

Marian Messenger

Volume 10, Issue 2
February 2021

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Filing Taxes-



AARP Tax Assistance Program is unable to have their volunteers come to our building this year. Here are phone numbers you can call for tax assistance.

The **AARP** Tax Assistance program will be held at Oshkosh Public Library in 2021. The AARP Tax Assistance program provides help to low and middle income taxpayers and individuals over 60. Volunteer Counselors assist individuals with the preparation of their tax returns in accordance with the guidelines established between the IRS, AARP and VITA. Call **(920) 385-6756** for an appointment (required). Keep calling until you talk to someone. Phones will be answered M-F 9:00am - 1:00pm. Use this link to see the list of documents needed for an appointment: <https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>

UWO will be offering tax assistance through the **VITA** program in a limited way due to COVID restrictions and lack of volunteers. Starting January 15, 2021 you can call **(920) 424-3486** to make an appointment. There is a maximum income level of \$56,000 for VITA assistance.

Goodwill in Menasha will be offering **VITA** for more years than just 2020. Call **(920) 968-6021** to make an appointment.

Annual Inspections Resuming

Inspections were suspended when Covid-19 started they will be resuming in March. The schedule for inspections will be as follows:

6th Floor: March 4th 9 am - 4 pm

5th Floor: March 5th 10am - 2 pm

4th Floor: March 10th 9 am – 4 pm

3rd Floor: March 12th 10 am - 2 pm

2nd Floor March 17th 9 am – 4 pm

1st Floor March 18th 9 am – 4 pm



Reminder if you live on 1st, 2nd or 3rd Floors you cannot have your windows blocked this is a fire violation.

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.



COVID-19 Vaccination

How Do COVID-19 Vaccines Work?

The COVID-19 Vaccine does not put the COVID-19 virus into your body. The vaccine works by sending a messenger (called mRNA) that teaches your cells how to make a special protein that triggers your body to make antibodies. Antibodies fight the virus. Antibodies keep you from getting infected if the real virus enters your body.

Which Brand of COVID-19 Vaccine Should I Get?

Currently, there are two brands of COVID-19 vaccine being supplied: Moderna and Pfizer. Both have similar ingredients and effectiveness against COVID-19. You must receive the same brand for both shots.

The vaccine is given in the muscle in the arm. You need to receive 2 doses 3 or 4 weeks apart depending on the brand of vaccine you get. At this time there is no plan for further doses.

It takes a couple weeks for the body to produce immunity, Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection.

Side Effects

Sometimes after vaccination, the process of building immunity may cause symptoms. You will likely have a sore arm for a day or two; maybe some redness or swelling at the injection site. Some have a fever, soreness, fatigue for a day or two. This is normal and are signs that the body is building immunity.

COVID-19 vaccines do not affect or interact with your DNA in any way. (DNA contains your genetic information)

What if I Have Allergies?

Do not get the vaccine if you are allergic to any ingredient in the vaccine. You can check with your doctor or you may ask the vaccinators at the time of the vaccine about these. It is not made with eggs. People who have had severe allergic reactions to other vaccines should check with their doctor first. People who have allergies to foods, pets, the environment, or medications may get the vaccine. If you feel uncertain, call your doctor for reassurance about receiving the vaccine.

What if I Have Chronic Diseases or Immune Disorders?

You may receive the vaccine. Call your doctor if you have concerns. If you are feeling sick with fever cough shortness of breath, nausea or vomiting wait to get the shot until you are feeling better for 24 hours.

If I Already Had COVID-19 and Recovered, Do I Still Need the Vaccine?

Yes. Reinfection with COVID-19 is possible, Experts do not yet know how long someone is protected from getting sick again after recovering from COVID-19.

If you are currently in isolation or quarantine for COVID-19, wait until your time is up to get the shot. If you were treated for COVID-19 symptoms with antibodies therapy or plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received.

Can I Get the COVID-19 Vaccine if I Have Had Other Vaccines?

