

## Summer Word Search

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

SUMMER  
SUNNY  
SUNSCREEN  
POOL  
LEMONADE

BEACH  
SWIMSUIT  
BUGS  
VACATION  
BASEBALL

JUNE  
JULY  
HOT  
AUGUST  
SUNGLASSES



# Tower Times



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



## OSHKOSH FOOD CO-OP OPENED JULY 22!

The Oshkosh Food Co-op is a member-owned, full-service grocery store in the heart of Oshkosh. The Oshkosh Food Co-op is located in the Brio Building, on the first level, at the corner of Jackson Street and Pearl Avenue.

### WHAT KINDS OF PRODUCTS CAN YOU FIND AT THE CO-OP?

Oshkosh Food Co-op offers organic goods and affordable staples, with an emphasis on locally grown and produced products. Among the products you will find on the shelves:

- fresh produce
- meat and fish
- dairy - Wisconsin's best milk, cheese, butter, yogurt
- grab 'n go deli items
- beer and wine
- household goods, health and wellness items and more!

### Hours of Operation

Monday - Saturday 8:00 am - 8:00 pm

Sunday 11:00 am - 7:00 pm



**Manager’s Corner**

**Pets/Service Animals**

All dogs must be leashed at all times when outside your apartment. Always make sure to pick up and dispose of your pet’s poop immediately.

**Trash**

Securely bag ALL trash. This includes any shredded paper.

**Neighbors**

Let’s make an extra effort to be nice to your neighbors and all get along. If you don’t have anything nice to say, don’t say anything at all.

**Pay your rent through ACH**

ACH payments are electronic payments that are created when the customer give an originating institution, corporation, or other customer (originator) authorization to debit directly from the customer’s checking or savings account for the purpose of bill payment.

This is the preferred method to pay your rent. If you are interested in this option, please come to the main office to fill out the proper paperwork.

Lora Southworth, Property Manager, Court Tower & Waite Rug Place  
Office: 920-303-5400 Fax: 920-424-7649 Email: [loras@ohawcha.org](mailto:loras@ohawcha.org)



- Also remember it is recommended everyone age 12 years and older get a COVID19 vaccine.

**You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits.** Talk to your healthcare professional about which vaccines are right for you.

Submitted by Lori Duclon R.N.



River East Neighborhood Association invites you to our annual  
**Neighborhood Night Out Picnic!**  
**Tuesday, August 3, 2021 from 5:00 to 7:00** Riverside Park,

We took a break last year because of COVID but now we’re bigger and better than ever! Bring a lawn chair, meet new neighbors, renew friendships with families you have not seen for a while, eat, laugh and let the kids play games and enjoy being together.

**Rodney’s Food Truck** will be on hand and everyone who comes (adults and children) will receive their first sandwich free. You’ll be able to buy more but please bring cash. Rodney’s Food Truck has super affordable prices and great food. We’ll also provide chips, cookies, and water. Feel free to bring a cooler with non-alcoholic beverages.

**Chicken Sandwich, Brats, Burgers, and Hot Dogs \$3.00 Fries \$2.00  
Chips, Soda, and Water \$1.00**

The Oshkosh Fire Department, police, and others from City Hall typically drop by. The Oshkosh Public library will be there with their Book Bike which is new this year. Enjoy vintage car rides! It’s sure to be a fun time for all. After dinner continue the fun at the Leach with music from the group *Ask Your Mother* from 6:00 pm to 9:00 pm.



## Nurses' Notes:

### National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

**Vaccines can lower your chance of getting certain diseases.** Vaccines work with your body's natural defenses to help you safely develop immunity to disease. This lowers your chances of getting certain diseases and suffering from their complications. For instance:

- Hepatitis B vaccine lowers your risk of liver cancer.
- HPV vaccine lowers your risk of cervical cancer.

Flu vaccine lowers your risk of flu-related heart attacks or other flu-related complications from existing health conditions like diabetes and chronic lung disease.

### Vaccines lower your chance of spreading disease.

Some people in your family or community may not be able to get certain vaccines due to their age or health condition. They rely on you to help prevent the spread of disease.

Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available. You're never too old to get vaccinated!

Getting vaccinated is a lifelong, life-protecting job. Don't leave your healthcare provider's office without making sure you've had all the vaccinations you need.

### All adults need:

- Influenza (Flu) vaccine every year in the fall for your protection and for the protection of others around you.
- Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td) vaccine. You need a TD or Tdap booster dose every 10 years.
- Zoster (shingles) If you are 50 or older, you should get the 2 dose series of the Shingrix brand of shingles vaccine, even if you were vaccinated with Zostavax.
- Pneumococcal vaccine protects against certain pneumonia. If you are younger than 65 and have certain high-risk conditions or 65 and older discuss with your health care provider.



A poster for a "FREE Wheelchair Wash &amp; Inspection" event. The background is white with several large, clear bubbles. One large bubble in the center contains a black silhouette of a person in a wheelchair. Other bubbles contain the words "Friends", "Fun", "Food", and "Music". At the top left, a bubble says "FREE". The main title "Wheelchair Wash &amp; Inspection" is in blue. Below the title, it says "You're cordially invited to the Winnebago County Wheelchair Wash, join us for a free wash, food, music, and fun!". The event details are: "When: Saturday, August 7 10a - 1p" and "Where: J &amp; R AUTO SERVICE, 629 N Main St, Oshkosh". It also says "Appointments encouraged, drop-ins welcome." and "To schedule please contact: Making the Ride Happen 920.225.1719 or mrh@lsswis.org". At the bottom, it says "Sponsored By:" followed by logos for "Public Health Winnebago County Health Department", "options for independent living", "ADRC Aging &amp; Disability Resource Center of Winnebago County", "make the RIDE happen", and "motion Mobility starts here".

**Court Tower Staff**  
**Lora Southworth: Property Manager**  
 920-303-5400 [loras@ohawcha.org](mailto:loras@ohawcha.org)  
**Jane Spietz: Social Service Coordinator**  
 920-424-1483 [janes@ohawcha.org](mailto:janes@ohawcha.org)  
**Josh Wendt: Maintenance**  
**Linda Breitzman: Housekeeping**  
**After Hours On Call Emergencies:**  
 920-966-4235  
**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 Lora and Jane's phone calls are being forwarded to our work cellular phones which are on us all of the time.  
 Lora: 920-303-5400 [loras@ohawcha.org](mailto:loras@ohawcha.org)  
 Jane: 920-424-1483 [janes@ohawcha.org](mailto: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 August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 	6	7
8 	9	10 BUG DAY 5TH FLOOR	11	12	13	14
15	16	17	18 	19	20	21
22	23 VIRTUAL OHA BOARD MEETING 3:30 PM	24	25	26	27 	28
29	30	31	