

Marian Messenger

Volume 10, Issue 12
December 2021

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



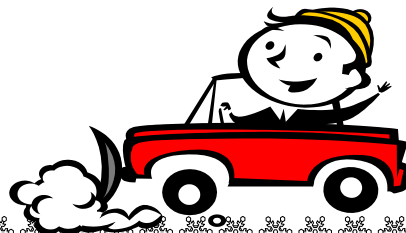
Marian Manor Offices will be closed on
Thursday, December 23rd, Friday, December 24th & Friday, December 31st.

Sign up on the bulletin board for Father Carr's Christmas Dinner. Meals will be delivered between 10:30 am –11:30 am on Saturday, December 25th



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.



What did Social Security Send Me in the Mail and Do I Need It?

In the next couple of months those of you receiving social security benefits will be receiving the following two notices. The first notice is called a Proof of Income Letter it will provide you with your monthly benefit amount. Please bring this letter to the office to be copied. It will be used at your annual recertification to calculate your rent. Also other human services agencies often request this letter to determine eligibility for their programs or services. It is a good idea to hold onto this letter until you receive a new one. The second notice you will receive comes in January and is titled SSA-1099. This notice shows you the total benefit amount you received in the previous year. SSA-1099 is used for tax purposes. Keep this form if you file taxes, including Homestead Tax Credit.

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



Winter Weather

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 takes 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 diet.



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.

Ideas to Celebrate Holidays Safely

Reduce your risk of getting or spreading COVID-19 while staying connected with friends and family this holiday season.

- ❄ Encourage everyone to wear a mask.
- ❄ If you are sharing a meal, provide extra space between chairs at the table.
- ❄ Consider setting up different areas of your for activities to avoid crowding.
- ❄ Use single-use cups, plates, and utensils if food is served.

For more tips on how to keep your family safe and healthy visit www.dhs.wi.gov/covid-19/community.htm



WISCONSIN DEPARTMENT
of HEALTH SERVICES

YOU STOP THE SPREAD

December 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 6:30 am-4:30 pm
 Friday Off






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
Lori, RN

Stuart Kuzik, Executive Director
 424-1450 Ext. 112

Office Closed for Lunch
Noon—1:00 pm

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 2:00 pm Fire Alarm Test	2	3	4
						
5	6	7 Bug Day Apt. #'s 111-120	8	9	10 	11
12	13 3:30 pm OHA Board Meeting	14	15	16	17	18
19	20	21 	22	23	24 Christ- mas Eve	25 Christ- mas 
26 Kwanzaa Boxing Day 	27	28	29	30 New Year's Eve	31 