If you got another vaccine like flu or shingles vaccine recently, wait at least 14 days before getting your Covid-19 vaccine. Wait at least 14 days before getting any other vaccine, including a flu or shingles vaccine, after you get your COVID-19 vaccine

The Bottom Line

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long term health effects or even die. Getting vaccinated is one of the most important steps you can take to protect yourself and others from COVID-19. No one can predict how sick they will get from COVID-19. The COVID-19 Vaccine is very effective (94-95% effective), but no vaccine is 100% effective against a disease. At this time, it is important to still mask and social distance until enough people are immunized. It is uncertain when these measures can be discontinued.

The Life you save may be your own.... spouses.... child.... grandchild.... friend....

Vaccine clinics are coming to your building soon. You do need to sign up. Contact the social worker in your building Mary Jo at 424-1470 Ext. 136

Questions: Teresa Paulus, RN, the Housing Nurse, will be glad to answer questions.

Call 424-1470 x 124



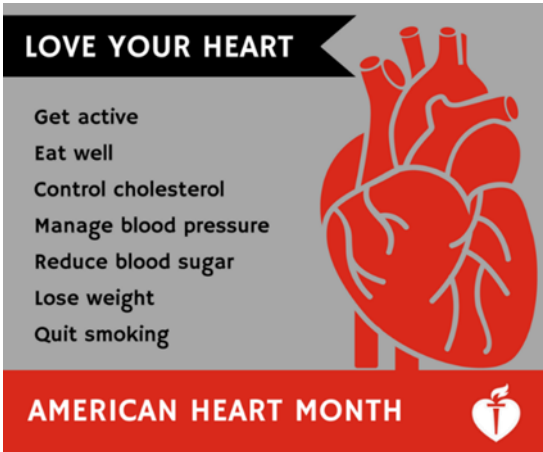
Along with Valentine’s Day, February marks **American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

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.

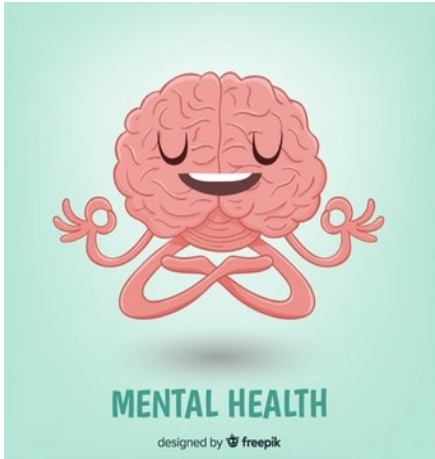
Adopted from the National Institute on Health.
Submitted by Lori Duclon, RN



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 2021

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 : OFF

Roger, Custodial
 Monday, Tuesday, Thursday 7:00 am - 3:00 pm
 Friday 7:00 am—Noon



After Hours Maintenance
920-966-4235

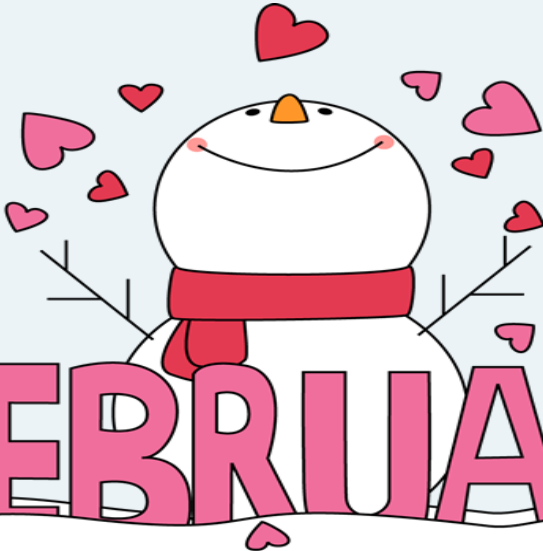
Nurses- 4th Floor Office
424-1470 Ext 124

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 1	Tue 2	Wed 3	Thur 4	Fri 5	Sat 6
		 Groundhog Day	Fire Alarm Testing 2:00 pm			
7	8	9 Bug Day Apts 501-510	10	11	12	13
14	15	16	17	18	19	20
						
21	22 3:30 OHA Board Meeting	23	24	25	26	27
28						



FEBRUARY