

# Happy St. Patty's Day!

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

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

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

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

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## Waite Rug Gazette

Volume 4, Issue 3  
March 2022

Waite Rug Place 300 E. Custer Ave., 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.

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## Greetings from new Waite Rug Place 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.

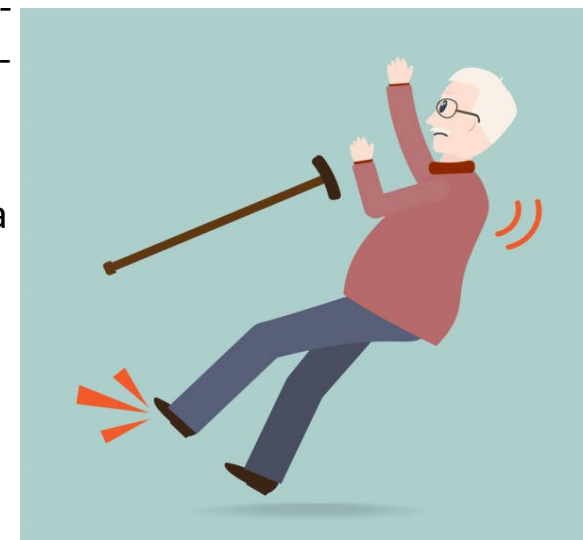


Laurie Koshollek, Property Manager, Court Tower & Waite Rug Place  
Office: 920-303-5400 Fax: 920-424-7649 Email: [@ohawcha.org](mailto:@ohawcha.org)

## Are you worried about falling?

Have you fallen in the past year? Consider Stepping On!

Stepping On! is a falls prevention class that has been proven to reduce falls by 30%. The class meets for 2 hours, once a week for 7 weeks, and is geared toward older adults who have fallen, worry about falling, or are at risk of falling. In this interactive class, participants will learn strength and balance exercises. There are a variety of topics including nutrition, footwear, medication, vision, and safety. The guest speakers include a vision expert, community safety officer, pharmacist and physical therapist.



Our next class: Location: Menasha City Hall: 100 Main St, Menasha  
Dates: March 22- May 5 – Tuesdays  
from 9:30am-11:30am.

To register: Menasha Senior Center@ 920-967-3530 For more information: Winnebago County Health Dept @ 920-232-3000.

\*You do not need to live in Menasha to attend this class.



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!



### Waite Rug Place Staff

**Laurie:** 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)

**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 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)

### 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 March 2022

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