

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	BEACH	JUNE
SUNNY	SWIMSUIT	JULY
SUNSCREEN	BUGS	HOT
POOL	VACATION	AUGUST
LEMONADE	BASEBALL	SUNGLASSES



Waite Rug Gazette

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Waite Rug Place 300 E. Custer Ave., 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

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



health care provider.

- 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.

Company Fruit Salad

Ingredients

- 4 medium Red Delicious apples, diced
- 2 cups seedless green grapes, halved
- 2 cups seedless red grapes, halved
- 1 can (20 ounces) pineapple chunks, drained
- 1 can (11 ounces) mandarin oranges, drained
- **DRESSING:**
- 3 ounces cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 cup sugar



Directions: In a large bowl, combine the first 6 ingredients. In a small bowl, beat dressing ingredients until smooth. Pour over fruit; toss gently to coat.

*Experiment with different fruit-and-nut flavor combinations in your fruit salads, such as peaches and pecans; apples and walnuts; cherries and almonds; or pineapple and macadamia nuts.

When making a fruit salad, toss the juice from a small can of pineapple into the bowl. The juice keeps the other fruit from browning, and bits of pineapple in the salad give it a tropical zing.

Prep/total time: 20 minutes

Makes 20 servings

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.
- 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

A poster for the Winnebago County Wheelchair Wash. 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 "FREE", "Friends", "Fun", "Food", and "Music". The text "Wheelchair Wash & Inspection" is written in blue. At the bottom, there is a section for event details and sponsors.

FREE **Wheelchair Wash & Inspection**

Friends *Fun* *Food* *Music*

You're cordially invited to the Winnebago County Wheelchair Wash, join us for a free wash, food, music, and fun!

When: **Saturday, August 7 10a - 1p**
Where: **J & R AUTO SERVICE, 629 N Main St, Oshkosh**
Appointments encouraged, drop-ins welcome.
To schedule please contact:

Making the Ride Happen
920.225.1719 or mrh@lsswis.org

Sponsored By:

Public Health
Winnebago County Health Department

options
for independent living...
www.optionswi.com

ADRC
Aging & Disability Resource Center of Winnebago County

make the RIDE happen

Community

motion
Mobility starts here.

Waite Rug Place Staff

Lora Southworth: Property Manager
920-303-5400 loras@ohawcha.org

Jane Spietz: Social Service Coordinator
920-424-1483 janes@ohawcha.org

Curt Baumgart: Maintenance

Nurses: 920-424-1470 Ext. 124
Lori Duclon & Teresa Paulus



Nurse Open Hour: cancelled until further notice. Call them at 920-424-1470 Ext. 124 to schedule an appointment.

After Hours Emergency Service: 966-4235

Waite Rug Place 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

Jane: 920-424-1483 janes@ohawcha.org

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 August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 	6	7
8 	9	10 BUG DAY	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				