

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Homestead Tax Filing

Volunteer tax preparers will be at Marian Manor in the TV Lounge on
Monday, February 11th from 8:15am—10:30am.

Sign up sheets are on the bulletin board by the elevators. 2018 rent certificates are in the Marian Manor office. If you rented elsewhere in Wisconsin in 2018 you will need to contact your prior landlord for a rent certificate. Along with your rent certificate you will need to bring the following items with you to your appointment, please gather that information ahead of your scheduled appointment.

1. SS cards and Picture ID
2. Last year's (2017) tax return.
3. 2018 Rent Certificate(s)
4. 2018 Social Security 1099 Statement
5. SSI, SSDI, etc. bring 2018 income information
6. Interest income statement if any
7. Pension information if NO tax was withheld
8. Proof of disability (Physician's Statement, Veteran's Statement or Social Security Administration Document) if disabled and under age 62
9. Residents that want direct deposit will need to provide the bank/credit union name and routing number and their account number



Or you can **call the Oshkosh United Way at 426-0150** to schedule a tax assistance appointment.

Another option is you can file your taxes for FREE through MyFreeTaxes at <http://www.unitedway.org/myfreetaxes/> which provides free federal and state tax preparation and filing assistance online for individuals and families with a household income of \$66,000 or less in 2018.

It's easy, safe and secure and FREE.

Visit MyFreeTaxes to file online or call 1-855-698-9435

The tax assistance program provides help to low & middle income individuals over age 60. Volunteer counselors assist individuals with the preparation of their tax returns in accordance with the guidelines established between the IRS, AARP & VITA.

Appointments are Required!!

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.



10 Relaxation Techniques That Zap Stress Fast

Relax. You deserve it, it's good for you, and it takes less time than you think.

Each of these stress-relieving tips you can do in less than 15 minutes.



1. Meditate

A few minutes of practice per day can help ease anxiety. It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds

2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth "Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure. psychologist Judith Tutin, PhD, says. She's a certified life coach in Rome, GA.

3. Be Present

Slow down. "Take 5 minutes and focus on only one behavior with awareness," Tutin says. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.

"Simply be aware of places you feel tight or loose without trying to change anything," Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part

4. Reach Out

Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body

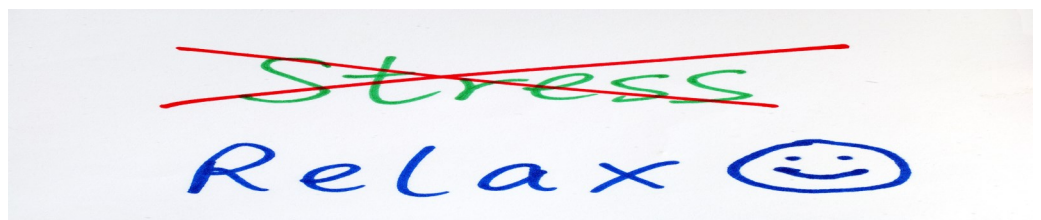
Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

6. Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension. "Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure," says Cathy Benninger, a nurse practitioner and assistant professor at The Ohio State University Wexner Medical Center in Columbus

7. Laugh Out Loud

A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.



8. Crank Up the Tunes

Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety “Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece,”



9. Get Moving

You don't have to run in order to get a runner's high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

