

Waite Rug Place 300 E. Custer Ave., Oshkosh WI 54901



Waite Rug Tenant Meeting Scheduled for January 17th @ 10:30AM

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. Please join us for our tenant meeting and learn about this important medical document!

Decoration Take Down Day: Thursday, January 4th, 2024 Starting at 8:30AM

As I mentioned in the Waite Rug Gazette Express from last month, I will be having a Decoration take down day to get everything put away since the Holiday season has passed. I will begin with the BIG tree in the first floor common area. No one is required or expected to come down. But if you would like to then I would appreciate your help. I plan to take the decorations down tree by tree and to store the decorations in bunches by their respective trees so that we can have a similar look next year. I hope to see some of you there.

In this Issue:

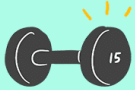
- ◆ Tenant Meeting and Speaker
- ◆ SS Award Letter Reminder
- ◆ Nurse's Notes
- ◆ Decoration Take Down Day
- ◆ Quick tips on Resolutions
- ◆ Calendar
- ◆ Snow removal Reminder
- ◆ OHA Offices Closed
- ◆ Monthly Puzzles

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 recertification's this year, we are asking that **all tenants who receive SS or SSI letters for 2023 bring their letter to Dylan during his 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, 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.

How to Keep Your New Year's Resolutions

Actually



Stick to picking just one



Be realistic and specific



Write out a detailed plan



Try new goals each year



Ask for support from loved ones



Try a resolutions journal



Waite Rug Snow Removal Policy

It is the time of year when it can begin to snow at any time. Please have all vehicles removed from parking areas by 2:00 PM on week-days when snow is greater than 2 inches.

Please park your vehicles appropriately on Custer, Grand, Eastman and Mount Vernon until the plow crew has completed clearing snow.



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

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

Stimulate your mind with Brain Exercises

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



Waite Rug January 2024

Sun Mon Tue Wed Thu Fri Sat

	1 Ney Year's Day OFFICES CLOSED	2	3 J.R.R. Tolkien Day	4	5	6
7	8	9	10	11 National Milk Day	12	13
14	15	16 Nurse's Hour @ 2:30pm (subject to change)	17 Tenant Meeting @ 10:30am	18	19	20 National Cheese Lover's Day
21	22 OHA Board Meeting @ 3:30pm	23	24	25	26	27
28	29	30	31 Scotch Tape Day			

Waite Rug Place Staff

Laurie Koshollek: Property Manager

920-303-5400 lauriek@ohawcha.org

Dylan Palmer: Social Service Coordinator

920-642-3473 DPalmer@ohawcha.org

Natalie Ditscheit: Maintenance

After Hours On Call Emergencies:

920-735-3707

Nurses Erin Roberts & Lori Duclon: Call them at

920-424-1470 Ext. 124 to schedule an appointment.

Nurse Open Hour: 3rd Tuesday of the month @ 2:30

Waite Rug Place Office Hours

Monday: 11:30am – 3:00pm

Tuesday: 8:00am – 12:00pm

Wednesday: 11:30am – 3:00pm

Thursday: 8:00am – 12:00pm

Friday: By Appointment only
(between 8:00am and 12:00pm)

Times are subject to change

