



Court Tower Apartments 100 Court St., Oshkosh, WI 54901

Meeting with the Executive Director to Announce 5-Year Plan

Our executive Director, Wendy Fromm, will be coming to Court Tower to discuss the Agency's gameplan for the next 5 years. This plan covers the big expenses and plans that each building will have. This meeting will be on:

Thursday, August 15th at 10:00am in the Theater Room

Tenants will have time after the presentation to ask questions related to the 5-year plan.

Meeting with the April to Introduce herself and Give Updates

April would like to have a meeting where she can formally introduce herself and address the tenants. She would like to have as many tenants attend as possible, as she will be addressing her own plans for the building and its operation. This meeting will be on:

Thursday, August 8th at 1:30pm in the Theater Room

Again, tenants will have time after April speaks to ask her questions/provide comments.

Thank you to everyone who donated and/or helped with the Rummage Sale last month! It was a great success and a fantastic first step towards bringing back out BINGO days!!

Bed Bug Canine Inspections For August:

To stay on top of the Bed Bug issue, we will be continuing to have the dogs come in for 2 floors every 4th Wednesday of each month at 8:00am.

We will be having the 9th and 10th floors checked on August 28th, 2024 at 8:00 am

*Please make sure that any pets are safely contained in the bathroom, or outside of the unit during the inspection. If you used **any** pesticides you **must** report it to the Inspector*

In this Issue:

- ◆ 5-year Plan Meeting
- ◆ April Introduction Meeting
- ◆ Bed Bug Inspection for August
- ◆ Reminder about Washer/Dryer Expectations
- ◆ Suggestion During Building Repairs
- ◆ Farmer's Market Voucher
- ◆ Reminder about Sharps/Meds.
- ◆ Nurses' Notes
- ◆ Calendar
- ◆ Monthly Puzzles

Reminder to anyone who uses the community Laundry Rooms

Please remember to be respectful and timely with your use of the washer and dryer on the first and second floors. There are many tenants who also need to use them and their stuff should not sit in either machine for an extended period of time.

At the same time, everyone should be respectful of each others personal property and tenants should not handle anyone else's laundry.

We ask that everyone be respectful and considerate with their use of the washers and dryers.



Ongoing Suggestion During Repairs

We would like to recommend that all tenants keep their windows and balcony doors shut during operating hours when the crew is here working on the building. Their work will create a lot of dust in the air and we wouldn't want dust getting into anyone's unit.

In the end, it will be up to your discretion. But please keep an eye on where they are and try to plan accordingly based on where they are on the building.

If you have any questions on any given day. Please ask Dylan and he will help you plan for it.

\$45.00 Farmers Market Voucher

If you received a letter about the \$45.00 Voucher from Feeding America for the Oshkosh Farmers Market and missed the day to pick up your Voucher at Court Tower, that's okay! We have scheduled another date and time:

Wednesday, August 14th, from 9-11:00am

Again, these will be provided by the Theater room, across from the Café.

If you lost your voucher please contact Dylan to get another one.

Reminder about Proper Disposal of Sharps/Medications

No medications or needles (Sharps) should be put in the garbage cans or down the chutes. This poses a health hazard for our maintenance staff, and a broader environmental hazard when these kinds of things seep into the soil. Please bring any unneeded pills and/or used sharps to the nurses during their open hour. You can also get a hold of Dylan or Sally and they will bring them to the Nurse's Office. If the medication is addictive in nature, you may want to take it to your doctor or to a medication drop box (the closest one is in the Oshkosh Police Department Offices)

Nurse's Notes

Stay Hydrated...Drink Your Water!



Water is essential for every cell in the body to function correctly. Water aids the digestive system, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps your joints and muscles lubricated, supports healthier and younger-looking skin, and helps regulate body temperature.

HOW MUCH WATER DO YOU NEED?

Mayo Clinic recommends this minimum daily intake of water:

- **Women** — 11.5 cups, or 92 ounces
- **Men** — 15.5 cups, or 124 ounces

HOW DO YOU KNOW IF YOU'RE DRINKING ENOUGH WATER?

Your fluid consumption is adequate for your needs if you rarely feel thirsty and when your urine is colorless or light yellow.

What does the color of your urine tell you?



