



River Cities Chronicle

Foxview Manor (Omro) & Riverside Apartments (Winneconne)

Vol 15 Issue 8

ALL waiting lists are now open for the Oshkosh/Winnebago County Housing Authority!

**Anyone now can apply for all of our properties/programs
which includes:**

- **Court Tower (Oshkosh)**
- **Cumberland Court (Oshkosh)**
- **Family Units – Oshkosh**
- **Family Units – Neenah**
- **Family Units – Menasha**
- **Foxview Manor (Omro)**
- **Section 8 Housing Choice Voucher**
- **Marian Manor (Oshkosh)**
- **Raulf Place (Oshkosh)**
- **Riverside (Winneconne)**
- **Waite Rug Place – Public Housing (Oshkosh)**
- **Waite Rug Place – Project Based Section 8 (Oshkosh)**

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.



A See You Later—Not a Goodbye!

So my time at Raulf Place, Foxview and Riverside is over, but you are all going to be remaining in my hearts forever! I am loving my new adventure at Court Tower and Waite Rug. As I am turning in my keys to Anya, it really has hit me—this is really happening! I am grateful for all the years you guys have allowed me to become a part of you life. I have learned so much from our interactions. When I was a newbie back in 2006, I did not know anything about mental health, insurances, public benefits and lease issues. I would never have become the social worker I am today without your trust and patience that we would figure out your problems together. I hope that you will grant Anya this same honor as it is true honor to have been your social worker through the years. If you are out and about and find yourself by Court Tower or Waite Rug, stop on in to see me! You will all be missed. I am not going to say goodbye because I am hoping to you guys around so I will simply say - See Ya Later!

Hello! My name is Anya Bonikowske and I am the new Social Service Coordinator at Raulf Place, Fox View, and Riverside!

I would like to take a moment to introduce myself to you all:

I grew up in a small town called Manawa in Wisconsin, and now live in Waupaca, WI with my fiancé and our cat and dog. I earned my associate's degree from UW -Oshkosh in 2020 while attending their Fox Cities campus in Menasha and then went into the workforce to discover what career path was right for me. After a few different jobs that gave me great experience and skills working with a variety of community members, I determined that helping individuals with life's challenges, big or small, is what I cared about.

Now, I am a student at UW-Whitewater doing an online program to earn my bachelor's degree in social work and then will go on to earn my master's degree.

I look forward to working with and getting to know you all!

Whether it's a listening ear or a challenge we tackle together, that is what I am here for.



My Office Hours

Fox View Manor (Omro)

Monday/Friday: by appointment only

Tuesday and Thursday: 7:00am – 11:00am

Riverside Apartments (Winneconne)

Monday/Friday: by appointment only

Tuesday & Thursday: 11:30pm – 3:00pm

As you will see on the calendar, I will be on vacation at the end of the month. My family and I are going to Scotland and Ireland, so I will be off starting September 23rd and returning to the office on October 7th. If something comes up that you need assistance with while I am on vacation, Erin will be available for you to contact via phone or email during that time —(920) 424-1483 erinr@ohawcha.org

I will be reaching out to update files in the beginning of September, and as always, if you need anything please don't hesitate to reach out to me!

Community Food Pantry

Winneconne Area

Location:

102 South 3rd Street
Winneconne, WI 54986

Open Hours:

Wednesday: 5:00 PM - 6:30 PM
Saturday: 9:00 AM - 10:30 AM

The food pantry provides quality food items to those experiencing food insecurity. This program supplies critical nutrition to hungry individuals.

Omro Area

Location:

310 N Webster Ave.
Omro, WI 54963

Open Hours:

Tuesday: 9:30 AM - 3:30 PM
Thursday: 9:30 AM - 3:30 PM

The food pantry provides quality food items to those experiencing food insecurity. This program supplies critical nutrition to hungry individuals.



DAYS AND HOURS

3rd Saturday of the Month
Registration begins at 9:30 AM
Food bundles available 9:30-
11:00 AM

NEXT POP-UP PANTRY

09/20/2025 9:30 AM

ADDRESS

St. John's Lutheran Church of Nekimi
491 Old Oregon Road, Oshkosh, Wisconsin 54902,
United States

Sponsored By: St. John's Lutheran Church of
Nekimi

HELPING ENSURE ALL SHOPPERS CAN ACCESS HEALTHY FOOD OPTIONS

What is the Food for All program?

Through the Food for All discount program, enrolled individuals and families receive a **20% discount* every time they shop** at the Oshkosh Food Co-op.

Why does the Oshkosh Food Co-op offer the Food for All program?

The Oshkosh Food Co-op wants to help ensure shoppers don't need to choose between healthy food options and filling their gas tanks or paying their bills. Research studies find individuals who cannot afford healthy food often face increased risk of chronic disease, including diabetes and heart disease. The Oshkosh Food Co-op's vision is to strengthen the local economy, promote health and build community. This program helps achieve the vision by offering participants the opportunity to purchase fresh, healthy, local options – with support from member-owners and community organizations.

