



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

## Next Tenant Meeting

Our next Tenant Meeting will be on **March 19<sup>th</sup> at 10:30AM** in the Theatre Room. There is no speaker for this meeting.

And here are the minutes from the last Tenant Meeting (January's):

**East Parking Lot:** Parking in back is not strictly monitored by WR, we will not report people parking in the wrong stalls, but we will not intervene, nor compensate costs related to a car being towed if it is found to be in the wrong part of the lot.

### Questions:

**Q: What should people who are not able to use the stairs do when there is a fire other emergency at the building?**

A: Tenants should stay in their unit and wait for emergency personnel to come and get them. If the fire is in your unit you should leave the unit and get to safety on the floor you are on and wait for the emergency personnel there.

**Q: Can tenants borrow furniture that is in the common areas?**

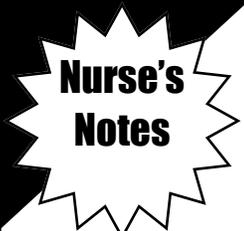
A: No, not under any circumstances. If a tenant is found to be using Housing Authority furniture in their own unit, they will receive a warning for effectively stealing it from the common spaces. Continued violations could result in termination. If you are in need of furniture or other resources, please contact Dylan so he can help with getting you something.

**Q: what should we do when there is salt in the walkways:**

A: We salt the walkways when there is weather that causes ice. We also salt periodically during cold weather, but we understand that ice accumulation is an ongoing issue. For this reason, there are salt buckets by the doors. If there is a patch of ice, please salt the area so that it is safe for you and others. If there is no more salt in a bucket, please make a work order so that we can refill it.

### In this Issue:

- ◆ Tenant Meeting Updates
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- ◆ Nurse's Notes (March)
- ◆ New Hours
- ◆ New Pest Control Company
- ◆ Plowing Reminder
- ◆ SSA Reminder (UPDATED)
- ◆ Calendar
- ◆ Monthly Puzzle



**Nurse's  
Notes**

## 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 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@winnebagocountywi.gov](mailto:health@winnebagocountywi.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  
Cont.**

### **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**

o 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**

o 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**

o 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**

o 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**

o 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**

o 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.

### New Staff Hours at Waite Rug Place

With the staffing changes that have come to Waite Rug, there are also some Office Hours that are changing.

Brittany will be at Waite Rug All day on Wednesdays, and she may spend part of her Monday's here as well, depending on both her properties' needs.

Dylan will be adding more time at Waite Rug. He will continue to have office hours from 8-12 on Tuesdays and Thursdays. However, he will also be at Waite Rug on Fridays, usually from 8-2pm, though the end time might differ depending on both his properties' needs.

This new information will be listed on the Calendar page of the newsletter, and will remain there until such time that hours change again.

### New Pest Control Company: Valiant Pest Control

The Oshkosh/Winnebago County Housing Authority has signed a new contract with a pest control company called Valiant Pest Control.

Valiant will be handling all general, and specific Pest Control needs that Waite Rug might have. To that end, we would like to ask that all pest related concerns be brought to Brittany, so that she may schedule with Valiant to get your needs addressed. Previously these concerns were brought to Dylan. You can still tell Dylan if you see him, but it will be passed on to Brittany.

Additionally, if any tenant orders their own pest control services, then they will be responsible for the costs that they order, and they may be issued a lease violation for interfering with OHA staff's ability to operate effectively.

### Waite Rug Snow Removal Policy (UPDATED)

It is the time of year when it can begin to snow at any time. Please have all vehicles removed from parking areas by **12:30 PM** on weekdays when snow is greater than 2 inches. Please park your vehicles appropriately on Custer, Grand, Eastman and Mount Vernon until the plow crew has completed clearing snow.



### 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 Office 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, Dylan will make a copy and return the original to your unit. This request will continue to be posted in the newsletter until the time comes where we have collected them all for 2025. **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.**

# Waite Rug Place March 2025

Sun      Mon      Tue      Wed      Thu      Fri      Sat

						1
2	3	4	5	6	7	8
9 Daylight's Savings	10	11	12	13	14	15
16	17	18	19 Tenant Meeting @ 10:30 AM	20	21	22
23	24 OHA Board Meeting @ 3:30pm	25	26	27	28	29
30	31					

## Waite Rug Place Staff

### **Brittany James: Property Manager**

920-424-7651 [BrittanyJ@ohawcha.org](mailto:BrittanyJ@ohawcha.org)

### **Dylan Palmer: Social Service Coordinator**

920-424-1483 [DPalmer@ohawcha.org](mailto:DPalmer@ohawcha.org)

### **Scott Healey: Maintenance**

### **Mindy Anderson: Janitorial**

### **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: 3<sup>rd</sup> Tuesday of the month @ 2:30**

## **The Waite Rug Office Hours:**

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

**Fridays: By Appointment Only**

**Waite Rug Staff Hours (Subject to Change)**

### **Brittany (Property Manager):**

Monday: Varies

Tuesday: By Appointment

Wednesday: 9:00am – 4:00pm

Thursday: By Appointment

Friday: By Appointment

### **Dylan (Social Service Coordinator):**

Monday: By Appointment

Tuesday: 8:00am – 12 noon

Wednesday: By Appointment

Thursday: 8:00am – 12 noon

Friday: 8:00am – 2:00pm

### 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 (in person or by phone/email).

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