



TOWER TIMES

Court Tower Apartments 100 Court St Oshkosh, WI 54901

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June 2026

Oshkosh Summer Farmer's Market Starting Saturday May 30th

We have such a wonderful farmer's market here in Oshkosh! The farmer's market is located primarily between the 500 and 400 blocks of Main St and 100 block of Church Ave. on Saturdays from 8:00am to 12:30pm. Pets are not permitted so make sure you leave them at home. Also, bikes or scooters are not allowed. There is entertainment as well so you can purchase locally grown produce, listen to music and partake in delicious food!

Many of you might not be aware that the Farmer's Market does accept Food Share. To use your Food Share, you simply need to present your card at the Market tent (corner of Merritt and Main). You will scan your card for the desired amount, and you will receive a \$1 token for every dollar taken out. The market will provide up to a \$10 match when using your food share card - so take \$10 off your food share and receive a free \$10 from them! The tokens can be used at participating vendors that show the sign. Some vendors also accept WIC checks which are accept right at the vendor's booth and will have a sign posted as well to let you know they accept WIC.

Also we are partnering up with Feeding America again to provide a \$25 voucher booklet (broke up into \$1 increments) to those that are over the age of 60 years old. We will be scheduling a time for a representative to come to Court Tower to give these out to those that wish to participate so keep an eye




WISCONSIN Wisconsin Farmers' Market Nutrition Program (FMNP)
VENDOR

Vendor can accept WIC and Senior FMNP checks for locally-grown fresh fruits, vegetables and herbs.

This institution is an equal opportunity provider.
For more information call 800-832-8289 or visit us online at www.wisconsin.gov



EBT TOKENS
ACCEPTED
HERE

QUEST (EBT) CARDS NOW WELCOME AT THIS FARMERS MARKET.

5077 8008 5244 6478
MAY 2016

Walk With The Housing Authority Nurses

June Dates and Locations:

Tuesday, June 9th:

12:30 to 1:00 PM: Marian Manor

1:30 to 2:00 PM: Court Tower

2:30 to 3:00 PM: Fox View

Tuesday, June 23

12:30 to 1:00 PM: Raulf Place

1:30 to 2:00 PM: Waite Rug

2:30 to 3:00 PM: Riverside



Join Us!

Public Health
Healthy People. Better.
 Winnebago County, WI

920-424-1450 extension 124



Complaints About Other Tenants

It can be hard living in an apartment complex where you have to enter and exit the building through common spaces. It forces you to come in contact with others that you might not like or want to interact with. We don't ask that you like everyone who lives at Court Tower but we do ask that you either ignore or be civil with them (ie - say hello or smile).

Things to remember about complaints to the office:

1. To report a lease violation, you need to complete the complaint form which is located right outside the office. If you need help filling it out, please stop in to see Erin. Katie is not able to investigate a complaint without the form being filled out.
2. Staff will not disclose who has filed the complaint so to protect the tenant from reprisal.
3. Katie can not use hearsay which means the person completing the form needs to have witness the act him/herself not just heard about it from someone else.
4. Please pay attention to the date and time of the violation when you witness it so we can possibly see if we can catch it on camera.
5. It is not a lease violation if someone is mean to you, looks at you funny, ignores you or says something about you behind your back. This is not a good thing to do but it is not a lease violation. Remember - you only have control over your own actions, thoughts and behaviors. Not those of others. In a perfect world, everyone would get along but we don't live in a perfect world. If you are having trouble with another tenant, please come talk to Erin so you can brainstorm coping techniques and interventions instead of writing out a complaint form for Katie.

KINDNESS
 /ˈkænd(ɪ)nes/ noun

1. Lending someone your strength instead of reminding them of their weakness.

Kindness
 doesn't cost a thing, yet it's the richest gift you can give.

WE ARE A COMMUNITY

Celebrate National Fresh Fruit and Vegetables Month!

