

# Welcome Summer!

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

- |            |           |           |           |               |
|------------|-----------|-----------|-----------|---------------|
| VACATION   | THEMEPARK | SWIMMING  | SUNSCREEN | SUNGLASSES    |
| SNOWCONES  | SPRINKLER | SPLASH    | SANDALS   | ROLLERCOASTER |
| POPSICLES  | POOL      | PICNICS   | PARTIES   | PARADES       |
| MOVIES     | JUNE      | JUMPROPE  | JULY      | ICECREAM      |
| HOOLAHOOPS | FUN       | FLIPFLOPS | FISHING   | FIREWORKS     |
| FIREFLIES  | COOKOUTS  | CARNIVAL  | CAMPING   | BIKES         |
| BEACH      | AUGUST    |           |           |               |



# Tower Times



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June 2022

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

Dear Residents,

The time has come for me to say goodbye. I am retiring. My last day will be Thursday, June 30, 2022. I would like to thank the Oshkosh/Winnebago County Housing Authority for all of the opportunities that I have been given during the past 14 years.

I have genuinely enjoyed my employment as a Social Service Coordinator. I will take with me many fond memories of helping to make a positive difference in the lives of our residents and being part of a team of great co-workers.

I wish all residents and staff much happiness and good health.

Happy trails to you until we meet again!

Sincerely,

Jane Spietz, CSW



## Manager's Corner

I hope everyone has been able to enjoy the milder weather that has finally arrived! There have been many questions regarding what is permitted in terms of the use of grills, gathering outside and other warm weather activities. Please refer to your Resident Handbooks for any questions you may have that may not be covered below.

### \*Cook Outs

The use of grills are permitted on the property. However, grills must be at least 4 feet away from the building (not permitted on balconies) and the coals must be bagged and placed in the dumpster after they cool. Please ensure that the coals are entirely cool before doing this. Drinking of alcohol is prohibited in all common areas of the building. This includes picnic/gathering areas, gazebos, and cars in parking lots, etc.

### \*Windows

With the air conditioners now up and running, please keep your windows closed when you have it running. Not only is it an increased utility expense to have your window open while it is trying to cool, but it forces the air conditioner to work harder to try and reach its temperature setting; potentially creating mechanical issues with the system.

### \*Smoking / Illegal Drug Use

I continue to receive complaints regarding tenants smoking in their apartments, be it cigarettes or illegal substances. Going forward, a warning letter will be issued to any tenant violating these policies and if the issue is not resolved, a termination letter will be given. These policies are set in place by HUD and are not negotiable. The properties have designated areas for you to smoke cigarettes and both your lease and Resident Handbook lay this out clearly. They also clearly state that the use of illegal drugs "of any kind" are not permitted and is grounds for termination of your lease. The recent filter changes identified those units which coincide with the complaints coming in. To avoid potential termination of your lease, it is

- 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.



- 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.

For more information see: <https://www.cdc.gov/cancer/skin/basic info/sun-safety.htm> Submitting by Lori Duclon, RN

## Nurse's 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.

highly recommended that these policies be followed.

### \*CT Tenant Reminder

Just a reminder that the building wide canine and annual inspection is scheduled for June 6<sup>th</sup>, beginning at 8 a.m.

Laurie Koshollek

Property Manager/ Court Tower and Waite Rug

[lauriek@ohawcha.org](mailto:lauriek@ohawcha.org)

(920) 303-5400

### Looking Ahead to July: Housing Authority Holiday Office Hours



The Housing Authority Offices will be closed on Monday, July 4 in observance of Independence Day. Wishing everyone a fun, safe holiday!

### Keep Your Telephone Number Up to Date

Please provide staff with your new phone number if it changes so that we can update our directories.



**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: 1st Tuesday of the month**  
**1 PM - 2 PM Room 405**

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

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

**Court Tower Office Hours**

Mon. Jane 8 - 4:30      Fri. Jane 11:30 - 1

Laurie 12:30 - 4

Tues. Jane 8 - 12

Laurie 7:30 - 4

Wed. Jane 8 - 12

Laurie 12:30 - 4

Thurs. Jane 8 - 12

Laurie 12:30 - 4

**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 June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 	4
5 	6	7 NURSE OPEN HOUR 1-2 PM ROOM 405	8	9	10	11
12	13	14 <i>Flag Day</i> 	15	16 	17	18
19 <i>Father's Day</i> 	20 <i>Juneteenth Freedom Day</i> 	21 <i>Summer Begins</i> 	22	23	24	25
26	27 JOINT OHA BOARD MEETING 3:30 PM	28	29	30	