

Marian Messenger

Volume 7, Issue 10
October 2018

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

YOU'RE THE KEY!

Residents and program participants are invited to participate in shaping the Housing Authority's response to community needs, both at our apartment communities and the entire community. The annual meetings present a forum to gather key information and opinions from residents regarding facilities, policies and programs.

The Agency Plan meetings will be during the Resident meetings for October in the Activity Room in each building as follows:

Marian Manor: Wednesday, October 3rd 1:00 pm



It's your turn to tell us what to do. It's time to examine our properties, our apartments and our policies to see what works and what doesn't. We encourage you to help us set our priorities, whether that's about screening new residents, terms of the lease or the delivery of services. These meetings are an especially good time to make suggestions and share observations.

We look forward to meeting with you and encourage your participation. Written comments and questions can be forwarded to Ms. Su van Houwelingen at any time or may be presented at the meeting. If you submit an advance inquiry, please specify that you are directing your comments to the PHA Plan Process.



Meeting participants will constitute the Resident Advisory Board for 2018. Resident input will then be incorporated in the PHA Plan that will be made available for Public review in late February 2019. Please share your ideas!

Volunteers Needed: We have several opportunities for Floor Leaders. We are also looking for someone to help as needed with the library books. Also if we are going to have donut/coffee hour on Saturdays we will need volunteers.



Final YMCA Chair Exercise Class

Due to declining attendance Monday, October 1st will be the final Chair Exercise Class at Marian Manor. At 9:00 am in the Library If you have interest in joining the YMCA or seeing what classes they have to offer see Mary Jo.



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.





It's the *Time of Your Life* ³ Annual

OSHKOSH SENIOR EXPO

TUESDAY, OCTOBER 2ND • 8:30 AM - 1:30 PM
1 HR. COFFEE & LIGHT BREAKFAST AT OPENING

OSHKOSH CONVENTION CENTER • 2 N. MAIN ST. • OSHKOSH, WI

**85+ Exhibitors with Senior Products & Services – Free Flu Shots
For Active Adults, Retirees, Veterans, Caregivers & Family
Free Health Screenings – Medicare Assistance – Home Improvement
Diverse Retirement Living & Medical Options
Informative Seminars – Door Prizes – Grand Prize: 42" LED/HD TV**

KEYNOTE SPEAKER



Betsy Abramson,
Exec. Director
WI Institute for
Healthy Aging
12pm-“AGEISM is Bad
for Everyone's Health”

FREE ADMISSION & PARKING

Community Partners:



Show Sponsors:



Katie Buchnis,
Katherine's Auction
& Appraisal Service
Will appraise
1 item per Attendee
Times/limits on website

For Seminars, Locate Exhibitors or Search Products
Visit **www.TimeOfYourLifeExpo.com**

Medicare Open Enrollment

The Medicare annual election period this year will be from Monday, October 15th through Friday, December 7th. This is the time of the year to compare plans to make sure you have the right health and prescription drug coverage. Plan costs and covered benefits can change from year to year.

During the open enrollment period you can do any of the following:

- Switch from Medicare Part A & B to an Medicare Advantage Plan (Part C)
- Switch from a Medicare Advantage Plan (Plan C) to Medicare Part A & B
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Make changes in your Medicare Prescription Drug Plan (Part D)

Effective date for these changes will be Tuesday, January 1, 2019.

This can be a very confusing time of the year for many. Luckily there are a number of resources willing to help.

—You can go online to Medicare.gov or call 1-800-MEDICARE (1-800- 633-4227) 24 hours a day seven days a week.

—Contact Joan Jaworski, Winnebago County Benefit Specialist at 236-4685.

—Set up an appointment to see Mary Jo, Social Services Coordinator at 424-1470 Ext. 136.

This is also a good time to check and see if you qualify for the Extra Help Subsidy. Even if you did not qualify in the past, program guidelines change each year or your own situation may have changed. I strongly encourage you to look at your options before the end of November.



October 15th through
December 7th

Coverage begins
January 1st

Want to vote in the November election? Have questions? Need help?