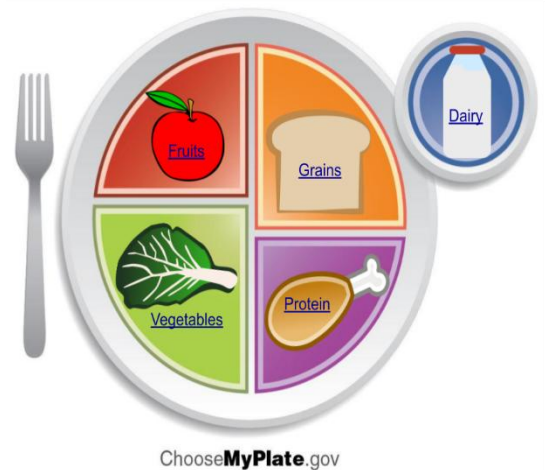


June is a great time to enjoy colorful, tasty fruits and vegetables. Eating healthy foods is important because good nutrition helps keep our bodies strong. When people don't eat enough healthy foods, they can become weak, which makes it easier for them to fall. Eating well can help prevent falls and keep us feeling our best.

Eat Balanced, Healthy Meals

A helpful way to build a healthy meal is by using the "My Plate" idea:

- Half your plate should be fruits and vegetables. These foods give your body vitamins, minerals, and fiber. They help you stay healthy and are low in fat, calories, and salt.
- One quarter of your plate should be protein. Protein foods include beef, chicken, fish, eggs, beans, lentils, nuts, and seeds. Protein helps build and repair muscles, bones, and other parts of your body.
- One quarter of your plate should be grains and try to make half of those whole grains. Whole grains give your body nutrients and fiber, which can help lower cholesterol and protect your heart.
- Add dairy like milk, cheese, or yogurt to get extra protein and calcium.



Eat Regularly – Try Not to Skip Meals

Skipping meals can make your blood sugar drop. When your blood sugar is too low, you might feel dizzy or light-headed, which can cause a fall. If you aren't hungry for a full meal, try a healthy snack like fruit, vegetables, yogurt, oatmeal, cottage cheese, a hard-boiled egg, half a sandwich, or cheese with whole-grain crackers.

Stay Hydrated

Your body needs enough water to work properly. Not drinking enough can make your blood pressure drop, which can cause dizziness or confusion. This can also lead to a fall. Try to drink 6-8 cups of water each day. Carrying a refillable water bottle can help you remember to drink.

Some fruits and vegetables also help keep you hydrated because they contain a lot of water. These include watermelon, strawberries, grapes, oranges, pears, pineapple, lettuce, celery, cucumbers, carrots, broccoli, and more.

Local Farmers Markets

- **2026 Oshkosh Farmers Market:** Open Saturdays from May 30 through October 31 (closed July 4). Hours: 8:00 am-12:30 pm. Located downtown on North Main Street and Church Avenue.
- **2026 Omro Thursday Night Market:** Open Thursdays from June 4 through September 17. Hours: 4:00 pm-7:00 pm. Due to construction, the market will be at 125 W. Huron St. (old Dollar General parking lot).

Zucchini Pizza Bites

Ingredients

- 3 large zucchinis, sliced into 1/4 inch rounds
- Extra-virgin olive oil, for brushing
- 1/4 cup marinara or pizza sauce
- 1/3 cup shredded mozzarella
- 1/3 cup mini pepperoni (optional)
- Dried oregano, for sprinkling



Directions

1. Step 1: Preheat oven to 400 degrees. Place zucchini slices on a baking sheet and brush with olive oil. Bake until slightly tender (around 5 minutes).
2. Step 2: Spoon a thin layer of sauce over each slice, then top with mozzarella and mini pepperoni. Sprinkle with dried oregano and bake until zucchini is tender and cheese is melted (around 10 minutes).

Let's Get a Summer Picnic Planned!!

We had so much fun at the Holiday Party, we are looking to plan another party for the summer. I am looking to establish a Summer Picnic Committee. The purpose of this committee would be to brainstorm, plan and implement the ultimate goal of the picnic. Things that we are looking to figure out is - finances, logistics and implantation. If you have some ideas and would like to be involved, please show up to the meeting in the community room on 8th floor on Monday June 8th at 2:00pm.

Safe Online Shopping Presentation



Wednesday June 3rd

At

1:00PM

In the Theater



The Wisconsin Bureau of Consumer Protection will present information on safe online shopping. Learn how to avoid scams and keep your personal information safe when buying online. We will cover the following topics: Wi-Fi, internet access, payment methods, shipping considerations, and much more. Attendees will also receive helpful brochures to take home.

