



Waite Rug Gazette

Volume 7, Issue 11

November 2025

THANKSGIVING GET TOGETHER POTLUCK

Saturday November 22nd

At

1pm

In the community room on second floor

2 volunteers have graciously offered to make turkey and ham but we ask that everyone else bring a dish to pass

If you have any questions please talk to
Janice U. #210

What your own copy of the Waite Rug Gazette?

Some people like to have their own paper copy and others might like to get it by email, I am willing to accommodate either request!

Please talk to Erin and let her know if you want a paper copy or send to you by email for next month's newsletter! You can stop in during open office hours or call her at 920-424-1483 or email her at erinr@ohawcha.org.



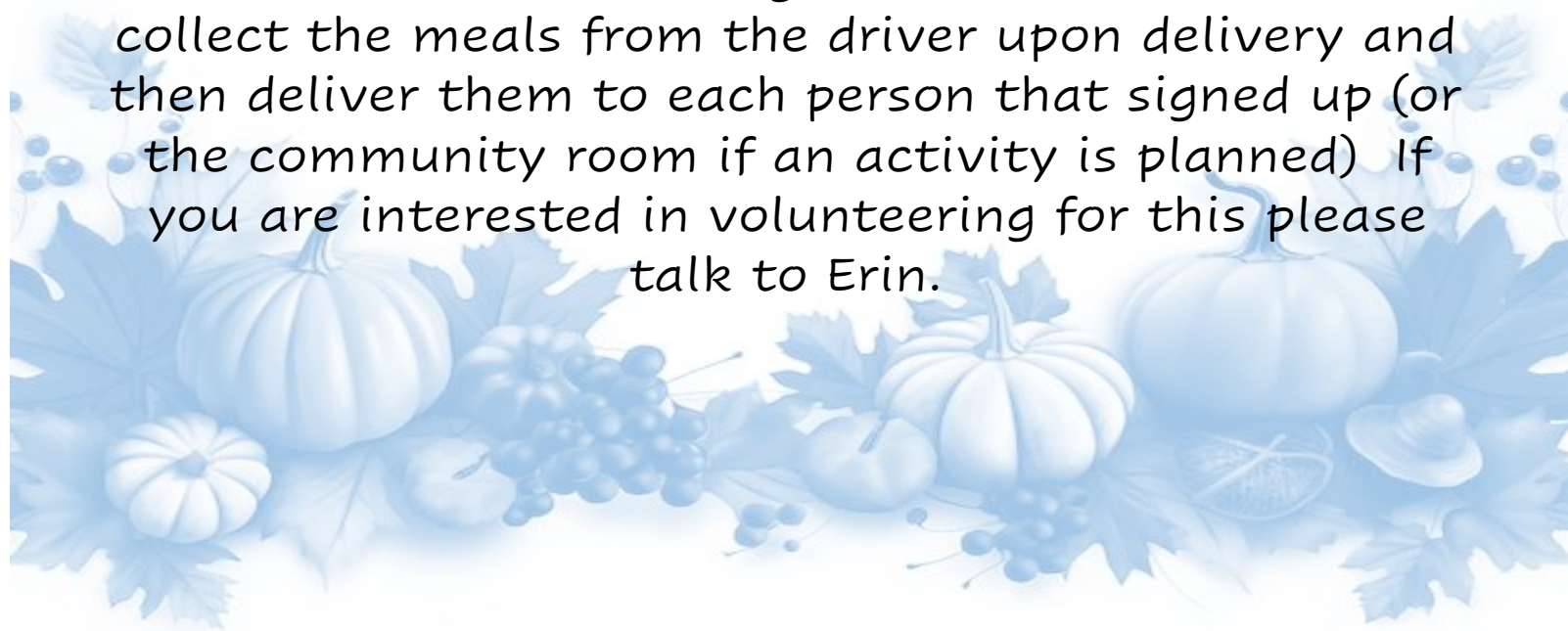
FATHER CARR'S FREE THANKSGIVING MEAL

Father Carr will once again be delivering a traditional Thanksgiving lunch meal to anyone that does not have a place to go for Thanksgiving Day which is Thursday November 27th.

A sign up sheet will be placed on the bulletin board by the mailboxes to sign up for a meal

In the past, residents have coordinated to have a little get together in the community room where people can be together this holiday, eat their meals and spend quality time together so people are not alone. If anyone wants to coordinator or assist in that activity please talk to Erin.

Also, Erin will be looking for some volunteers to collect the meals from the driver upon delivery and then deliver them to each person that signed up (or the community room if an activity is planned) If you are interested in volunteering for this please talk to Erin.



