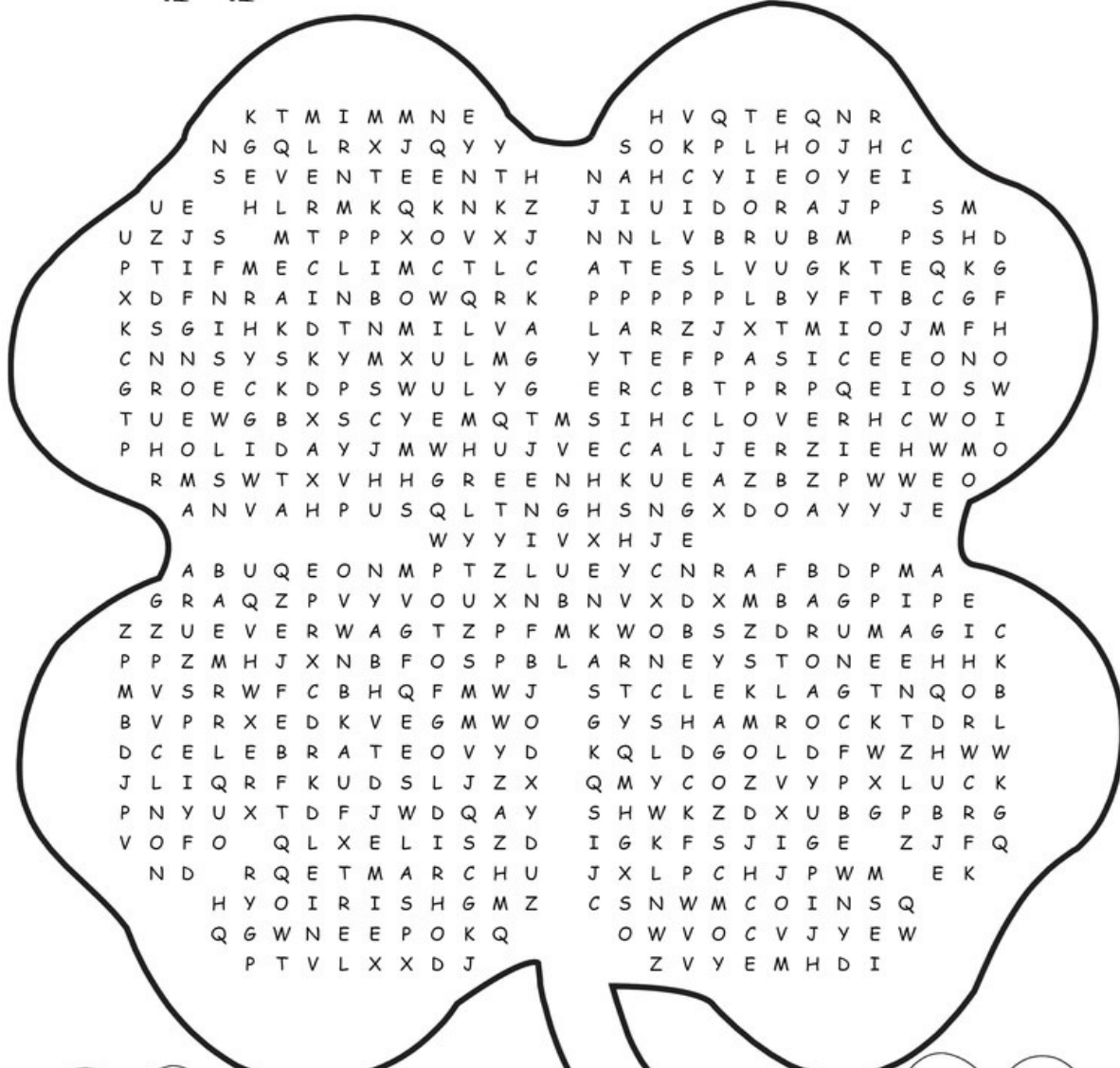


# Happy St. Patty's Day!!



BAG PIPE  
BLARNEY STONE  
CELEBRATE  
CLOVER  
COINS

GOLD  
GREEN  
HOLIDAY  
IRISH  
JIG

LEGEND  
LEPRECHAUN  
LUCK  
MAGIC  
MARCH

POT OF GOLD  
RAINBOW  
SAINT PATRICK  
SEVENTEENTH  
SHAMROCK



# Tower Times



Volume 11, Issue 3  
March 2022

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



## Recycling and Trash Disposal News

### Plastic Bags

Please note that plastic bags should not be placed in the recycling dumpster. Use plastic bags only for carrying recyclables to be emptied into the dumpster.



### Garbage chute reminder

All trash should be bagged. It would be a good idea to double bag cat litter. Custodial staff had to clean up broken glass recently. This creates a hazardous condition. Please be considerate of your custodial staff. Thank you.

## Update from Stuart Kozik, Executive Director - Oshkosh/Winnebago County Housing Authority

There has been a significant drop in COVID-19 cases and hospitalizations in Winnebago