What products qualify for the discount?

The discount is good on most products at the Oshkosh Food Co-op. (Alcoholic beverages are excluded from this discount.)

Who qualifies for the Food for All discount program?

To enroll in the Food for All program, shoppers may have an annual income up to 200% of the federal poverty line.

Is there a cost to participate?

There is currently no cost to enroll, thanks to generous sponsorships in memory of former Treasurer Peter Westort. (In the future, a \$10 participation fee may apply.) Once you are enrolled, there is no cost to participate.

When you enroll, you will have the option to become a member-owner. If you choose to become a member-owner, any dividends you would earn in the future will be used to purchase the balance of your ownership shares.

How does someone enroll in the Food for All program?

To enroll in the Food for All program:

[Complete the online enrollment form.](#)

- The Co-op team will review your enrollment form.
- You'll receive a letter with your Food for All number in the mail, at the address you provided.
- If you chose to become a member-owner, you'll receive a member-owner welcome packet at the same time.

How does a participant get the Food for All discount?

Once you have received your Food for All number, you can use your 20% discount **any time** you want at the Co-op! Here's what to expect:

- Every time a shopper checks out, the cashier asks if they are a member-owner.
- Say 'yes.' (Food for All uses the same technology as memberships.)
- Provide your Food for All number to the cashier.
- Your discount will be automatically applied to your purchase. (Purchases of alcohol are not eligible for discounts.)

How long does Food for All enrollment last?

Participants will be asked to renew their participation once a year by completing an enrollment form to verify they continue to qualify for the program.

How many times can a participant use the Food for All discount?

Once you are enrolled in the program, you can use the Food for All discount **every time** you shop.

Can participants enroll in the Food for All program if they currently receive EBT/SNAP/FoodShare or other food assistance benefits?

Yes. The Food for All program may be used in conjunction with other food assistance benefits and/or coupons from manufacturers.

*Purchases of alcohol are not eligible for the Food for All program.



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

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](#)

The Nurses have extra Bladder Pads, if you would like them to bring you some please let them know before September 9th.

920-424-1450 ext. 124

Oshkosh/Winnebago County

Housing Authority

PO Box 397
Oshkosh, WI 54903
(T) (920) 424-1470
(F) (920) 424-1474
www.ohawcha.org

Foxview Manor

Monday	Tuesday	Wednesday	Thursday	Friday
Anya: by appointment only	Anya: 7:00am—11:00am	Stacy: 9am—12:00pm	Anya: 7:00am—11:00am	Anya: by appointment only

Foxview Manor

330 W. Main St.
Omro, WI 54963
(T) (920) 685-6322
(F) (920) 859-0223

Riverside Apartments

101 N. Second St.
Winneconne, WI 54986
(T) (920) 582-7656
(F) (920) 706-0066

Riverside Apartments

Monday	Tuesday	Wednesday	Thursday	Friday
Anya: by appointment only	Anya: 11:30am—3pm	Stacy: 1pm—4pm	Anya: 11:30am—3pm	Anya: by appointment only

Stacy Groff-Vincent, Property Manager

(920) 292-4459

Email: stacyg@ohawcha.org

Anya, Social Service Coordinator

(desk) 920-424-7652

(cell) 920-642-3485 (accepts text)

Email: anyab@ohawcha.org

OPTIMISTIC
COURAGEOUS
IMPORTANT
BEAUTIFUL
THRIVING
INSPIRED
THANKFUL

POWERFUL
DREAMING
FOCUSED
GENUINE
JOYFUL
STRONG
LOVED

AWARE
HAPPY
SMART
BRAVE
OKAY
KIND

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

September Word Search

Activity Calendar for Foxview Manor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed 	2	3	4 Bug Day (Apt 101, 201, 301) Farmer's Market 4p-7p 	5	6
7	8	9	10	11 Farmer's Market 4p-7p 	12	13
14	15	16 1pm Fire Alarm Testing	17 Tenant Meeting 1pm-2:15pm	18 Farmer's Market 4p-7p  Stacy Off	19 9:00am Nurse Open Hour (FV office)	20
21	22 3:30pm OHA Board Meeting (main office)	23	24	25	26	27
	Stacy Off	Anya on Vacation				
28	29	30				
Anya on Vacation						

Activity Calendar for Riverside Apartments



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed 	2	3	4 Bug Day (Apt 101, 201, 301)	5	6
7	8	9 Food Pantry picks up slips	10	11	12 1:00pm Nurse Open Hour (RS office)	13
14	15 1pm Fire Alarm Testing	16	17 Tenant Meeting 2:45pm-4pm	18 Stacy Off	19	20
21	22 3:30pm OHA Board Meeting (main office)	23 Food Pantry picks up slips	24	25	26	27
	Stacy Off	Anya on Vacation				
28	29	30				
Anya on Vacation						