

# Marian Messenger

Volume 10, Issue 7  
July 2021

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

**Housing Offices open:** Oshkosh/Winnebago County Housing Authority is pleased to announce that the Housing Authority's main office at 600 Merritt Ave, Oshkosh is open to the public starting Thursday, June 24th.

Hours of operation are:

Monday—Thursday 8:00 am—4:30 pm & Friday from 8:00 am—Noon.

Marian Manor has also opened its entrances to the public.

Lounges continue to be closed at this time.

Masks are required if you are not fully vaccinated.

If you are interested in getting your Covid vaccination and need information contact Mary Jo at 424-1470 Ext. 136. It is free & there are many options for availability.

Please continue to follow safety practices such as washing your hands and keeping socially distanced if you are not feeling well.

Our Nurses Lori & Teresa are always around to answer any questions you may have as well. You can reach them at 424-1470 Ext. 124



WORK ORDERS

**Bob out of the Building:** Bob will be out of the building for an extended period of time a return date is not yet known. Please make sure all maintenance request slips are turned into the Marian Manor drop box rather than under the maintenance room door so that it can be seen in a timely man-

**New Executive Director:** Stuart Kuzik has been hired as the new Director of the Oshkosh/Winnebago County Housing Authority

Effective June 2, 2021 after the retirement of Susan van Houwelingen. Stuart has used his experience in financial services to partner with developers, neighborhood organizations, philanthropic institutions and business owners in advancing affordable housing and economic development. He previously was director of business and community engagement for the Wisconsin Housing & Economic Development Authority, which promotes affordable housing and economic development through tax credits and other financial tools. Stuart is a UW-Milwaukee graduate and completed the National Council of State Housing Agencies Continuing Executive Education program.

Welcome Stuart!

You can reach Stuart at 424-1470 Ext. 112 or [stuartk@ohawcha.org](mailto:stuartk@ohawcha.org)

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](mailto:maryjos@ohawcha.org). Please submit any material by the 20th of the month if you would like your information posted in that month's newsletter.





## 20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas, or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.



Housing Offices will be closed on Monday, July 5th in observation of Independence Day.

**IT'S HOT OUTSIDE!**

**STAY COOL.  
STAY HYDRATED.  
STAY INFORMED.**

Tips for staying safe during extreme heat:

- Stay cool - Remain inside air-conditioned buildings as much as possible during the hottest parts of the day and avoid direct sunlight.
- Stay aware - Watch for signs of heat-related illnesses, such as weakness, dizziness, nausea, and muscle cramps. If symptoms don't improve, seek medical attention.
- Stay hydrated - Drink plenty of water. Don't wait until you're thirsty to drink!
- Stay informed - Pay attention to local weather forecasts and extreme heat alerts.

# July 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

6:30 am-4:30 pm

Friday s Off

**Roger, Custodial**

Monday, Tuesday, Thursday

6:30 am—3:30 pm

Friday 6:30 am—Noon

**After Hours Maintenance**

**920-966-4235**

**Nurses- 4th Floor Office**

**424-1470 Ext 124**

**Lori, Monday, Tuesday**

**Teresa, Wednesday, Thursday  
& Fridays**

**Stuart Kuzik,**

**Executive Director**

424-1450 Ext. 112

**Office Closed for Lunch**

**Noon—1:00 pm**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						
4	5 Offices Closed	6	7 2:00 pm Fire Alarm Test	8	9	10
						
11	12	13 Bug Day Apt. #'s 611 – 620	14	15	16	17
						
18	19	20	21	22	23	24
						
25	26	27	28	29	30	31
						
						