



# ***Tower Times***

**Volume 14, Issue 8**

September 2025

**Court Tower Apartments 100 Court St., Oshkosh, WI 54901**

## **New Staff at Court Tower**

There has been a great deal of change at Court Tower over the last month. As many of you are aware, April Zink, Property Manager is no longer with the company and Dylan Palmer, Social Service Coordinator has transferred to a different position in the company. 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. Her office is located on the 4th floor so please stop in to see her if you need assistance with anything at all!



### **Erin's Office Hours**

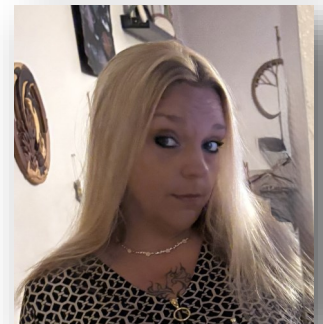
**Mondays: 9:00am—noon; 1:00pm—4pm**

**Tuesdays: 1:30pm—4pm**

**Wednesdays: 9:00am—noon; 1:00pm—4pm**

**Thursdays: 1:30pm—4pm**

Christina Wheelock started as the Property Manager on August 25th at Court Tower. She is very excited to meet all of you and learn more about Court Tower. She has been working with the Housing Authority for little over a year now. She started out as the Section 8 inspector before becoming the Property Manager at Cumberland Court. Before she started her journey at the Housing Authority she worked in hotel management for 20 years. During her spare time she enjoys spending time with your 2 daughter fishing, swimming, boating and camping. Christina will still be the Property Manager at Cumberland Court while being at Court Tower. Once Christina is fully transitioned into her new role her office hours will be:



**Mondays, Tuesday and Thursdays: 9:00am—noon; 1:00pm—4:00pm**

# Christina's Office Hours for September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day  OFFICE CLOSED	2  1PM—4PM	3  9AM— NOON; 1PM—4PM	4  9AM— NOON	5	6
7	8  9AM— NOON; 1PM—4PM	9	10  9AM— 11AM	11  9AM— 11AM; 1PM—4PM	12	13
14	15  RECERT DAY SO LIMITED AVAILA- BILITY	16  1:30PM— 4PM	17  10:30AM— NOON; 1PM—4PM	18  9AM— NOON; 1PM—4PM	19	20
21	22  9AM— NOON; 1PM—4PM	23  9AM— NOON; 1PM—4PM	24	25  9AM— NOON; 1PM—4PM	26	27
28	29  9AM— NOON; 1PM—4PM	30  9AM— NOON; 1PM—4PM				



# 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](http://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 T 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](https://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.



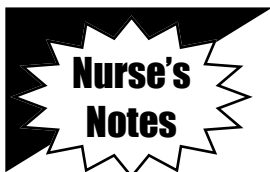
## What are 988, 911, & 211?

- 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.

**2.1.1**

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](http://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](http://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](http://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. 20<sup>th</sup> Ave, Oshkosh, WI, will allow applicants to use their devices to apply during regular business hours.

**Court Tower Staff**

**Christina Wheelock: Property Manager**

920-292-4471 [christinaw@ohawcha.org](mailto:christinaw@ohawcha.org)

**Erin Reismann CSW: Social Service Coordinator**

920-424-1483 [erinr@ohawcha.org](mailto:erinr@ohawcha.org)

**Melanie Bloechl: Housing Specialist**

920-292-4474 [Melanieb@ohawcha.org](mailto:Melanieb@ohawcha.org)

**Josh Wendt: Maintenance**

**Emma Boushele: Custodian**

**After Hours On-Call Emergencies:**

920-735-3707

**Advocap Meal Site, LaDonna:** 920-420-1994

**Nurses Erin Roberts & Lori Duclon:** Call them at 920-424-1450 E. 124 to make an appointment.

**The Court Tower Office Hours:**

**Christina (Property Manager):**

**Monday:** 9:00am – 12:00pm; 1:00pm–4pm

**Tuesday:** 9:00am – 12:00pm; 1:00pm–4pm

**Wednesday:** at Cumberland Court

**Thursday:** 9:00am – 12:00pm; 1:00pm–4pm

**Friday:** By Appointment Only

**Erin (Social Service Coordinator):**

**Mondays:** 9:00am–noon; 1:00pm–4pm

**Tuesdays:** 1:30pm–4pm

**Wednesdays:** 9:00am–noon; 1:00pm–4pm

**Thursdays:** 1:30pm–4pm

**Friday:** at Waite Rug Place

# Activity Calendar for Court Tower



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Labor Day  <b>OFFICE CLOSED</b>  	<b>2</b> Bug Day noon—4:30pm (Apt #502- #603)  1pm—2pm Open Nurse Hour (4th Floor nurse office)	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> 1:30pm Resident Meeting  6pm Movie Night (Theater)	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> 3:30pm OHA & WCHA Joint Board Meeting (theater of CT)	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>				