# HIGH-RISE to HIGH-RISE September 2023

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

Lobby Hours: 9:00am-12:00pm and 12:30pm-3:00pm CST Fax: 608.782.2262 • Phone: 608.782.2264 Address: 1307 Badger Street Email: info@lacrossehousing.org Website: www.lacrossehousing.org NEW: \*\*Residents are now able to submit NON-EMERGENGY maintenance requests on the website. PLEASE NOTE: \*\*A magnetic business card was put on everyone's door. Please put it on your refrigerator in case you need to contact the office or the emergency after hours line.

## CHANGE IN RE-EVALUATION PROCESS Re-Evaluation at Forest Park IN PERSON September 11-15 (mornings only)

All **Forest Park** residents have been scheduled an appointment time. The re-evaluation will take place <u>in person</u> in the <u>previous Park Boutique room</u>. Please be patient and wait your turn.

- Éveryone received their hand-delivered letter last month. You are required to supply all verification of income, assets, and medical expenses.
- Provide all/any letters you have received from Social Security, Pension, Annuity, IRA's, concerning your benefit amount and/or insurance premium deducted from your monthly benefit.
- Provide 6 most recent checking account statements, 1 most recent savings account statement, CD, or other asset account statements, Chime, PayPal, Cash App, Direct Express, Green Dot, over-the-counter medication with doctor's note, 2023 pet license, and any other online accounts. A more detailed listing is on the backside of the letter you will receive.
- Medical insurance premiums and other medical expense information you need to provide.
- Read your annual recertification notice carefully! All residents must be seen at annual recertification time regardless of when you moved in!

Feel free to call Nancy Peters at 608-782-2264, ext. 232, with any questions.



## Labor Day Monday, September 4, 2023

No one will be working in the Housing Authority Office on **Labor Day**. The Housing Authority Staff and Board of Commissioners would like to wish all of our residents and their families a Safe, Healthy & Happy Labor Day!

## Upcoming Outing and Motor Coach Trip

**Friday Night Fish Fry (Fox Hollow Banquet Hall)** Friday, September 15, 2023

#### **Apple Orchard Trip**

(Breakfast Buffet at Kickapoo Corners Family Restaurant in Readstown, WI, then stops at various orchards in Gays Mills, WI)

Thursday, October 12, 2023.

For more detailed information flyers are posted in each high-rise on every floor and on website. Feel free to call the Housing Office at 608-782-2264 and ask to speak to either Stephanie Moran (ext. 237) or Fawn King (Ext. 235). We need a minimum of 30 residents/guests signed up in order to go.

#### UW-La Crosse Recreational Therapy Students

#### Modality Preceptorship in Recreational Therapy I

This course facilitates experiential learning environments for recreational therapy students consisting of preceptorsupervised experiences in health care and communitybased agencies. Students acquire specific modality/skills and facilitation techniques used as treatment interventions in recreational therapy practice. Components of the recreational therapy process, that includes but is not limited to, activity selection, activity analysis, activity planning, and activity modifications will be utilized within an experiential learning environment. The students will be focusing on the residents of Stokke Tower, Solberg Heights, Becker Plaza, and Stoffel Court this semester. *Informational flyers will be posted in a timely fashion*.

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

## EMERGENCY MAINTENANCE

Monday-Thursday after 3:00pm Weekends (Friday 3:00pm - Monday 6:30am) & Holidays Call: 1-(855)-895-4473

**Locked Out?** If you are locked out of your apartment, please be aware that staff are 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 <u>1 complete food package per</u><u>month</u>. Accounts must be up-to-date and current.

## Mobile Food Pantry:

Everyone in each of the high-rises qualifies for this free service.

You will need to wait in line. No one will be entering the WAFER Mobile at this time. Everyone will get a choice of dairy, meats, produce, bakery, and a pre-packaged food box. There At each location, residents who receive food from the Mobile Pantry will have a chance to win a DOOR PRIZE.

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.

From 9:00am to 11:00am the Mobile Pantry will be parking in the <u>front</u> of each high-rise.

Forest Park on September 6 (1st Wednesday) Becker Plaza on September 12 (2nd Tuesday) Solberg Heights on September 13 (2nd Wednesday) Stokke Tower on September 19 (3rd Tuesday) Sauber Manor on September 20 (3rd Wednesday) Ping Manor on September 21 (3rd Thursday) Stoffel Court on September 26 (4th Tuesday)

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

Feel free to check their website for the most current information: waferlacrosse.org



National Eagle Center trip last month

## MASKS are OPTIONAL for all on public transportation.

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



## **Brats for Housing Authority Seniors (55+)**

Mid-West Family La Crosse is again offering FREE Brats as they share La Crosse's Oktoberfest celebration with all of us! **IF YOU ARE A SENIOR (55+), A HOUSING AUTHOR-ITY RESIDENT, AND WOULD LIKE A FREE BRAT DELIVERED TO YOU ON SUNDAY, OCTOBER 1ST,** call the Housing Authority Office at 782-2264, dial ext. 237 for Stephanie or ext. 235 for Fawn. **Deadline is Noon on Friday, September 29, 2023.** 

**FREE BRAT** delivery will be on Sunday, October 1st, 2023. **Mid-West Family will deliver brats wrapped in aluminum foil with a packet of ketchup and mustard**. Please be downstairs by the front entrance to watch for delivery.

(Round #1) will begin at 11:00am and stop at: Solberg Heights, Stokke Tower, Becker Plaza then Stoffel Court (Round #2) will begin at 11:30am and stop at: Forest Park, Ping Manor then Sauber Manor.

