



Waite Rug Gazette Volume 7, Issue 9

September 2025

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

New Social Service Coordinator

Erin Reismann, CSW has been transitioning to Court Tower and Waite Rug during the month of August. She will be fully at Court Tower and Waite Rug starting September first. She has been working for the Housing Authority for almost 19 years at Raulf Place, Foxview Manor and Riverside Apartments as the Social Service Coordinator. She has 2 daughters who both attend college at the University of Wisconsin in Madison. She is an empty nester with her husband Kris. During her time away from work, she enjoys watch UW Badger sports, spending time with her 2 dogs, watching movies and crafting. She is very excited to meet with each and every one of you!



Erin's Office Hours at Waite Rug
Tuesday, Thursday & Fridays: 9am—noon

Erin can help with such things as:

Financial Assistance:

- Reading and understanding bills
- Calling companies regarding billing errors
- Enrolling in benefit programs (i.e. Food Shares)

Medical Assistance:

- Assistance with understanding and/or acquiring prescription drug benefit plans
- Arrange for home health aide service
- Read and understand Medicare/Medicaid entitlements, appropriate policies and issues
- Arrange physician appointments and transportation
- Arrange for services with hospital discharge planner
- Arrange for home medical equipment
- Assist in setting up emergency medical information forms

Educational and Emotional Support:

- Offering support during a bad day

Homemaker Assistance:

- Assist in finding and arranging homemaker services
- Arrange for Meals on Wheels
- Arrange for transportation for shopping and other needs

Legal Issues:

- Assist in completing forms or obtaining necessary information regarding living wills or advance directives
- Assist in reviewing death or survivor's benefits or making funeral arrangements for a loved one

Lease Issues:

- Assist resident in filling out needed paperwork for recertification
- Assist resident in obtaining needed paperwork for recertification
- Work with between the Property Manager and resident to resolve lease violations



OSHKOSH SENIOR EXPO

OSHKOSH CONVENTION CENTER

WEDNESDAY OCT 1, 2025 9am-1pm

- A Public Expo for Active Adults, Retirees, Veterans and Caregivers
- 450+ Attendees with 80+ Exhibitors of Senior Products & Services
- Free Admission, Health Screenings, Speakers, and Door Prizes

Community Partners ...



For more information: TimeOfYourLifeExpo.com (920) 966-9199

September word search

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

Hot chocolate	Popcorn balls	Marshmallows	Wizard of oz
Scare crows	Halloween	Football	Hayrides
Sweaters	Pumpkin	S'mores	Apples
Leaves	Orange	Spices	Spooky
Yellow	Fall	Warm	Red

Resources for Person Needing Extra Emotional Support Or Emotional Crisis

The Safe Space is home to free resources and tools to provide you with some extra support in an emotionally safe environment.

This is a wonderful website that has email support options/courses, distractive coping tools that you can use if you have intrusive thoughts or emotions, chat lines so you can make connections with other going through the same situations as you might be going through, hopeful stories and connection with 988.

If this is something you think you could benefit from simply go to safespace.vibrant.org

This is an awesome resource as you can visit the site any time of the day.

Vibrant Emotional Health is a nonprofit organization in the US that has provided mental health services and support for over 50 years. Vibrant administers the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), which is funded by SAMHSA.



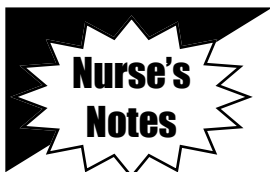
What are 988, 911, & 211?

- 988** Suicide and mental health crisis care
New number for National Suicide Prevention Lifeline
 - 911** Dispatching emergency medical services, fire and police
 - 211** Suicide & mental health crisis care with emphasis on local community resources and care coordination
- 211 Big Bend is a 988 Suicide & Crisis Lifeline Center.

211

Big Bend





September is Healthy Aging Month

Tips For Preventing Serious Falls

Falls are a leading cause of serious injuries in older adults that can lead to hospitalization, nursing home admission, and even death among older people.

The chance of falling increases as we get older. Health problems such as arthritis, heart disease, muscle weakness, poor balance or vision, foot problems, Parkinson's disease, dementia, and even certain medications can increase your chance of falling. Dangerous things around the home – slippery throw rugs and poor lighting, for example – make falls more likely as well. If you are an older adult or you are in charge of care for an older person, please follow the steps below, and also get a “falls checkup” on a regular basis from your healthcare provider.