30 DAYS IN THE MONTH

- Flag Day
- Longest Day of The Year
- World Milk Day
- Most Popular Wedding Month
- National Yo-Yo Day
- National Papaya Month
- Rose
- Pearl Birthstone
- Goodbye Spring
- Hello Summer
- Father's Day
- Astrology Signs: Gemini, Cancer
- National Donut Day
- 6th Month of The Year

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JUNE: ELDER ABUSE AWARENESS MONTH

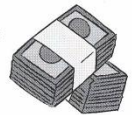
World Elder Abuse Awareness Day is on June 15th. This subject is also highlighted throughout the month of June to bring awareness about elder abuse, neglect, and exploitation.

What is elder abuse? Elder abuse may be physical, sexual, emotional, financial, neglect, or abandonment of an individual 60 years or older. Referrals made to our agency may range from a call from a local hospital with concern about a patient, to a concerned neighbor who is worried about the older man living next door.



Winnebago County Adult Protective Services (APS) received:

2024 - 957 referrals
2023 - 869 referrals
2022 - ~ 600 referrals



In 2024, 446 of calls required follow up.
123 of the referrals were for financial exploitation.

What does an APS worker do? APS staff work with the most vulnerable older adults and adults with disabilities in our community. They complete welfare checks, investigate cases of abuse/neglect, provide resources or coordinate services to help someone stay in their home, and work with customers/families regarding guardianships and protective placements. APS monitors all of the protective placements that are ordered by Winnebago County. They work closely with customers, families, doctors, law enforcement, other county workers, hospitals, attorneys and Corporation Counsel. Winnebago County has four APS workers that are housed in our ADCRC.

Some warning signs of abuse are unexplained financial transactions, new names added to bank accounts, unexplained injuries, weight loss or malnourishment, withdrawal from family or friends, or changes in mood/behavior. If you suspect someone you know has experienced or is at risk of experiencing elder abuse/neglect, please call the ADCRC at 877-886-2372 or local law enforcement.



Physical Signs of Elder Abuse



Dehydration or unusual weight loss
Missing daily living aids
Unexplained injuries, bruises, cuts, or sores
Unsanitary living conditions and poor hygiene
Unattended medical needs

To learn more, visit [ncea.acl.gov](https://www.ncea.acl.gov)

Waterfest is Back!

For those that live at Court Tower, you all know all about Waterfest. However, if you just moved in – Waterfest takes place across the street at the Leach Amphitheater on Thursday nights throughout the summer between 5pm – 11pm. If you simply open your windows or sit outside on your balconies, you can hear the music. Waterfest can get up to 2500 – 7500 fans a night so you will notice the increase foot and car traffic as well. General admission is free for US Armed Service Veterans and also free to youth 12 and under when accompanied by an adult.

2026 Waterfest Line-Up

- Thursday June 18th – Hairball! & American English (teachers free with school ID)
- Thursday July 9th – Uprooted Band with Michael Glabicki of Rusted Root & Steely Dane
- Thursday July 16th – Vertical Horizon & TBA
- Thursday July 30th – Al Jardine & The Pet Sound Bank & Copper Box
- Thursday August 13th – Starship featuring Mickey Thomas & Alex McMurray Band with special guest Paul Sanchez
- Thursday August 20th – Little River Band & The Pocket Kings

Court Tower Resident Meeting

May 11, 2026

Staff Present: Katie Reichenberger (Property Manager), Josh Wendt (Maintenance), Emma Boushele (Maintenance), & Erin Reismann (Social Service Coordinator)

Tenants Present: 22 tenants

Erin's Information:

1. Walking with Housing Nurses:
 - a. Happen monthly now
 - b. Light stretching, walk and balance work
 - c. Tomorrow Tuesday May 12th 1:30pm – 2pm
2. Spray garages
 - a. Asked Joe to check contract – he forgot so he will check tonight
3. Pest Control
 - a. Next Tuesday afternoon
 - b. Apt 204-302
 - c. General inspection
4. Office Closed for Memorial Day on May 25th & Friday July 3rd for Independence Day

