



# HIGH-RISE to HIGH-RISE

## November 2022

### Flu Vaccine & Covid Omicron Booster (Pfizer Only) Clinics

The Housing Authority is collaborating with the La Crosse County Health Department to offer three: "Flu Vaccine & Covid Omicron Booster (Pfizer Only) Clinics"

**Ping Manor** (Community Room) ~ 1311 Badger St.

Wednesday, November 2, 2022 from 9:00am-11:00am

**Sauber Manor** (Community Room) ~ 1025 Liberty St.

Wednesday, November 9, 2022 from 1:00pm-3:00pm

**Becker Plaza** (Community Room) ~ 415 So. 7th St.

Wednesday, November 16, 2022 from 1:00pm-3:00pm

#### Flu Vaccine:

- Must feel well and not have a temperature over 100.3 degrees fahrenheit.
- Vaccine covered~ if you have Medicare, Medicaid (please bring card with you), or cost is covered if you do not have any insurance.
- If you have private insurance, you will need to pay out of pocket (\$75.00 for high dose or \$35.00 for low dose). *You would be better off making an appointment with your primary physician.*
- You are responsible for getting to and from the chosen clinic.

**Covid Omicron Booster** (Pfizer Only) or Different Covid Vaccine (Pfizer Only):

- Must feel well and not have a temperature over 100.3 degrees fahrenheit.
- If you recently were diagnosed with Covid-19, you must have quarantined the full 10 days.
- You must have completed the primary series and it's been 2 months since second dose or last booster.
- You will need to bring your COVID-19 vaccination card if you want documentation for your own records.
- You are responsible for getting to and from the chosen clinic.

All you need to do is call the Housing Authority Office at 782-2264 ~ dial ext. 235 for Fawn and ext. 237 for Stephanie to sign up for one of the clinics and schedule an appointment time. Both vaccines can be given on the same day.

MASKS are highly encouraged, and please practice social distancing.

### Happy Thanksgiving

No one will be working in the Housing Authority Office on **Thursday, November 24, 2022, & Friday, November 25, 2022.**

*The Housing Authority Staff and Board of Commissioners would like to wish all of our residents a Happy & Healthy Thanksgiving!*

### General Election

Tuesday, November 8, 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 strongly encouraged to wear a mask, and social distancing will be enforced.

### Daylight Savings Time Ends

Sunday, November 6th



### Special Thanks to the Midwest Family Broadcast Group & Sponsors

On Sunday, October 2, representatives from the Midwest Family Broadcast Group delivered **70 FREE Official Oktoberfest Brats** to seniors (55+) who pre-ordered one.

The Housing Authority staff, Board of Commissioners, and the residents want to thank Jean Taylor, Midwest Family Broadcast Group, and the following sponsors: Paul's Heating & Air Conditioning, Olive Juice Quilts, and Bubba's Meats for offering "Free Brats for Seniors."



**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.



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

## Mobile Food Pantry

CHANGES DUE TO NATIONAL HEALTH

CRISIS (COVID-19): Residents 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.**

*Mobile Pantry will park in front of each high-rise.*

### Forest Park

November 2, from 9:00am-11:00am (1st Wednesday)

### Becker Plaza

November 8, from 9:00am-11:00am (2nd Tuesday)

### Solberg Heights

November 9, from 9:00am-11:00am (2nd Wednesday)

### Stokke Tower

November 15, from 9:00am-11:00am (3rd Tuesday)

### Sauber Manor

November 16, from 9:00am-11:00am (3rd Wednesday)

### Ping Manor

November 17, from 9:00am-11:00am (3rd Thursday)

### Stoffel Court

November 22, from 9:00am-11:00am (4th 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.

## Senior Share Box Deliveries

CHANGE DUE TO NATIONAL HEALTH

CRISIS (COVID-19): Resident Services will deliver the Senior Share Box due on the day the Mobile Pantry is at your building.

In order to qualify you must be at least 60 years of age with your income under \$2,265 per month for one person or \$3,052 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 *(Scheduled one week early due to the holiday)*

Saturday, November 19, 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](http://waferlacrosse.org)  
Projected opening of new location is Spring 2023.*

## Park Boutique Salon

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.**

**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.**



advocating against domestic & sexual abuse

## REACH Services and Resource

### Center (Walk-in Resource Center)

The REACH Center is a place where multiple agencies can assist with housing navigation, homeless prevention, mental/AODA support, healthcare, and violence prevention and support in one location.