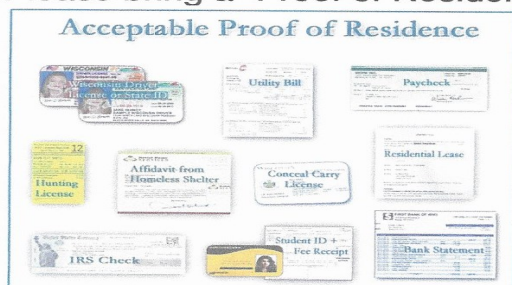
LEAGUE OF WOMEN VOTERS®
OF WINNEBAGO COUNTY

League of Women Voters members will be here to answer your questions and to offer assistance by:

- ✓ Checking if you are currently registered to vote
- ✓ Changing your address on the registration if you have moved since the last time you voted
- ✓ Requesting that an Absentee Ballot be sent to you if it is becoming difficult to go to your polling place
- ✓ Answering questions about the photo ID requirement
- ✓ And more

Date: _____ Time: _____

Please bring a "Proof of Residence" document (see examples). The preferred documents are a current and valid Wisconsin Driver's License or a Wisconsin ID card.



Also accepted:

- Any other official ID issued by a Wisconsin governmental body
- Bank statement
- Check or other document issued by a unit of government
- An intake document from a residential care facility

(This is not a comprehensive list. There are more.)

Acceptable Proof of Residence

This is not a complete list. These are a few examples of the most common forms of Proof of Residence used for voter Registration.



League of Women Voters will be coming to Marian Manor to answer all of your questions on Wednesday Oct. 3rd starting at 1:30 pm in the Activity Room. One on One appointments are available, sign up on the bulletin board.

Get the FLU SHOT not the flu!

Where has the summer gone? The great thing about living in Wisconsin is the change of seasons. It is time to enjoy fall and watch the fall colors unfold. Fall also brings the Flu season. An annual flu vaccine is the best way to protect against the flu. Flu vaccines are safe and do not cause flu. Influenza (flu) is a serious illness especially for older adults. People 65 years of age and older are at high risk for flu-related complications. You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins. Everyone 6 months of age and older is recommended to get vaccinated against the flu. A flu vaccine reduces your risk of illness and possible hospitalization and can prevent you from spreading the virus to your loved ones. Protect yourself, your family and friends from flu: get vaccinated. The flu vaccine is available at your local clinics, pharmacies and doctor's offices.

Flu Vaccination Clinic Coming to Marian Manor

When: Thursday, October 18th

Time: 12:30 pm

Where: Activity Room

Sign up on Bulletin Board. If you also are in need of the pneumonia vaccination let Mary Jo know.



Waite Rug Place-Availability December 2018

Waite Rug Place is the newest affordable housing community being offered by the Oshkosh/Winnebago County Housing Authority. It is located at 300 E. Custer Avenue and is being renovated to house 56 - ONE & TWO bedroom units. Preferences will include applicant families meeting the definition of elderly, disabled or veteran. Don't miss out on this once in a lifetime opportunity to live at one of Oshkosh's modernized historic landmarks. See the enclosed flyer for more information. To apply go to : <http://www.oshkosh.housingmanager.com/> or <http://www.ohawcha.org/apply-online/>.

WAITE RUG PLACE Units coming available in late December 2018.

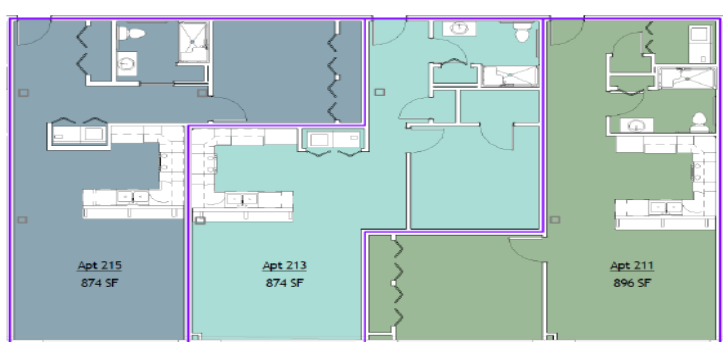


COMING SOON!!!

