh FISC office can be reached at (920) 966-1200.

Cranberry Pecan Cookies

Ingredients:

- 1 cup butter, softened
- 1 cup brown sugar
- 1/2 cup sugar
- 1 large egg
- 1-1/2 tsp. vanilla
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. salt
- 2 cups quick oats
- 1 cup (5 oz. package) dried cranberries
- 1 cup chopped pecans



Preparation Instructions:

Preheat oven to **375°F**. Beat butter, brown sugar and sugar in a large bowl with an electric mixer until well blended. Add egg and vanilla, beat until well blended. Combine all-purpose flour, baking soda, cinnamon, ginger and salt in a medium bowl. Add flour to butter mixture, beating at low speed until combined; add oats, cranberries and pecans, beat until combined. Spoon 2 Tbsp. dough per cookie 2 inches apart onto parchment lined baking sheets. Bake **10 to 12 minutes** or until lightly browned. Cool 5 minutes on sheets before moving to wire racks to cool completely. Makes 36 cookies.

Submitted by Patty Clark.

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

Josh Wendt: Maintenance

Linda Breitzman: Housekeeping

Nurses Teresa Paulus & Lori Duclon: Call them at 920-424-1470 Ext. 124 to schedule an appointment.

Nurse Open Hour: cancelled until further notice.



Court Tower Office Hours

Hours or services may differ due to COVID-19. All of Bob and Jane's phone calls are being forwarded to our work cellular phones which are on us all of the time.

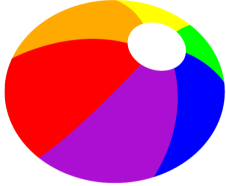

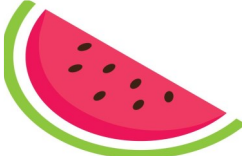






Bob: 920-303-5400 bobp@ohawcha.org
 Jane: 920-424-1483 janes@ohawcha.org

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 June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 	3	4	5	6 
7	8	9	10	11 	12	13
14 <i>Flag Day</i> 	15  FIRE ALARM TESTING 2:00 PM	16	17	18	19	20 <i>Summer Begins</i> 
21 <i>Father's Day</i> 	22 OHA BOARD MEETING 3:30 PM	23	24 	25	26	27
28	29	30	 JUNE			