



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

The Inspection Went Great! Thank You All!

As you all know, we had an inspection from the Court Tower Investor Group. We are very happy to report that the inspection went very well and all the tenant units that were looked at passed with flying colors. Thank you to every tenant who participated in making the building, and the units, look as nice as they do!

Court Tower Snow Removal Policy (UPDATED!!!)

It is the time of year when it can begin to snow at any time. Please consider this reminder about our policy. Please have all vehicles removed from parking areas (East side of Court Tower and the back side of the first set of Otter Street garages) by **7:00AM** on weekdays when snow is greater than 2 inches.



Ultimately, if you have a garage, you are responsible to clear snow from the direct area in front of your garage. As a courtesy, and when we can, maintenance will remove snow 1-2 feet in front of every garage.

Social Security Announces 2.5% COLA Increase for 2025 (UPDATED)

Again this year, To lessen the burden on our tenants, and to get a jump on recertifications this year, we are asking that all tenants who receive SS or SSI letters for 2025 bring their letter to the fourth floor during Dylan's Office hours. Dylan will make a copy and you will want to keep your original, so please try to catch him when he is in the office. However, if you drop it off in the drop box, or slide it under the fourth floor office door, Dylan will make a copy and return the original to your unit. **If you haven't gotten yours yet, go to the Social Security Administration Office and request yours, or talk to Dylan to request one over the phone.**

Bed Bug Canine Inspections For March:

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 10th and 11th floors checked on March 26th, 2025 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:

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- ◆ Manager's Coffee Clutch
- ◆ Breakfast Club Luncheon
- ◆ March Tenant Meeting
- ◆ Filter Swap
- ◆ Movie Night: Cellular
- ◆ Nurse's Notes (Feb. and March)
- ◆ Calendar
- ◆ Puzzles

Events at Court Tower For March

Manager's Coffee Clutch

When: Wednesday, March 12th @ 10:00am
Where: The first floor Library
Who: Any Tenant who would like to attend

April will be having another Coffee Clutch this month. As a reminder, This is meant to be an informal, casual time for tenants to spend time with each other and with April. This is not a time for lease questions or for lease reminders (that boring stuff happens at the tenant meetings).



Spaghetti Luncheon: The Breakfast Club is Hosting Lunch!

When: Saturday March 15th @ 12:00 noon
Where: The first floor Cafeteria
Who: Any Tenant who would like to attend



Please consider joining your fellow tenants at this community get together. There will be Spaghetti, Meat Sauce, Garlic Bread, Milk, and Coffee Provided.

The Meal will be provided for free by the Breakfast Club, but there will be an optional collection for donations towards the Tenant Events Fund.

*If you have a known or suspected case of Bed Bugs, do not come to the event, you are not permitted to attend per your lease. *

Next Tenant Meeting

Our next Tenant Meeting will be on **March 18th at 1:30PM**. There is no speaker for this meeting.

Our Meeting will be held in the Cafeteria again. Given that our turnout has gone up, we will continue to have it in the Cafeteria until further notice.

Filter Change Out

Josh Plans to Change the Filters on **March 18th, 2025**. April will send out letters closer to the actual date. Please make sure Josh can access the Panel.

Next Movie Night

When: Tuesday, March 11th, 2025, Starting at 6:00 PM

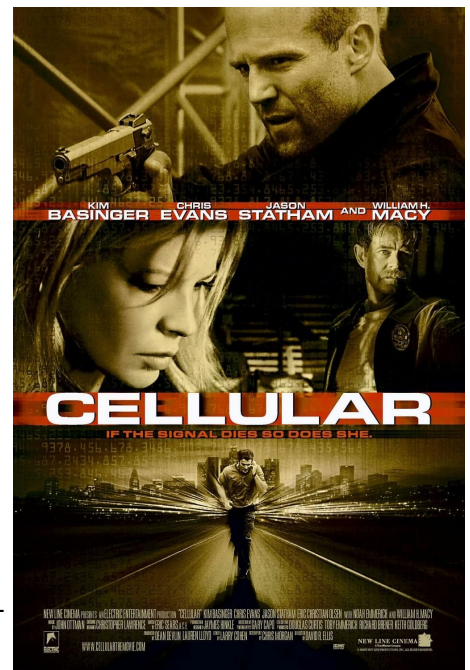
Where: First Floor Theatre Room

Who: All tenants are welcome

Movie: Cellular:

A young man receives an emergency phone call on his cell phone from an older woman. The catch? The woman claims to have been kidnapped, and the kidnappers have targeted her husband and child next.

Rating: PG-13 for violence, terror situations, language and some sexual references



Cervical Cancer Awareness Month

(This is the February Nurse's Notes I missed)

Cervical cancer was once one of the most common causes of cancer death for American Women, but that rate has dropped by more than half since the mid-1970's thanks to prevention, screening, and the availability of the human papilloma virus (HPV) vaccine.

HPV Vaccine

HPV is the main cause of cervical cancer, and the HPV vaccine is recommended for all children aged 11 or 12, though vaccination can begin as early as age 9 and is recommended through age 45 for those who were not vaccinated when they were younger. Winnebago County Public Health provides the HPV vaccine for children aged 9-18 through the Vaccines For Children program.

Learn More:

WCPH: [Vaccines For Children Program](#)

DHS: [HPV Immunization/Prevention](#)

DHS: [Vaccines for ages 11-12, what parents should know](#)

CDC: [Administering HPV Vaccine](#)

Cervical Cancer Screenings

The goal of cervical cancer screenings is to find problems before they turn into cancer. Women should should begin screenings at age 21, or as recommended by their primary physician.