TIPS FOR DRINKING MORE WATER:

- **Carry a Water Bottle:** Keep a reusable bottle with you.
- **Flavor It:** Add fruit to your water. Lemons, limes and oranges are tried and true. Cucumber, watermelon, strawberries and herbs also are delicious options.
- **Eat It:** Many fruits and vegetables have a high-water content, including melon, cucumbers, lettuce and celery.
- **Start and End Your Day with Water:** Drink a glass of water in the morning and before bed.
- **Alternate Your Drinks:** If you can't give up soda or juice completely, try alternating with water. Each time you finish a glass of water, switch to soda or juice and vice versa.
- **Challenge a Friend:** Kick off a healthy competition with a friend or your kids to see who can meet their guzzling goal most often.

1	HYDRATED
2	HYDRATED
3	HYDRATED
4	DEHYDRATED
5	DEHYDRATED
6	DEHYDRATED
7	SEVERELY DEHYDRATED
8	SEVERELY DEHYDRATED

Drink Your Water, Stay Hydrated and Feel the Benefits!!!

Court Tower August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Spider-Man Day	2	3
4	5	6 Nurse's Open Hour 1-2:00pm	7 Craft Night @ 6:00PM	8 Tenant Meeting for April @ 1:30PM	9	10 National Bowling Day
11	12 World Elephant Day	13	14 \$45 Voucher from Feeding America by Theater 9-11:00am Craft Night @ 6:00PM	15 5-Year Plan Meeting with Wendy Fromm (ED) @ 10:00 AM	16	17
18	19 National Potato Day	20	21 Craft Night @ 6:00PM	22	23	24 William Wilberforce Day
25	26 OHA Board Meeting @3:30pm	27	28 K-9 Inspection Floors 9 & 10 @ 8:00am Craft Night @ 6:00PM	29	30 Slinky Day	31

Court Tower Staff

April Zink: Property Manager

920-303-5400 aprilz@ohawcha.org

Dylan Palmer: Social Service Coordinator

920-642-3473 DPalmer@ohawcha.org

Melanie Bloechl: Housing Specialist

920-292-4474 Melanieb@ohawcha.org

Josh Wendt: Maintenance

Sally Josephson: Custodian

After Hours On-Call Emergencies:

920-735-3707

Advocap Meal Site: 920-420-1994

Nurses Erin Roberts & Lori Duclon: Call them at 920-424-1470 E. 124 to make an appointment.

**Nurse Open Hour: 1st Tuesday of the month
1 PM - 2 PM 4th floor offices**

The Court Tower Office Hours:

**9:00 AM—12noon, 1:00PM — 4:00 PM Mon-Thurs
and 8am-12noon Fridays**

Court Tower Staff Hours (Subject to Change)

April (Property Manager):

Monday: 8:00am — 4:30pm

Tuesday: 8:00am — 4:30pm

Wednesday: At Waite Rug

Thursday: 8:00am — 12 noon

Friday: By Appointment Only

Dylan (Social Service Coordinator):

Monday: 8:00am — 4:30pm

Tuesday: 12:00pm — 4:30pm

Wednesday: 8:00am — 4:30pm

Thursday: 12:00pm — 4:00pm

Friday: 8:00am — 12 noon



Summer

Word Search



SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	S	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	E	T	L	M	D	N	T	R	E
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	E	A	T	H	I	R	G	A
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	R	W	B	M	O
VACATION															
SEASON															

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

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UGBOM

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WILPOL

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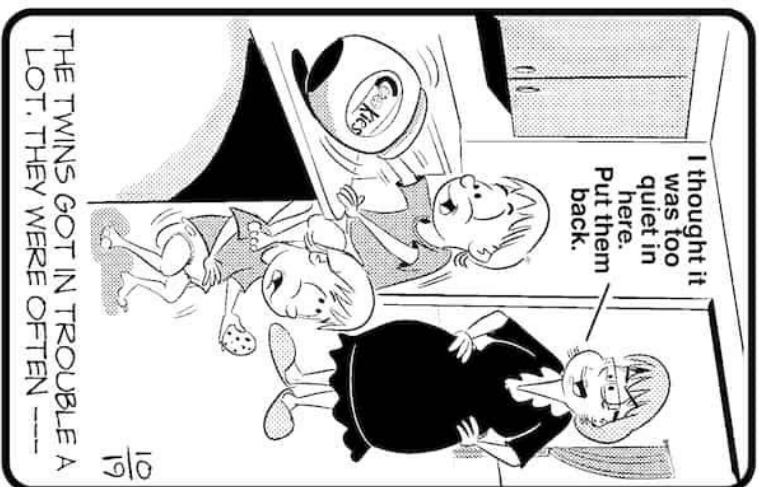
NALETD

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“ □ □ □ □ □ □ ”

Check out the new, free JUST JUMBLE app

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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