

Marian Messenger

Volume 8, Issue 4

April 2019

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Thank You Volunteers!!

April 7th –April 13th is National Volunteer Recognition Week. So take some time to recognize those that share their time & talents making Marian Manor the great place to live that it is.

We are still looking for more floor leaders to check the red & yellow tags on the doors at either 9 am or 9 pm.

See Mary Jo if interested— Get Involved this is your community!!



Remember to Recycle

With Earth Day coming up on April 22nd now is a good time to remind everyone that they need to separate their recyclables from their garbage. The garbage cans in the garbage room are for your recyclable items. The green bin is also available for recyclable items. You do not need to keep paper separate from other recyclables. Keep all shredded paper in a bag. The garbage chute on each floor is for garbage only. Recyclables need to be brought down to the first floor. Let's all do our part.



TAX TIME

Did you miss the date when Homestead Tax Preparers were at Marian Manor?

It is still not too late to file your Homestead Tax. You can **call the Oshkosh United Way at 426-0150** to schedule a tax assistance appointment.

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!!

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



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.



Natural Ways to Boost Your Mood

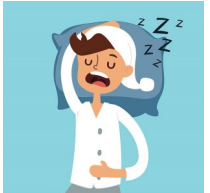
It's about that time when many of us feel like we need a lift – something that will take us away from the doldrums of winter. Here are some simple, cost effective ways to bring joy to your life.



Pet a pup. Petting a dog for just 15 minutes releases the feel-good hormones and lowers cortisol, the stress hormone. If you're a cat or horse lover, research says that playing with them gives a similar mood and health boost.



Make yourself smile. Smiling is contagious, inspiring others to smile back. You'll not only feel better about yourself, but you'll instantly lift the mood of those around you. Also, surrounding yourself with pictures, comics, funny quotes or things that inspire you can motivate and bring a smile to your face.



Get enough rest. Sleep gives the body an opportunity to rejuvenate itself and prepare for another day of life. Lack of sleep disrupts hormone production and can keep your brain from producing enough serotonin. Most people need at least seven hours of quality sleep each night to feel their best.



Get outside and walk. Not only is walking a good mood-booster, but walking burns calories and reduces body fat. Whether it be a brisk walk or a leisurely stroll, getting outside is a great way to clear your head. You get even more benefit when walking in the sunshine. So, bundle up and take a walk. You'll be glad you did!



5. **Watch what you eat.** Food can boost your brain chemistry and affect your emotions. Begin stocking up on a variety of whole, natural foods including fresh fruits and vegetables. Limit your intake of sugar, caffeine and alcohol. Bananas are rich in tryptophan, an amino acid that your brain converts into the "happiness" hormone serotonin.

Exercise your Right to Vote

Tuesday, April 2nd is the Wisconsin Spring Election. A copy of the ballot is on the bulletin board for you to review. If you have recently moved or have not registered to vote you can do so the day of the election at Webster Stanley or you can go to the City Hall building prior to election day.

Marian Manor's polling location is:
Webster Stanley School 915 Hazel St.
7:00 am –8:00 pm





Spring is here and so is the Flu

It's that time of year when we tend to see more illness such as fever, cough, and cold/ influenza-like illnesses. As a reminder, if you are experiencing any of these symptoms, please stay home until you are fever-free for 24 hours. This will help to keep the illness from spreading to others.

Here are some helpful suggestions to help decrease the spread of illness.

Wash your hands frequently with soap and water for at least 20 seconds in addition to every time after you use the restroom.

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Cough and sneeze into the inside of your elbow or into tissues, not into your hands. Throw your used tissue into a wastebasket and immediately wash your hands.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Try to keep an arm spans distance away from people who are sick.

People with the flu can spread it to others up to 6 feet away.



Flu is Contagious

Most healthy adults may be able to infect other people beginning the day before the symptoms develop and up to 5 to 7 days after becoming sick. Symptoms start 1 to 4 days after the virus enters the body.

Remember always cover your cough and wash your hands.

Stay healthy! Spring is on its way.

Submitted by Lori Duclon, RN



Reminder to update the office when your phone number changes so we can program the intercom box so people can contact you to let them inside of the building when the building is locked. And YES cell phones can be programmed.

The front doors lock at 5:00 pm Monday—Friday and unlock at 7:00 am Monday—Friday The door are locked during the weekend beginning at 5:00pm Friday and not unlocking until 7:00 am on Monday.



APRIL

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
-----	-----	-----	-----	------	-----	-----



2	3	4	5	6
6-8 pm Game Night	2:00 pm Fire Alarm Testing	6:00 pm Shuffle- board		

7	8	9	10	11	12	13
---	---	---	----	----	----	----

8	9	10	11	12	13
Nurse Open Hour 2-3 pm	Bug Day Apts 301- 310 6-8 pm Game Night		Library Books Delivered		



14	15	16	17	18	19	20
----	----	----	----	----	----	----

15	16	17	18	19	20
	6-8 pm Game Night		6:00 pm Shuffle- board		

21	22	23	24	25	26	27
----	----	----	----	----	----	----



23	24	25	26	27
6-8 pm Game Night	Bingo 1:30 pm Activity Room	6:00 pm Shuffle- board		

28	29	30
----	----	----

29	30
3:30 pm OHA Board Meeting	6-8 pm Game Night

