



# HIGH-RISE to HIGH-RISE

## November 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-EMERGENCY maintenance requests on the website.

### Flu Vaccine Clinic

The Housing Authority is collaborating with the La Crosse County Health Department to offer a: "Flu Vaccine Clinic". Last month a clinic was held at Becker Plaza.

**Ping Manor** (Community Room) ~ 1311 Badger St.  
Wednesday, November 1, 2023 from 1:00pm-4:00pm

#### Flu Vaccine:

- **Must feel well and not have a temperature over 100.3 degrees.**
- **MASKS are optional.**
- **Vaccine covered~ if you have Medicare (Part B) or Medicaid (please bring card with you).**
- **If you have private insurance, you can either pay the private out-of-pocket cost or schedule an appointment with your primary provider, clinic, or local pharmacy (\*see additional information below).**
- **You are responsible for getting to and from the clinic.**

#### Additional Information:

- Private pay cost:  
Fluzone High-Dose (for 65 years and older - \$82.00)  
Fluzone Quadrivalent - \$37.00  
Flumist nasal spray - \$41.00
- For those who are unable to pay out of pocket, and uninsured or under-insured, you may qualify for a free flu vaccine at St. Claire's Health Mission. Call (608) 392-9546 for more information on income-based services, clinic hours, and scheduling.

**All you need to do is call the Housing Authority Office at 782-2264 ~ dial ext. 234 for Pam Cronholm to sign up for an appointment time.**



LA CROSSE COUNTY  
HEALTH DEPARTMENT

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

### URGENT CALLS during BUSINESS HOURS

Sauber Manor - October 3-5

If your call is URGENT and DURING BUSINESS HOURS, please call our receptionist at 782-2264 ext. 221. Please refrain from calling and leaving messages with staff members. Staff might be away from their desk the majority of the day and might not get your message until the next business day.

### Daylight Savings Time Ends

Sunday, November 5th

### How to Prevent Exposing Others to COVID-19 and Flu

- Stay home when you are ill.
- Stay home if you think you've been exposed to COVID-19 and get a COVID-19 test.
- Seek testing early on if you experience symptoms consistent with influenza or COVID-19. If you test positive, follow your health care provider/s advice for treatment and quarantine.

*If you have COVID-19 and/or the flu and need to leave your apartment, PLEASE wear a well-fitting face covering and try to stay at least 6 feet away from others.*

### Get four free at-home COVID-19 tests this fall on COVIDTests.gov

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home. If you need help placing an order for your at-home tests Call 1-800-232-0233 (TTY 1-888-720-7489).

### 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.

### Happy Thanksgiving

No one will be working in the Housing Authority Office on **Thursday, November 23, 2023, & Friday, November 24, 2023.**

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



Patrons may receive 1 complete food package per month. Accounts must be up-to-date and current. Patrons would be able to receive smaller packages - produce and bakery (and possibly surplus item) - the other weeks of the month, one time per week. We also offer drive-thru for complete food packages only for people 60+ or those who have had staff approval. The drive-thru is open Wednesdays and Thursdays from 10:00am-12:00pm for people 60+ or by staff referral.

### **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 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 front of each high-rise.

- Forest Park on November 1** (1st Wednesday)
- Solberg Heights on November 8** (2nd Wednesday)
- Becker Plaza on November 14** (2nd Tuesday)
- Sauber Manor on November 15** (3rd Wednesday)
- Ping Manor on november 16** (3rd Thursday)
- Stokke Tower on November 21** (3rd Tuesday)
- Stoffel Court on November 28** (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. Residents who participate might have a chance to win a door prize.

*Feel free to check their website for the most current information: [waferlacrosse.org](http://waferlacrosse.org)*

### **UW- La Crosse Occupational Therapy Students (Development Project)**

The University of Wisconsin - La Crosse Occupational Therapy students assigned to Sauber Manor are in the process of reviewing all the surveys which were completed and turned in. The students will start planning, organizing and leading wellness programs based on the needs/requests of the residents this spring. The students are focusing on the residents of Sauber Manor; however, residents from other high-rises are welcome to join the future activities. *Informational flyers will be posted in a timely fashion.*

### **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. **Due to high volume/needs it is in your best interest to call and schedule an appointment.**

Walk-in services available:

Monday & Tuesday 8am-4pm, Wednesday 10am-4pm,  
Thursday & Friday 8am-4pm  
608-781-2783