County. The municipalities we serve have already dropped their mask mandates. Starting **Monday, March 7th, 2022** the Oshkosh/Winnebago County Housing Authority will be **dropping its mask mandate in all of its buildings.**

From Dr. Rochelle Walensky, Director of the CDC: Anybody is certainly welcome to wear a mask at any time, if they feel safer wearing a mask. So we are absolutely endorsing if you feel more comfortable wearing a mask, feel free to do so.

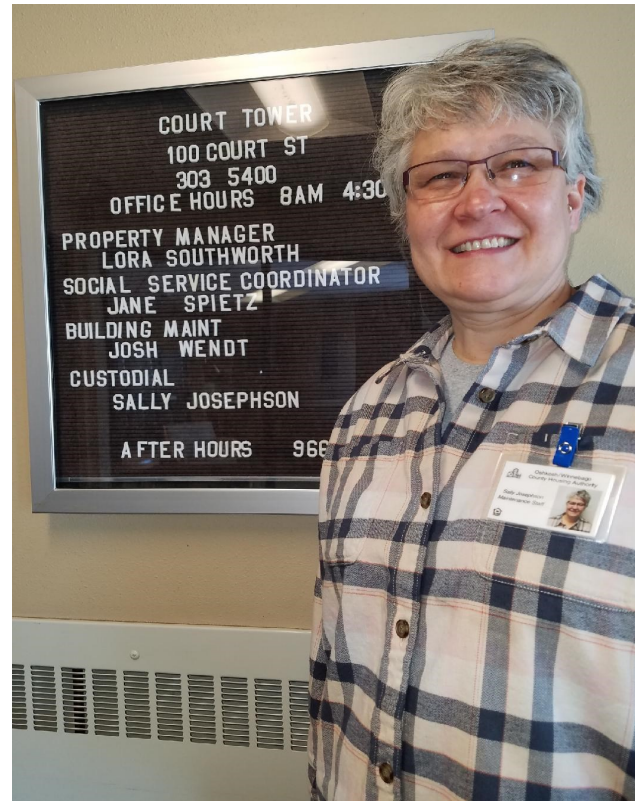


**Greetings from new Court Tower Property Manager Laurie Koshollek**

I would like to take this opportunity to tell you that I am looking forward to working with all of you. Prior to being offered the position of your new Property Manager, I worked for Kaukauna Housing Authority for 7 years. Being born and raised in Oshkosh, I am very excited to work in this field within my home town and in the very neighborhoods I grew up in. Feel free to stop in and introduce yourself...we likely have a mutual acquaintance in common.



