

RAULF PLACE'S ***THE UPTOWNER***

September 2025

Volume 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

Raulf Place (Oshkosh)

Monday: 9:00am – 3:00pm

Wednesday: 9:00am – 3:00pm

Friday: 9:00am – noon

By Appointment Only: 7:00am-9:00am

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!



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

DAYS AND HOURS

3rd Saturday of the Month

Registration begins at 9:30 AM

Food bundles available 9:30-11:00 AM

Bring your own 2 boxes to fill with groceries!!

What is Ruby's Pantry?

As hundreds of people gather in churches or other locations, they have one thing in common. They are gathering to get food at a Ruby's Pop-Up Pantry.

Ruby's Pantry is for ANYONE that eats! There is no income or residency requirement and Ruby's Pantry is for anyone looking to extend their monthly grocery budget. **Each guest donates a \$25 donation and receives an abundance of grocery items.** Ruby's Pantry is not government funded and is a 501 C3. Each donation is used to cover operational costs like trucking, gas, and warehouse staff. All of the food is donated by corporate food donors making it possible to reach more families each month at locations across Minnesota, Wisconsin, North Dakota and Iowa.

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.



BED BUG PRECAUTIONS EVERYONE SHOULD CONSIDER

It is not a secret that we have been battling bed bugs here at Raulf Place. But I am very confident that we can battle this problem if we all pitch together to take these universal precautions.

There are precautions you can take to prevent yourself from getting bed bugs:

VISITING OTHERS: Avoid staying the night in other people's apartment. If you are visiting someone else in the building, avoid sitting on padded furniture like couches and recliners. It is safest to either stand or sit on a hard chair.

BED FRAME: It is extremely important that your bed is kept off the floor with a bed frame.

MATTRESS AND BOX SPRING ENCASEMENTS: Consider purchasing mattress and box spring encasements to protect your bed. The encasements will not allow the bed bugs to get into your bed, are white so it makes it easier to spot bed bug spotting and the actual bugs. If you need help purchasing encasements, Erin can help you purchase them online.

BED INTERCEPTORS: Interceptors are coasters that go under the feet of your bed so if you have bed bugs it prevents the bugs from spreading to others and if a bed bug gets into your apartment somehow, it prevents them from crawling into the bed with you. Again if you need help purchasing them, please see Erin.

BED AWAY FROM WALL: Even if you have interceptors, the bed bug could crawl up the wall so if your bed is not touching the wall they cannot get in bed with you. Bed bugs cannot jump or fly.

DOOR DRAFT STOPPER: Consider getting a draft stopper (those tubes that slip on the bottom of your door). They are made to prevent a draft but bed bugs are not very persistent in traveling so once they hit any resistance they go the other way. This physical barrier will help them turn around if they crawl to your door.

Self-TREATMENT: DO NOT SELF TREAT WITH BED BUG SPRAYS YOU CAN FIND IN STORES!!! This often will not help.

REPORT: If you find what you believe is a bed bug or you are getting bites on your legs or arms, please let the office know RIGHT AWAY. If you find a bug, it is helpful if you trap it in a plastic baggy, jar, or two pieces of tape stuck together and then show the office so we can confirm that it is indeed a bed bug and not something else.

SECOND HAND FURNITURE: We have discovered several cases of bed bugs start with a piece of furniture they received second hand – either from a thrift store, on the roadside or from a friend. I know furniture is expensive but please consider buying beds, recliners, couches and other furniture new. Bed bugs can live in wooden furniture too, especially the cheap furniture that just has a veneer on it that has corkboard in the middle.

HIGH HEAT: Make sure you are washing your clothes on high heat and drying them on high heat as this will kill a bed bug that might be in the washing machine or if you had a bed bug in your clothes.

SELF-INSPECTION: Periodically, it is important do you your own inspection, especially of your bed. If you have an encasement, check for spotting (little blackish spots) or bugs in the corners. If you don't have an encasement, you should check under the ribbing that runs along the sides and corners of your mattress. You should also check between your mattress and box spring.

DECLUTTER: If you would get bed bugs, the heat treatment is MUCH less effective if you have a lot of stuff in your apartment. This is because the bed bugs can escape the middle of your clutter to avoid the high heat of the treatment and then they will not die. It only takes 1 live bedbug to keep reproducing and they multiply quickly. A good rule of thumb is no personal belongings should be stored on the floor except furniture. If you do have belongings to store, make sure they are stored in plastic tubs with a tight fitting cover as the bed bug cannot get into your stuff then.

If you need help getting any of these items or have further questions, comments or concerns, please talk to the office!

WHAT TO LOOK FOR



Black or brown stains,
usually in crevices



Molted skins



Adult bugs about the shape
and size of an apple seed

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.

Raulf Place

(Formerly
Mainview Apartments)

Physical: 530 N. Main St.
Oshkosh, WI 54901
Mailing: PO Box 397
Oshkosh, WI 54903

Fax: (920) 426-3616

VISIT US ON THE WEB:

WWW.OHAWCHA.ORG

Brittany, Property Manager

(920) 424-7651

Email: brittanyj@ohawcha.org

STAFF:

PROPERTY MANAGER: Brittany James

(T) (920) 424-7651

Office Hours: Mon. Tues. Thurs 9am—3pm

SOCIAL SERVICE COORDINATOR: Anya Bonikowske

(T) (920) 424-7652

Office Hours: Mon.: 9am—3pm

Wed.: 9am—3pm

Fri.: 9am—noon

MAINTENANCE: Keshon Stephens

CLEANING & GROUNDS MAINTENANCE: Adam Munsch

HOUSING NURSES: Lori Duclon RN & Erin Roberts RN

(T) (920) 424-1470 ext. 124

Mon.—Fri: 8:00am—4:00pm

Anya, Social Service Coordinator

(desk) 920-424-7652

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

Email: anyab@ohawcha.org



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OPTIMISTIC	POWERFUL	AWARE
COURAGEOUS	DREAMING	HAPPY
IMPORTANT	FOCUSED	SMART
BEAUTIFUL	GENUINE	BRAVE
THRIVING	JOYFUL	OKAY
INSPIRED	STRONG	KIND
THANKFUL	LOVED	

Activity Calendar for Raulf Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed 	2	3	4	5	6 Farmer's Market 8AM-12:30PM 
7	8	9 Bug Day 8th Floor	10	11 New Oshkosh Library books in library 1pm Open Nurse Hour	12	13 Farmer's Market 8AM-12:30PM 
14	15 1:30pm Resident Meeting (theater 3rd floor)	16	17	18	19	20 Farmer's Market 8AM-12:30PM 
21	22 3:30pm OHA Board Meeting (main office)	23	24	25	26	27 Farmer's Market 8AM-12:30PM 
		Anya on Vacation				
28	29	30				
Anya on Vacation						