## Hamilton Song Word Search

Х	S	R	E	Т	S	I	s	R	,	т. Т	v	U	Н	С	s	E	Н	Т	E
W	А	S	Н	Ι	Ν	G	Т	0	Ν	0	Ν	Y	0	U	R	S	Ι	D	E
Ν	Т	Н	E	E	L	E	С	Т	Ι	0	Ν	0	F	1	8	0	0	0	Y
0	Т	E	L	Н	Р	М	А	Р	S	D	L	0	Ν	Y	Е	R	Е	Н	Т
Ν	W	S	Р	Ι	Н	s	D	Ν	А	S	Ν	U	G	в	Z	Р	U	F	D
S	Y	E	D	Ι	S	N	Ι	Е	М	Т	E	Е	М	v	Т	K	s	Z	Р
Т	Q	Z	S	А	U	В	L	0	W	U	S	А	L	L	А	W	А	Y	Ι
0	Т	E	Ν	D	U	E	L	С	0	М	М	А	N	D	М	E	Ν	Т	S
Р	В	N	М	K	Р	С	L	L	А	В	S	R	E	Т	Ν	Ι	W	А	Н
Н	G	U	0	Ν	E	E	В	D	L	U	0	W	Т	А	Н	Т	А	E	K
А	А	Q	Ι	Т	S	Q	U	Ι	E	Т	U	Р	Т	0	W	N	F	Р	D
Y	D	U	0	Ν	Е	L	А	S	Т	Т	Ι	М	E	Y	F	Y	E	U	E
v	R	K	D	E	А	R	Т	Н	E	0	D	0	S	Ι	А	Р	W	Х	Ι
Т	Н	G	Ι	N	0	Т	F	0	Y	R	0	Т	S	E	Н	Т	М	S	F
Т	Ν	А	V	R	E	S	Т	Ν	E	Ι	D	E	В	0	R	U	0	Y	S
S	D	E	Т	U	F	E	R	R	E	М	R	А	F	G	0	А	Y	Q	Ι
В	W	Y	S	С	Н	U	Y	L	E	R	D	E	F	E	А	Т	E	D	Т
U	L	D	Ν	0	Т	L	Ι	М	А	Н	R	E	D	N	А	Х	E	L	А
R	E	Q	N	А	М	D	N	А	Н	Т	Н	G	Ι	R	Т	R	Т	F	S
Ν	Н	E	U	V	G	Т	Х	E	N	S	E	М	0	С	Т	А	Н	W	Q

ALEXANDERHAMILTON	AWINTERSBALL	BLOWUSALLAWAY
BURN	DEARTHEODOSIA	FARMERREFUTED
GUNSANDSHIPS	ITSQUIETUPTOWN	MEETMEINSIDE
NONSTOP	ONELASTTIME	RIGHTHANDMAN
SATISFIED	SCHUYLERDEFEATED	TENDUELCOMMANDMENTS
THATWOULDBEENOUGH	THEELECTIONOF1800	THEREYNOLDSPAMPHLET
THESCHUYLERSISTERS	THESTORYOFTONIGHT	WASHINGTONONYOURSIDE
WHATCOMESNEXT	YOUROBEDIENTSERVANT	





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

## DO YOUR PART. PROTECT AGAINST COVID-19.



## WALK-IN WEDNESDAY

# **VACCINE CLINIC**

SUNNYVIEW EXPO CENTER 500 E CTY RD Y, OSHKOSH 1:00 PM - 6:00 PM EVERY WEDNESDAY

## FREE COVID-19 VACCINE. NO APPOINTMENT, IDENTIFICATION OR INSURANCE REQUIRED.

Visit www.wcvaccine.org for information on the type of vaccine administered, any age restrictions and additional vaccine locations in the area.

For free transportation, call 'Make the Ride Happen' at 920-225-1719.

