

# Marian Messenger

Volume 8, Issue 1  
January 2019

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

Marian Manor Offices will be closed on  
Tuesday, January 1st for New Year's Day.



We regret to inform you effective immediately the Marian Manor Office is not longer able to provide containers to dispose of your sharps. You can use laundry detergent bottles and you are still able to bring in your used sharps in the appropriate container to be disposed of properly.



## 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.



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.



# Marian Manor Hair Salon

Hairdresser: Tammy Norton

Call 235-3321

Leave a Message for an appointment

Appointments available every other Thursday

Shampoo.....	\$5.00
Shampoo, Set & Style.....	\$15.00
Shampoo & Blow Dry.....	\$15.00
Women's Haircut.....	\$18.00
Haircut, Shampoo, Set, Style.....	\$27.00
Hair Color includes Style.....	\$43.00
Perms includes Haircut & Style.....	\$60.00
Men's Haircuts.....	\$15.00
Beard Trim.....	\$5.00



First Day of Appointments are being scheduled for

Thursday, January 10th.

Tammy does work another job other than starting with the Marian Manor Hair Salon so please leave her a message and she will get back to you.

Leave your name & telephone number.

## Personal Hygiene and Its Importance to Aging Adults

Personal hygiene is one of those things that means different things to different people but everyone agrees it is important. Each aspect of hygiene listed below is important in different ways

- \* Hygiene means handwashing and safe food preparation
- \* Hygiene means effective bathing
- \* Hygiene means taking care of your teeth and gums
- \* Hygiene is also grooming such as skin and nail care.



Taking a good bath or shower is not a luxury, but a necessity. Proper cleansing removes bacteria that cause odor and possible infections. Checking over your body regularly when you shower or bath keeps you aware of any irregularities and finding issues early gives you the best chance of curing them. Mobility and balance issues may make bathing a problem and at that point help should be sought out. Bathing help is one of the top things Home Health Aides are hired for. Do not let pride get in the way of all the positives of bathing and get help if you need it. See Mary Jo if you need help in finding a home health aide.

It may become harder to keep up good hygiene as you age. If you find yourself becoming forgetful post reminder signs at every sink. Use safety chairs and grab bars in the tub or shower to make bathing easier and safe. As we age, our senses often become less acute. We're aware of hearing loss and changes in our eyesight. However, we sometimes forget that the sense of smell and taste for that matter, may have diminished. Have you ever wondered why the elderly lady in the elevator smells as though she bathed in perfume? It could be that she has a diminished sense of smell. This also means that an elderly may not be aware of a sweaty smell. Some gentle hints may help here, though it can be a sensitive topic.

Health and Hygiene go hand in hand and are equally important at any age. Aging adults face a double whammy because they are more susceptible and become less capable over time. Aging adults who want to stay independent need to maintain good hygiene to keep healthy.

Information from [miamihomecareservices.com/blog/personal-hygiene-and-its-importance-for-seniors/](https://miamihomecareservices.com/blog/personal-hygiene-and-its-importance-for-seniors/)



### **HELP WANTED**

Have you ever wondered how you could help out at Marian Manor? Are you a night owl? Maybe you would like to start something new for the New Year. Marian Manor is in need of Floor Leaders to check the Red/Yellow Tags on the doors at 9:00 pm. You do not have to do your own floor. Maybe just weekends work better for you. If you are interested or if you have questions come see Mary Jo to see what is all involved. It only takes a few minutes of your time each night. This program is necessary for many of your neighbors and I would hate for it to end if we can not find volunteers willing to help.

# JANUARY 2019

## 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**

## Housing Offices Close at Noon on Fridays

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 New Year's Day Offices Closed	2  2:00 pm Fire Alarm Test	3	4	5
6	7	8  Bug Day Apt. #'s 601-610 6-8 pm Game Night	9	10  Library Books Delivered  	11	12
13	14  2- 3 pm Nurse Open Hour 	15  6-8 pm Game Night	16	17  6:00 pm Shuffle - board	18	19
20	21 MLK Day 	22  6-8 pm Game Night	23	24  6:00 pm Shuffle- board	25	26
27	28  3:30 pm OHA Board Meeting	29  6-8 pm Game Night	30	31  6:00 pm Shuffle- board		







Mot Blessed Sacrament Choir led the Cookies, Cocoa, Cider & Christmas Carols event.



Residents enjoyed the Oshkosh West Madrigal Singers at the Marian Manor Holiday Party.