Did you know? One in every three adults age 65 and older falls each year.

Tell your healthcare provider if you have had a fall

If you fall, let your healthcare provider know right away. It is important for you to tell them what might have caused the fall – whether you tripped over something, for instance, or got dizzy and lost your balance, or felt your legs “go out” from under you. This important information will be used to help you avoid falling again.

Review your Medications

Put all of your medications – prescription drugs, over-the-counter medications, vitamins or any other pills that you take – in a bag and bring them with you to your next visit with your healthcare provider. Together you can review your medications to see if any might increase your chance of falling. If so, your provider may change the dose, or prescribe another type of medicine for you.

Make a falls prevention plan with your healthcare provider

During your visit, your healthcare provider may also check your balance, leg strength and function, your blood pressure, heart rate and rhythm; examine the way you walk; and test your vision.

Based on what your provider finds he or she may recommend certain exercises, physical therapy, balance training, a cane or walker, a change in the kind of shoes you wear or in your eyeglasses prescription, or reduce the dose of medications you are taking to lower your risk of falls.

Exercise to prevent falls

Exercise has been shown to decrease falls, and healthcare professionals recommend that older adults exercise at least three times each week. Find an exercise that you enjoy that promotes strength and balance – such as walking or a group Tai Chi class. If you prefer to exercise indoors, chair stands (repeated rising from a chair without using your arms) can be done alone and are beneficial.

Come see your Housing Authority Nurse to get a handout on 5 simple exercises to help prevent falls.

Make your home safe from falls

- Keep cords away from areas where you walk
- Remove loose carpets and rugs or tack down the carpets and only use rugs with non-skid backing
- Add lights in dimly lit areas and at the top and bottom of stairs
- Use nightlights in bedrooms, halls, and bathrooms
- Clean up clutter, especially near staircases
- Put handrails on both sides of any steps or stairs in or outside of your home

- Add “grab bars” near the toilet and bathtub, and no-slip decals or a rubber mat in the tub or shower

- Wear firm shoes with a back and a good grip on the bottom

Avoid loose slippers or socks

**Nurse's
Notes Cont.**

What to Do if You Fall

Get Immediate Medical Attention

Even if you do not have an obvious injury, if you have any loss of consciousness or any sign of confusion after falling, seek immediate medical attention.

Notify Your Primary Healthcare Provider

Even if you have no injury, make an appointment with your healthcare provider. Your fall could be related to a medical problem, and a falls evaluation will be needed to find the cause and help prevent another fall.

Other Nurses Notes:

The nurse phone number is 920-424-1450 extension 124.

Nurse hours are Monday thru Friday 8AM to 4PM. We do go to all 6 of the housing authority buildings so please be patient with us. We do have a monthly nurse open hour at each building which are on a first come first serve basis. You don't need to wait for open hour. Call if you need us and we will see you anytime during our usual hours.

Sharps containers – As a reminder, sharps containers as now required to be able to drop them off at Mercy Medical Center so if you are using a detergent bottle, please ask one of the nurse's or your social worker to get you one. Use the sharps container until it is full and turn it in to your social worker or nurse and we will get you a new one. Only put sharps in the container everything else can go in the garbage.

Expired medication or medications you no longer need - do not throw medication in the garbage or down the drain. Use the Drug Drop box at the Oshkosh Police Department. If you are unable to drop them off you can give them to either your social worker or one of the nurses and we will get them over to the drug drop box. For more information about Drug Drop check out the Winnebago County Health Department website [Drug Drop | Winnebago County, Wisconsin](#)

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



Public Health
Prevent. Promote. Protect.

Winnebago County, WI

Winnebago County Public Health Vending Machines

What are Public Health Vending Machines?

The Public Health Vending machines are a free community resource. Prevention kits such as gun locks, Narcan, Fentanyl testing strips, DETERRA drug deactivation, menstrual products, basic needs kits, and more are individually stocked in discreet brown boxes.

Who will use Public Health Vending Machines?

This resource is meant to give people access to items that will help create a stronger and healthier community for all. Everyone is encouraged to use these machines, including:

- Individuals who use substances
- Friends and Family of those who use substances
- Community members that want to be empowered to intervene in an emergency to prevent unnecessary deaths
- Community members that need access to basic needs items such as safe drug disposal bags or menstrual products

Hours & Locations:

The Winnebago County Public Health Vending Machines are available 24/7 at two convenient outdoor locations:

**David W. Albrecht
Administration Building**
112 Otter Ave
Oshkosh WI

**Winnebago County
Human Services**
211 N Commercial St.
Neenah WI



How do I access the machines?