Snow Removal Policy



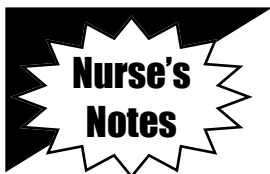
If you have a car in the parking lot, it is your responsibility to move your car so we can plow the parking lot when we get 2 or more inches of snow.

We are currently working with maintenance to determine what time you will need to have your car removed and will let you know as soon as we are informed.

However, there are a few things to keep in mind on when you have to move your car or not:

- Once we know the time that the plow will be coming we will post that for everyone to know. Please keep in mind that he is not just plowing this lot but many other lots within the Housing Authority. So depending on conditions he may be running late. However, we still would like you to have your car out of the parking lot or in your garage at the posted time and you will need to keep an eye out on when he is done plowing.
- If we got over 2 inches of snow overnight but it is continuing to snow for the day, then they will plow once it stops snowing
- If we get 2 inches of snow over the weekend, the snow plow will come and plow out the middle of the parking lot but you are not required to move your cars on the weekend. Staff will evaluate the snow situation on Monday (in case it melted over the weekend) but if there is still over 2 inches of snow come Monday, you will be required to move your car then.
- Staff is not permitted to move your car on your behalf. You will need to find another tenant in the building that will be willing to work with you to move your car but it is still your responsibility if it is not moved in a timely manner.
- Please park your vehicles appropriately on the street or in other areas of public parking until the plow crew has completed clearing snow.
- In the lease, it states that your vehicle needs to be operational at all times. During the cold winter months, make sure you are starting your car regularly even if you are not going anywhere to make sure your battery stays operational. If you are having car troubles, please get it fixed in a timely manner. If we have to tow your vehicle it will be at your cost if it is not operational.
- If you have caregivers that are parking in the parking lot while they are working with you, please make sure they are aware of the snow removal policy.





NATIONAL
DIABETES
AWARENESS MONTH
NOVEMBER

Take charge of your tomorrow. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. But there's also good news: Taking charge of your health may help you prevent diabetes health problems.

You can start by managing your diabetes ABCs.



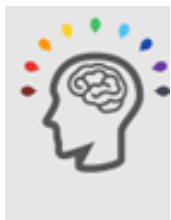
- A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.
- B is for blood pressure.
- C is for cholesterol.
- Ask your health care team what your ABCs goals should be.

Make lifestyle changes to slowly build healthy habits



- Take small steps to eat healthier
- Be more physically active
- Get enough sleep

Take care of your mental health



- Managing your diabetes can be hard. If you feel down, sad or overwhelmed learn about healthy ways to cope with stress.
- Try deep breathing, gardening, taking a walk, doing yoga, meditating, doing a hobby or listening to your favorite music are some ideas.
- You may also want to consider talking to a mental health counselor or join a support group.

Take your medication on time, even if you feel healthy.



- Talk with your doctor, pharmacist or your Housing Authority Nurse for help if you have trouble managing your medication.

5 Principles for Talking Politics With Friends and Family

Author: Aaron Lyons, MA

How do you engage in discussions about politics with those you care about?

For many, the answer is “*I don’t!*”

Some engage eagerly in these discussions, but find themselves repeatedly caught in the muck of destructive conflict. There is another way – one that allows for respectful discourse and even strengthened relationships.

A number of years ago, I was invited to participate in a small Los Angeles-based symposium for facilitators of Palestinian/Israeli dialogue groups. While in town, I took the opportunity to visit my grandmother. It was sure to be a welcome reprieve after the often heated political discussions of the symposium.

As I arrived at my grandmother’s house, my two uncles Stewart and Michael were also there, chatting amiably around the dining table. We got to talking about my business in the city. The conversation became animated, with my uncles taking opposing views about the value of dialogue groups in transforming inter-group violence. But suddenly this was not about the issues any more. It was becoming personal.

Something Stewart said, or the way he said it, made Michael’s temper flare. Fists clenched, he moved aggressively toward Stewart. With my heart racing, I leapt up from my chair, blocking his path toward his more elderly adversary. Michael shouted a threat in Stewart’s direction, of which I recall only the tone. Then he stormed out of the house, slamming the door behind him.

In the days and weeks following, the family became fractured. Stewart and Michael were estranged. My grandmother was no longer comfortable with Uncle Michael being at her house. Michael’s wife, my aunt, was caught in the middle. As the extended family heard of the incident, they chose sides. Before long, most of the lines of communication and relationship in the family had been altered. The incident was only the beginning of the real conflict.