[Reachcenterlacrosse.org](http://Reachcenterlacrosse.org) • [info@reachcenterlacrosse.org](mailto:info@reachcenterlacrosse.org)

### **UW-La Crosse Recreational Therapy Students**

**Modality Preceptorship in Recreational Therapy I**

This month the students will be finishing up their 8 weeks of observation and getting to know the residents in their designated building. Next month the students will be planning, organizing, and leading their special programs. Just a reminder the students are assigned to Stokke Tower, Solberg Heights, Becker Plaza, and Stoffel Court this semester. *Informational flyers will be posted in a timely fashion.*

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

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



### **Welcoming our Newest Residents:**

- Erika Harris - Becker Plaza
  - Ernesto Rodriguez - Forest Park
  - Jean Stancil - Ping Manor
  - Michael Sands - Stoffel Court
  - Leticia Nieves-Alvarez - Stoffel Court
- (These are the residents who chose to be acknowledged.)

### **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**

**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

## Religion

Catholic Communion:

Becker Plaza (Library)

Friday, November 3 (1st Friday) at 10:15am

Note: Changed from twice a month to once a month.

## UW-La Crosse

### Occupational Therapy Students

We are very pleased to announce 11 residents signed up to be volunteers for the students in their Older Adult course. This project is for the second-year 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.

Once again, we would like to thank the residents who volunteered to work with the students.

## 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 physically 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.

## 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.) \*Not plastic bags.



### 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 must show your ID and sign for your box. The Hunger Task Force may call your apartment to be let in so please buzz them in.

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

- (1st Monday) **November 6:** 10:00am-12:00pm- Becker Plaza and Stoffel Court
- (2nd Monday) **November 13:** 10:00am-12:00pm- Solberg Heights and Stokke Tower
- (3rd Monday) **November 20:** 10:00am-12:00pm- Forest Park and Ping Manor
- (4th Monday) **November 27:** 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**.

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

## Notice Regarding Moving Vehicles from Parking Lot for Snow Removal

1. **YOU** are responsible for moving your vehicle.
2. Housing Authority staff **WILL NOT** move your vehicle.
3. If you do not drive your vehicle during the winter, it should be stored elsewhere.
4. Vehicles **not moved** will be **ticketed and towed** at your expense.
5. If you are away from your apartment, you should always make arrangements with someone for moving your vehicle.

Please cooperate when the custodian in your high rise asked you to move your vehicle. The Housing Authority will plow when there is 2 inches or more of snow. Usually lots are plowed in the morning. Please stay **FAR** away from the snowplow so as to avoid accidents from happening. Also, the Housing Authority staff **WILL NOT** shovel between cars. Any questions, please call the Housing Authority Office at 608-782-2264.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# November

	1 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am	2 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Solberg Heights **Bingo 3pm Sauber Manor Bingo 6-7pm	3 Forest Park Coffee Hour 10-11am Dominoes 6pm Sauber Manor **Pizza Party & Crafts 12:30pm	4 Becker Plaza Coffee Social 8-9:30am
5 Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	6 Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	7 Forest Park Coffee Hour 10-11am Dominoes 6pm **Mall of America	8 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	9 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am **Crafts w/Britany & Delaney 4:30pm Sauber Manor Bingo 6-7pm
12 Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	13 Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	14 Forest Park Coffee Hour 10-11am Dominoes 6pm Ping Manor **Indoor Picnic & Music by Joe Cody 11:30am	15 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	16 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor **Bingo 6-7pm
19 Forest Park Coffee Hour 10-11am	20 Forest Park Coffee Hour 10-11am	21 Forest Park Coffee Hour 10-11am Dominoes 6pm	22 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am	23 Becker Plaza Coffee Social 8-9:30am Thanksgiving Housing Authority Office Closed
26 Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	27 Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	28 Forest Park Coffee Hour 10-11am Dominoes 6pm	29 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Becker Plaza **UW-L RT Activity 2:30-3:30pm Solberg Heights **UW-L RT Activity 2:30-3:30pm Stoffel Court **UW-L RT Activity 2:30-3:30pm	30 Becker Plaza Coffee Social 8-9:30am Forest Park Coffee Hour 10-11am Sauber Manor **Bingo 6-7pm
			24 Forest Park Coffee Hour 10-11am Dominoes 6pm Housing Authority Office Closed	25 Becker Plaza Coffee Social 8-9:30am

\*\* Means with the  
Resident Services  
Department.