



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

Additional Access to the Newsletter Now Available

I have received the recommendation to put the newsletter in a binder and put it on a table in the common area so that people can sit and read the newsletter at their leisure. I think this is a great idea. And so, there will now be a newsletter Binder in the common area by the mail boxes for tenants to read when they have time, so they don't have to stand and read the whole thing. I will still have the newsletter posted on the wall, and it will still be available online, via email, and I will still have 15 copies posted at the start of the month. Please be respectful of other tenants and put it back when you are done with it. Additional information/documents may also be put in the newsletter binder for your reference and convenience.

Bus Route Changes Effective August 1st

GO Transit plans to make several changes to the bus routes in Oshkosh that will be taking effect on August 1st, 2024. The changes will effect Routes 2, 3, 4, 5, and 7. Because there are so many changes and each one has specific details, I have printed off the detailed PowerPoint provided by GO Transit. This printout will be in the new binder behind this month's Newsletter. Please refer to it if you questions regarding specific changes to a route that you frequent.

In addition to these changes, GO Transit plans to increase the cost of their fares by the end of this summer.

- One-way trips will cost \$2.00
- Senior and Disabled costs will be \$1.00
- The monthly pass will cost 40.00, and there will be a day pass for \$4.00.

In this Issue:

- ◆ Additional Access to Newsletter
- ◆ Bed Bug Prevention Day tips
- ◆ Calendar
- ◆ Bus Routes to Change Aug. 1
- ◆ Nurse's Notes
- ◆ Monthly Puzzle
- ◆ Oshkosh Library Hours Changes

Oshkosh Public Library has changed their Hours of Operation

Their New Hours are as follows:

Mon. - Thurs.	9 a.m. - 8 p.m.
Friday	9 a.m. - 6 p.m.
Saturday	9 a.m. - 1 p.m.
Sunday	Closed

As a general reminder,

The Library address is:

106 Washington Avenue
Oshkosh, WI 54901

Access to the library is on the North side (the back side where the parking lot is)

Their Number is:

Ongoing reports of theft are being followed up on

We have received numerous reports of theft in the building related to various different tenants. Please remember that we do have cameras and we are using them to follow up on these claims. Anyone caught stealing will face repercussions equivalent to their crime.

Theft is inexcusable on our properties and a direct violation of the lease/handbook. Only handle packages/items if they are yours or if you have been given direct permission from the owner

June 10th is National Bed Bug Prevention Day

Please review these steps to preventing Bed Bugs:

- Do not buy used furniture, NEVER pick up furniture off the side of the road.
- Check hotel rooms when you travel and always wash all your clothing upon returning from a hotel/motel
- Put door draft stoppers on the bottom of your door
- Use protective covers on your box springs and mattresses for quicker discovery/identification
- Reduce clutter, especially Cardboard, they can survive heat treatments in cardboard
- Vacuum frequently
- Be on the look out when/if you use shared laundry facilities

Nurse's Notes

DISCOVER A MORE ACTIVE YOU!

To help older adults improve their balance and decrease their risk of falling, the City of Oshkosh Fire Department has partnered with NymbL, a balance training app that helps you to improve your balance, steadiness in walking and confidence! It can be accessed using your phone or tablet and it is **FREE** to all **Oshkosh Residents, ages 60+.**



Balance training improves coordination, which plays a major role in fall prevention and fall-related injuries. NymbL only takes 10 minutes a day!



Whether you're seated or standing, NymbL is enjoyable, doesn't require sweating or strenuous activity, and reconnects your brain and body with simple exercises and fun brain games

Scan the QR code from
your phone or tablet



Registration is incredibly easy, and free if you meet the criteria! The NymbL app only asks for a name, birth date, gender and zip code to verify eligibility. Visit www.enroll.nymbLscience.com to register online, or download the NymbL app on your smartphone or tablet from the Apple App Store or Android Google Play Store.



If you are interested in additional information on how to prevent falls from happening... check out the Winnebago County Public Health webpage at <https://www.co.winnebago.wi.us/node/9666> or call Lori and Erin and we can help you at 920-424-1470 ext. 124

Waite Rug June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 National Donut Day	8
9	10 National Bed Bug Prevention Day	11	12	13 OHA All Staff Meeting 1-3:00PM (OHA Offices Closed)	14	15
16	17	18 Nurse's Hour @2:30 PM	19	20	21 World Giraffe Day	22
23	24 OHA Joint Board Meeting at CT @ 3:30 PM	25	26	27 National Onion Day	28	29
30 Log Cabin Day						

Waite Rug Place Staff

Rebecca Willoughby: Property Manager

920-303-5400 rebeccaw@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 Staff Hours (Subject to Change)

Rebecca (Property Manager):

Monday: 12:30pm — 4:30pm

Tuesday: By Appointment

Wednesday: 12:30pm — 4:30pm

Thursday: By Appointment

Friday: By Appointment

Dylan (Social Service Coordinator):

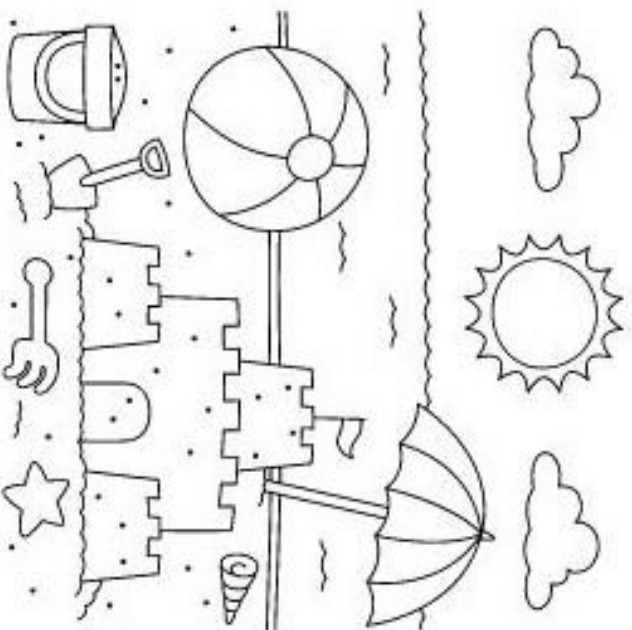
Monday: By Appointment

Tuesday: 8:00am – 12 noon

Wednesday: By Appointment

Thursday: 8:00am – 12 noon

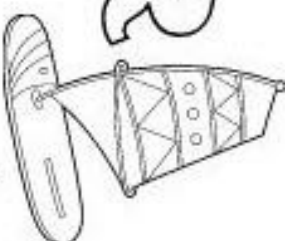
Friday: By Appointment



AUGUST	POOL
BEACH	SAND
CAMP	SUMMER
HAT	SUN
HOT	SWIM
ICE CREAM	TIDE
JULY	TOWEL
JUNE	UMBRELLA
LEMONADE	VACATION
OCEAN	WAVES

SUMMER

WORD SEARCH



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