WWW.WCVACCINE.ORG COVID-19 HOTLINE: 920-232-3026



## Manager's Corner

- We are opening the library and fitness room. Limit of 2 people per room. We will have cleaning product out for use of the fitness equipment. Please spray and wipe down after using the equipment.
- Smoking outside: Just wanted to provide a reminder about the appropriate areas to smoke outside of the building. You must be 50 feet from Waite Rug Place as well as any of the Housing Authority owned buildings shared within the property. Smoking is NOT allowed inside any HA building or apartment.
- **Masks:** We have lifted the mask mandate as follows: If you have been vaccinated, no mask is needed. If you are NOT vaccinated, you must wear a mask in all common areas.
- Waterfest Parking: Waterfest has returned to rock Oshkosh. We are looking for a team of volunteers to manage our Waterfest parking lot. We roughly need 3-4 volunteers a night. If you are interested, let Jane know. All money raised gets put in the recreation fund that supports social activities around the properties.
- **Garbage:** Please double bag cat litter. The bags break open and we have a mess to clean up.
- **Fireworks:** All fireworks that shoot or explode are illegal in Oshkosh. Fireworks have the potential to be very dangerous, including to our residents, neighbors, and housing facilities. In addition, fireworks are very disruptive to the neighborhood, and their use is considered a violation of the dwelling lease. As a result, HA residents are not permitted to utilize any fireworks on HA property. Usage on the street near your home is also prohibited per the lease agreement which prohibits disruptive behavior that adversely impacts your neighbors.

Lora Southworth, Property Manager, Court Tower & Waite Rug Place Office: 920-303-5400 Fax: 920-424-7649 Email: <u>loras@ohawcha.org</u>

### Sunscreen

Put on broad spectrum that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Sunscreen is not recommended for babies who are 6 months old or younger. And remember, sunscreen works best when combined with other options.



**SPF.** Sunscreens are assigned a *sun protection factor* (SPF),

which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.
Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

Submitted by Lori Duclon, R.N.

#### \*\*\*\*\* **Housing Authority Holiday Office Hours** ☆ $\frac{1}{2}$ ☆ $\bigstar$ ☆ ☆ ☆ The Housing Authority Offices will ☆ ☆ be closed on Monday, July 5 in ☆ ☆ $\stackrel{\bigstar}{\land} \stackrel{\bigstar}{\land} \stackrel{\bigstar}{\land} \stackrel{\bigstar}{\land} \stackrel{\bigstar}{\land}$ observance of Independence Day. ☆ Wishing everyone a fun, safe ☆ holiday! ☆ ☆ ☆ ☆ \*\*\*\*

Nurses' Notes:

Exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.



Summer is full of outdoor activities. Sun protection is important all year round, and it's best to use several different kinds. You probably put sunscreen on when you go out. But do you know you should protect your skin with more than just sunscreen anytime you're outside?

## How To Protect Your Skin From the Sun

## Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside — even when you're in the shade.

• Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. Darker colors may offer more protection than lighter colors.

## • Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

### Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection.



Contacts:

Michael J. Cooney Board Chair/SNAP Program <u>mjcooney5391@gmail.com</u> (920) 379-5556 Manager Michelle Schmid-Schultz Market Manager <u>manager@osfmi.com</u> (920) 509-1830

## New EBT Match Program at the Oshkosh Farmers Market

Residents of the City of Oshkosh who are participants of the SNAP/EBT Food Assistance Program will have the opportunity to match their benefits up to \$20 in market tokens at each farmers market thanks to a City of Oshkosh Community Development Block Grant. The new Match-20 program will be available starting at the June 26 Oshkosh Farmers Market. To qualify for the Match 20 program, SNAP/EBT clients are required to register and certify they are city of Oshkosh residents.

Non-city residents or those not wishing to register for the Match 20 program can still utilize the Bonus 10 Food Bucks program, which has been offered since 2015. This program provides a match of ten dollars in market tokens for SNAP/EBT clients. The Bonus 10 program has been funded and is supported by the Oshkosh Rotary Club and the Carl Ives Fund at the Oshkosh Area Community Foundation.

Both the Bonus 10 and Match 20 programs are designed to encourage healthy food choice options purchased at the market. SNAP/EBT clients can participate in the Bonus 10 Program and the Match 20 Program once at each market. The Oshkosh Farmers market program is the only local program that offers SNAP clients the opportunity to double their Food Share dollars.

Oshkosh Farmers Market Board Chair Michael Cooney commented that "The Bonus 10 Food Bucks program has dramatically increased EBT utilization at the Oshkosh Saturday Farmers Market and doubled the purchasing power of the clients' EBT funds. The increased spending has additionally supported local farm vendors and helped the market earn recognition as one of the top farmers markets in the country."

