

Marian Messenger

Volume 9, Issue 9
September 2020

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Oshkosh Housing Authority Offices will be Closed on
Monday, September 7th in observation of Labor Day.

NO-COST PHONE PROVIDED FOR HEARING IMPAIRED

CaptionCall

In a world where social distancing is becoming normal, so is isolation. At CaptionCall we are fighting to bring back human interaction by trying to connect as many people as possible to make them aware of our captioning and amplified phone. I'm confident our **no cost** captioning phone for those hearing impaired individuals will be a big help to insure they stay connected with family, friends, doctors, pharmacies and emergency services. With everything happening right now we realize how important it is for anyone with hearing loss to stay in contact with a reliable service. There is **no cost** for the installation of the phone or the ongoing captioning service. The program is made possible by the American with Disabilities Act and is regulated by the Federal Communications Commission (FCC). The minimal taxes Americans pay on phone bills goes towards this fund that helps provide the captioning service. Please feel free to call yourself or refer a friend who would benefit from the phone. To learn more about CaptionCall or to request your **no-cost** captioning phone, go to www.captioncall.com enter promo code **1652615** or call your local CaptionCall account manager, Lisa Brennan, 920.551.0232 or email LBrennan@captioncall.com.



Did You Know the Oshkosh Public Library Offers Home Delivery Service?

Free home delivery Service is available for Oshkosh residents that are physically unable to visit the library. The following items can be delivered: books, audiobooks, music, DVDs and magazines. You can borrow items for 2 months or until your next scheduled home visit. You will never be charged overdue fines. If interested you can call the library at 236-5206 for more information. There are brochures in the office for those that would like one.

If you are able to access the library you can check out materials online or by calling 236-5203 and the library will contact you to set up curbside pick up at the library. The library no longer charges for overdue fines and past overdue fines have been forgiven. If you have not used the library due to past fines you can now start using the library again.

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.



Census Deadline is September 30th



The U.S. Census Bureau is wrapping up its count ahead of schedule, with a newly announced deadline the U.S. tally will end on September 30th instead of October 31st. This could present a problem for reaching minority communities, homeless populations and adults on college campuses or in elder care settings. The 2020 Census is critical because where there are more people, there is a greater need for services impacting families, older adults and children. Census statistics will determine the number of seats each state has in the U.S. House of Representatives and influences how hundreds

of billions of dollars in public funds are allocated for critical public services like emergency response, schools, hospitals, roads and bridges for the next 10 years. The U.S. Census Bureau will email households in low responding areas to encourage participation in the 2020 Census now through September. See Mary Jo or contact the Oshkosh Public Library for assistance.

If someone calls you or comes to your apartment claiming to be from the Census you can call 1-800-865-6384 to verify the worker.

Decompression Techniques for Dealing with Stress

After a long day, we could all use some time to de-stress and decompress. Here are a few tips to help you let go of tension and refocus on what's important. Try these calming techniques to try.

1. **Deep breathing** – Reduce tension by taking deep breaths in through your nose and slowly exhaling through your mouth. This practice will calm you as your heart rate slows down.
2. **Write in a journal** – It might be difficult to express your feelings out loud. Write them down to gain perspective on a situation and develop a plan for moving forward.
3. **Plan a day off** – You don't have to leave town for a break. Take a day off and do something that you enjoy – get a massage, schedule a hair appointment, have coffee with a friend, or treat yourself to a shopping spree.
4. **Exercise** – Stretching, yoga and walking are great ways to get rid of stress. A good workout will leave you tired and calm.
5. **Meditate** – Find a quiet place to relax and ease your mind. Close your eyes and focus on nothing but your breathing.
6. **Play a tune** – Music can be a powerful stress-reducing tool. Kick back with classical or jazz.
7. **Connect with nature** – Enjoy the beauty around you. Take a walk in the park or sit on a park bench and listen to the birds.
8. **Read** – Get lost inside of an interesting book and take your mind off everything serious.
9. **Disconnect** – Turn off your phone and computer for a set time.
10. **Nap** – You'll feel like a new person after a rejuvenating 30-minute nap.





Word Search

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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

September 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 6:30 am—3:00 pm
Friday 6:30 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

SunMonTueWedThuFriSat



SEPTEMBER



12:00 pm
Fire Alarm
Test

6789101112

Labor DayBug Day
Apt. #'s
OFFICES 411 –
CLOSED 420

13141516171819

20212223242526

Autumn
Begins



27282930

