



Waite Rug Place 300 E. Custer Ave., Oshkosh WI 54901

Meeting with the Executive Director to Announce 5-Year Plan

Our executive Director, Wendy Fromm, will be coming to Waite Rug 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 12 Noon 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 11:00am in the Theater Room

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

Reminder about Proper Disposal of Sharps/Medications

No medications or needles (Sharps) should be put in the garbage cans or dumpsters. 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 and he will bring them to the Nurses. 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).

In this Issue:

- ◆ 5-year Plan Meeting
- ◆ April Introduction Meeting
- ◆ Reminder about Sharps/Meds.
- ◆ Reminder about Washer/Dryer Expectations
- ◆ Farmer's Market Voucher
- ◆ 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 anyone's laundry 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.



\$45.00 Farmers Market Voucher

If you received a letter about the \$45.00 Voucher from Feeding America for the Oshkosh Farmers Market then you might have noticed that we had to cancel the voucher distribution due to the distributor being ill. So, we will have to reschedule the time. At the date of publication, I have not been able to do that yet, so please keep an eye out on the office door and the cork board where the newsletter is posted, that is where I will post the new date and time for the distribution. I do apologize for any inconvenience this may have brought.



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!!!

Waite Rug August 2024

Sun Mon Tue Wed Thu Fri Sat

				1 Spider-Man Day	2	3
4	5	6	7	8 Tenant Meeting for April @ 11:00 AM	9	10 National Bowling Day
11	12 World Elephant Day	13	14	15 5-Year Plan Meeting with Wendy Fromm (ED) @ 12:00 PM	16	17
18	19 National Potato Day	20 Nurse's Open Hour 2:30-3:30pm	21	22	23	24 William Wilberforce Day
25	26 OHA Board Meeting @3:30pm	27	28	29	30 Slinky Day	31

Waite Rug Place Staff

April Zink: Property Manager

920-303-5400 Aprilz@ohawcha.org

Dylan Palmer: Social Service Coordinator

920-642-3473 DPalmer@ohawcha.org

Natalie Ditscheit: Maintenance

After Hours On Call Emergencies:

920-735-3707

Nurses Erin Roberts & Lori Duclon:

Call them at 920-424-1470 Ext. 124 to schedule an appointment.

Nurse Open Hour: 3rd Tuesday of the month @ 2:30

The Waite Rug Office Hours:

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

Waite Rug Staff Hours (Subject to Change)

April (Property Manager):

Monday: By Appointment
 Tuesday: By Appointment
 Wednesday: 9:00am – 4:00pm
 Thursday: 1:00pm – 4:00pm
 Friday: By Appointment

Dylan (Social Service Coordinator):

Monday: By Appointment
 Tuesday: 8:00am – 12 noon
 Wednesday: By Appointment
 Thursday: 8:00am – 12 noon
 Friday: By Appointment

Fourth of July

Word Search Puzzle



R U Q O G Y K J Q E K R O I Y F V
E N T G G P A T R I O T I C O T A
V H O L I D A Y S C C Q Q A T L P
O I H U U M Z S O F R E E D O M E
L I N D E P E N D E N C E A H Y S
U Q C T Y R L X S O Z E N M O T U
T D O Q G G J D R Y A L P S T P M
I W L N F A M I L Y S E B B D I M
O C O B N L U O Q K E B I E O C E
N C N R K L Y F R U O R D W G N R
G A I S N I M O C G E A H J S I B
S M E C G B W E I S R T J L J C I
T E S B G E B C X A R I M U S I C
A R G K R R B S P U C O J U L Y J
T I Z I A T E A O T C N F L A G R
E C F B Y Y W F J E F F E R S O N
S A V H X F L O L N Y D M E F R R



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER

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