



# *Waite Rug Gazette*

Volume 7, Issue 12

December 2025

300 E Custer Ave Oshkosh, WI 54901

## **Social Security Announces 2.8% COLA Increase for 2026**

Again this year, to lessen the burden on our tenants, and to get a jump on recertifications this year, we are asking that **all tenants who receive Social Security or Supplemental Security Income (SSI) letters for 2026 please bring their letter to the office during open office hours.** Staff will make a copy allowing you to keep your original. Alternatively, you can simply put it in the drop box and staff will make a copy and return the original to you. If you have a My SSA account online, you may have elected to only get it online. If this is the case you can forward it to Erin or Brittany as well. This will make your recertification much easier to know that we already have it.

If you lose this letter, the Social Security office will no longer allow you just to stop in and print off your letter for you. To get it from the office, you have to set up an appointment with them. They are wanting everyone to set up online accounts. If you are not computer savvy and would like to create an online Social Security account, please stop in to see Erin as she can help create this for you.

If you have not created an online account and you did not receive a proof of benefit letter in the mail by end of December, please stop in to talk to Erin so we can figure out why you did not receive it.

**\*\*REMINDER:** IF YOU MOVED TO COURT TOWER OVER THE PAST YEAR, MAKE SURE YOU HAVE CHANGED YOUR MAILING ADDRESS TO YOUR CURRENT ADDRESS WITH THE SOCIAL SECURITY OFFICE. THIS IS THE MOST COMMON REASON PEOPLE DO NOT GET THEIR PROOF OF BENEFIT LETTERS! If you need help with this, please talk to Erin.

**OSHKOSH SOCIAL SECURITY OFFICE TELEPHONE NUMBER  
(877) 445-0834**

## **FATHER CARR'S FREE** **CHRISTMAS MEAL**

Father Carr will once again be delivering a traditional Christmas lunch meal to anyone that does not have a place to go for Christmas Day which is Thursday December 25<sup>th</sup>.

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

Please only sign up if you are going to be home on Christmas Day. They usually deliver meals sometime late morning and the volunteers from Father Carrs will deliver directly to your apartment.



### **Reminder about Pet Licenses**

For those with pets, please consider getting your pet license for 2026 starting as early as December.

A pet license costs \$5.00 and getting a jump on it will help you with the city, and will leave you with one less thing to worry about when your recertification comes around.

To save some money it is recommended by the OHA (and required by the City of Oshkosh) that you get your pet license by March 31st, or else there will be a \$7.00 late fee tacked onto the initial cost.

You can purchase your pet license by going in person to Collections Department at City Hall which is located at 215 Church Ave Room 102 or you can mail in your payment with a self addressed stamped envelope to City of Oshkosh Collections Department PO Box 1128 Oshkosh, WI 54902-1128. You must show proof of updated rabies vaccination, fee and if getting license for new pet, proof of spaying or neutering. Pet license need to be renewed yearly.

Once you get your pet license, please bring it down to the office right away so we can put it in your tenant file.

# 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.



## Happy Holidays from the Nurses!

While this time of year is often filled with joy and togetherness, we also recognize that the holidays can be hard for many of us. The focus on celebration and connection can sometimes bring up difficult emotions or highlight challenges we've been carrying throughout the year. Festivities can magnify our stress, emotions, and struggles- and that's why the "holiday blues" can feel especially tough.

**This season, we want to offer you simple, supportive ways to manage those feelings and take care of yourself- because your well-being matters, especially during the holidays.**

### 10 Ways to Deal with the Holiday Blues:

#### **Feel your feelings- the only way out is through them.**

Accepting and fully feeling your feeling is one way to work through them.

#### **Open up to others- you don't have to face this alone.**

Remember that you don't have to face your feelings alone. Social isolation is linked to depression. If you don't have any close friends or family, you feel comfortable opening up to, 988 can connect you with trained staff who would be happy to assist you in working through your feelings.

#### **Meditate to quiet the thoughts that torment you.**

Many people find meditation is a helpful practice for working through bad thoughts. One study even found that it can be helpful in relieving depression and anxiety symptoms. Click here for a [beginner's guide to meditation](#).

#### **Start a new holiday tradition instead of focusing on what once was.**

This can be particularly helpful for individuals who are facing the holidays following a loss of a loved one. Try [browsing through some of these ideas](#) for a new tradition, or talk with your friends to see if you can start a new tradition together.

#### **Try light therapy to counter the gray weather.**

According to the Mayo Clinic, Seasonal affective disorder (SAD) is a type of depression that typically occurs each year during fall and winter. The use of a light therapy box can offer relief. It's important to note that for some people, light therapy may be more effective when combined with another treatment.

#### **Make a gift- creativity can be therapeutic.**

Did you know that creativity can be therapeutic? It's true. This holiday season, try making a gift and seeing if the act of creating helps you.