5. May American Stroke Month
 - a. Blood flow to part of the brain is blocked by a clot or blood vessel bursts so the brain starts to go without oxygen.
 - b. Risk factors for stroke – high blood pressure, diabetes, high cholesterol, smoking and obesity, previous strokes, family history or Mini-strokes (TIA)
 - c. FAST
 - i. Face drooping
 - ii. Arm Weakness
 - iii. Speech Difficulty
 - iv. Time to call 911
6. ADVOCAP Nutrition Program Advisory Council
 - a. Meets 4 times a year
 - b. Purpose to support and advise the operations of the nutrition program by making recommendations, speak on behalf of the nutrition participants
 - c. Transportation can be provided
 - d. Handout if interested
7. MAPP Program
 - a. Persons with disabilities
 - b. 1 service hour per month
 - c. Not volunteer – have to get something in return
 - d. Often already doing something
 - e. MAPP premium often
 - f. Ask Erin for more info
8. Financial Assistance with hospitals/healthcare systems
 - a. DO NOT PAY LARGE MEDICAL BILLS
 - b. All health systems have financial assistance
 - c. Do not go to the hospital because you don't want to pay the bill
 - d. Often they don't bill insurance correctly or all your insurance

Katie's Information

1. Key Fobs
 - a. New fobs for the front door instead of cards
 - b. Come to the office if you wish to exchange your card for a fob
2. Key Keeper
 - a. When staff are in the building, you need to come to them – not key keeper – if you are locked out of your unit
 - b. Please be respectful of her time
3. ADVOCAP lunches
 - a. The refrigerator is now being locked once LaDonna leaves so please either pick up meals before she leaves or come to the office so we can get your meal

- b. Katie leaves at noon on Fridays so please make sure you pick it up before then or you will have to wait until Monday
 - c. Option to pick and chose when you eat by circling the day on the calendar which avoids food waste. Don't order if you don't want the food.
4. Grill
- a. The permanent grill located on the property of Court Tower is being removed due to our insurance policy and the risk of fire.
5. Windows on the butt hut
- a. Are being removed forever due to fair housing as Marian's does not have windows as well.
6. Scams
- a. We have been informed that tenants are getting messages regarding rent and encouraging you to apply for high end apartments claiming your will get subsidized rent. These are scams!
 - b. If you get this, you can come to the office to double check before you apply
7. Bikes
- a. Only 4 people reported having bikes in the building and there are many more bikes in the bike garage. If you have a bike, please report them to Katie as we need to know who is storing bikes on the bike rack or bike garage.
8. Inspections of garages
- a. Plans to be done in June
9. Parking Lot
- a. Day by Day participants should not be parking in our parking lot. Also talked about Waterfest starting soon and coming up with a solution to their participants parking in our lots.
10. Shopping Carts
- a. We are down 2 shopping carts as it was reported that they blew away so make sure you are returning them right away after use
11. No smoking on balconies or in garages
12. If you have a garage but chose not to park in it, we ask that you be respectful to those that do not have a garage and park in the back lot.
13. Katie will be out of the office from May 12th - 18th

Tenant Information

- 1. Jenny asked if we can coordinate a picnic at Court Tower this year. Discussed ideas on how to make it work.
- 2. Kris Z discussed her role as the activity facilitator in wanting to start a writing class and drawing class. Encouraged tenants to look at the postings on writing and drawing. Also encouraged tenants to check out the learning library on the 2nd floor or related books

Court Tower Activity Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 1pm Open Nurse Hour (4 th floor office)	3 1pm Safe Shopping Presentation (theater) 6pm Craft Group (dining room)	4 2pm Freeing Your Creativity Writing Class (Theater)	5	6
7 2pm Summer Picnic Planning Meeting (8 th floor community room)	8 1:30pm Walk with Nurses (lobby)	9 6pm Craft Group (dining room)	10 2pm How to Draw (Theater)	11	12	13
14 Flag Day 	15 Pest Inspection (Apt 303 - 404)	16 6pm Craft Group (dining room)	17 2pm Freeing Your Creativity Writing Class (Theater)	18 	19	20
21 Father's Day 	22 7am OHA Board Meeting (Theater)	23 6pm Craft Group (dining room)	24 2pm How to Draw (Theater)	25	26	27
28	29	30				