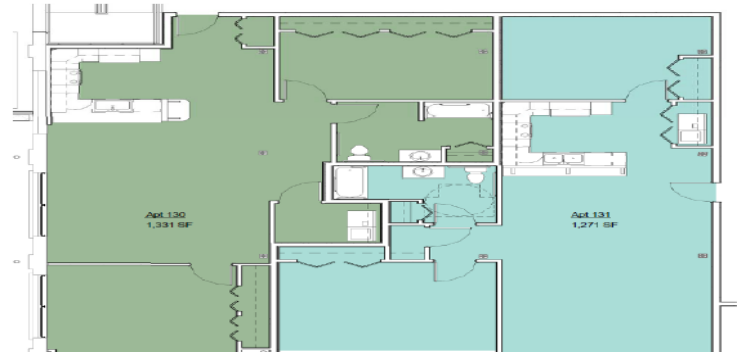
Waite Rug Place: 300 E. Custer Avenue is being renovated to house 56 - ONE & TWO bedroom units. Preferences will include applicant families meeting the definition of elderly, disabled or Veteran. Don't miss out on this once in a lifetime opportunity to live at one of Oshkosh's modernized historic landmarks.

- Renovated Historic Waite Grass Carpet Factory
- On the corner of Harrison & Custer in Oshkosh
- Leasing & Social Services Coordination Office

- Elevator
- Laundry hookups in units & laundry room per floor
- Fitness center
- Varied floor plans
- Theater room
- Utilities included
- Dining room



1 BEDROOM EXAMPLE LAYOUTS



2 BEDROOM EXAMPLE LAYOUTS

Waite Rug Place's wait list is NOW OPEN! APPLY ONLINE at www.ohawcha.org

JOIN US | FOR THIS FREE FALL PREVENTION COMMUNITY EVENT

Stay Active, Stay Upright Tuesday, October 30, 2018

Bubolz Nature Preserve, 4815 N Lynndale Dr, Appleton

Event - 9:00am - 12:00pm

Registration Opens at 8:30am

Keynote Speaker: 9:15am

Fighting Falls, One Step at a Time

Keynote Speaker - Patricia Quigley PhD, ARNP, St. Petersburg, Florida

Take Advantage of These Experiences:

- Experience the Ancient Art of Tai Chi
- Refreshments
- Vision & Falls
- Blood Pressure Check
- Footwear Consultation
- Journey of Caregiving
- Medication Management
- Door Prizes
- Cycling Without Age
- Education Sessions
- Balance Screening
- Balance Exercises
- Posture Screening
- Hearing & Falls
- Resource Table
- Home Safety



Robert Dohr and Lilas Dohr
Current Community Needs Fund &
the Bright Idea Fund



Sponsors:

About Better Care Audiology • Achieve Therapy Solutions • Aging and Disability Resource Center
Appleton YMCA • Affinity Visiting Nurses • Brewster Village • The Chiropractic Advantage
Coyle Care Management and Consulting, LLC • Grand Chute Fire Dept and Community Paramedic Program
Happy Feet at Home • Jorgensen, Schulz EyeCare Center • Morton LTC • Office for the Blind and Visually Impaired
Rebuilding Together • Run Away Shoes • Taylored Rehab • ThedaCare At Home
Trauma Center at ThedaCare Regional Medical Center-Neenah • Valley VNA Senior Care • Walgreens
Wisconsin Physical Therapy Association

Pre-registration is appreciated – please call NurseDirect to reserve your place as seating is limited.
Please call today. [1.800.362.9900](tel:1.800.362.9900) or online at www.affinityhealth.org/Resources.htm



October 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 9:00 am YMCA Exercises	2 6-8 pm Game Night	3 1:00 Agency Planning 1:30 pm Voter As- sistance	4 6:00 pm Shuffle- board	5	6 
7	8 2- 3 pm Nurse Open Hour	9 Bug Day Apt. #'s 311 –320 6-8 pm Game Night	10 2:00 pm Fire Alarm Test	11 Library Books Delivered 6:00 pm Shuffle- board	12	13
14	15	16 6-8 pm Game Night	17	18 6:00 pm Shuffle- board	19	20
21	22 3:30 pm OHA Board Meeting	23 6-8 pm Game Night	24 1:30 pm Bingo	25 6:00pm Shuffle- board	26	27
28	29	30 6-8 pm Game Night	31 			

