

# Marian Messenger

Volume 7, Issue 11  
October 2018

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Daylight Savings Time Ends on Sunday, November 4th. Turn your clock back 1 hours before going to bed on Saturday night November 3rd.



Housing Offices will be closed on Thursday, November 22nd & Friday, November 23rd for the Thanksgiving Holiday.

Now is the time of the year that you may want to consider turning your thermostat from the cool or auto setting to heat. If you need help adjusting your thermostat contact the Marian Manor office.



## Father Carr's Thanksgiving Meal

Father Carr's Place 2B will provide a free Noon meal on Thanksgiving, Thursday, November 22nd.

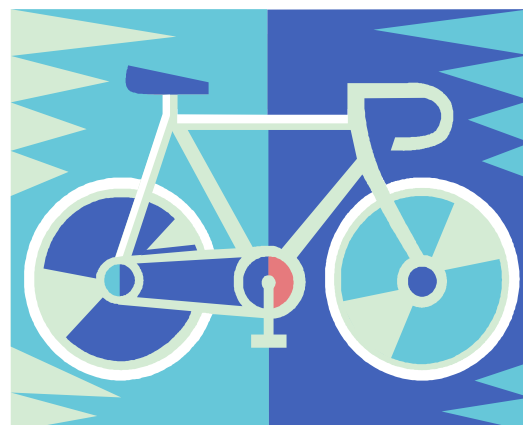
If you would like a meal delivered to your apartment please sign up before 8:00 am on Monday, November 19th.

Sign up sheet is located on the bulletin board.



## Bike Storage

If you would like us to store your bike for the winter stop by the office. Have your bike labeled with your name and apartment number. Also all bikes must be in working order before being stored.



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](mailto: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.



**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:

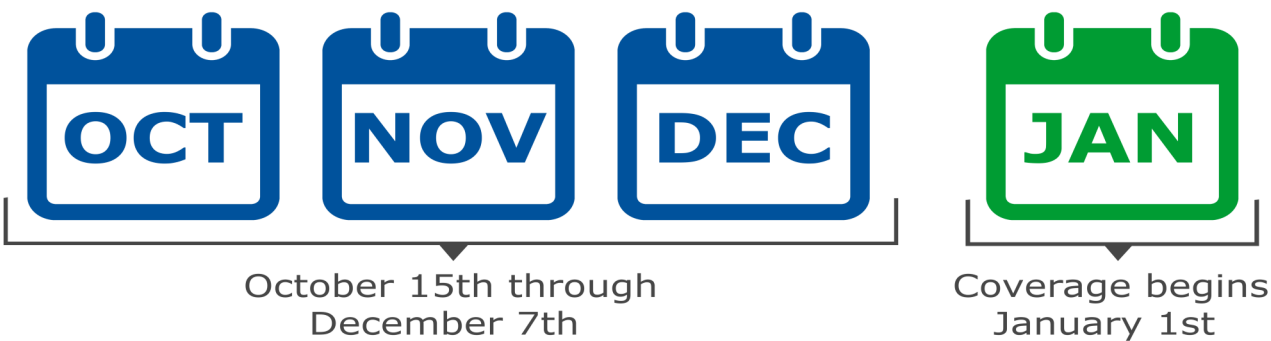
- Switch from Medicare Part A & B to an Medicare Advantage Plan (Part C)
- Switch from a Medicare Advantage Plan (Plan C) to Medicare Part A & B
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Make changes in your Medicare Prescription Drug Plan (Part D)

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.



**Marian Manor Snowplowing Policy**

Before the snow starts to fly let’s review the snowplowing policy at Marian Manor. The parking lot will be plowed when three inches or more of snow has finished falling. Clearing of the parking lot will not be done during the snowfall, unless the snowfall is expected to be several inches or last over a couple of days. Signs will be posted at both main entrances. **When in doubt check for the signs.** You will be able to view the signs on your television, tune into channels 955 & 956 and look for the “happy plower” (as shown below) Cars will need to be removed from the lot by 11:00 am, so plowing can begin promptly at 11:30 am. If you fail to move your car a warning will be issued for the first offense. If you fail to move your car a second time you will get a \$30 fine and your car will be towed. A third offense will get another \$30 fine, your car towed and you will lose your parking privileges. When moving your car do not move it to one of the front circle parking spots as this area will be plowed as well. Do not return your car to the lot until the **entire** lot has been plowed and salted. Thank you for your cooperation in this matter, if everyone follows these guidelines the snowplowing of the parking lot goes smoothly for all.



## Debunking the Myths of Older Adult and Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:



**Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won’t fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent. Social activities are also good for your overall health.

**Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

**Myth 5: Muscle strength and flexibility can’t be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

**Myth 6: Taking medication doesn’t increase my risk of falling.**

**Reality:** Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

**Myth 7: I don’t need to get my vision checked every year.**

**Reality:** Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses.

**Myth 8: Using a walker or cane will make me more dependent.**

**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

**Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence.**

**Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business.**

**Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

*Information from the National Council on Aging - [www.ncoa.org](http://www.ncoa.org)*



**Make Your Vote Count**

**Election Day is Tuesday, November 6th from 7:00 am—8:00 pm**

**Ward 8 Webster Stanley School at 915 Hazel St. Oshkosh**

## Session Dates and Times

Session Name	Date	Time
Session 1: <b>Thinking About Quitting</b>	Tuesday, November 6	1:30pm - 3:00pm
Session 2: <b>On the Road to Freedom</b>	Tuesday, November 13	1:30pm - 3:00pm
Session 3: <b>Wanting to Quit</b>	Tuesday, November 20	1:30pm - 3:00pm
Session 4: <b>Quit Day</b>	Tuesday, November 27	1:30pm - 3:00pm
Session 5: <b>Winning Strategies</b>	*Thursday, November 29	1:30pm - 3:00pm
Session 6: <b>The New You</b>	Tuesday, December 4	1:30pm - 3:00pm
Session 7: <b>Staying Off</b>	Tuesday, December 11	1:30pm - 3:00pm
Session 8: <b>Celebration</b>	Tuesday, December 18	1:30pm - 3:00pm

**Freedom From Smoking®** is the Lung Association's proven quit smoking program, and has helped over a million people:

- Set a date and create a quit plan,
- Identify and overcome cravings,
- Find the support of others who understand, and
- Achieve freedom from smoking

Freedom From Smoking can be accessed several ways, including:

- **Online:** Quit smoking on your own time through your computer, tablet or smartphone. With videos, quizzes and activities, this step-by-step guide will track your quit attempt and give you helpful advice along the way.

- **Group Clinics:** Over eight sessions, quit with the support of others under the guidance of an expert facilitator.

- **Lung HelpLine:** Receive one-on-one support from the American Lung Association's tobacco cessation counselors who will help you plan for a quit day and set you up for smokefree success.



# November 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	Thur 1	Fri 2	Sat 3
				6:00 pm Shuffle-board		
4	5	6	7	8	9	10
		Bug Day Apt. #'s 211 –220 6-8 pm Game Night	2:00 pm Fire Alarm Test	Library Books Delivered 6:00 pm Shuffle-board		
11	12	13	14	15	16	17
	2- 3 pm Nurse Open Hour	6-8 pm Game Night		6:00 pm Shuffle-board		
18	19	20	21	22	23	24
		6-8 pm Game Night		Thanks-givng	Housing Offices Closed	
						
25	26	27	28	29	30	
	3:30 pm OHA Board Meeting	6-8 pm Game Night	1:30 pm Bingo	6:00 pm Shuffle-board		
						
See	Attached Marian	Freedom Manor	from Activity	Smoking Room	Schedule	