

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



Court Tower Tenant Meeting In the Theatre Room Jan. 16th @ 1:30PM

Presenting this Month will be Jenny Sanderfoot, MSW; Advance Care Planning Specialist. She will be giving us some information on Power of Attorney's (POA) for Healthcare. POA's are a very important document to have at your disposal and Jenny will go over their uses and how to get one, if there is enough tenant interest we may even host an event to fill them out in the building (POA's need two witnesses and so an event can help make that happen). To get us ready for this event, Jenny has provided some documents to help understand the basics, and I have posted them on the first floor bulletin board across from the rest rooms. Please join us for our tenant meeting and learn about this important medical document!

** If you have a known or suspected case of Bed Bugs, please do not come to the meeting, you will be turned away. **

** Upon request, we will provide a copy of the meeting minutes by the end of the week **

Bed Bug Canine Inspections For December:

To stay on top of the Bed Bug issue, we will be continuing to have the dogs come in for 2 floors every 4th Wednesday of each month at 8:00am.

We will be having the eighth and ninth floors checked on January 24th, 2024 at 8 am

*Please make sure that any pets are safely contained in the bathroom, or outside of the unit during the inspection. If you used **any** pesticides you **must** report it to the Inspector*

In this Issue:

- ◆ Tenant Meeting and Speaker
- ◆ Canine Inspection
- ◆ Meal Site to Open Dining Area
- ◆ Snow Removal Reminder
- ◆ SS Award Letter Reminder
- ◆ NSPIRE Reminder
- ◆ Quick tips on Resolutions
- ◆ OHA Offices Closed
- ◆ Nurse's Notes
- ◆ Calendar
- ◆ Monthly Puzzle

ADVOCAP Meal Site Dining Area to Open on January 2nd, 2024!

After a long wait stretching back to COVID and a time before much of the current staff was here, we are very happy to announce that ADVOCAP will be opening the cafeteria/dining area up for meals to be eaten as a community at Court Tower once again. If you would like to volunteer your services to the meal site, please speak with LaDonna about how you might be able to help the Meal Site. A big reason the Meal Site has been closed is because of the ongoing issues with Bed Bugs that we have had in this building. If you are found to have bed bugs, or if you think you might have them, please do not use the common areas, this includes the cafeteria/ dining area. If you come down and start to use the common area's and you have a known ongoing case, you will be asked to leave.

If you are interested in receiving a meal from the ADVOCAP Meal site, please either stop by LaDonna during the meal time (10am-noon), or come talk to Dylan and they will help you get signed up.



Court Tower Snow Removal Policy



It is the time of year when it can begin to snow at any time. Please consider this reminder about our policy. Please have all vehicles removed from parking areas (East side of Court Tower and the back side of the first set of Otter Street garages) by 1:30 PM on weekdays when snow is greater than 2 inches.

Ultimately, if you have a garage, you are responsible to clear snow from the direct area in front of your garage. As a courtesy, and when we can, maintenance will remove snow 1-2 feet in front of every garage.

Social Security Announces 3.2 percent Benefit Increase for 2024

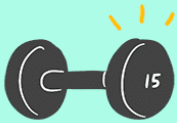
Again this year, To lessen the burden on our tenants, and to get a jump on recertifications this year, we are asking that **all tenants who receive SS or SSI letters for 2023 bring their letter to the fourth floor during Dylan's Office hours.** Dylan will make a copy and you will want to keep your original, so please try to catch him when he is in the office. However, if you drop it off in the drop box, or slide it under the fourth floor office door, Dylan will make a copy and return the original to your unit. This request will continue to be posted in the newsletter until the time comes where we have collected them all for 2024.

NSPIRE Inspections on Jan. 18th, 2024 Between 9am and 5:30pm

As you all received in your doors, there will be an inspection from HUD to assess the building. Please make sure that your unit is picked up and orderly so that the inspectors can come in and quickly make their assessments and then move on. We do not know who will be picked, so it is best to assume that you will be chosen and to be ready all day. Unfortunately, this process can be very long and it might take longer than one day to get to the required number of units. If you have any repairs that are needed for this inspections, please make a work order BEFORE for the inspector comes. During the inspection is not the proper time to bring up repair requests. If you are not there, Housing staff will let the inspector in and a "While you were out" notice will be left. For a fuller understanding about this process please check the letter that was put in your door and which is posted on every floor. If, after you have read all of that, you still have a question, please come ask me, and I will find the answer for you.

