

Marian Messenger

Volume 9, Issue 12
December 2019

Marian Manor

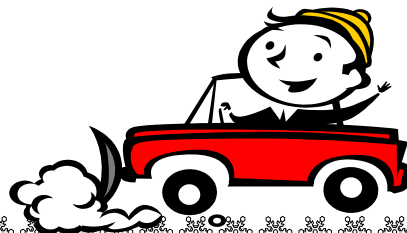
600 Merritt Ave. Oshkosh, WI 54901



Marian Manor Offices will be closed on
Thursday December 24th,
Friday December 25th &
Friday 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.



DOING YOUR PART TO LIMIT THE SPREAD OF COVID DURING THE HOLIDAYS & EVERYDAY

We care deeply for every resident of Marian Manor and we want to do everything in our power to keep you safe. Maintenance is regularly sanitizing the building. However we cannot do it without your help. This means remembering to wear your masks when you leave your apartment and staying at least 6 feet away from anyone even when wearing your mask and limiting visitors in your apartment to only those assisting you. Following these steps is even more critical as the holidays are approaching to help control the spread of this virus. Thank you for doing your part. If you have a medical condition that makes it difficult to wear a mask, the Housing Authority has ordered plastic face shields that will be given to those who request due to a medical condition. If you need a face shield please contact Mary Jo.

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

As we have seen throughout 2020 is you never know what it is going to happen-

Winter can be extremely dangerous—Take time 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 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.

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 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 – 3:30 pm

Friday 6:30 am—12:30 pm

After Hours Maintenance
920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

Teresa, RN







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
			2:00 pm Fire Alarm Test			
6	7	8	9	10	11	12
		Bug Day Apt. #'s 111-120			Hannuk- kah 	
13	14	15	16	17	18	19
	3:30 pm OHA Board Meeting					
20	21	22	23	24	25	26
				Christ- mas Eve 	Christmas	Kwanzaa Boxing Day 
27	28	29	30	31		
				New Year's Eve	