My experience was disturbing, but I have come to realize that the emotional fragility that precipitated this incident is not especially unique within families. “Talking politics” unearths deep core values. When we interpret those values as being challenged or undermined by those we trust or with whom we share a bond, the feelings of defensiveness, indignation and even betrayal can be overwhelming. We can end up speaking and acting impulsively, which then feeds a cycle of escalation.

In some families or close-knit groups, emotions are expressed less directly than in my case – for example, through passive-aggressive behavior, gossip and other attempts at finding validation. But the results on people and relationships can be just as damaging.

One common solution is to avoid talking politics altogether. There’s an unspoken code within some families: simply leave these issues at the door. While this strategy may work to prevent spectacles like mine, it often leaves people feeling that they are walking on eggshells with one another. A useful strategy in some cases, avoiding conflict can also cost us something vital in our closest relationships.

I believe we can benefit from taking the risk to engage in political conversations with those close to us, by considering some fundamentals of conflict.

1. Set the Stage

Timing and setting matter a great deal in conflict. If people are distracted, intoxicated, already stressed or in a rush, the quality of conversation deteriorates. As conflict escalates and becomes more personal, the stress reaction in each person makes it hard to concentrate, express reasonable opinions or consider the impacts of our behaviour. Every family has a different tolerance for escalation, but generally when people begin to raise their voice, talk over one another or attack others' character, the dialogue is no longer productive. Find a tactful or humorous way to suggest a break or change of subject.

2. Affirm the Person

Underneath most conflict is the question, silently being asked by each party, "Am I being respected?" Answer this question overtly by using language and non-verbal cues that demonstrate respect. Make genuine eye contact. Lean in. Keep an open posture. Ask questions that are not designed to attack or corner the person, but instead to explore their views. Reflect back what you're hearing of their meaning and fundamental concerns. Validate them by saying things like, "I can see where you're coming from," or "I appreciate your passion about this issue." These cues will help to minimize anxiety for the other person, allowing them to explore issues with less defensiveness.

3. Check Your Assumptions

Don't become a casualty of unexamined beliefs about another person's intentions or meaning. When someone catches you making a snap judgement about their intentions, they often take it as a criticism of their character. If something rubs you the wrong way, bring it up by objectively stating what was said or done, and inquiring about its meaning. "When you say, 'Here we go again,' what are you referring to?"

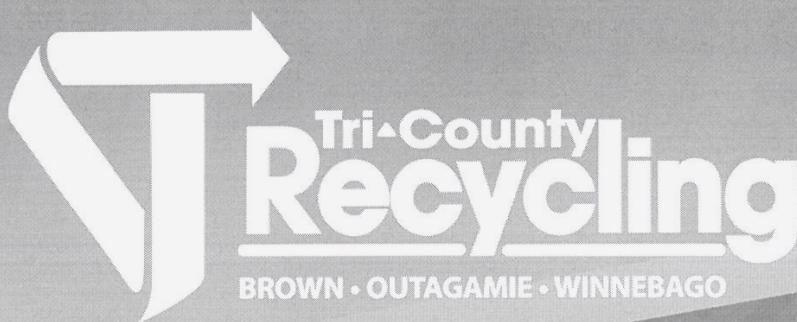
4. Explore the Essential

People in conflict of all kinds will often state a position or "stance" on an issue, and work to defend this at all cost. Instead of arguing over positions or trying to prove them wrong, find out what's important to them about it. What are the underlying concerns, goals and values that would motivate them to take that stance? When people see that their underlying interests are being understood and validated, they tend to become more flexible about their positions.

5. Seek to Understand, Not to Persuade

We often assume that a successful conversation ends when the other person agrees with our opinion. What if the goal of the conversation with family and friends was simply to understand, and be understood? The reality is that very few political conversations actually change a person's perspective – and the more we push, the more likely they are to dig in.

Politics is not just about opinions: political views are often linked to a person's understanding of their own identity. If your friend or relative finds their personal identity or core sense of belonging in the world in their political views, no amount of rational persuasion will alter this. If a change will occur, it is because their identity slowly makes a shift in a different direction. Such a shift happens only out of a perception of safety: the more we feel threatened, the more we retreat into old ways of thinking and acting.



