

Marian Messenger

Volume 10, Issue 10
October 2021

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901



Where has the summer gone? The great thing about living in Wisconsin is the change of the seasons. It is time to enjoy fall and watch the fall colors unfold. Fall also brings the Flu season. An annual flu vaccine is the best way to protect yourself against the flu. Flu vaccines are safe and do not cause the flu. Influenza (flu) is a serious illness especially for older adults. People 65 years of age and older are at high risk for flu-related complications. You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins. Everyone 6 months of age and older is recommended to get vaccinated against the flu. A flu vaccine reduces your risk of illness and possible hospitalization and can prevent you from spreading the virus to your loved ones. Protect yourself, your family and friends from flu: get vaccinated. The flu vaccine is available at your local clinics, pharmacies and doctor's offices.



Flu Vaccination Clinic Coming to Marian Manor

When: Thursday, October 21st

Time: 1:30 pm –sign up

Where: Activity Room

COVID Boosters will also be available



Sign up on the bulletin board. Once you are signed up I will send you a form for you to fill out and bring with you to your appointment.

Please come at your scheduled time so we can be respectful of social distancing requirements

Flu & Covid vaccinations are provided by Hometown Pharmacy.



Just a reminder to keep your windows closed if you are running your heat or your air conditioner.

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.





Don't Fall for this Scam!!!

It's the morning of a busy day at home and you get a call from an unknown number. You answer only to find yourself on the receiving end of a threatening message saying your Social Security benefits will stop immediately unless you provide your personal information. It happens every day to thousands of Americans. And it's not Social Security calling.

Scammers have many ways to lure their victims into providing information and then stealing their identities. Sometimes they call under a guise of helping you complete a disability application.

Protecting your information is an important part of Social Security's mission to secure today and tomorrow. SSA employees occasionally contact citizens by telephone for customer-service purposes. In only a few special situations, usually already known to the citizen, an SSA employee may request the citizen confirm personal information over the phone. If you do receive a call from one of our representatives, they will provide you with a telephone number and extension.

The Acting Inspector General for Social Security, Gail Stallworth Stone, urges everyone to stay vigilant of impersonation schemes and to not be afraid to hang up.

You must always remember that you're in control. Also remember that Social Security will never do any of the following:

- Call you to demand an immediate payment;
- Demand that you pay a debt without the ability to appeal the amount you owe;
- Require a specific means of payment, such as requiring you to pay with a prepaid debit card;
- Ask you for your personal information or credit or debit card numbers over the phone; or
- Threaten you with arrest or deportation.

If you receive one of these scam calls or emails, do not provide them with any information. You should:

- Hang up immediately;

For Social Security impersonations, contact Social Security's Office of Inspector General at <https://oig.ssa.gov/report>.

If you receive a notice from Social Security, please use the telephone numbers provided in the notice sent to you. You can also call 1-800-772-1213 or visit socialsecurity.gov for how to contact Social Security. Remember that scammers try to stay a step ahead of the curve. You can do the same by protecting your information.

Why Is Ten-Digit Dialing Necessary?

There are more phones in America than there are people, and each phone needs its own phone number. Beginning in the early 1990s, to accommodate the growing need for more phone numbers, some areas began to add a second area code for local calls. Dialing both the area code and the seven-digit number was necessary to ensure the call reached the intended recipient. As more area codes begin to run out of new seven-digit numbers to assign, a second local area code may be added, requiring that area to transition to ten-digit dialing.

In 2020, the FCC established "988" as the new, nationwide three-digit phone number for the National Suicide Prevention Lifeline. The new three-digit dialing code will be available nationwide by July 16, 2022 and will provide an easy to remember and easy to dial three-digit number to reach suicide prevention and mental health counselors, similar to "911" for emergencies and "311" for local government services. To help facilitate the creation of "988", area codes that use "988" as a local exchange, or the first three digits of a seven-digit phone number, will need to use 10-digit dialing.



BINGE DRINKING

Excessive Drinking on the Rise Among Older Adults

One in 10 Seniors Engages in Binge Drinking Suffers Falls and Medical Problems

According to research published in the Journal of American Geriatric Society, an estimated 10.6 percent of older adults age 65 and older reported binge drinking – consuming more than five drinks at once for men, and four or more for women – in the previous 30 days.

Excessive alcohol use can worsen medical conditions such as hypertension, diabetes and heart disease. It also increases the risk of falling – the leading cause of broken bones, trauma and deaths among older adults.

The study notes, “Binge drinking, even episodically or infrequently, may negatively affect other health conditions by exacerbating disease, interacting with prescribed medications and complicating disease management.”

The research analyzed self-reported data on nearly 11,000 seniors from 2015 to 2017. According to the findings, older adults who binge drink are more likely to be male and cannabis or tobacco users. Further, people who engaged in binge drinking were more likely to have visited the emergency room in the previous year than those who drank alcohol but did not reach the binge drinking threshold.

Excessive alcohol use contributes to 88,000 deaths in the U.S. each year, according to the US Centers for Disease Control and Prevention. If you know someone who needs help, please contact the Substance Abuse and Mental Health Services Administration’s National Helpline at 1-800-662-HELP (4357).

Medicare Open Enrollment

The Medicare annual election period this year will be from Friday, October 15th through Tuesday, December 7th. This is the time of the year to compare plans to make sure you have the right health and prescription drug coverage. Plan costs and covered benefits can change from year to year.

During the open enrollment period you can do any of the following:

- Switch from Medicare Part A & B to an Medicare Advantage Plan (Part C)
- Switch from a Medicare Advantage Plan (Plan C) to Medicare Part A & B
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Make changes in your Medicare Prescription Drug Plan (Part D)

Effective date for these changes will be Saturday, January 1, 2021.

This can be a very confusing time of the year for many. Luckily there are a number of resources willing to help.

—You can go online to Medicare.gov or call 1-800-MEDICARE (1-800- 633-4227) 24 hours a day seven days a week.

—Contact Joan Jaworski, Winnebago County Benefit Specialist at 236-4685.

—Set up an appointment to see Mary Jo, Social Services Coordinator at 424-1470 Ext. 136.

This is also a good time to check and see if you qualify for the Extra Help Subsidy. Even if you did not qualify in the past, program guidelines change each year or your own situation may have changed. I strongly encourage you to look at your options before the end of November.



October 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 \

8:00 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—3:30 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	6	7	8	9
			2:00 pm Fire Alarm Test			
10	11	12	13	14	15	16
		Bug Day Apt. #'s 311 –320				
17	18	19	20	21	22	23
				1:30pm Flu & Covid booster vaccines Sign Up Act Room		
24	25	26	27	28	29	30
	3:30 pm OHA Board Meeting					
31						