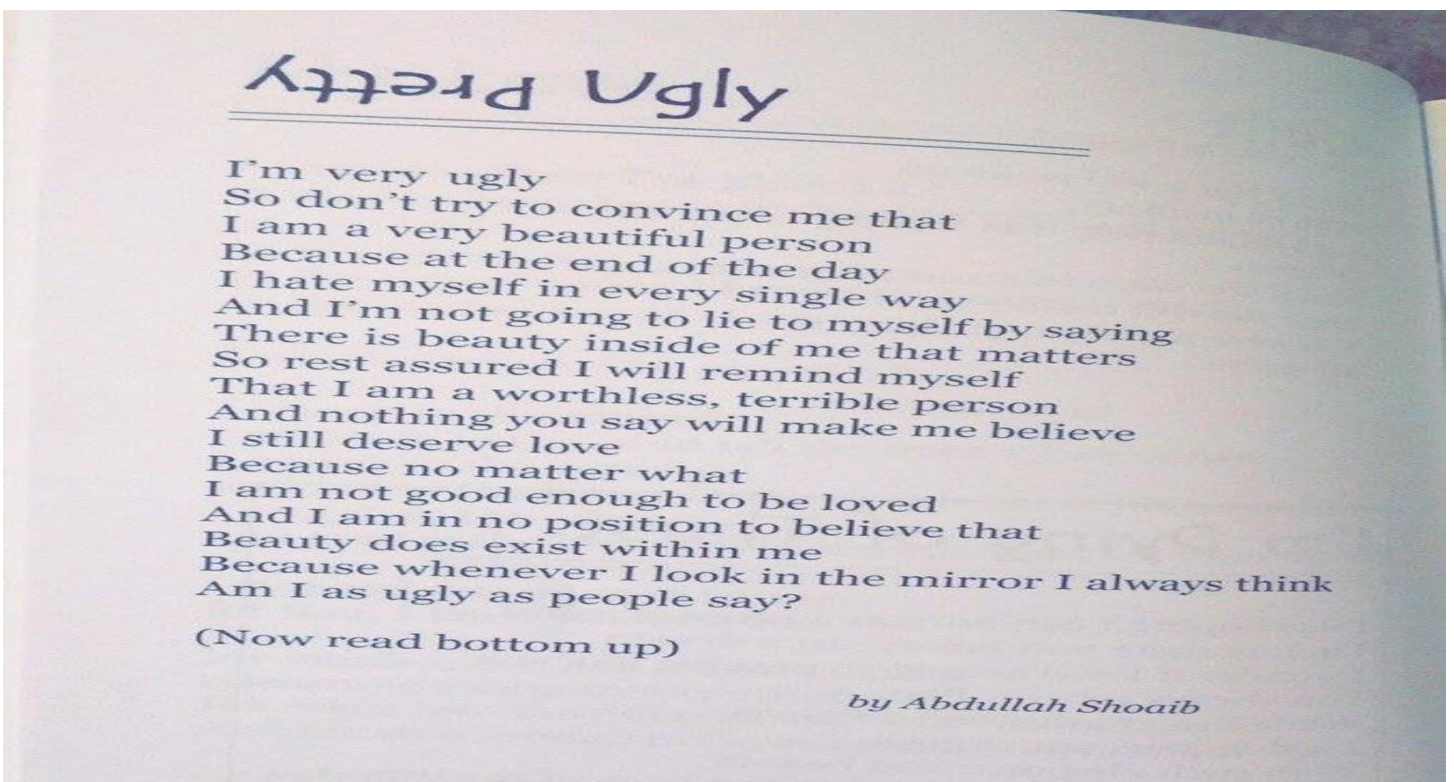
10. Be Grateful

Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life. “Being grateful for your blessings cancels out negative thoughts and worries,” says Joni Emmerling, a wellness coach in Greenville, NC.

Use these journals to savor good experiences like a child's smile, a sunshine-filled day, and good health. Don't forget to celebrate accomplishments. When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters.

Information obtained from <https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#3> Submitted by Lori Duclon RN

GRATITUDE
is the
best attitude



Resident Meeting Tuesday, February 12th 3:00 pm Activity Room
Chili Dinner to follow. \$5.00/person, you are signed up once you pay. Get \$1.00 off if you attend the resident meeting beforehand.

FEBRUARY

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	2
						
3	4	5	6	7	8	9
		6-8 pm Game Night		6:00 pm Shuffle- board		
10	11	12	13	14	15	16
	Home- stead Tax Nurse Open Hour 2-3 pm	Bug Day 3pm Resi- dent Meeting Chili Din- ner after		Library Books Delivered 		
17	18	19	20	21	22	23
		6-8 pm Game Night		6:00 pm Shuffle- board		
24	25	26	27	28		
	3:30 pm OHA Board Meeting	6-8 pm Game Night	1:30 pm Bingo	6:00 pm Shuffle- board		

