

Marian Messenger

Volume 8, Issue 12
December 2019

Marian Manor

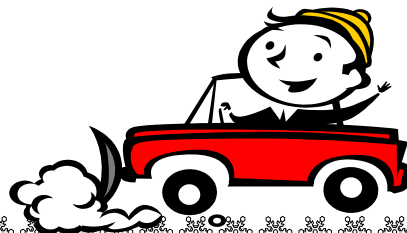
600 Merritt Ave. Oshkosh, WI 54901



Marian Manor Offices will be closed on
Tuesday, December 24th, Wednesday,
December 25th & Wednesday January 1st.

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.



New access panels will be installed in the near future at the main entrances. Once these are installed your current access entry cards will no longer work. Each person on the lease will be given a new fob to use to enter the building after hours when the doors are locked. When the new system is installed we want to have your correct information. You will receive a form in the near future requesting your current phone number. Also if you require a fob for a family member or a caretaker. The cost of additional fobs is \$10.

Update



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.



Winter Weather Preparedness

The winter of 2018-19 was one for the record books in Wisconsin, with the state experiencing heavy snowfalls and dangerously cold temperatures brought on by the polar vortex.

“The extreme cold felt across Wisconsin earlier this year is a reminder of just how dangerous winter can be,” said Maj. Gen. Don Dunbar, Wisconsin’s adjutant general and homeland security advisor. “Take time during Winter Awareness Week to make sure your emergency kits are fully supplied, and get your vehicle checked out to make sure its ready for winter road conditions.”

“The time to get ready for winter weather is before temperatures drop and snow is on the ground,” said Dr. Darrell Williams, Wisconsin Emergency Management administrator. “Getting prepared now could help save your life or the life of a neighbor during a winter storm.”

Winter emergency kits should include items such as food, water, a flashlight and batteries, and blankets. In your vehicle, include a snow shovel, extra gloves and hats, and kitty litter or sand to help give your wheels traction on icy roads in case you get stuck.

According to the National Weather Service, Wisconsin experiences an average of 3-6 winter storms during a season. Last winter, the town of Saxon in Iron County received the highest seasonal snowfall total in the state at 208.3 inches of snow. Saxon also reported the highest daily snowfall total at 16.5 inches. The coldest temperature recorded in the state during the 2018-19 winter season was the village of Butternut in Ashland County, which reported a reading of -49 degrees Fahrenheit on Feb. 1, 2019.

Winter driving can be extremely hazardous. Between 2014-2018, the Wisconsin Department of Transportation says an average of 46 people were killed and almost 4,200 injured each year in crashes on icy or snow-covered roads in the state. On average, there are about 18,000 vehicle crashes in the state each year caused by poor winter driving conditions.

“When bad winter weather is in the forecast, drivers should always check current road conditions before they head out,” Williams urged. “If you don’t need to be on the road during a severe winter storm, then stay home. If that’s not an option, carry an emergency kit in your vehicle, drive slow in treacherous conditions, and let people know where you are going and when you expect to arrive.”

You can check travel conditions for most major roadways in the state by using 511 Wisconsin, which is updated with the latest traffic and road conditions. This information, along with live traffic cameras and traffic alerts, can be accessed through the free 511 Wisconsin mobile app, @511WI on Twitter, or the mobile-friendly site www.511wi.gov.

EMERGENCY PREPAREDNESS



Geriatric Depression Poses a Significant Threat to Older Adults

Depression is one of the most common mental and emotional disorders experienced by older adults. It is estimated that seven million American adults over the age of 65 experience depression each year. The condition tends to be a recurrent disorder, which means that many older adults will have experienced previous bouts of depression and will be at increased risk.

Complications associated with aging may contribute to geriatric depression, but lasting depression is not a typical part of aging. Causes of geriatric depression can include: limited mobility, isolation, facing mortality, transitioning from work to retirement, financial hardships, prolonged substance abuse, deaths of friends and loved ones, widowhood or divorce, and chronic medical conditions.

Depression can reduce quality of life and increase risk of suicide. In fact, men ages 85 and older have the highest rates of suicide of any age group in the country. Typical treatment for geriatric depression involves a combination of therapy, medication and lifestyle changes.

Flu shot:

Your best bet for avoiding influenza

Getting a flu shot often protects you from coming down with the flu. It takes two weeks to build immunity after a flu shot. It is usually best for people to get their flu vaccine by the end of October. People can get the flu shot anytime during the flu season, just remember that it take two weeks to build up your immunity. The flu vaccine is your best defense against the flu, but there are additional steps you can take to help yourself from the flu and other viruses.

These steps include the following:

- Wash your hands often and thoroughly with soap and water
- Use an alcohol-based sanitizer on your hands if soap and water are not available
- Avoid touching your eyes, nose or mouth whenever possible
- Avoid people who are sick
- Practice good health habits. Get plenty of sleep, exercise regularly, drink plenty of fluids and eat a healthy diets.



The best way to protect yourself and your loved ones against the flu is to get a flu vaccine every flu season. If you already gotten your flu vaccine, Congratulations! If you have not yet gotten the flu vaccine there is still plenty of time. Check with your physician or your local pharmacy.

Why is it important to get a flu vaccine every year?

Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses. Your protection from flu vaccine declines over time. Yearly vaccination is needed for the best protection.

Take the time get a flu vaccine and stay healthy today.

Winter Word Find

Z C H R N V F G E M I T T E N S T L
P S L F P B N R T X Y M M M U O S U
F P Z Y Q I B S A G T N W J X A O L
M F G R D G W T L C A Z K I Y H R K
M H L D Y K F O O P S U A I X I F M
X F E S I S V P C H O I K K B P D Z
H L I K A E H R O F A I C W W I H F
S I Z A S R L O H J I T J I M R E K
X K N T A H S K C L C G S H C O U G
B Y R I T H I P T C N G Z P E L Y H
V I K N N O Z W O A P O L Q F P E X
Y M P G Z X H H H Q R Z G S R E I S
Z Y Q R A P O E U X H S T A O C O F
B U J C T W T F R K U V G S T D W W
Q C G C D E M I Y N M O V H A N O M
A X X N N Z D Q C T Y I Y S Q N L Z
O K J S C O L D D V E K U S S F R F
E V Z D B J U O L O Q D K U S V F F

- | | | |
|---------|----------|--------------|
| COATS | COLD | FROST |
| GLOVES | HATS | HOTCHOCOLATE |
| ICICLES | MITTENS | SCARF |
| SKATING | SLEDDING | SNOW |



December 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

Roger, Custodial

Monday, Tuesday, Thursday

7:00 am – 3:30 pm

Friday 6:30 am—12:30 pm

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	Fri	Sat
1	2	3	4	5	6	7
			2:00 pm Fire Alarm Test			
8	9	10	11	12	13	14
2- 3 pm Nurse Open Hour 		Bug Day Apt. #'s 601-610		Library Books Delivered 		
15	16	17	18	19	20	21
3:30 pm OHA Board Meeting						
22	23	24	25	26	27	28
Han- nukkah 		Christmas Eve 		Kwanzaa Boxing Day 		
29	30	31				
		New Year's Eve 				
						