#### **Get Moving- exercise boosts endorphins.**

There are several health reasons to exercise, but did you know that exercising is good for your mental health as well? Exercise can be an effective stress reliever, and it produces good endorphins.

#### **Get outside, even if it's cold. Nature heals.**

Nature can be healing! Even though it's cold and windy, try to bundle up and spend time outside for at least a little bit each day.



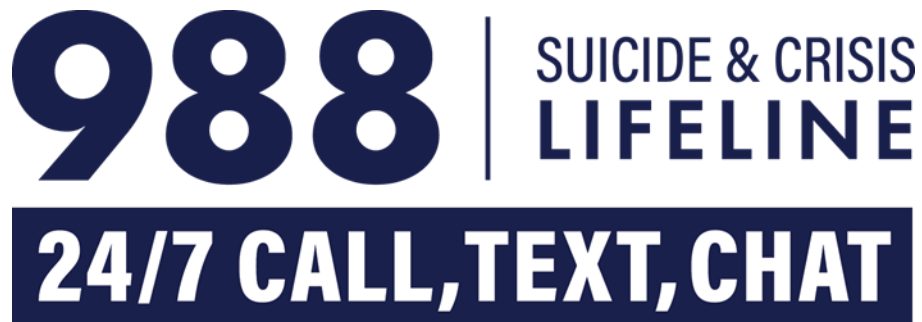
**Treat yourself. A little self-care can go a long way.**

Self-care is extremely important and should not be forgotten during the holiday season. A little self-care can go a long way. Some ways you can treat yourself are by investing in a new exercise class that you like, preparing yourself your favorite meal, buying and writing in a new journal, and more.

**Give to someone in need and get a helper's high.**

Volunteering during the holiday season is one way you can feel a "helper's high"! Be a part of something bigger than yourself by giving to someone in need or finding an organization you want to support and finding out how to volunteer.

STILL NOT FEELING RIGHT...



**Reserving Community Room for Private Event**

We allow tenants to book the theater and community room for private events like a holiday get together with family, wedding showers, baby shower or any other event you might want to hold. We understand that your apartments are not large enough to hold a family get together so this provides a nice alternative for you and your family. If you would like to book a private event:

1. Call or stop into the office to talk to Erin Reismann, CSW to book the time and date you will need the room
2. You will sign an agreement on the rules for the get together—basically clean up after yourselves and make sure your guests are not running around the apartment complex unattended.
3. Erin will post a sign on the community room doors prior to your event so other tenants know that they are not allowed in the room on that certain date and times.

If you have any questions or would like to book an event, please talk to Erin or call her at 920-424-1483.



## Winter Preparedness Checklist



### Home Winter Preparedness Checklist



- |  |  |  |
|--|--|--|
| <input type="checkbox"/> <b>Select Foods</b><br>See Additional Checklist       | <input type="checkbox"/> <b>Warm Clothing</b><br>Hats, Mittens, Parkas, Boots    | <input type="checkbox"/> <b>Flashlights</b><br>& Extra Batteries |
| <input type="checkbox"/> <b>Disposable Dishware</b><br>Plates, Bowls, Utensils | <input type="checkbox"/> <b>Extra Blankets</b>                                   | <input type="checkbox"/> <b>First Aid Kit</b>                    |
| <input type="checkbox"/> <b>Specialty Items</b><br>Meds, Infant Formula, etc.  | <input type="checkbox"/> <b>Matches</b><br>For Candles & Gas Fireplaces          | <input type="checkbox"/> <b>Cell Phone</b><br>Fully Charged      |
| <input type="checkbox"/> <b>Portable Radio</b><br>AM/FM/Wx Radio & Batteries   | <input type="checkbox"/> <b>Shovel/Snow Blower</b><br>Check condition & maintain | <input type="checkbox"/> <b>Firewood</b><br>For Wood Fireplaces  |



### Car Winterization Checklist



- |   |  |
|---|--|
| <input type="checkbox"/> <b>Check Engine Fluid Levels</b><br>Oil, Coolant, Washer Fluid, etc. | <input type="checkbox"/> <b>Inspect Tire Tread</b><br>Replace if Near Wear Limit |
| <input type="checkbox"/> <b>Test Battery</b><br>Replace if Necessary                          | <input type="checkbox"/> <b>Install Snow Tires if You Own a Set</b>              |
| <input type="checkbox"/> <b>Use Deicing Washer Fluid</b><br>Clean Windshield at Low Temps     | <input type="checkbox"/> <b>Test Headlights &amp; Taillights</b>                 |
| <input type="checkbox"/> <b>Switch to Synthetic Oil</b><br>Handles the Cold Better            | <input type="checkbox"/> <b>Add &amp; Inspect Winter Survival Kit</b>            |