Walk-in services available: Monday-Thursday from 8:00am-4:00pm and Friday 8:00am-2:30pm.

212 11th Street South La Crosse, WI 54601

608-781-2783

[Reachcenterlacrosse.org](http://Reachcenterlacrosse.org)

[info@reachcenterlacrosse.org](mailto:info@reachcenterlacrosse.org)

## Great Rivers 2-1-1

### Get Connected. Get Help.

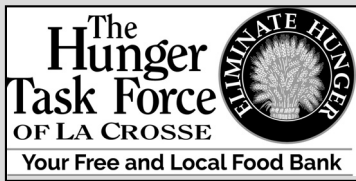
Great Rivers 2-1-1 offers free, confidential community information and referrals 24 hours/day. Dial 2-1-1 or (800) 362-8255 to talk to an information and referral specialist.

We also offer a Crisis Hotline 24/7. Dial 2-1-1 or (800) 362-8255 to talk to a crisis specialist.

**2-1-1**

## Trash Chutes & Recycle Bin

- All garbage needs to be bagged up before being put in the chute.
- Cat litter is to be double bagged and can be dropped down the 1st or 2nd floor chutes only or speak to your maintenance person regarding a designated spot to put the bag.
- If your garbage items are too large for the chute, speak to your maintenance person to make special arrangements.
- All recyclables go in the large bin outside the building (Glass/Aluminum/Tin Cans/Newspaper etc...)



**State of Wisconsin "SENIOR Stockbox" Program**

For those who signed up for a "Senior Stockbox," the Hunger Task Force will be delivering your box to your apartment on the following dates and times. 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.

**NEW Estimated delivery dates and times at all seven high-rises:**

- (1st Monday) **November 7:** 10:00am-12:00pm  
- Becker Plaza and Stoffel Court
- (2nd Monday) **November 14:** 10:00am-12:00pm  
- Solberg Heights and Stokke Tower
- (3rd Monday) **November 21:** 10:00am-12:00pm  
- Forest Park and Ping Manor
- (4th Monday) **November 28:** 10:00am-12:00pm  
- Sauber Manor

If you are 60 years of age or older, your monthly income must fall below these levels: 1 person household: \$1,473 or 2-person household: \$1,984. 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).**

**Top 5 Reminders**

1. Thermostat- Refrain from shutting your thermostat off because it could cause pipes to freeze in the building. We recommend you set your thermostat to at least 62 degrees.
2. Baseboard Registers- Always keep items away from your baseboards. If the heater is blocked, the heater unit will not convert properly.
3. Shopping Carts & Laundry Carts- Please sanitize and physical return the cart to its proper location. Unfortunately, several carts are left in the hallways or put on the elevator for other residents to put back.
4. Disposal of furniture, electronics, televisions- Contact your maintenance person before leaving these items outside by the dumpster. The Housing Authority may be charged for some of these items; therefore, the resident may be charged.
5. Apartment Doors- Always keep your apartment door closed and locked.

**Welcoming our Newest Residents:**

- Cameron Seward - Becker Plaza
- Roxane Mansfield - Forest Park
- Linda Gipson - Forest Park
- Calvin Cooper - Forest Park
- Robert DeFrisco - Ping Manor
- Daniel Lawrence - Ping Manor
- Keaton Kulmaczewski - Ping Manor
- Jeffery Cooper - Sauber Manor
- Sherry Ploeger - Stokke Tower

(These are the residents who chose to be acknowledged.)

**UW-La Crosse Introduction to Therapeutic Recreation Students**

We are so excited to announce the UW-La Crosse Introduction to Therapeutic Recreation students will be offering their second round of "Special Events."

**(Monday)** November 14, 2022

- 10am-11am- Crafts at Becker Plaza
- 5:30pm-7pm- Casino Night at Ping Manor

**(Wednesday)** November 16, 2022

- 10am-11am- Crafts at Stokke Tower
- 5:30pm-7pm- Casino Night at Sauber Manor

**(Friday)** November 18, 2022

10am-11am- Crafts at Solberg Heights

As time gets closer, each group will be responsible for creating their informational flyer which will be posted. The special events have always been such a great learning experience for the students and so much fun for our residents.

**Everyone will be highly encouraged to wear a mask.**

**What is the difference between Influenza (Flu) and COVID-19?**

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. The above compares COVID-19 and flu given the best available information to date.



**MASKS are OPTIONAL for all on public transportation.**

Normal schedule and boarding through the front door of the bus.

**All Housing Authority properties (buildings/grounds/parking lots) are "No Smoking Areas."**

