



WAITE RUG GAZETTE

300 E Custer Ave Oshkosh, WI 54901

Volume 15 Issue 6
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.



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

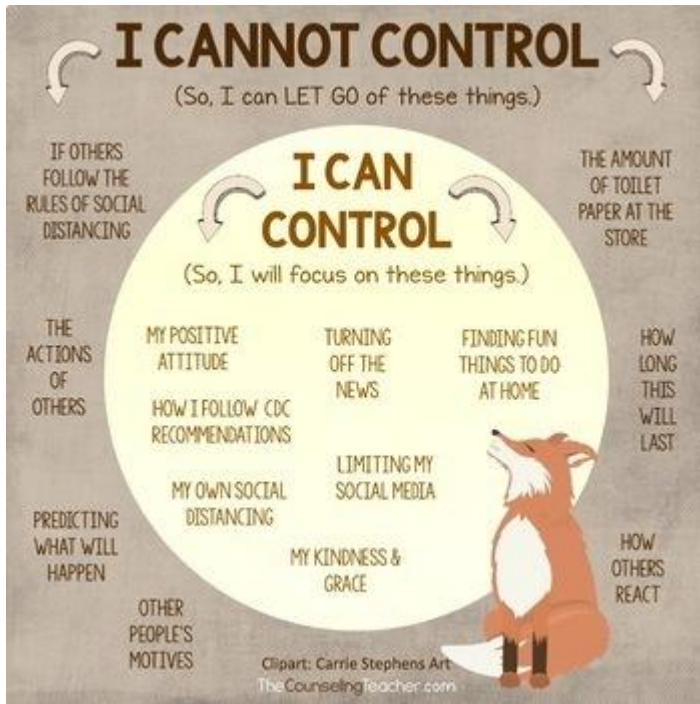


Complaints About Other Tenants

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.



Celebrate National Fresh Fruit and Vegetables Month!

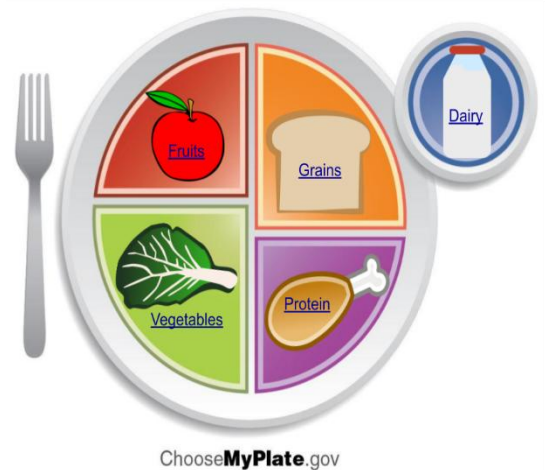


June is a great time to enjoy colorful, tasty fruits and vegetables. Eating healthy foods is important because good nutrition helps keep our bodies strong. When people don't eat enough healthy foods, they can become weak, which makes it easier for them to fall. Eating well can help prevent falls and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

Safe Online Shopping Presentation



Wednesday June 3rd

At

2:30pm

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

MADEWITHHAPPY.COM

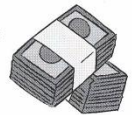
JUNE: ELDER ABUSE AWARENESS MONTH

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!

Waterfest takes place at the Leach Amphitheater on Thursday nights throughout the summer between 5pm – 11pm. 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

Waite Rug Resident Meeting
May 20, 2026
Staff Present: Erin Reismann, CSW
Tenants Present: 8 present

Erin's Information

1. Ground rules for the resident meetings
 - a. Only 3 comments, issues or question per person – all others please bring up to the office outside of the meeting so we can discuss further. Just for time constraints
 - b. Please put cell phones on silent or off
 - c. Other suggestions asked of other residents but none were given
2. Parking Issues or Clarification
 - a. Discussed that disabled parking spots are first come first serve & we can't dictate how long or who can park there
 - b. No tenant concerns or questions brought up
3. Waite Rug property vs. Roofing company
 - a. Picture of our land boundaries will be posted
 - b. Do not walk dog or loiter on roofing company property
 - c. City of Oshkosh property is beyond the trees away from the building to Harrison St.

- d. Pick up after your pets
- 4. Brittany will be coming back mid-June to our knowledge
- 5. Cable in the Theater room now
- 6. Pest Control is spraying outside the building on Thursday May 21st
 - a. Notices have been given and posted to make sure windows are kept closed until done spraying
- 7. Walking with Housing Nurses
 - a. Tuesday May 26th at 1:30pm
 - b. Meet by office
 - c. Light stretching, walk and balance work
 - d. Monthly
- 8. Office closed on Friday May 22nd (Erin off), Monday May 25th for Memorial Day and Friday July 3rd for holiday
- 9. 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

Tenant Concerns or Questions

1. David asked about follow up on fire presentation questions and concerns about fire policy, dryer vent cleaning and monthly fire alarm testing. Erin let them know that she has reviewed the fire policy that is from another building and will make suggestions and will give to Brittany for final approval upon her return. I have reached out to Lora on whose responsibility is it to clean dryer vents but have not received an answer. Erin will follow up with maintenance on monthly fire alarm testing.
2. Kelly asked about preventative maintenance in regards to our HVAC system. Erin will check on it with maintenance.
3. Janice asked if they can be notified if maintenance is going to spray for weeds as last year they killed flowers planted. Erin will pass this onto maintenance as well.

4. Tenants showed Erin where on the sidewalk outside of the west end sidewalk where they are wondering if more concrete could be poured as the intersection of the two sidewalks are tight and hard for those in motorized wheelchairs to maneuver. Erin will reach out to maintenance.

Waite Rug Property Lines



As you might have heard or read at the resident meeting we talked about the property lines of Waite Rug. The north building has been sold to a roofing company so we ask that the tenants be respectful to our neighbors and please do not use their property to park, walk your dogs or hang out on their property. As you can see technically we do not own the back parking lot but we have an easement with the owners to use this area closest to our building for parking and the dumpsters. The grassy hill along grand for some reason not marked in our property line in this picture but it is owned by the housing authority so tenants are free to use this area as well. As you can see as well between our property line and Harrison St. is technically owned by the City of Oshkosh so if you use that area when walking your dog, know that you are subject for enforcement with the city of Oshkosh ordinance for picking up pet waste. If you have any questions about this, you can reach out to staff.

Brittany Coming Back in June!!

Brittany is planning on coming back to work on June 15th after being on maternity leave with her new baby girl. So I am sure she will be in the office on Wednesday, June 17th so you will have to stop in and welcome her back!!



Waite Rug Activity Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Pest Inspection (Apt 121-130)	3 2:30pm Safe Shopping Presentation (theater)	4	5	6
7	8	9	10	11	12	13
14 Flag Day 	15	16 2:30pm Open Nurse Hour (Office)	17 Brittany should be in the office at WR all day	18	19 	20
21 Father's Day 	22 Fam OHA Board Meeting (Court Tower Theater)	23 1:30pm Walk with Nurses (lobby)	24	25	26	27
28	29	30				