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



**Welcome Sally!**

Hi everybody,  
My name is Sally Josephson. I've taken over for Linda since her retirement. I know that Linda will be missed by a lot of you. I was raised in Oshkosh and am the same age as the Super Bowl. I drove school bus for over 16 years before coming here. I work at Hickory Oaks Campground in the summer doing a lot of the same things I'll be doing here. I vote in every election. I am active at First Congregational Church on Sundays. I enjoy doing fund raisers making soup and chili. I placed 2nd at the last chili cook off for Cook of Kids for kids. That was good for \$100. I have O - blood type (Universal Donor) and donate Platelets about a month at the Community Blood Center. I look forward to meeting those of you I have yet to meet.

**Bed Bug Reminder**

It is very important that you let staff know if you see any bed bugs so that we can treat for them to avoid them spreading.



### Reduce Sitting Time. Improve Health!

Sitting time (or sedentary behavior) has been linked to increased rates of numerous chronic conditions including heart disease, high blood pressure, diabetes, depression, certain cancers, and more.

Stand Up and Move More (Stand Up) is a new program that is designed to reduce sedentary time. It is NOT an exercise program. Instead, Stand Up gives participants strategies to stand more often and for longer durations throughout the day. The Stand Up program has been proven to reduce sedentary behavior by 68 minutes per day! This reduction has been linked to reductions in chronic diseases and improvements in physical function!

Stand Up is designed for older adults (55+) who sit for more than 6 hours per day and can stand up on their own. It is a 4-week program that meets once per week for two hours followed by a Refresher Session on Week 8.

There are 3 One-time **FREE** classes being offered this spring!

Bethel Chapel  
225 N Eagle St

Apr 5 – Apr 26 (4-week session)

Register by calling the Winnebago County Health Dept  
920.232.3000 Tuesdays, 12:30-2:30pm

Menasha Senior Center  
116 Main St

Apr 20- May 11 (4-week session)

Call Menasha Senior Center  
920.967-3530 Wednesdays 1:30-3:30pm

Oshkosh Seniors Center (S)  
200 N. Campbell Road

May 5 – May 26 (4-week session)

Register by April 26 920.232.5310 1-3 PM

### Mint Chocolate Chip Cookies

#### Ingredients:

- 1 cup sugar
- 1/2 cup butter, softened (1 stick)
- 1 egg
- 1/2 cup sour cream (or plain yogurt)
- 1 small box instant vanilla pudding mix (3.4 oz)
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 cups all-purpose flour
- 2 tsp mint extract
- 3 drops blue coloring + 10-15 drops green coloring
- 1 1/2 cups chocolate chips

#### Directions:

- 1) Cream together sugar and butter. Add egg, sour cream and pudding mix.
- 2) In a small bowl, combine flour, salt & baking soda.
- 3) Incorporate flour mixture into the pudding mixture and mix until well combined. Add mint extract and food coloring until desired color is achieved.
- 4) Add in chocolate chips.
- 5) Drop by rounded tablespoonfuls onto greased cookie sheet.
- 6) Bake at 375 for 10 minutes. Transfer to a cooling rack and enjoy!



**Court Tower Staff**

**Laurie Koshollek: Property Manager**

920-303-5400 [lauriek@ohawcha.org](mailto:lauriek@ohawcha.org)

**Jane Spietz: Social Service Coordinator**

920-424-1483 [janes@ohawcha.org](mailto:janes@ohawcha.org)

**Josh Wendt: Maintenance**

**Sally Josephson: Custodian**

**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 Laurie and Jane's phone calls are being forwarded to our work cellular phones which are on us all of the time.

Laurie: 920-303-5400 [lauriek@ohawcha.org](mailto:lauriek@ohawcha.org)

Jane: 920-424-1483 [janes@ohawcha.org](mailto:janes@ohawcha.org)

**Court Tower Advocap 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 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13 <i>Daylight Saving Time Revers</i>	14	15	16	17 <i>St. Patrick's Day</i>	18	19
20 <i>First Day of Spring</i>	21	22	23	24	25	26
27	28 <b>OHA BOARD MEETING 3:30 PM</b>	29	30	31		