

Next Steps: After You Are Fully Vaccinated

What does it mean to be fully vaccinated?

You are considered fully vaccinated against COVID-19 if:

It has been two or more weeks since you got your second dose of a two-dose vaccine such as Pfizer or Moderna; or

It has been two or more weeks since you got one dose of a single-dose vaccine such as Johnson & Johnson.

What can I do if I'm fully vaccinated?

If you are fully vaccinated against COVID-19, you can do some of the activities you did before the pandemic. These include:

Visiting with other fully vaccinated people indoors without wearing masks or practicing physical distancing
Visiting with unvaccinated people from a single household who are all at low risk for severe COVID-19 disease, indoors without wearing masks or practicing physical distancing.

Do I need to quarantine if I'm fully vaccinated?

If you have been **fully vaccinated** against COVID-19 and were in close contact with someone with COVID-19, you **do not** have to quarantine or be tested, if you meet ALL of the following criteria:

Your close contact to someone with COVID-19 happened at least two weeks after getting the last dose of your vaccine series.
and You have not had any symptoms of COVID-19 since your last close contact
Continue to monitor for symptoms for 14 days after your last close contact. If you develop any symptoms of COVID-19, isolate from others, contact your health care provider, and get tested.

We need to continue using all the tools available to help stop this pandemic.

To protect yourself and others, follow these recommendations when in public:

Avoid crowds
Avoid poorly ventilated spaces
Wash your hands often



- **Marian Manor continues to be closed to the Public**
Common areas are not open
1 person per elevator is still in effect
- **We continue to monitor the situation and will inform you when things change**

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.



Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas:

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

Power up with a healthy breakfast and you're off to a great start!



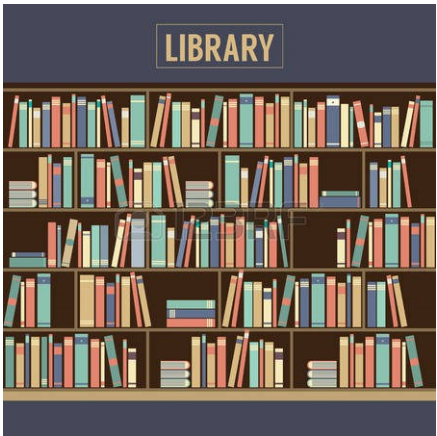
6 Ways to Help You Beat Stress-

- 1. **Be Mindful of your heath-** Inadequate rest, poor diet and lack of exercise can all exacerbate stress. As best you can, make it a priority to get sleep, eat right, drink plenty of water and find ways to be active. Beating stress starts with taking care of yourself.
- 2. **Deal with what you can control-** Some things are totally out of your control, such as the coronavirus pandemic. What is in your power to control, however is how you respond and react to outside factors. Concentrate on finding solutions to help make the problem less stressful.
- 3. **Go Slow-** Everything cannot be resolved at once, nor does it need to be. Prioritize, set realistic goals, do your best to achieve them, and take things one day at a time.
- 4. **Be Adaptable and Positive-** A positive outlook can influence your stress levels. Aim to remain calm and “go with the flow” to help you stay relaxed.
- 5. **Support and refresh your Mind-** Exercising, practicing yoga, meditating, listening to music or taking a few deep breaths can all help relax the mind and reduce stress. Find something that works for you and do it regularly.
- 6. **Find Support–** Connect with your support system– a loved one, trusted friend or a professional to relieve stress by talking it through.



Library Books are Back!!

Books from the Oshkosh Public Library are now being delivered again on the second Thursday of each Month. The book shelf is currently located in the doorway of the Marian Manor Library Lounge across from the mailboxes. The book shelf will remain in the doorway while the common areas in the building are closed.



Summer Cookout Delivered to Your Apartment

With no summer picnic this summer we will be delivering either a brat or a hot dog to your apartment along with sides. Sign up on the bulletin board by Wednesday June 9th with your name, apartment number and if you prefer a brat or hot dog. Choose only one. This is for residents only.

Wednesday, June 16th with delivery starting at 3:00 pm. You must be home when we deliver. We will not leave food in the hallway by your door.



JUNE

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

Roger, Custodial

Monday, Tuesday, Thursday

6:30 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

**Teresa, Wednesday, Thursday
& Fridays**

Office Closed for Lunch

Noon—1:00 pm

**Housing Offices Close
at Noon on Fridays**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						
		1	2	3	4	5
			2:00 pm Fire Alarm Testing			
6	7	8 Bug Day Apts 101- 110 &121	9	10 Library Books Delivered 	11	12
13	14 	15	16	17	18	19
20	21 	22	23	24	25	26
27	28 3:30 pm OHA Board Meeting	29	30	