Step 1: Call the confidential Public Health Vending Machine Hotline to receive a PIN Code:
(920) 232-3313



Step 2: Use your unique PIN code to access up to 3 items from the Public Health Vending Machine.



Step 3: Use the items to help make our community a safer place for everyone. Contact the hotline again for a new PIN code if needed.



For More Information: Call 920-232-3000 or visit <https://wchd.pub/PHVM>



Oven & Stovetop Safety

It is important to know that **every 3.5 minutes a stove fire is reported**. Cooking on an electric stove is the #1 cause of home fires in the US with 500 people who lose their lives and 5,000 people who are severely injured every year. Recommendations to prevent a oven or stovetop fire include:



- ⇒ DO NOT have anything at anytime on top of your stove top, except of course when you are cooking.
- ⇒ DO NOT use burner covers on your stove as you can not see if your burner is accidentally on or was accidentally left on after cooking.
- ⇒ NEVER leave your kitchen or apartment when you are cooking, even if you have something set to low.
- ⇒ Always remember to turn off the burner when you are done cooking. Always double check that the burners are off before you leave your stove.
- ⇒ The knobs can accidentally turn on, especially if your knobs are at the front of your stove by leaning up against the stove or if your knobs are at the back of your stove, if you have something on your stovetop that is taller. Another building had a fire start when they had a George Foreman grill on the stove top which was open and it pushed against the knobs, turned on the burner and started the George Foreman on fire. Again, don't leave things on the stove top!
- ⇒ Make sure to keep all loose fitting clothing, robes, towels, oven mitts and/or aprons away from the stove top. Two-thirds of home cooking fires started with **ignition of food or other cooking materials**.
- ⇒ Make sure you keep the cooking surface clean, including grease splatters or drip pans as this can create a fire while you are cooking.
- ⇒ If you are going to perform a self clean in your oven, it is VERY important that you first clean out any larger chunks of food debris from the bottom of your oven

BEFORE to do the self clean as this can start of fire during the cycle. Also, make sure you turn on your overhead fan, turn on other fans and even open windows while it does a self clean. And NEVER LEAVE YOUR APARTMENT WHILE IT IS DOING A SELF CLEAN!!





Oshkosh Housing Authority
Winnebago County Housing Authority

P.O. Box 397, Oshkosh, Wisconsin 54903-0397
(920) 424-1450 • Fax (920) 424-1474
www.ohawcha.org

The Oshkosh / Winnebago County Housing Authority is announcing that our waiting list are **now open for all of our properties!**

Applications will be accepted via our online application website, www.ohawcha.org. Computers, tablets, and smartphones can access this website. In addition, if any household lacks access to such a device or internet access, public computers are available in any of the Oshkosh, Neenah, and Menasha Public Library branches. The Oshkosh/ Winnebago County Housing Authority's main office at 1100 W. 20th Ave, Oshkosh, WI, will allow applicants to use their devices to apply during regular business hours.

Waite Rug Place Staff

Brittany James: Property Manager

920-424-7651 BrittanyJ@ohawcha.org

Erin Reismann: Social Service Coordinator

920-424-1483 erinr@ohawcha.org

Mindy Anderson: Janitorial

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.

Waite Rug Staff Hours (Subject to Change)

Brittany (Property Manager):

Monday: Varies
Tuesday: By Appointment
Wednesday: 9:00am – 12:00pm; 1:00pm–4:00pm
Thursday: By Appointment
Friday: By Appointment

Erin (SSC):

Monday: By Appointment
Tuesday: 9:00am – 12pm
Wednesday: By Appointment
Thursday: 9:00am – 12 pm
Friday: 9:00am – 12pm

Activity Calendar for Waite Rug Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day OFFICE CLOSED 	2 Bug Day 8:30am—noon (variety of apts on 2nd floor)	3	4	5	6
7	8	9	10	11	12	13
14	15	16 2:30pm— 3:30pm Nurse Open Hour (office)	17 10:30am Resident Meeting (theater)	18	19	20
21	22 3:30pm OHA & WCHA Joint Board Meeting (theater of CT)	23	24	25	26	27
28	29	30				