



# HIGH-RISE to HIGH-RISE

## August 2022

### The Housing Authority Office Continues to be CLOSED

Business continues to be conducted via phone, email, drop box, and by APPOINTMENT.

Phone: 608.782.2264 Fax: 608.782.2262

Address: 1307 Badger Street

Website: [www.lacrossehousing.org](http://www.lacrossehousing.org)

Email: [info@lacrossehousing.org](mailto:info@lacrossehousing.org)

### Partisan Primary

Tuesday, August 9, 2022

Polls open at 7:00am and close at 8:00pm.

High-Rise	District	Ward	Polling Place
Sauber Manor	2	3	Harry J. Olson Senior Center (1607 North St.)
Ping Manor	5	9	UW-L Student Union (521 East Ave. N) Farwell Street Entrance
Forest Park	5	9	UW-L Student Union (521 East Ave. N) Farwell Street Entrance
Solberg Heights	6	12	La Crosse Public Library (800 Main St.)
Becker Plaza	9	14	Southside Neighborhood Center (1300 6th St. S.)
Stoffel Court	9	14	Southside Neighborhood Center (1300 6th St. S.)
Stokke Tower	9	14	Southside Neighborhood Center (1300 6th St. S.)

Everyone is encouraged to wear a mask  
and practice social distancing.

### Annual House Inspections

Stoffel Court - August 2-4, 2022

Notices were posted on each floor and everyone was given a copy. Please note we will be testing the emergency pull cords in each apartment (be prepared for the noise). If you are not home, entry will be made, and a notice will be left for you.

**For Emergency Maintenance:  
Call: 608-780-5727**

**Locked-Out?** If you are locked out of your apartment, please be aware that staff is required to confirm you are the resident of the unit prior to unlocking the door. A photo ID is the best means of proof. Please understand this is for everyone's safety.

### Re-Evaluation Process for Sauber Manor

Due to the current pandemic, your annual recertification will be conducted via mail/drop off. A recertification envelope will be delivered to you the 1st week of August. Included in this envelope are all necessary forms, prefilled & highlighted as to where you need to sign and/or complete. Please complete all attached forms and return them along with all documentation previously required (proof of income, most recent savings/checking statements, over the counter medication with doctor's note, pet vaccination/city license, etc.) A more detailed listing is on the backside of the letter. Please return to the recertification bin located in the lobby of your building no later than August 15, 2022. If you fail to complete by this date, please be advised that this is your notification that your rent will increase to \$724.00 per month (1 bedroom) and \$930.00 per month (2 bedroom) effective November 1, 2022. Please provide verifications which will enable us to calculate your correct level of assistance. The recertification bin will be placed in the lobby around the 1st week of August.

**\*\*The recertification bin (large gray bin) will be in the lobby Monday-Friday from 7:15am-3:15pm.\*\***

If you have any questions, please contact Nicole Hebel at (608) 782-2264, extension 225.

If you are 62 years of age or older or a person with disabilities and require special assistance to complete your annual reexamination, please contact your housing specialist, and arrangements will be made to accommodate your needs.

### Protecting Yourself from Bed Bugs

**\*\*\*Early detection is key in the eradication of bed bugs. If you notice any signs of bed bugs, please contact the Housing Authority office at (608) 782-2264.**

A few simple precautions can help prevent bed bug infestation in your home:

- Check secondhand furniture, beds and couches for any signs of bed bug infestation before bringing them home.
- Use a protective cover that encases mattresses and box springs to eliminate many hiding spots. The light color of the encasement makes bed bugs easier to see. Check the encasement regularly for holes or a cover that has been pre-treated with pesticide to control bed bugs.
- Reduce clutter in your home to reduce hiding places for bed bugs.
- Vacuum frequently to remove any successful hitchhikers.
- Be vigilant when using shared laundry facilities. Transport items to be washed in plastic bags (if you have an active infestation, use a new bag for the journey home). Remove from dryer directly into bag and fold at home. (A dryer on high heat can kill bed bugs.)
- Limit visitors.
- Regularly wash and heat-dry your bed sheets, blankets, comforters and any clothing that touches the floor.

*(see insert for more information.)*



Patrons may receive 2 complete food packages per month through August. Accounts must be up-to-date and current.

### Mobile Food Pantry

CHANGES DUE TO NATIONAL HEALTH CRISIS (COVID-19): Mobile Pantry will park in front of each high-rise.

Everyone in each of the high-rises qualifies for this free service. You will need to wait in line. Please remember social distancing, and we encourage everyone to wear a face covering. No one will be entering the WAFER Mobile at this time. You will be receiving pre-packaged food boxes. These packages will include a box of dry goods and bags of dairy, produce, bread, and meats. There will be staff and volunteers to help lift items into carts. Residents can use the building shopping carts to bring items up to their apartment; however, please clean and return the cart immediately for the next person to use. PLEASE be patient, kind, and respectful of others while waiting your turn. OPEN TO ALL RESIDENTS .

