



WAITE RUG GAZETTE

300 E Custer Ave Oshkosh, WI 54901

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Homestead Tax Credit Preparation Day

Monday March 9th

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 Waite Rug on 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.

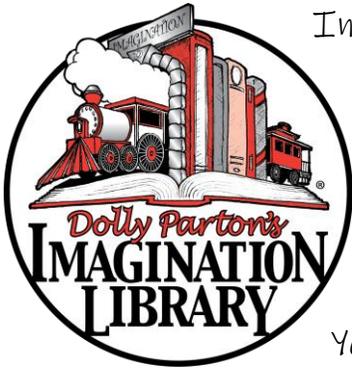
Father Carr's Free Easter Meal

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.

Dolly Parton's Imagination Library

I want to educate everyone in the building so they can extend this resource to 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.

When Brittany is Off for Maternity Leave

At the time I am making this newsletter, Brittany is still pregnant and baby is still nestled in her little belly. However, very soon, baby is going to decide to show up into her wonderful family and she will be taking her much deserved 12 weeks off to be with this precious gift.

While Brittany is off for maternity leave, Lora Southworth will be covering for Brittany's job duties. She plans on holding open office hours on Wednesdays just like Brittany so you can always stop in to talk to her when she is here. You can also call her at 920-424-1450 ext 113 or email her at loras@ohawcha.org. You can always come talk to Erin during her open hours as well and if it something more for Lora she will forward it to her.

Assigned Parking in the Parking Lot

With all the things that Brittany needs to make sure if all done before baby comes, the parking lot assignment as drifted to the bottom of her to do list. Erin will be working on it this month in her stead. She will assign a parking spot to you based on the information given to Brittany. She will notify you in writing the date and the space that you have been assigned. If you wish to see if you can get a different spot, you will need to talk to her within a certain time frame, otherwise that will be your permanent spot. Visitors and caregivers need to park on the street once parking spots are assigned. Make sure you let the office know right away if you get a vehicle or change vehicles so our records can be updated.



Waite Rug Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Pest Control Inspections	4 Erin will be out of the office most of the day at a training	5	6 Erin off	7
8 Turn your clocks <u>ahead</u> 1 hour (Daylight Savings Time Starts)	9 Erin off Homestead Tax Preparers (theater)	10 Erin off	11	12	13	14
15	16	17 2:30pm Open Nurse Hour (office)	18 10:30am Resident Meeting	19	20	21
22	23 3:30pm OHA Board Meeting (main office)	24	25 1:30pm QPR Training (virtual or in theater at Court Tower)	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 			