How to Keep Your New Year's Resolutions

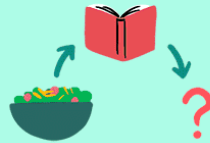
Actually



Write out a detailed plan



Try new goals each year



Stick to picking just one

Ask for support from loved ones



Be realistic and specific

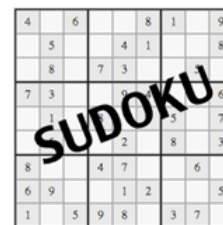


Try a resolutions journal

Stimulate your mind with Brain Exercises

Nurse's Notes

Use it or Lose it



Everyone knows that physical exercise is important to keep the body healthy and strong. Did you know that your brain also benefits from exercise too? Keeping your brain active and alert is a must as you get older.

Even as we age, our brains are constantly growing. Stimulating the brain improves its function and can protect against memory decline.

Although brain exercises are not going to prevent the severe mental decline that is caused by disease, most of the common age-related losses in memory or motor skills simply result from inactivity and a lack of mental exercise and stimulation. These sorts of memory lapses can be caused by stress and sleep deprivation and are not a cause for concern. However, you can take simple steps to prevent them.

According to a New England Journal of Medicine study, adults who frequently engage in mentally stimulating activities are 63% less likely to develop dementia than those who rarely engage in such activities are. A University of Michigan study has also found that adults who play a mentally challenging game every day for several weeks could dramatically improve their memories.

Brain exercises don't take much time to accomplish and are fun to do. Take a few minutes out of your day and make these brain games part of your routine!

- **Play games:** Complete the puzzle or sudoku in the daily newspaper
- **Give your senses a daily workout:** Listen to music and smell flowers
- **Break Routines:** Drive to church taking a different route. Try eating with the opposite hand.
- **Try taking up something new:** Taking up exercise or art classes. Check out the Oshkosh Senior Center for low cost classes. Visit new places like museums or restaurants.

Make brain exercises part of your routine for healthy living!

Information from Benjamin Rose Institute on Aging



Holiday Office Hours

The Housing Authority Offices will be closed on Monday 1-1-2024 for New Years Day.

You will still be able to contact the After-Hours Emergency Number: [920-735-3707](tel:920-735-3707)

We hope that everyone has a very happy and safe Holiday Season

Court Tower January 2024

Sun Mon Tue Wed Thu Fri Sat

	1 New Year's Day OFFICES CLOSED	2	3 J.R.R. Tolkien Day	4	5	6
7	8	9 Nurse's Open Hour @ 1:00PM	10	11 National Milk Day	12	13
14	15	16 Tenant Meeting @ 1:30PM	17	18 NSPIRE Inspections 9:00am-5:30pm	19	20 National Cheese Lover's Day
21	22 OHA Board Meeting @ 3:30PM	23	24 K-9 Inspect floors 8&9 @8:00am	25	26	27
28	29	30	31 Scotch Tape Day			

Court Tower Staff

Laurie Koshollek: Property Manager
920-303-5400 lauriek@ohawcha.org
Dylan Palmer: Social Service Coordinator
920-642-3473 DPalmer@ohawcha.org
Melanie Bloechl: Housing Specialist
920-292-4474 Melanieb@ohawcha.org
Josh Wendt: Maintenance
Sally Josephson: Custodian
After Hours On-Call Emergencies:
920-735-3707
Advocap Meal Site: 920-420-1994
Nurses Erin Roberts & Lori Duclon: Call them at 920-424-1470 E. 124 to make an appointment.
Nurse Open Hour: 1st Tuesday of the month
1 PM - 2 PM 4th floor offices

Court Tower Staff Hours (Subject to Change)

The Court Tower Office Opens at 8:00 AM and closes at 4:00 PM.

Laurie (Property Manager):