- RECYCLE ITEMS LOOSELY IN YOUR CART - NO PLASTIC BAGS
- EMPTY, RINSE & REPLACE CAPS ON BOTTLES, JARS & CONTAINERS
- FLATTEN CARDBOARD BOXES & CUT TO NO LARGER THAN 2' X 2'

REV. 1/23

PLASTIC



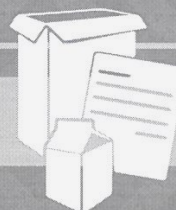
Goes In Your Recycling:

- Household bottles, jars & jugs
- Dairy containers & lids
- Produce, bakery & deli containers & lids

Does NOT Go In Your Recycling:

- Plastic bags, wraps & films
- Motor oil bottles
- Styrofoam

PAPER



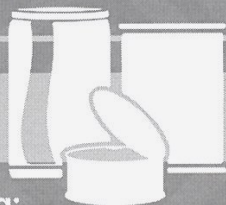
Goes In Your Recycling:

- Cardboard & paperboard (food boxes)
- Newspapers & inserts
- Office & school paper
- Envelopes, junk mail & catalogs
- Books & magazines
- Milk, juice & soup cartons

Does NOT Go In Your Recycling:

- Shredded paper
- Tissue paper
- Pet food bags

METAL



Goes In Your Recycling:

- Aluminum bottles & cans
- Steel & tin cans

Does NOT Go In Your Recycling:

- Propane tanks
- Aluminum pans & foil
- Scrap metal, cookware & appliances
- Aerosol cans
- Empty paint cans

GLASS



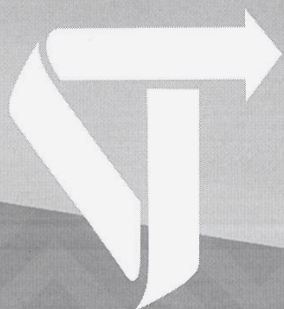
Goes In Your Recycling:

- Food & beverage bottles & jars

Does NOT Go In Your Recycling:

- Mirrors
- Window glass
- Ceramics & china
- Drinking glassware

WWW.RECYCLEMORETRICOUNTY.ORG



WHY WE HATE THE UGLY EIGHT

REV. 1/23



PLASTIC BAGS

Plastic bags, wraps & films are our #1 contaminant. Recycle items loosely and not in plastic bags! Take clean and dry plastic bags back to store drop-off collections.



SHREDDED PAPER

Shredded paper builds up in our equipment creating unnecessary maintenance & cleanup. Take confidential papers to a shredding event.



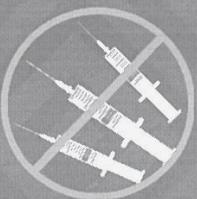
YUCK

Putting garbage, liquids & food in the recycling or "wish-cycling" items that you are unsure what to do with makes it difficult and costly for us to sort clean recyclables. When in doubt, visit our Waste Wizard website tool or contact us.



TANKS

Tanks & compressed gas cylinders can contain small amounts of fuel and can ignite if damaged. Search "propane tank" in our Waste Wizard to find proper drop-off locations.



SHARPS

Needles, lancets & syringes are the #1 safety concern for our sorting staff. Do not throw sharps in your recycling or trash! Visit: dnr.wi.gov and search "Sharps Collections" for proper drop-off locations.

USE THESE RESOURCES TO HELP YOU RECYCLE RIGHT

DOWNLOAD THE
BETTERBIN APP IN
ANY APP STORE



SCAN TO USE OUR
WASTE WIZARD
WEBSITE TOOL



TANGLERS

These materials are anything that wraps around our sorting equipment, such as cords, hoses & wires, creating unnecessary maintenance. Take these items to a drop-off location for proper recycling or place them in the garbage.



TEXTILES

Clothing, bedding & towels wrap around sorting equipment creating unnecessary maintenance. Donate textiles or if in poor condition throw them in the garbage.



BATTERIES

Batteries & electronics are a fire hazard and should never go in recycling carts. Search "battery" or "electronic" in our Waste Wizard website tool to find proper drop-off locations.

WWW.RECYCLEMORETRICOUNTY.ORG

Activity Calendar for Waite Rug



Sun	Mon	Tue	Wed	Thu	Fri	Sat
   						
2 Daylight Savings Time Ends	3	4 Pest Control (Apts given prior notice if entering)	5	6 Erin working at different property so no office hours (call if need something)	7	8 1 All Saints' Day
9	10	11 Veterans Day Filter Changes for everyone	12	13	14	15
16	17 3:30pm OHA Board Meeting (main office)	18 2:30pm Nurse Open Hour (office)	19 10:30am Resident Meeting (theater)	20	21	22
23	24	25	26	27 Thanksgiving Day OFFICE CLOSED	28 Black Friday OFFICE CLOSED	29
30						