### Home Winter Survival Food Checklist



- |  |   |
|--|---|
| <input type="checkbox"/> <b>Canned Fruits and Vegetables</b><br>Requires a Manual Can Opener | <input type="checkbox"/> <b>Bread and Condiments</b><br>Keep Bread Frozen to Last Longer            |
| <input type="checkbox"/> <b>Crackers, Nuts, Fruit Bars, Chips</b><br>High Energy Foods       | <input type="checkbox"/> <b>Cereal and Toaster Pastries</b>   |
| <input type="checkbox"/> <b>Soups</b><br>Some Soups Require Water or Heating                 | <input type="checkbox"/> <b>Meals Ready to Eat (MREs)</b>   |
| <input type="checkbox"/> <b>Cookies and Hard Candy</b>                                       | <input type="checkbox"/> <b>Bottled Water</b><br>1 gallon per person, per day (for at least 3 days) |



### Car Winter Survival Kit Checklist



- |   |   |  |
|---|---|--|
| <input type="checkbox"/> <b>Flashlight</b><br>& Extra Batteries | <input type="checkbox"/> <b>Blankets/Sleeping Bag</b>                                 | <input type="checkbox"/> <b>Extra Clothing</b><br>Hats, Mittens, Parkas, Boots |
| <input type="checkbox"/> <b>First Aid Kit</b>                   | <input type="checkbox"/> <b>Non-Perishable Food</b><br>Granola Bars, Dried nuts, etc. | <input type="checkbox"/> <b>Sand/Kitty Litter</b><br>Used for Traction         |
| <input type="checkbox"/> <b>Snow Shovel</b>                     | <input type="checkbox"/> <b>Bottled Water</b>   | <input type="checkbox"/> <b>Cell Phone</b><br>& Charger                        |
| <input type="checkbox"/> <b>Ice Scraper</b><br>with Brush       | <input type="checkbox"/> <b>Booster Cables</b>  | <input type="checkbox"/> <b>Flares/Triangles</b><br>& other Bright Objects     |

# Stress, depression and the holidays:

## Tips for coping

*Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.*

By Mayo Clinic Staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

### Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.
3. If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.
4. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.
5. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.
6. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
7. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.
- Start a family gift exchange.

8. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.

9. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

10. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.
- Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.

11. **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

- Some options may include:
- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

**Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

## Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.





### Special Message from Brittany, Erin, Mindy & Natalie:

With the holidays right around the corner, we wanted to take a moment to express our thanks to the tenants of Waite Rug. Without you, we would not have a job that supports our family and brings us joy. We don't just want this a place that you live but we want this to be your home. We know living in public housing and an apartment complex can bring a lot of inconveniences and annoyances—inspections, recertifications and living in close proximity to others that live different lives than yours. But we hope that working with staff is not one of those issues. We hope you all know that we are here for you in joy and turmoil.

*Season's Greetings and a Happy New Year!*

#### **Waite Rug Place Staff**

**Brittany James: Property Manager**

920-424-7651 [BrittanyJ@ohawcha.org](mailto:BrittanyJ@ohawcha.org)

**Erin Reismann: Social Service Coordinator**

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

**Mindy Anderson: Janitorial**

**Natalie Ditscheit: Maintenance**

**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):**

**Erin (SSC):**

Monday: Varies

Monday: By Appointment

Tuesday: By Appointment

Tuesday: 9:00am – 12pm

Wednesday: 9:00am – 12:00pm; 1:00pm—4:00pm

Wednesday: By Appointment

Thursday: By Appointment

Thursday: 9:00am – 12 pm

Friday: By Appointment

Friday: 9:00am – 12pm

# Activity Calendar for Waite Rug



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Erin off	<b>2</b>	<b>3</b> 2:30pm Nurse Open Hour (office)	<b>4</b>	<b>5</b> Erin working from home in morning (online training)	<b>6</b>
<b>7</b> Pearl Harbor Remembrance Day	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> 8am—noon Holiday Decorating with Dylan	<b>13</b>
<b>14</b> Hanukkah begins at sundown	<b>15</b> Hanukkah	<b>16</b>	<b>17</b>	<b>18</b> 1:00pm Holiday Party	<b>19</b> Erin at Court Tower 8:30am— noon (no Waite Rug office hours)	<b>20</b>
<b>21</b> First Day of Winter	<b>22</b> Erin off	<b>23</b> Erin off	<b>24</b> Christmas Eve  <b>Office closed</b> 4pm– 10pm Theater Room re- served for private function	<b>25</b> Christmas  <b>Office Closed</b>	<b>26</b> Kwanzaa Begins  Erin & Brittany off	<b>27</b>
<b>28</b>	<b>29</b> Brittany off	<b>30</b> Brittany off  Holiday Party at Court Tow- er so no Erin office hours	<b>31</b> Erin & Brit- tany off	<b>1</b> New Years Day  <b>Office Closed</b>		<b>Note:</b> Erin will be off January 5 <sup>th</sup> –14 <sup>th</sup>