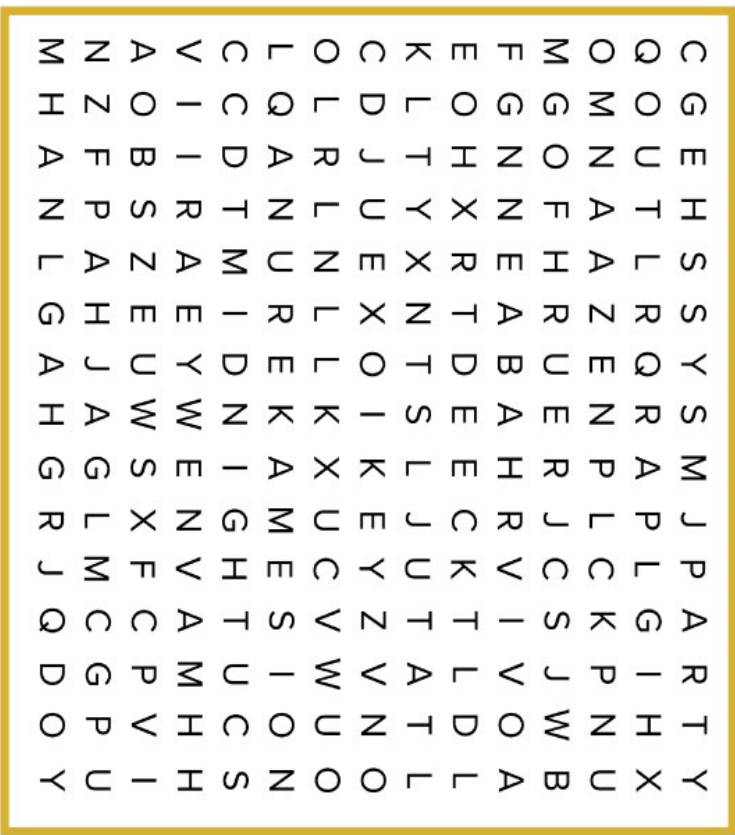
Monday: 6:30am – 11:00am
Tuesday: 6:30am – 3:00pm
Wednesday: 6:30am – 11:00am
Thursday: 6:30am – 3:00pm
Friday: By Appointment Only

Dylan (Social Service Coordinator):

Monday: 8:00am – 4:30pm
Tuesday: 12:00pm – 4:30pm
Wednesday: 8:00am – 4:30pm
Thursday: 12:00pm – 4:00pm
Friday: 8:00am – 12 noon

NEW YEAR'S EVE

WORD SEARCH



- BALLOONS
- CONFETTI
- MIDNIGHT
- CALENDAR
- COUNTDOWN
- NEW YEAR
- CELEBRATE
- GOALS
- NOISEMAKER
- CHEERS
- HAPPY
- PARTY
- CLOCK
- JANUARY
- RESOLUTION

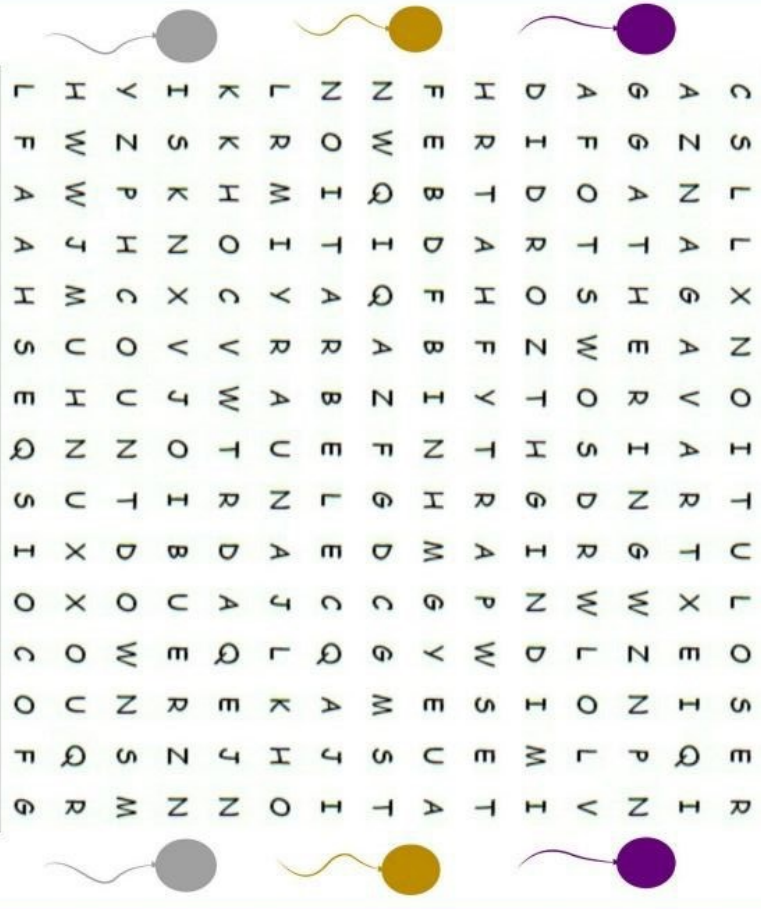
DOWNLOAD MORE FREE PRINTABLES AT PISANDPAINT.COM



HAPPY NEW YEAR

Wordsearch

Search for the words going up, down, left and right.



- CELEBRATION
- COUNTDOWN
- EXTRAVAGANZA
- FIREWORKS
- GATHERING
- INVITATION
- JANUARY
- MIDNIGHT
- NOISEMAKER
- PARTY
- RESOLUTION
- TRADITION

DOMESTICMOMMYHOOD.COM