Do you, or someone you know, lack insurance coverage for needed screenings? The Wisconsin Well Woman Program may be able to help.

Learn More:

CDC: [Cervical Cancer Screening](#)

DHS: [Wisconsin Well Woman Program](#)

American Cancer Society: [Cervical Cancer Prevention & Early Detection Guidelines](#)

Wisconsin Well Woman Program (WWWP)

The [Wisconsin Well Woman Program](#) provides free cervical cancer and breast cancer screenings to women with little or no health insurance. Winnebago County Public Health coordinates the program for women in the following 9 counties: Calumet, Green Lake, Fond du Lac, Marquette, Outagamie, Sheboygan, Waupaca, Waushara, and Winnebago.

You may qualify for the WWWP program if:

You are a woman 40 - 65 years old

You are a woman 35 - 39 years old with symptoms or concerns

You do not have health insurance or your insurance has a high deductible for screening or tests

Your income is within the [program guidelines](#)

Ways to apply for WWWP:

Email health@winnebagoountywi.gov

Complete an interest form

Call (920) 727-8650

Your healthcare provider can also help you enroll

Spring is on the Way!
Time to get our bodies moving again from the long winters nap.
(This is the March Nurse's Notes)

Nurse's Notes
Continued

Exercise is Important Throughout Your Adult Life

Exercise isn't just something for kids or athletes—it's important for everyone, no matter your age! Staying active throughout your adult life can help you feel better, stay healthy, and even live longer. Here's why exercise is so important and how it can benefit you at every stage of life.

Why Exercise Is Important

1. Keeps Your Body Strong and Healthy

○ As we get older, our muscles and bones can weaken, and our joints may not move as easily. Exercise helps keep your muscles strong, your bones healthy, and your joints flexible. This makes it easier to do everyday things like lifting groceries, climbing stairs, or playing with grandkids.

2. Boosts Your Mood

○ Exercise releases chemicals in your brain that help improve your mood. It can reduce feelings of stress, anxiety, and even depression. When you exercise, you often feel happier and more energized.

3. Improves Your Heart Health

○ Activities like walking, swimming, or cycling help keep your heart strong. Regular exercise can lower your risk of heart disease and help control things like blood pressure and cholesterol.

4. Helps Control Weight

○ Exercise, along with eating healthy, helps you maintain a healthy weight. It burns calories and builds muscle, which is important for preventing weight gain as you get older.

5. Keeps Your Mind Sharp

○ Staying active is good for your brain too! Regular exercise can improve memory, focus, and even prevent age-related conditions like dementia. It helps you stay sharp and feel more alert.

6. Improves Sleep

○ If you have trouble sleeping, exercise might help. Regular physical activity can make it easier to fall asleep and stay asleep through the night.

7. Increases Your Energy

It might sound surprising, but the more you move, the more energy you'll have. Exercise improves your circulation, helps your body work more efficiently, and gives you more stamina to get through your day.

What Kinds of Exercise Are Best?

You don't need to do anything too extreme to get these benefits. The key is to find activities that you enjoy and that work for you. Here are some ideas:

- **Aerobic exercise:** Walking, swimming, jogging, or biking. These help your heart and lungs stay healthy.
- **Strength training:** Lifting weights or doing exercises like squats and lunges can help build muscle and keep your bones strong.
- **Stretching:** Yoga or simple stretching exercises can help keep you flexible and reduce stiffness.
- **Balance exercises:** Activities like tai chi can help you improve your balance and prevent falls.

How Much Exercise Do You Need?

The American Heart Association recommends that adults get at least **150 minutes** of moderate intensity exercise each week. That's just 30 minutes a day, five days a week! If you can't do 30 minutes all at once, try splitting it into shorter sessions, like 10 minutes in the morning, at lunch, and in the evening.

Remember, It's Never Too Late to Start! If you're just starting to exercise, don't worry! It's never too late to begin, and every bit of movement counts. Start slow and listen to your body. As you get stronger, you can gradually increase how much you do.

In Conclusion: Exercise is one of the best things you can do for your body and mind. It helps you stay healthy, feel better, and enjoy your life more. Whether you're walking, dancing, or lifting weights, make sure to keep moving. As a reminder Marian Manor does have a Strong Bodies class on Tuesdays and Thursday from 1-2PM in the lunch area everyone is welcome.

Court Tower March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Craft Night @ 6:00pm	6	7	8
9 	10	11 Movie Night @ 6:00pm	12 Manager's Coffee Clutch @ 10:00am Craft Night @ 6:00pm	13	14	15 Spaghetti Luncheon @ 12 noon
16	17	18 Filter Changes Tenant Meeting @ 1:30PM	19 Craft Night @ 6:00pm	20 BINGO @ 1:00pm	21	22
23	24 OHA Board Meeting @ 3:30pm	25	26 K-9 Inspection @ 8:00am for Floors 10 and 11 Craft Night @ 6:00pm	27	28	29
30	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

Emma Boushele: 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:

Mon-Thurs: 9:00 AM—12noon, 1:00PM — 4:00 PM

Friday: By Appointment Only

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 — 4:30pm

Friday: By Appointment Only

Staff vs. Office Hours

Staff Hours:

the time that staff is at the building, working.

Office Hours:

the time that staff is available to tenants.

Name: _____ Date: _____

- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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