



TOWER TIMES

Court Tower Apartments 100 Court St Oshkosh, WI 54901

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INSIDE THIS ISSUE

- Brain Exercises
- Preventative Mental Health Care
- QPR Training
- Watering Plants
- Father Carr's Easter Meal
- Lifetime Learning Library
- Change in Office Hours
- Games & Puzzles
- Katie's Reminders
- Dolly Parton Learning Library
- Activity Calendar

Homestead Tax Credit Preparation Day

Monday March 16th (if needed also Thursday March 19th)

In the theater room on 1st floor

FREE OF CHARGE!

You will need to make sure you have:

- Social Security Card
- Photo ID
- Last Years Homestead return (if you have)
- SSA 1099 for 2025
- If on SSI, bring bank statement from 2025
- Rent certificate
- Proof of any other income you receive
- If you are disabled & under age 62, a letter stating when you were first deemed disabled from Social Security
- The routing number and account number

The tax prepares are now able to do income taxes as well so please sign up. If you have any questions or concerns, please talk to Erin! If you are not able to come to Court Tower's appointment day, we can always schedule you with another building as well.

To get a time slot to get your taxes done, please bring Erin all the needed paperwork from above and she will hold it until the day of preparation.



Practice Preventive Mental Health Care

-By Housing Nurses

There is such a thing as "preventive mental health," just like there is preventive physical health.

Practice self-compassion—be kind and understanding to yourself, especially during difficult times. Treat yourself with the same empathy and support that you would offer a close friend.

Establish healthy boundaries— set limits on your time, energy, and resources to avoid burnout and resentment. Learn to say no to requests that don't align with your values or goals.

Preventive mental health lowers stress and builds resilience for when the going gets tough.

~ "Better. Mental. Health. for Everyone" by Dr. Abraham Low.

QPR Training for Everyone

QPR (Question, Persuade and Refer) is a technique on how to talk to someone who may be suicidal. This is an important skill for everyone to learn. The Housing Authority is offering this free training at Court Tower in the theater room on Wednesday March 25th at

1:30pm. We are extending invitations to not just tenants but for caregivers, family and friends. This training will be done virtually over the computer so if you are not comfortable doing this in a group setting, I can give you the link to log in with your cell phone or computer in your apartment as well. We can only have a total of 25 participants so please sign up right away. If we have enough need, we will schedule a second session. Key components that will be covered include: how to question, persuade and



refer someone who may be suicidal, how to get help for yourself or learn more about preventing suicide, common causes of suicidal behavior, warning signs of suicide, how to get help for someone in crisis. To sign up, either stop down the office to let Erin know or email her at erinr@dohawcha.org or text her at 920-642-3473.

Watering Common Area Plants

Vanessa Hand has graciously volunteered to water the plants in the common areas of the building. We would like to ask the other tenants please do not water the plants as we don't want to have them overwatered and die.

Father Carr's Free Easter Meal

Father Carr's will once again be delivering a home cooked meal on Easter Sunday which is on April 5th between 10:30am – 11:30am. The sign-up sheet will be on the activity bulletin board on the first floor. You need to be home to get your meal that day so please do not sign up if you are going to celebrate it outside of the building with family or friends. Please only sign up for the number of people that will be eating with you in your unit. The deadline to sign up for a meal is Sunday March 29th.

Learning is a Lifetime Journey

Kris Zwettler and Katie have been working to organize the library which is located on the den on the second floor. We encourage everyone to stop in and check out all the books and resources that are located in the den. Kris has generously donated educational material and will display themed material that you can check out from the library. For February she had featured course and book for Black History month. If you would like to watch a course but don't have a DVD player, we have a portable DVD player that can be checked out by talking to Erin.

Change in Open Office Hours

Effective Monday March 2nd, we will be changing our open office hours to the following:

Monday – Thursday
9am – noon; 1:00pm – 4pm
Friday
9am – noon



We love working with you wonderful people but we need these closed door office hours so we can make phone calls and complete paperwork.

If the office door is closed and the office lights are off, please be respectful of staff time and wait for the office to open back up. Please refrain from knocking on the door when the office is closed.

Games and Puzzles For Everyone

We want all tenants to be aware that there are many and many puzzles and games located in the library on the first floor. If anyone is interested in starting a puzzle table in a common area, you are more than welcome. Also, if you would like to start a game night or if want to advertise that you are playing a certain game on a date and time but want others to join, please talk to Erin.

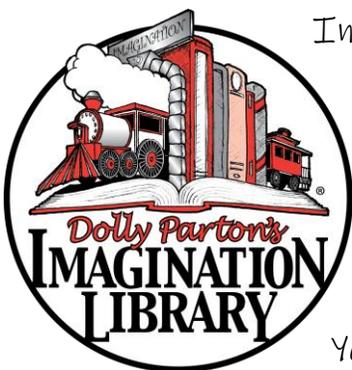


Katie's Reminders

- If you are ordering meals from the meal site, please make sure you are either eating in the dining room during meal time or picking up your bagged meals as soon as possible that day. We all forget sometimes but if LaDonna has to throw them away because you forget to pick them up, it is a huge waste of money for ADVOCAP. Please set a reminder in your phone to pick up your meals on the days or order one.
- Thank you for smoking away from the building. However, please do NOT flick your cigarette butts onto the ground. With the snow melting, we found a HUGE amount of butts on the ground. Please dispose of them appropriately
- Please CLEARLY write your name and apartment numbers on all checks or money orders that you turn into the office.

Dolly Parton's Imagination Library

All the parents in the building, should have received the registration form and address on how to get their child or children enrolled in this wonderful resource. But I want to educate everyone in the building so they can extend this resource to other children in the community that might be able to take advantage of this wonderful resource.



In 1995, Dolly Parton launched this effort to foster a love of reading among preschool children and their families. Each month, the child will receive a high quality, age appropriate book mailed to them up until they turn 5 years old which is free of charge. In Oshkosh, The United Way runs this program. If you know someone that might benefit from this program, simply visit www.imaginationlibrary.com. You can also come to Erin and she can print off the registration form.

MARCH

Court Tower Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1 1pm - 4pm Rummage Sale (theater)	2	3 1pm Open Nurse Hour (4 th floor office)	4 Erin will be out of the office most of the day at a training 6pm Craft Group (Dining room)	5	6 Erin off	7
8 Turn your clocks <u>ahead</u> 1 hour (Daylight Savings Time Starts)	9 Erin off	10 Erin off 2pm Rock Painting Class (dining room) 6pm Movie Night (theater)	11 6pm Craft Group (Dining room)	12	13 Katie off	14
15 Katie off Homestead Tax Preparers (theater)	16	17 Pest Control Inspections (Apt 1208-1401)	18 6pm Craft Group (Dining room)	19	20	21 11am - 5pm Private Party in community room (8 th floor)
22 1:30pm Resident Meeting 3:30pm OHA Board Meeting (main office)	23	24	25 1:30pm QPR Training (Virtual or in theater) 6pm Craft Group (Dining room)	26	27	28
29	30	31	<p><u>Holidays for the month:</u></p> <ul style="list-style-type: none"> • March 17th: St. Patrick's Day • March 20th: Eid al-Fitr • March 29th: Palm Sunday 			