## **REACH Services and 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 & Tuesday 8am-4pm, Wednesday 10am-4pm, Thursday & Friday 8am-4pm 608-781-2783

Reachcenterlacrosse.org • info@reachcenterlacrosse.org

## **Fall Begins September 23rd**

### Welcoming our Newest Residents:

Ariel Waddell and Jack Schantz - Forest Park Douglas Dusso - Ping Manor "REE" Dennis - Stoffel Court (These are the residents who chose to be acknowledged.)

#### 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

## 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.





#### 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 date and time. You <u>must</u> 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 dates and times at all seven highrises:

#### (1st Monday is Labor Day; therefore, a change needed to be made for Becker Plaza and Stoffel Court)

- Tuesday, September 5: 10:00am-12:00pm
- Becker Plaza and Stoffel Court
- (2nd Monday) September 11: 10:00am-12:00pm
- Solberg Heights and Stokke Tower
- (3rd Monday) **September 18**: 10:00am-12:00pm - Forest Park and Ping Manor
- (4th Monday) **September 25**: 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: \$1,580 or 2-person household: \$2,137. Call to sign up at **608-793-1002**.

#### Kane Street 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 3:00 pm-5:00 pm and Saturdays from 10:00 am-12:00pm residents are welcome to help harvest vegetables. You will be one of the first in line to receive some vegetables for assistance.

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



Always looking for volunteers!

## Notice of Public Hearing & Public Comment

A Public Hearing regarding the Housing Authority of the City of La Crosse's PHA 2024 Annual Plan and the Five-Year 2024-2028 Capital Fund Program Plan is scheduled for Wednesday, October 11, 2023, at 1:30pm at Ping Manor, 1311 Badger Street, La Crosse, WI 54601.

The Public Hearing will be held for the following purpose: Provide an opportunity for residents of the City of La Crosse, including LHA Residents and Non-

Residents, to express their comments regarding LHA's proposed PHA 2024 Annual Plan and the Five- Year 2024-2028 Capital Fund Program Plan.

Commencing August 15, 2023, draft copies will be available at the Housing Authority website www.lacrossehousing.org, as well as at the Administrative Office, located at 1307 Badger Street, La Crosse, WI 54601. Office hours are from 9:00 a.m. to Noon and 12:30 to 3:00 p.m. Monday through Friday. Written comments will be considered until October 2, 2023, at 8:00 a.m. CST.

The Housing Authority of the City of La Crosse will not discriminate on the basis of race, color, national origin, religion, sex, disability, familial status, age, sexual orientation, gender identity, or marital status. Equal Housing Opportunity.

Email: info@lacrossehousing.org

#### UW-La Crosse Occupational Therapy Students

Attention Residents,

The second year UWL Occupational Therapy (OT) students are looking for adults (55+) to participate in skilled OT services as part of their Older Adult coursework. This project will allow the students to practice the OT process of observation, evaluation, analysis, and treatment of this population. Participants will receive skilled therapy services from 2 assigned students. The process will begin with an initial evaluation followed by treatment sessions that ultimately focus on maximizing safety and independence. This project will begin in October (additional details to be provided).

If interested, please contact the Housing Authority Office at 608-782-2264: dial ext. 237 for Stephanie or ext. 235 for Fawn by September 22nd.

## **Catholic Communion**

**Becker Plaza** (Library) Friday, September 1 & 15 (1st & 3rd Friday) at 10:15am

#### Sauber Manor Annual Home Inspections October 3 - 5, 2023

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.

24	17	10	ω	SUNDAY
25 Forest Park Coffee Hour 10-11am	18 Forest Park Coffee Hour 10-11am Sauber Manor **Monday Night Movie 6pm	11 Forest Park Coffee Hour 10-11am Stokke Tower **Pizza Party 12pm	4 Labor Day (OFFICE CLOSED) Forest Park Coffee Hour 10-11am	September we show we show the second
26 Forest Park Coffee Hour 10-11am Dominoes 6pm	19 Forest Park Coffee Hour 10-11am Dominoes 6pm	12 Forest Park Coffee Hour 10-11am Dominoes 6pm	5 Forest Park Coffee Hour 10-11am Dominoes 6pm	TUESDAY
27 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am	20 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Solberg Heights **Cookout 12:30pm	13 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am	6 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am	WEDNESDAY
28 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor Bingo 6-7pm	21 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor **Bingo 6-7pm	14 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Ping Manor **Bingo 2pm Sauber Manor **Bingo 6-7pm	7 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor **Bingo 6-7pm	<b>THURSDAY</b> ** Means with the Resident Services Department.
29 Forest Park Coffee Hour 10-11am Dominoes 6pm	22 Becker Plaza **Continental Breakfast 9-10am Forest Park Coffee Hour 10-11am Dominoes 6pm	15 Forest Park Coffee Hour 10-11am Dominoes 6pm **Friday Night Fish Fry (Fox Hollow Banquet Hall)	8 Forest Park Coffee Hour 10-11am **Pie & Ice Cream Social 2:30pm Dominoes 6pm	FRIDAY   1 Forest Park   Coffee Hour 10-11am   Dominoes 6pm   Stoffel Court   **Root Beer Floats   1:30pm
<b>30</b> Becker Plaza Coffee Social 8-9:30am	23 Becker Plaza Coffee Social 8-9:30am Forest Park Card Club 1-4pm	16 Becker Plaza Coffee Social 8-9:30am	<b>9</b> Becker Plaza Coffee Social 8-9:30am	2 Becker Plaza Coffee Social 8-9:30am