

Marian Messenger

Volume 7, Issue 7
July 2018

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Housing Offices will be closed on Wednesday, July 4th in observation of Independence Day.



Ruthann in Apartment #202 is no longer a key keeper. The office is actively looking for a new key keeper to take her place. We will keep you posted. Anna in Apt. #310 continues to be a key keeper. Reminder that key keepers are meant to be used for lock-outs and welfare checks.



Help Earn Money for Marian Manor Recreation Fund

We are looking for resident volunteers to help with parking at Court Tower on Waterfest Nights. Parking proceeds from donations from Waterfest patrons parking at Court Tower are split equally between the buildings that have volunteers helping. If you are interested please contact Mary Jo in the Marian Manor office or Jane at Court Tower at 424-1483.

going on
VACATION

Mary Jo will be out
of the office the week of
July 23rd—July 27th



If you have information you would like to submit for the Marian Messenger contact Mary Jo at 920-424-1470 Ext. 136 or email at maryjos@ohawcha.org. Please submit any material by the 20th of the month if you would like your information posted in next month's newsletter.



Internet Access for \$10/month

AT&T is offering low-cost wireline home Internet service to qualifying households:

- With at least one resident who participates in the U.S. Supplemental Nutrition Assistance Program (SNAP) and
- With an address in AT&T's 21-state service area, at which we offer wireline home Internet service, and
- Without outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under this program.
- Service availability and speed may vary by address. 10 megabits per second, for **\$10 per month****

Step 1: Check service availability

Step 2: Apply for the program



By Completing an application form

To find out if you qualify for Access from AT&T, submit an application. You can either complete the application online or download a form to print, fill out, and mail or email.

Application online at: <https://accessatt.solixcs.com/#/home>.

Step 3: Request service

After AT&T notifies you that your application is approved, call them at one of the telephone numbers in **step 2** to get started with your Access.

program from AT&T.

New Newsletter Format

As you can see we changed how the newsletter looks and how you receive it. Copies of the newsletter are printed and available to pick up in the library. Feel free to take a copy if you read it and refer back to it. You can also read it and put it back for another to read. If you would like to receive the newsletter by email let the office know your email address and you can receive it that way. You can also find the newsletter on our website at ohawcha.org under the Menu tab and then select Housing News. All of these measures help up to reduce waste. Happy Reading!

The Connection Between Your Home and Your Sense of Well-Being

Did you ever visit a restaurant where it seems like you could spend hours lingering over a meal, chatting with friends? Compare that to a casual fast food place. The differences in lighting, furniture and even music can encourage us to relax and stay a while, or eat quickly and get moving. But our surroundings can do more than set a mood – they can directly influence our well-being.

“Your home and work environment are an important influence on your sense of well-being, but they are often overlooked,” says UW Health psychologist [Shilagh Mirgain](#). “These are the environments we spend the most time in, so it’s only natural they would have an impact on us.”

Brightly lit rooms have been shown to improve depression and anxiety. The presence of plants or even of treasured mementoes can do more than lift our spirits, but can actually influence our physical health. And yet despite the influence of our surroundings, we may not give much thought to how we can use it to improve our well-being. But with some simple tips and a few changes, we can help ensure our home and work space support our good health.

Some tips to create a healing environment to thrive:

Cultivate Comfort

Is your home inviting for guests? What about yourself? If you enjoy spending time with family or having friends over, consider whether your furniture encourages it. Are there comfortable places for multiple people to sit? Just like the restaurant, your home space can help encourage people to linger and enjoy time together.

Clear the Clutter

The home is supposed to be a refuge from the world, where you can relax and recharge. But if it’s dirty or full of clutter, it may be more of a source of stress than of healing. While everyone has their own way to clear the clutter, doing so can help you feel lighter and more positive. That stack of unopened mail is a constant reminder of things you need to do, which can feel draining. So start by tackling that pile. And once you do, look for ways you can help keep it clutter-free in the future. It might be starting a new habit, like going through the mail as soon as you get home or folding and putting the laundry away as soon as it is washed. Whatever it is, take small steps and make changes one at a time.

Brighten the Light

There’s times you want bright light and then there’s times you don’t, and it all depends on the time of day. Letting in natural light in the morning, and keeping the house bright throughout the day can help keep you feeling alert and awake. But as the afternoon wears on toward evening, then it’s time to start dimming the lights more. A brightly lit house at night can make it harder to wind down from the activity of the day and fall asleep at night.

Revel in Your Senses

Many people had the experience of living in an apartment or rental house with its off-white walls. After a while it can feel a little bare. But as you consider colors, think about how they can shift the feel of a room. A deep red wall might be a bold addition to a dining area, while blues and greens can help create a peaceful environment. Curtains, artwork or photos are more ways to enhance a space visually, while opening a window for fresh air, or soft music can help engage the other senses and create a sense of calm.

Notice Nature

Research shows that even short contact with [nature is beneficial to our well-being](#). As little as 3-5 minutes of contact with nature has been linked to reduced stress, reduced anger and a boost in positive feelings. Some of the same effects are seen if we have views to nature or can bring nature into the living space through plants or fresh flowers, aquariums and even fireplaces.

Quiet the Noise

Silence can be golden. We are bombarded by noise throughout out the day. Even just having the radio or TV on in the background can make it hard for our minds to take a break. Set aside time throughout the day to just enjoy the quietness around you.

Cultivate Joy

Find ways to bring joy into your surroundings. Maybe it’s the space to enjoy a hobby or place where family photos are displayed – small additions can help create a sense of space that is nurturing and creative. When you are able to create a space that is a personal reflection, it can help you feel refreshed at the end of a long day.

Information from UW Health Newsletter



July 2018

Marian Manor Staff

Stacy, Senior Property Manager

424-1470 Ext. 126

Monday 8:00 am - 4:30 pm

Tuesday 8:00 am—4:30 pm

Wednesday 8:00 am - 4:30 pm

Thursday 8:00 am- 4:30 pm

Friday By Appointment Only

Mary Jo, Social Services Coordinator

424-1470 Ext. 136

Monday-Thursday \

8:30 am—4:30 pm

Friday 8:00 am– Noon

Bob, Maintenance

Monday -Thursday

7:00 am-4:30 pm

Friday 7:00 am- 11:00 am

Stacy, Custodial

Monday, Tuesday, Thursday

6:00 am - 2:30 pm

Friday 6:00 am—Noon

After Hours Maintenance 920-966-4235

Nurses- 4th Floor Office 424-1470 Ext 124

Lori, Monday, Tuesday, &
alternate Fridays

Teresa, Wednesday, Thursday
& alternate Fridays

Su van Houwelingen, Executive Director 424-1450 Ext. 112

Office Closed for Lunch Noon—1:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	9:00 am YMCA Exercises	6-8 pm Game Night	OFFICES CLOSED			
						
8	9	10	11	12	13	14
	9:00 am YMCA Exercises 2- 3 pm Nurse Open Hour	Bug Day Apt. #'s 611 – 620 6-8 pm Game Night	2:00 pm Fire Alarm Test	Library Books Delivered 6:00 pm Shuffle- board		
15	16	17	18	19	20	21
	9:00 am YMCA Exercises	6-8 pm Game Night		6:00 pm Shuffle- board		
22	23	24	25	26	27	28
	9:00 am YMCA Exercises	6-8 pm Game Night		6:00pm Shuffle- board		
						
29	30	31				
	9:00 am Exercises 3:30 pm OHA Board Meeting	6-8 pm Game Night				
						

