

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 24th from 8:15am—10:30am.

Sign up sheets are on the bulletin board by the elevators. 2019 rent certificates are in the Marian Manor office. If you rented elsewhere in Wisconsin in 2019 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 (2018) tax return.
3. 2019 Rent Certificate(s)
4. 2019 Social Security 1099 Statement
5. SSI, SSDI, etc. bring 2019 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 385-6756** 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 2019.

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.





Having trouble sleeping at night? You are not alone.

Tips for Healthy Sleep Habits

If you are going to take a nap, limit it to 20-30 minutes. Naps can help boost your mood and make you feel more alert. The catch is that you need to keep it short. If you snooze for too long during the day, you might have trouble falling sleep at your usual time at night.

The best time to go to bed is, when you are sleepy. If you try to force yourself to go to sleep when you are not tired, it can backfire. You'll toss and turn and stare at the clock, which will only irritate you. Instead, have a target bedtime and start to wind down about an hour before – maybe take a bath, read a book or do some deep breathing. When you start to feel sleepy, it's time for lights out.

If you wake up at night and can't get back to sleep you should get out of bed. After 20 minutes, get up and get out of the bedroom even if it is 3AM. Find a cozy couch or chair, and keep the lights dim while you read, knit, listen to soft music or do anything else that relaxes you. When you start to feel sleepy again, you will know it is time to go back to bed.

Should you drink alcohol before bed? Drinking alcohol may help you get to sleep, but will also wake you up in the middle of the night. Alcohol before bed is likely to make you drowsy, but don't be fooled. Although alcohol can make you sleepy, it starts to act like a stimulant as your body breaks it down. If you drink within 3 hours of your bedtime, you might end up wide awake in the middle of the night or at least have you run to the bathroom, since alcohol also makes you need to pee more.

How long before bed should you cut off caffeine? The answer is actually 4-6 hours before bedtime. It is no surprise that coffee and other caffeinated drinks keep you up, but you might not realize just how long the caffeine can stay in your system. Unless you are planning to stay up late skip the coffee at dinner (or go for decaf).

Busy Brain? Not sleepy? Stay up. While it's a good idea to go to bed at the same time each night, there will be some nights when your brain is buzzing and not ready for sleep. If so, don't lie down just yet. Your racing thoughts could lead to insomnia. Instead, do something to relax until you feel tired. Take a warm bath, for instance, or sit in a comfy chair and listen to soft, calming music. You'll spend less time in bed but more time asleep

Information from WebMD Submitted by Lori Duclon, Housing Authority RN



This is just a reminder that the Census will be taken this year. It will begin in March You can report your information by mail, online or on the phone. If you do not respond Census takers will begin going door to door starting in May. If you have any questions on how to fill out your paperwork Contact Mary Jo.

Regardless of when the census is completed, individuals should include everyone living in the home on April 1.

12 Questions

In addition to asking how many people are living or staying in a home on April 1, the census also asks for contact information, gender, name, birthdate, race, and household relations. The Census Bureau's website [explains](#) each question and why it's included. The census is available in English and Spanish.

Required by Law

The census is mandated by the Constitution and everyone living in the country must be counted, including non-citizens. The U.S. Census Bureau [notes](#) that it's bound by Title 13 of the U.S. Code to protect personal information and keep anything shared on the census strictly confidential. Responses are used only to produce statistics.



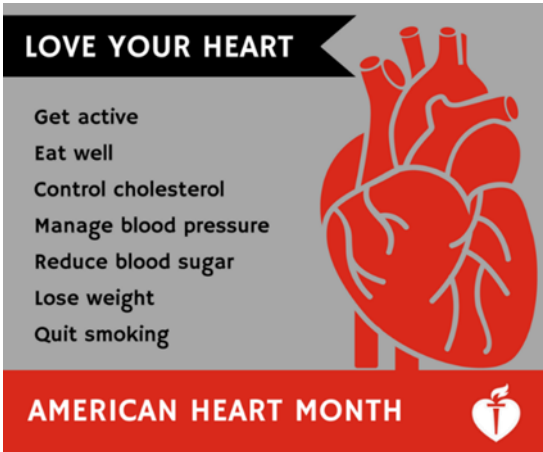
Along with Valentine’s Day, February marks **American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for American women and men, accounting for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease , such as high blood pressure, obesity, physical inactivity or an unhealthy diet. Risk also increases with age.

Here are some healthy heart hints from the National Institute on Health for the month of February. **Try to do one of these each of the 29 days this month.** You can repeat your favorites! It’s a Leap Year, so take advantage of that extra day!

1. Have heart healthy snacks while watching your favorite game or movie. Make your own snack mix (oat cereal, dried cranberries, unsalted nuts) or humus and your favorite veggies.
2. March in place when there is a commercial on TV.
3. Call a friend or neighbor and go for a walk.
4. Share a funny video or story that makes you laugh.
5. Give Meatless Mondays a try. Chunky cut your favorite veggies and toss with a bit of oil, pepper and your favorite herbs and roast them for 30 minutes at 400 degrees. Or make a soup like black bean or minestrone.
6. Swap the sweets for a piece of fruit for dessert.
7. Walk an extra 15 minutes today.
8. Go salt free and use herbs to flavor your food.
9. Add a stretch break to your day.
10. Dance to your favorite song.

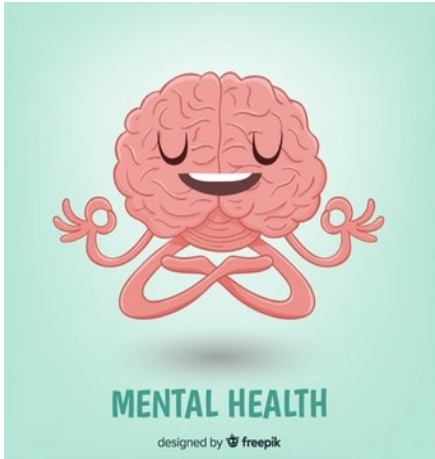
Adopted from the National Institute on Health.
Submitted by Lori Duclon, RN



Combat mental illness with these activities

1 in 5 US adults are living with mental illness. Dr Lisa Wochos, psychiatrist at the Aurora Behavioral Health Center, recommends these 6 activities.

1. Exercise to ease symptoms of anxiety.
2. Pick up a hobby to distract from negative thoughts.
3. Take 10 – 15 minutes a day of “me time”.
4. Listen to uplifting music to elevate mood.
5. Spend time with friends and family to help lift spirits.
6. Meditate to reduce stress and negative thoughts.



FEBRUARY 2020

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 - 3:00 pm
Friday 7:00 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 | 7 | 8 |
|  Groundhog Day | | Fire Alarm Testing 2:00 pm | | | | |
| 9 | 10 Nurse Open Hour 2-3 pm | 11 Bug Day Apts 501-510 | 12 | 13 Library Books Delivered  | 14  | 15 |
| 16 | 17 | 18  | 19 | 20 | 21 | 22 |
| 23 | 24 Home-stead Tax 3:30 pm OHA Board Meeting | 25 | 26 | 27 | 28 | 29  It's a Leap Year! |


FEBRUARY