**Forest Park**  
August 3, from 9:00am-11:00am (1st Wednesday)

**Becker Plaza**  
August 9, from 9:00am-11:00am (2nd Tuesday)

**Solberg Heights**  
August 10, from 9:00am-11:00am (2nd Wednesday)

**Stokke Tower**  
August 16, from 9:00am-11:00am (3rd Tuesday)

The Mobile Pantry stays the full two hours so do not feel you need to get down there right away. They will have plenty of food for everyone.

**Sauber Manor**  
August 17, from 9:00am-11:00am (3rd Wednesday)  
**Ping Manor**  
August 18, from 9:00am-11:00am (3rd Thursday)  
**Stoffel Court**  
August 23, from 9:00am-11:00am (4th Tuesday)

### Senior Share Box Deliveries

CHANGE DUE TO NATIONAL HEALTH CRISIS (COVID-19): Resident Services will deliver the Senior Share Box due to the concerns and risks of the potential exposure to COVID-19. We are trying to avoid large group gatherings in the common areas.

In order to qualify you must be at least 60 years of age with your income under \$3,398 per month for one person or \$4,578 for two people. If you qualify and are interested in signing up, call the Housing Authority Office at 608-782-2264-dial ext. 237 for Stephanie Moran or ext. 235 for Fawn King, and we can get you an application. You can also apply at WAFER Food Pantry which is located at 403 Causeway Boulevard or ask for one when the Mobile Pantry is at your building.

### Food Fair

Saturday, August 27, from 10:00am-12:00pm at 403 Causeway Boulevard. Feel free to check their website for the most current information and building updates: waferlacrosse.org Projected opening of new location is Spring 2023.

### Park Boutique

**Stylist:** Gloria Nordstrom- 608-784-0951  
**Location:** Forest Park at 1230 Badger St.  
**Open:** Tuesdays and Fridays  
Several changes have been made due to COVID-19:

- \*MASK Required
- \*Appointments and Walk-ins Welcome
- \*Additional Cleaning and Disinfecting Protocols
- \*Only Stylist and Two Clients in the Salon at a Time
- \*Social Distancing Practices Must Be Followed

If Gloria does not answer when you call, please leave her a detailed message including your name and phone number so she can call you back. Dial 105 on phone system in the vestibule to be let in.

### Welcoming our Newest Residents:

- Tekisha Freeman - Forest Park
  - Lois Murray - Forest Park
  - Barb Seidel and Laurie Parker Fox - Solberg Heights
  - Paula Dahl - Stokke Tower
- (These are the residents who chose to be acknowledged.)



MASKS are OPTIONAL for all on public transportation. Normal schedule and boarding through the front door of the bus.

### Great Rivers 2-1-1

### Get Connected. Get Help.

Great Rivers 2-1-1 offers free, confidential community information and referrals 24 hours/day. Dial 2-1-1 or (800) 362-8255 to talk to an information and referral specialist. We also offer a Crisis Hotline 24/7. Dial 2-1-1 or (800) 362-8255 to talk to a crisis specialist.

Are you feeling isolated and controlled by a loved one? Do you feel like no one will understand? Help is available - Free and Confidential (608) 791-2600 Any time, any day. Someone is here to listen.



The Hunger Task Force is overseeing the sign up and delivery of the **State of Wisconsin Senior "Stockbox" Program**:



For those who signed up for a "Stockbox", the Hunger Task Force will be delivering your box to your apartment on **August 24** (4th Wednesday of each month). You must show ID and sign for your box. The Hunger Task Force may call up to your apartment to be let in so please buzz them in.

**Estimated delivery time at all seven high-rises:**

- 10:00am-11:00am- Becker Plaza and Sauber Manor
- 10:30am-11:30am- Stoffel Court and Forest Park
- 11:00am-12:00pm- Solberg Heights and Ping Manor
- 11:30am-12:30pm- Stokke Tower

If you are 60 years of age or older, your monthly income must fall below these levels: 1 person- \$1,396 or 2 persons- \$1,888. Call to sign up at **608-793-1002**.

**Due to COVID-19 please remember the importance of SOCIAL DISTANCING, & MASK recommended for everyone (vaccinated and unvaccinated).**

## **Community Garden:**

The Hunger Task Force has invited residents from our high-rises to receive free vegetables from their garden. On Mondays and Thursdays from 3:00pm-5:00pm and Saturdays from 10:00am-12:00pm residents are welcome to help harvest vegetables. You will be one of the first in line to receive some vegetables for assisting.

Those residents who are not able to help assist with harvesting may come pick up vegetables that have been harvested on Mondays and Thursdays at 5:00pm and Saturdays at 12:00pm.

The garden is located on the corner of Kane and St. Cloud on the north side of La Crosse close to Goose Green Park. If you have any questions about the garden, feel free to call the **Hunger Task Force Office at 608-793-1002, or Cell Phone at 608-386-3319**.

**If you are willing and able, they sure could use help harvesting.**

## **Farmer's Market Voucher Program**

This program provides \$25.00 of vouchers to La Crosse County low-income seniors to purchase fresh grown produce at local Farmer's Markets. Participants must be 60+ and if single, a monthly income of \$2,096 or less. Couples combined income must be \$2,823 or less. **Only one set of vouchers are allowed per household.** A permission slip needs to be signed by the qualifying senior to allow another person to pick up their vouchers. Distribution can be completed by mail, various locations, the ADRC, or you may complete it over the phone. The ADRC will mail them to you. Vouchers are on a first-come first-serve basis as there are a limited amount available. There may be a wait at time of distribution. If you are picking up vouchers for someone else, you will need proper documentation.

**Aging & Disability Resource Center  
300 North 4th Street (1st floor)**

**Monday-Friday anytime between 8:00am-4:30pm  
608-785-5700**

## **Hilltopper Refuse & Recycling Services Inc.**

We would like to remind everyone of the following:

**Garbage** - needs to be bagged up and put down the chute. If you have a large garbage bag that will not fit down the chute, please contact your custodian to make special arrangements. The garbage dumpster is behind locked doors since it is a compactor.

**Recycling**- the recycling bin is located outside. Please reference the Household Recycling Cheat Sheet that is located on each floor to make sure you are recycling properly.

*The Housing Authority has stated it is the residents' responsibility to make sure their care providers, family, etc. are putting the garbage and recycling in the proper locations.*

If you have any questions, feel free to contact Brandon Knudtson, Refuse & Recycling Manager at 608-783-6727, ext. 111.

**NO PARKING IN LOADING ZONE-** *this area is where maintenance puts the larger dumpster until Hilltopper Refuse and Recycling Service Inc. comes to empty it.*

## **StrongBodies Strength Training Program**

UW-Madison Extension Health and Wellbeing and the FoodWise program is offering a FREE evidence-based StrongBodies strength-training program in collaboration with the Housing Authority of the City of La Crosse.

- FREE strength-training program
- Exercises are adaptable for all/No experience necessary!
- 60 minute class plus 20 minute optional education/socialization
- Strength training has been shown to:
  - o Reduce the risk of chronic diseases
  - o Improve bone density, strength, and muscle mass
  - o Reduce falls
  - o Reduce arthritis symptoms

**Class Dates:** Through September 28

**Class Times:** Mondays and Wednesdays from 9:00am-10:20am

**Location:** Stoffel Court (10th Floor Community Room) OR Virtual

**Questions? Contact:** [karijohnson@wisc.edu](mailto:karijohnson@wisc.edu) or 608-781-5045.

## **RENT Payments**

If you have chosen not to have your rent automatically withdrawn each month, you must pay by check or money order only (DO NOT SEND CASH) by the 5th working day of each month.

Please remember the following:

- The Housing Authority **does** provide residents with rent envelopes with their account number printed on the bottom left corner. Call the office to request more.
- Always fill out the check or money order correctly and completely.
- Money orders should be made payable to La Crosse Housing Authority and in the memo write your name and address.

## **Living Word Christian Church**

### **In-Person LIFE GROUP**

**Tuesday, August 16, 2022 (3rd Tuesday) at 2:00pm**

**Ping Manor (Community Room) Host: Tracy B.**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**\*\* Means with the Resident Services Department.**

1	Becker Plaza Coffee Social 7:30-9:30am	2	Becker Plaza Coffee Social 7:30-9:30am	3	Becker Plaza Coffee Social 7:30-9:30am	4	Becker Plaza Coffee Social 7:30-9:30am	5	Becker Plaza Coffee Social 7:30-9:30am	6	Becker Plaza Coffee Social 7:30-9:30am
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7	8	9	10	11	12	13
Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am <b>**Sauber Manor</b> Indoor Picnic 12:00pm	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am

14	15	16	17	18	19	20
Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am <b>**Ping Manor</b> Strawberry Shortcake Social 3:00pm	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am

21	22	23	24	25	26	27
Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am <b>**Solberg Heights</b> Root Beer Floats & Games 2:30pm	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am

28	29	30	31	<h1>August</h1>		
Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am	Becker Plaza Coffee Social 7:30-9:30am			